



Grocery Retail Network and Item Categories

Grocery Network

You can make purchases with your flex card at the approved retail locations listed below. All healthy food items purchased at these locations must be on the approved list. Please see page 2 for approved item categories.

Retail Network Listing:

ACME

Alberstons

Baker's

Carrs-Safeway

City Market

CVS

Dillons

Food 4 Less

Foods Co

Fred Meyer

Fry's

Gerbes

Giant Eagle

Haggen

Jay C Food Store

Jewel Osco

King Soopers

Kings

Kroger

Mariano's

Metro Market

Pavilions

Pay-Less Super Markets

Pick 'n Save

QFC

Ralphs

Randalls

Rite Aid

Ruler

Safeway

Schnucks

Shaw's & Star Markets

Smith's Food and Drug

Tom Thumb

Vons

Walgreens

Walmart

Grocery Item Categories

Your healthy food purchases are limited to approved items only. You can find a list of approved item categories below.

To see a complete list of your covered 2023 Healthy Food products, please visit the MyBenefits portal at BND.NationsBenefits.com

BEVERAGES

Coffee/Tea/Substitutes

Non-Alcoholic Beverages - Not Ready To Drink

Non-Alcoholic Beverages - Ready To Drink

Sauces/Spreads/Dips/Condiments

BREAD/BAKERY PRODUCTS

Baking/Cooking Mixes/Supplies

Biscuits/Cookies

Bread

Savoury Bakery Products

CEREAL/GRAIN/PULSE PRODUCTS

Cereal/Grain/Pulse Products Variety Packs

Grains/Flour

Processed Cereal Products

CONFECTIONERY/SUGAR SWEETENING PRODUCTS

Sugars/Sugar Substitute Products

FRUITS

Fruits - Unprepared/Unprocessed (Fresh)

Annona

Avocados

Bananas

Berries/Small Fruit

Citrus

Fruits - Unprepared/Unprocessed (Fresh) Variety Packs

Kiwifruits

Miscellaneous Fruit

Papayas

Passionfruits

Persimmons

Pineapples

Pitayas

Pome Fruits

Stone Fruit

Fruits - Unprepared/Unprocessed (Frozen)

Fruits - Unprepared/Unprocessed (Frozen)

Fruits - Unprepared/Unprocessed (Shelf Stable)

Fruits - Unprepared/Unprocessed (Shelf Stable)

FRUITS/VEGETABLES/NUTS/SEEDS

Fruits/Vegetables/Nuts/Seeds Prepared/Processed

Fruit - Prepared/Processed

Fruit/Nut/Seeds Combination

Fruits/Vegetables/Nuts/Seeds Variety Packs

Nuts/Seeds - Prepared/Processed

Vegetables - Prepared/Processed

Fruits/Vegetables/Nuts/Seeds Unprepared/Unprocessed

Fruits/Vegetables - Fresh - Retailer Assigned

HEALTH ENHANCEMENT

Vitamins/Minerals/Nutritional Supplements

LEAF VEGETABLES - UNPREPARED/UNPROCESSED (FRESH)

Chicory Leaves

Head Lettuce

Leaf Vegetables - Unprepared/Unprocessed Variety Packs

Loose Leaf/Multileaf Salad Greens

Single Leaf Salad Greens

Spinach (Fresh)

Stem Lettuce

MEAT/POULTRY/OTHER ANIMALS

Meat/Poultry/Other Animals - Prepared/Processed

Meat/Poultry/Other Animals - Unprepared/Unprocessed

Meat/Poultry/Other Animals Sausages - Prepared/Processed

MILK/BUTTER/CREAM/YOGURTS/CHEESE/EGGS/SUBSTITUTES

Butter/Butter Substitutes

Cheese/Cheese Substitutes

Cream/Cream Substitutes

Eggs/Egg Substitutes

Milk/Butter/Cream/Yogurts/Cheese/Eggs/Substitutes Variety Packs

Milk/Milk Substitutes

Yogurt/Yogurt Substitutes

NUTS/SEEDS

Nuts/Seeds - Unprepared/Unprocessed (Perishable)

Nuts/Seeds - Unprepared/Unprocessed (Perishable)

Nuts/Seeds - Unprepared/Unprocessed (Shelf Stable)

Nuts/Seeds - Unprepared/Unprocessed (Shelf Stable)

OILS/FATS EDIBLE

Fats Edible

Oils Edible

Oils/Fats Edible Variety Packs

PREPARED/PRESERVED FOOD

Baby/Infant - Foods/Beverages

Dairy/Egg Based Products / Meals

Dough Based Products / Meals

Fish - Prepared/Processed

Grain Based Products / Meals

PREPARED/PRESERVED FOOD (Cont)

Meat Substitutes

Pasta/Noodles

Prepared Soups

Prepared/Preserved Foods Variety Packs

Ready-Made Combination Meals

Sandwiches/Filled Rolls/Wraps

Sweet Spreads

Vegetable Based Products / Meals

SEAFOOD

Aquatic Invertebrates - Prepared/Processed

Aquatic Invertebrates - Unprepared/Unprocessed

Aquatic Plants - Prepared/Processed

Aquatic Plants - Unprepared/Unprocessed

Fish - Prepared/Processed

Fish - Unprepared/Unprocessed

Seafood Variety Packs

Shellfish - Prepared/Processed

Shellfish - Unprepared/Unprocessed

SEASONINGS/PRESERVATIVES/EXTRACTS

Herbs/Spices/Extracts

Pickles/Relishes/Chutneys/Olives

Sauces/Spreads/Dips/Condiments

Seasonings/Preservatives/Extracts Variety Packs

Vinegars/Cooking Wines

VEGETABLES

Vegetables - Unprepared/Unprocessed (Frozen)

Vegetables - Unprepared/Unprocessed (Frozen)

Vegetables - Unprepared/Unprocessed (Shelf Stable)

Ready-Made Combination Meals

Vegetables - Unprepared/Unprocessed (Shelf Stable)

Vegetables (Non Leaf) - Unprepared/Unprocessed (Fresh)

Beans (With Pods)

Brassica Vegetables

Bulb Vegetables

Chickpeas

Cucumbers

Cucurbits - Edible Peel

Cucurbits - Inedible Peel

Edible Flowers

Ferns

Fungi

Herbs

VEGETABLES (Cont)

Melons

Micro Vegetables

Other Vegetables

Peas (With Pods)

Peppers

Root/Tuber Vegetables

Sapote

Sedges

Solanaceae/Others

Stem Vegetables

Succulent

Tomatoes

Vegetables - Unprepared/Unprocessed (Fresh) Variety Packs
