

## LOW SODIUM (140 mg or less per serving)

Because sodium has been associated with high blood pressure and heart disease, it's important to monitor your intake. We've created a list of items that have 140 mg or less of sodium per serving, so you can print it out and use it while you shop. But we've made it even easier. Throughout your neighborhood store, look for Nutrition Facts shelf tags next to or below some products' price tags. Each one will give you useful information about the product it represents.

The list of Dairy items starts below, Frozen Food items begin on page 4, and Grocery items on page 9.

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## DAIRY

### BREAD AND DOUGH

- **Desserts**

- **Pillsbury**

- Ready to Bake! Deluxe Classic Cookies – Big Turtle, Chocolate Chip, or White Chunk Macademia varieties
    - Ready to Bake! Hershey's Cookies, Chocolate Chips

- **Tortillas**

- **Tamxico**

- White Corn

### BUTTER AND MARGARINE

- **Butter**

- **Breakstone's**

- Butter Sticks, Unsalted
    - Whipped Butter, Unsalted

- **Cabot**

- Butter Quarters, No Salt

- **Kerry Gold**

- Irish Butter – Pure, Herb Garlic, or Unsalted varieties

- **Land O Lakes**

- Butter Sticks, Unsalted

- **Butter (Cont'd)**

- **Lurpak**

- Butter, Unsalted

- **Organic Valley**

- Sweet Cream Butter, Unsalted

- **Plugra**

- European Butter, Unsalted

- **Publix**

- Sweet Cream Butter, Unsalted
    - Sweet Cream Butter Quarters, Unsalted
    - Whipped Butter, Unsalted

### CONDIMENTS

- **Horseradish and Sauces**

- **Silver Spring**

- Horseradish, Creamy, Fresh Ground, or Prepared varieties

### CREAM AND CREAMERS

- **Aerosol Cream**

- **Cool Whip**

- Topping – Regular, Extra Creamy, or Lite

- **Aerosol Cream (Cont'd)**

- **Publix**

- Whipped Cream Topping – Fat-free, Heavy, or Light varieties

- **Reddi Whip**

- Cream – Extra Creamy or Lite Chocolate varieties
    - Topping – Extra Creamy or Lite varieties

- **Coffee Cream**

- **International Delight**

- Coffee Creamers – Amaretto, Cinnamon Hazelnut, Fat-Free French Vanilla, Hazelnut, Southern Butter Pecan, Sugar Free French Vanilla, Sugar Free Hazelnut, or Vanilla Toffee Caramel varieties
    - Holiday Chocolate Mint Truffle
    - Nondairy Creamer – French Vanilla, Irish Crème, No-Fat Cinnamon Hazelnut, No-Fat French Vanilla Royale, or Vanilla Hazelnut varieties

- **Publix**

- Coffee Creamer

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Shopping lists were compiled from products that are available in Publix Super Market stores. These products may not be available in Publix GreenWise Market®, Publix Sabor® or Pix™ stores. Because the products listed were evaluated using manufacturer-provided nutritional information, and product formulations can change at any time, Publix cannot guarantee the accuracy of the nutrition information provided. Customers are encouraged to read the product labels to obtain the most accurate nutrition information. The information provided is intended to be nutrition and dietary guidance only and not medical advice.

## CREAM CHEESE

### Breakstone's

Temp Tee

### Kraft

Light – Pineapple or Strawberry varieties

Philadelphia Cream Cheese Spread – Regular, Honey Nut Flavor, or Original Philadelphia Cream Cheese varieties

Philadelphia Light – Original  
Soft Philadelphia Cream Cheese

### Publix

Soft Cream Cheese with Strawberries

Whipped Cheese Spread

## CULTURED PRODUCTS

### • Sour Cream

#### Breakstone's

Fat Free

Natural

Reduced Fat

Regular

#### Daisy Brand

Light

Regular

#### Publix

Fat Free

Light

Regular

### • Yogurt

#### Attune

Granola Dark Chocolate

#### Breyers

Yo Crunch – 100-Calorie Strawberry, Butterfinger, Light Oreos, Light Strawberry, and Vanilla & Chocolate varieties

