



Hamaspik Medicare

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