

 **Included Grocery Items**

Bottled Waters  
 Bread, Rolls, and Tortillas  
 Breakfast Foods (Toaster Pastries, Cereal Bars, Granola and Granola Bars)  
 Canned Meat  
 Canned Seafood  
 Canned/Jar Fruits and Vegetables incl. Salsa and non-processed Beans  
 Cereal (Hot and Cold)  
 Cocoa, Coffee and Tea (Dry or Liquid)  
 Dairy (Milk, Cheese, Butter, Sour Cream and Whipping Cream)  
 Diuretics and Weight Loss Cleansing and Detox  
 Dried Fruit, Fruit Snacks  
 Dry and Liquid/Concentrated Drink Mixes  
 Dry Beans  
 Dry Pasta  
 Enhanced Waters  
 Fruits and Vegetables  
 General Health Oral Rehydration Therapy  
 Herbs, Spices, and Seasoning  
 Ice  
 Juice Blends, Drinks and Punches (inc. sparkling)  
 Juices (includes sparkling)  
 Margarine  
 Meats—Fresh/frozen Poultry, Ground Beef, Beef  
 Meats—Processed (Sausage, Jerky, Lunch Meat)  
 Medical Meals  
 Nutritional Bars

Nutritional Liquids  
 Nutritional Powders  
 Nuts and Trail Mix  
 Oils and Shortening  
 Pancakes and Waffles  
 Peanut Butter (and other nut butters)  
 Prepared Food (Canned Stews, Heat and Eat)  
 Prepared Food (Stews, Pizza, Heat and Eat, Soy burgers)  
 Rice and Whole Grains  
 Seafood  
 Seeds  
 Soup  
 Soy and Other Nut Milks  
 Sparkling Water  
 Sport Drinks—Gatorade and Others  
 Sport/Energy Bars  
 Sport/Energy Liquids  
 Sport/Energy Powders  
 Sport/Energy Tabs and Caps  
 Sugar and Salt Substitutes  
 Thickeners and Pre-Thickened Beverages/Foods  
 Tomato/Spaghetti/Alfredo/Nutritionally Significant Sauce  
 Weight Management Bars  
 Weight Management Foods, Liquids and Powders  
 Whole Eggs and Egg Substitutes  
 Yogurt

## Excluded Grocery Items

Appetizers, French Fries, Onion Rings etc.

Bakery (Pies, Cakes, Muffins)

Baking/Cooking Supplies (Baking Powder, Yeast etc.)

Beer

Bottled Energy Drinks

Cake/Cookie Mixes, Frosting, Chocolate Chips, Marshmallows, Decorations

Condiments, Sauces, Dips, Mayonnaise and Salad Dressing

Cookies

Crackers

Deli—Processed and Fried

Desserts/Sweets

Dry Mixes—Side Dish Mixes, Dinner Mixes

Flours, Cornmeal, Nut and Seed Flours, Bread/Biscuit Mixes

Ice Cream, Frozen Yogurt, Sherbet

Jams, Jellies, Sweet Spreads, Syrup

Lard

Liquor

Puddings and Gelatin

Prepared/Ready-to-eat Soups, Meals, Sandwiches

Salty Snacks

Soda

Sugar—White, Brown and Powdered

Wine and Wine Coolers