#### Cabot

Greek, Low Fat Vanilla Bean

Greek, Plain

#### Chobani

Greek Fruit on Bottom – Blueberry or Peach varieties

### • Yogurt (Cont'd)

#### Chobani

Greek, Plain

Greek, Strawberry

Greek, Vanilla

#### Dannon

Activia 4 Blueberry 4 Strawberry Low Fat Yogurt with Bifidus Regularis

Activia Grade A 2% Milk Fat Low Fat Yogurt With Bifidus Regularis – Blueberry, Mixed Berry, Peach, Prune, Strawberry, or Vanilla varieties

DanActive Cultured Dairy Drink – Blueberry, Strawberry, or Vanilla varieties

DanActive Probiotic Cultured Immunity Dairy Drink – Strawberry or Vanilla varieties

Fruit On The Bottom Yogurt – Blueberry, Peach, Strawberry, or Strawberry Banana varieties

Fusion Blend Smoothie, Wild Berry

Light 'n Fit, Vanilla

Light 'n Fit Strawberry Banana/Blackberry/Vanilla Family Pack

Light 'n Fit Smoothie – Mixed Berry or Strawberry Banana varieties

Light 'n Fit Sweetened Nonfat Yogurt Family Pack with Splenda

Light 'n Fit Yogurt – Blueberry, Cherry Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana, Vanilla, or White Raspberry varieties

Low Fat Vanilla

Natural – Plain or Vanilla varieties

Natural Flavors Yogurt – Coffee or Vanilla varieties

Natural Plain Yogurt with Acidophilus

Plain Nonfat Yogurt

Strawberry/Strawberry Banana/Peach Yogurt Creamy Fruit Blends

Strawberry La Crème Yogurt

Vanilla La Crème Yogurt

### • Yogurt (Cont'd)

#### Fage

Total Greek, Plain

#### Oikos

Organic Greek – Blueberry, Honey, or Vanilla varieties

#### Publix

Fat Free Peach/Mango/Passion Fruit

Fat Free Light – Blackberry, Blueberry/Pomegranate, or Strawberry/Orange varieties

Fat Free Light Smoothie, Blueberry

Fruit on the Bottom – Banana, Black Cherry, Blackberry, Blueberry, Cherry, Goji/

Passion Fruit, Guava, Honey, Mango, Mixed Berry, Peach, Pineapple, Raspberry, Strawberry, Strawberry/Banana, or Tropical Blend varieties

Just for Kidz! Low Fat Yogurt – Blue Raspberry and Cotton Candy, or Strawberry Banana Cherry varieties

No Sugar Added Low Fat Yogurt – Blueberry, Cranberry, Peach, Strawberry, or Vanilla varieties

#### Silk Live!

Soy Yogurt – Banana Strawberry, Blueberry, Peach, Strawberry, or Vanilla varieties

#### Stonyfield Farm

Fat Free – Black Cherry, Blueberry, Chocolate Underground, Peach, or Strawberry varieties

Nonfat Acidophilus Culture Yogurt – Plain, Blueberry, Chocolate Underground, or French Vanilla varieties

Nonfat French Vanilla Yogurt  
Organic O'Soy 3 Strawberry 3 Peach Cultured Soy

Organic Strawberry, Banana, Raspberry, Pear Yo Baby plus Fruit & Cereal

Organic Yo Baby Apple Mixed Berry Yogurt plus Fruit & Cereal with Iron

• **Yogurt (Cont'd)**

**Stonyfield Farm**

Organic Yo Baby Drinkable Yogurt – Banana or Peach varieties  
Organic Yo Baby Made With Whole Milk Yogurt – Banana and Vanilla, Blueberry and Apple, or Peach and Pear varieties  
Organic Yogurt – Plain, French Vanilla, Low Fat Strawberry, Low Fat Vanilla, Strawberries & Cream, or Whole Milk French Vanilla varieties  
Organic Yogurt Smoothie – Strawberry or Wild Berry varieties  
Squeeze Chillin' Cherry & Berry Blitz

