

Flex Benefit Program- What Types of Groceries Can You Purchase with the Prepaid Card?

Food & Beverages	Beverages <ul style="list-style-type: none"> • Bottled Waters, Enhanced Waters, Sparking Water • Cocoa, Coffee & Tea (Dry or Liquid) • Ice • Juice Blends, Drinks & Punches (Includes Sparkling), Juices (Includes Sparkling) • Sport Drinks- Gatorade & Others 	Vitamins & Dietary Supplements	Children's Vitamin & Dietary Supplements <ul style="list-style-type: none"> • Children's Herbals • Children's Vitamin & Minerals • Mixed/Miscellaneous Children's Vitamins & Dietary Supplements
	Frozen Food <ul style="list-style-type: none"> • Fruits & Vegetables • Juices • Meats • Prepared Food (Pizza, Stews, Heat & Eat, Soy Burgers) • Seafood 		Herbals & Botanicals <ul style="list-style-type: none"> • Colon Cleanse & detox (non-Weight Loss) • Echinacea • Garlic • Ginkgo Biloba • Ginseng • Mixed/Miscellaneous Herbals & Botanicals • St. John's Wort
	Non-Perishable/ Perishable Foods <ul style="list-style-type: none"> • Breakfast Foods (Toaster Pastries, Cereal Bars, Granola & Granola Bars) • Canned Meat or Seafood • Canned/ Jar fruits and Vegetables (Includes Salsa & Non-Processed Beans) • Cereal (Hot & Cold) Pancakes & Waffles • Dried fruit, Fruit Snacks • Dry Beans • Dry Pasta • Herbs, Spices & Seasoning • Oils & Shortening • Peanut Butter (& Other Nut Butters) • Prepare foods (Canned Stews, Heat & Eat) • Rice & Whole Grains • Soup • Tomato/Spaghetti/Alfredo/Nutritionally Significant Sauce • Dairy- (Milk, Cheese, Butter, Sour Cream & Whipping Cream) • Margarine • Meats- Poultry, Ground Beef, Beef, Lunch Meat, Sausage, Jerky, etc. • Produce • Seafood • Soy & Other Nut Milks • Whole Eggs & Egg Substitutes • Yogurt • Nuts, Seeds & Trail Mix 		Multivitamins <ul style="list-style-type: none"> • Prenatal vitamins Specialty Supplements <ul style="list-style-type: none"> • Mixed/Miscellaneous Specialty Supplements
		Diabetes Health & Wellness/ Nutrition	<ul style="list-style-type: none"> • Mixed/Miscellaneous Diabetes Health & Wellness • Diabetes Candy • Diabetes Nutritional Bars • Diabetes Nutritional Liquids • Mixed/Miscellaneous Diabetes Nutritional
		Weight Management & Nutritional Foods	Nutritional Foods <ul style="list-style-type: none"> • General Health Oral Rehydration Therapy • Mixed/Miscellaneous Nutritional Foods • Nutritional Bars • Nutritional Liquids • Nutritional Powders • Thickeners & Pre-Thickened Beverages/Foods Sport/Energy <ul style="list-style-type: none"> • Mixed/Miscellaneous Sport/Energy • Sport/Energy Bars, Liquids, Powders, Tabs & Caps • Sugar & Salt Substitutes • Mixed/Miscellaneous Sugar & Salt Substitutes • Sugar & Salt Substitutes Weight Management <ul style="list-style-type: none"> • Mixed/Miscellaneous Weight Management • Weight Management Bars • Weight Management Foods, Liquids & Powders