



Here are the types of items you can purchase with your healthy groceries debit card

Weight Management

Sugar & Salt Substitutes

Mixed/Miscellaneous Sugar & Salt Substitutes

Weight Management Foods, Liquids & Powders

Weight Management Bars

Mixed/Miscellaneous Weight Management

Nutritional Foods

Mixed/Miscellaneous Nutritional Foods

Nutritional Liquids

Nutritional Powders

Nutritional Bars

Thickeners & Pre-Thickened Beverages/Foods

General Health Oral Rehydration Therapy

Sport/Energy

Sport/Energy Liquids

Sport/Energy Powders

Sport/Energy Bars

Mixed/Miscellaneous Sport/Energy

Frozen Food

Fruits & Vegetables

Appetizers, French Fries, Onion Rings etc.

Meats

Seafood

Juices

Prepared Food (Stews, Pizza, Heat & Eat, Soy Burgers)

Fresh Prepared Meals

Medical Meals

Snacks & Desserts

Salty Snacks

Nuts & Trail Mix

Seeds

Crackers

Perishable Food

Dairy (Milk, Cheese, Butter, Sour Cream & Whipping Cream)

Produce (Fruits & Vegetables)

Meats — Poultry, Ground Beef, Beef

Whole Eggs & Egg Substitutes

Yogurt

Margarine

Soy & Other Nut Milks

Ready-to-eat, Soups, Meals, Sandwiches

Deli — Processed & Fried

Meats — Processed (Sausage, Jerky, Lunch Meat)

Seafood

Bread, Rolls & Tortillas

Non-Perishable Food

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

Condiments, Sauces, Dips, Mayonnaise &

Salad Dressing

Prepared Food (Canned Stews, Heat & Eat)

Puddings & Gelatin

Flours, Cornmeal, Nut & Seed Flours,

Bread/Biscuit Mixes

Sugar — White, Brown & Powdered

Herbs, Spices & Seasoning

Oils & Shortening

Tomato/Spaghetti/Alfredo/Nutritionally

Significant Sauce

Jams, Jellies, Sweet Spreads, Syrup

Peanut Butter (and other nut butters)

Cereal (Hot & Cold)

Breakfast Foods (Toaster Pastries, Cereal Bars,

Granola & Granola Bars)

Dried Fruit, Fruit Snacks

Pancakes & Waffles

Dry Pasta

Dry Beans

Rice & Whole Grains

Dry Mixes - Side Dish Mixes, Dinner Mixes

Canned/Jar Fruits and Vegetables incl. Salsa &

non-processed Beans

Soup

Canned Meat

Canned Seafood

Beverages

Cocoa, Coffee & Tea (Dry or Liquid)

Juices (inc. sparkling)

Bottled Waters

Dry and Liquid/Concentrated Drink Mixes

Juice Blends, Drinks & Punches (inc. sparkling)

Enhanced Waters

Sport Drinks — Gatorade & Others

Ice

Sparkling Water