**Weight Watchers**

Amaretto Cheesecake  
Boston Cream Pie  
Nonfat 1 Value Points Per Serving Yogurt – Peach, Strawberry, or Vanilla varieties

**Yo Crunch**

Mild Low Fat 1% Milkfat Vanilla Yogurt – With Mini M&M's or With Oreo Cookies 'n Cream varieties  
Mild Low Fat Strawberry Yogurt with Nestle Crunch Candy Pieces

**Yoplait**

99% Fat Free Light Yogurt – Apricot Mango, Blackberry, Blackberry Harvest, Blueberry, Cherry, French Vanilla, Peach, Strawberry, Strawberry & Banana, Strawberry Cheesecake Flavored, or Very Vanilla varieties  
Delights Parfait – Caramel Creme, Chocolate/Raspberry, or Lemon Torte varieties  
Fiber One – Key Lime Pie, Peach, or Strawberry varieties  
Go-GURT Portable Yogurt – Berry Blue Blast & Strawberry Splash, Berry Burstin' Melon Berry & Cotton Candy, Limited Edition Flavors – Swirled Strawberry Milkshake & Banana Split, or Watermelon Meltdown & Strawberry Banana Burst varieties

• **Yogurt (Cont'd)**

**Yoplait**

Grande! – Strawberry or Vanilla varieties  
Kids 25% Less Sugar Low Fat Yogurt – Peach and Strawberry Banana, or Strawberry Vanilla and Strawberry varieties  
Light Fat Free Fridge Pack Yogurt – Strawberry/Blueberry Patch or Strawberry/Harvest Peach varieties  
Light Raspberry  
Original Low Fat Fridge Pack Yogurt – Strawberry, Strawberry/Harvest Peach, or Strawberry/Mixed Berry varieties  
Original Style Yogurt – Banana Crème, Blueberry, Cherry, Mixed Berry, Orange Crème, Peach, Piña Colada, Pineapple, Raspberry, Strawberry, or Strawberry & Banana varieties  
Thick & Creamy Light Yogurt – Key Lime Pie, Peaches & Cream, or Strawberry varieties  
Trix Yogurt – Cotton Candy & Strawberry Kiwi, Strawberry Banana Bash & Rainbow Raspberry, Triple Cherry & Rainbow Punch, or Watermelon Burst & Strawberry Punch varieties  
Yo Plus – Blackberry/Pomegranate or Blueberry/Acai varieties  
Yogurt Whips! – Chocolate Mousse, Chocolate Raspberry, Key Lime Pie, Lemon Meringue, Peaches 'N Cream, or Strawberry Mist varieties

**DESSERTS**

• **Gelatin**

**Jell-O**

Sugar Free Variety Pack Gelatin Snacks – Cherry/Black Cherry, Lemon Lime/Orange, Strawberry Kiwi/Tropical Berry, or Variety Pack varieties  
Sugar Free Strawberry Gelatin Snacks  
Strawberry Gelatin Snacks

• **Gelatin (Cont'd)**

**Lakeview**

Gelatoons – Regular or Sugar Free varieties

• **Puddings**

**Jell-O**

Strawberry Cheesecake Snacks  
Sugar Free Reduced Calorie Vanilla Pudding Snacks

**Kozy Shack**

Cinnamon Raisin Rice  
European Style Rice  
Flan with Crème Caramel  
No Sugar Added Rice  
No Sugar Added Tapioca  
Original Rice  
Tapioca Rice

