



# 2020 Food Item Catalog

The following items are eligible for purchase with your gray colored OTC Food Benefit card:

Category	Product Type
Diabetes Care	Diabetes Nutritional Bars
Diabetes Care	Diabetes Candy
Diabetes Care	Diabetes Nutritional Liquids
Diabetes Care	Diabetes Supplements
Food & Beverages	Produce (Fruits & Vegetables)
Food & Beverages	Nuts, Seeds & Trail Mix
Food & Beverages	Dairy - (Milk, Cheese, Butter, Sour Cream & Whipping Cream)
Food & Beverages	Whole Eggs & Egg Substitutes
Food & Beverages	Yogurt
Food & Beverages	Margarine
Food & Beverages	Soy & Other Nut Milks
Food & Beverages	Meats - Poultry, Ground Beef, Beef
Food & Beverages	Seafood
Food & Beverages	Herbs, Spices & Seasoning
Food & Beverages	Oils & Shortening
Food & Beverages	Tomato/Spaghetti/Alfredo/Nutritionally Significant Sauce
Food & Beverages	Peanut Butter (and other nut butters)
Food & Beverages	Cereal (Hot & Cold), Pancakes & Waffles
Food & Beverages	Breakfast Bars (Cereal Bars, Granola & Granola Bars)
Food & Beverages	Dried Fruit, Fruit Snacks
Food & Beverages	Dry Pasta
Food & Beverages	Dry Beans
Food & Beverages	Rice & Whole Grains
Food & Beverages	Canned/Jar Fruits and Vegetables incl. Salsa
Food & Beverages	Canned Meat
Food & Beverages	Canned Seafood
Food & Beverages	Dry and Liquid/Concentrated Drink Mixes
Food & Beverages	Cocoa, Coffee & Tea (Dry or Liquid)
Food & Beverages	Juices (includes sparkling)
Food & Beverages	Juice Blends, Drinks & Punches (inc. sparkling)
Food & Beverages	Bottled Waters
Food & Beverages	Enhanced Waters
Food & Beverages	Sport Drinks - Gatorade & Others
Vitamins & Dietary Supplements	Multivitamins
Vitamins & Dietary Supplements	Eye Health Vitamins

Vitamins & Dietary Supplements	Mixed/Miscellaneous Multivitamins
<b>Category</b>	<b>Product Type</b>
Vitamins & Dietary Supplements	Vitamin B & Vitamin B Complex
Vitamins & Dietary Supplements	Vitamin C
Vitamins & Dietary Supplements	Vitamin E
Vitamins & Dietary Supplements	Mixed/Miscellaneous Single Entity Vitamins
Vitamins & Dietary Supplements	Vitamin D
Vitamins & Dietary Supplements	Echinacea
Vitamins & Dietary Supplements	Garlic
Vitamins & Dietary Supplements	Ginkgo Biloba
Vitamins & Dietary Supplements	Ginseng
Vitamins & Dietary Supplements	St. John's Wort
Vitamins & Dietary Supplements	Colon Cleanse & Detox (non-weight loss)
Vitamins & Dietary Supplements	Joint Health (incl. Glucosamine)
Vitamins & Dietary Supplements	Enzymes, Amino Acids & Hormones
Vitamins & Dietary Supplements	Heart Health & Essential Fatty Acids (Fish Oil, Flax, GLA, etc.)
Vitamins & Dietary Supplements	General Health Prebiotics & Probiotics
Vitamins & Dietary Supplements	Calcium
Vitamins & Dietary Supplements	Iron
Vitamins & Dietary Supplements	Mixed/Miscellaneous Mineral Supplements
Vitamins & Dietary Supplements	Multi-Minerals
Weight Management & Nutritional Foods	Sugar & Salt Substitutes
Weight Management & Nutritional Foods	Mixed/Miscellaneous Sugar & Salt Substitutes
Weight Management & Nutritional Foods	Weight Management Foods, Liquids & Powders
Weight Management & Nutritional Foods	Weight Management Bars
Weight Management & Nutritional Foods	Mixed/Miscellaneous Weight Management
Weight Management & Nutritional Foods	Nutritional Liquids
Weight Management & Nutritional Foods	Nutritional Powders
Weight Management & Nutritional Foods	Nutritional Bars
Weight Management & Nutritional Foods	Sport/Energy Liquids
Weight Management & Nutritional Foods	Sport/Energy Powders
Weight Management & Nutritional Foods	Sport/Energy Bars