



# Hamaspik Medicare

## 2023 HEALTHY FOODS

Appetizers, French Fries, Onion Rings etc.  
 Baking/Cooking Supplies (Baking Powder, Yeast etc.)  
 Bottled Waters  
 Bread, Rolls & Tortillas  
 Breakfast Foods (Toaster Pastries, Cereal Bars, Granola & Granola Bars)  
 Canned Meat  
 Canned Seafood  
 Canned/Jar Fruits and Vegetables incl. Salsa & non-processed Beans  
 Cereal (Hot & Cold)  
 Cocoa, Coffee & Tea (Dry or Liquid)  
 Condiments, Sauces, Dips, Mayonnaise & Salad Dressing  
 Crackers  
 Dairy - (Milk, Cheese, Butter, Sour Cream & Whipping Cream)  
 Deli- Processed & Fried  
 Dried Fruit, Fruit Snacks  
 Dry and Liquid/Concentrated Drink Mixes  
 Dry Beans  
 Dry Mixes - Side Dish Mixes, Dinner Mixes  
 Dry Pasta  
 Enhanced Waters  
 Flours, Cornmeal, Nut & Seed Flours, Bread/Biscuit Mixes  
 Fruits & Vegetables  
 Herbs, Spices & Seasoning  
 Ice  
 Jams, Jellies, Sweet Spreads, Syrup

Juice Beverages, Drinks & Punches (inc. sparkling)  
 Juices (includes sparkling)  
 Margarine  
 Meats  
 Meats - Poultry, Ground Beef, Beef  
 Meats - Processed (Sausage, Jerky, Lunch Meat)  
 Medical Meals  
 Nuts & Trail Mix  
 Oils & Shortening  
 Pancakes & Waffles  
 Peanut Butter (and other nut butters)  
 Plant-Based Meat  
 Prepared Food (Canned Stews, Heat & Eat)  
 Prepared Food (Stews, Pizza, Heat & Eat)  
 Produce (Fruits & Vegetables)  
 Puddings & Gelatin  
 Ready-to-eat, Soups, Meals, Sandwiches  
 Rice & Whole Grains  
 Salty Snacks  
 Seafood  
 Seeds  
 Soup  
 Soy & Other Nut Milks  
 Sparkling Water  
 Sport Drinks - Gatorade & Others  
 Sugar - White, Brown & Powdered  
 Tomato/Spaghetti/Alfredo/Nutritionally Significant Sauce  
 Whole Eggs & Egg Substitutes  
 Yogurt



### Weight Management & Nutritional Foods

General Health Oral Rehydration Therapy  
 Mixed/Miscellaneous Nutritional Foods  
 Mixed/Miscellaneous Sport/Energy  
 Mixed/Miscellaneous Sugar & Salt Substitutes  
 Mixed/Miscellaneous Weight Management  
 Nutritional Bars  
 Sport/Energy Bars  
 Sport/Energy Liquids  
 Sport/Energy Powders  
 Sugar & Salt Substitutes  
 Thickeners & Pre-Thickened Beverages/Foods  
 Weight Management Bars