



What Grocery items can you buy with your Benefits card?

A **Healthy Benefits Card** can be used to purchase **healthy foods** and **pantry items**, in addition to many over-the-counter products. Consult your health plan for a comprehensive list of items you can purchase, but below are some of the item categories you can purchase from

Produce:

- A variety of fresh, frozen, and packaged fruits and veggies (including pre-washed salad mixes)

Protein & Dairy:

- **Protein-rich options:**
 - Dairy products and plant-based alternatives
 - Eggs
 - Meats and seafood (chicken, beef, salmon, shrimp)
- **Plant proteins like nuts, seeds, and legumes**

Pantry Essentials:

- **Baking and cooking foundations:**
 - Cooking staples (flour, spices)
 - Whole grain products (breads, rice, pastas)
- **Nutritional supplements (protein bars, meal replacement shakes)**

Beverages:

- **Hydration and wellness drinks: Plain water & Vitamin-enhanced water options**