**Lakeview**

Sugar Free

**Luisa's**

Authentic Baked Flan

**Publix**

Rice  
Tapioca

**Swiss Miss**

Chocolate, Sugar Free

**EGGS**

• **Egg Substitutes**

**Crystal Farms**

All Whites  
Better 'N Eggs

**Egg Beaters**

Egg Beaters  
Egg Whites

**Organic Valley**

Egg Whites

**Publix**

Egg Stirs – Fat Free, Cholesterol Free, & Lactose Free Real Egg Product

- **Fresh Eggs**

- 4 Grain**

- All Natural Large
  - Cage Free Large Brown
  - Omega 3 Large Brown
  - Vegetarian Large Brown

- Eggland's Best**

- Cage Free Large Brown
  - Extra Large
  - Large

- Publix**

- Brown
  - Extra Large
  - Grade A Jumbo
  - Grade A Large
  - Grade A Medium

- Publix GreenWise Market**

- Organic Large Brown

## MILK AND MILK PRODUCTS

- **Fresh Milk**

- Publix**

- 2% Reduced Fat
  - Grade A 1% Milkfat Low Fat
  - Grade A 2% Milkfat Reduced Fat
  - Grade A Fat Free
  - Grade A Whole
  - Low Fat 1% Milkfat Milk with Vitamin A & D Added
  - Reduced Fat 2% Milk with Vitamin A & D Added
  - Vitamin D Added Whole
  - Whole

- Publix GreenWise Market**

- Organic Milk – Whole, Fat Free, or Reduced Fat varieties
  - Organic Soymilk – Plain, Chocolate, or Vanilla varieties

- **Milk Substitutes**

- 8th Continent**

- Light Vanilla Soymilk

- Imagine Rice Dream**

- Enriched Original
  - Enriched Vanilla

- **Milk Substitutes (Cont'd)**

- Silk**

- Lactose Free Organic Soymilk – Cholesterol Free Unsweetened, Chocolate, or Vanilla varieties
  - Lactose Free – Vanilla or Very Vanilla varieties
  - Soymilk – Plain, Light Plain, Lactose Free Vanilla, Light Chocolate, Light Vanilla, Very Vanilla, or White Wave varieties

## NATURAL CHEESE

- **Ricotta**

- Polly-O**

- Ricotta Cheese – Part Skim, Skim Milk, or Whole Milk varieties

- Publix**

- Ricotta Cheese – Part Skim or Whole Milk varieties

- Sorrento**

- Deli Style Ricotta Cheese – Fat Free, Part Skim, or Whole Milk varieties

## PREPARED FOODS

- **Potatoes**

- Eggland's**

- Hard Cooked Eggs

- Simply Potatoes**

- Homestyle Slices
  - Shredded Hash Browns

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## FROZEN FOODS

### BREADS

- **Garlic**

- Publix**

- Garlic Bread

### BREAKFAST

- Kim & Scott**

- Pretzel Cinnamon Roll

## CREAMER AND TOPPINGS

- **Toppings**

- Cool Whip**

- Topping – Regular, Extra Creamy, Fat Free, Lite, or Sugar Free varieties

- Publix**

- Topping – Regular, Fat Free, and Light varieties

## DESSERT

- **Cakes**

- Pepperidge Farm**

- Three Layer Cake – Chocolate Fudge, Coconut, or Golden varieties

- **Desserts**

- Rich's**

- Chocolate Eclairs

- Sara Lee**

- Mini Cream Puffs
  - Mini Eclairs

## DINNER AND ENTREES

- **Kosher**

- Golden Cheese**

- Crepes Blintzes

- **Pasta**

- Celentano**

- Cavatelli

- Reames**

- Egg Noodles

- **Regular Entrées**

- Stouffer's**

- Harvest Apples Side Dish

## FRUITS

- Birds Eye**

- Strawberries in Syrup
  - Strawberries in Light Syrup

- Cascadian Farm**

- Organic Blueberry
  - Organic Cherries, Pitted
  - Organic Harvest Berries
  - Organic Raspberry
  - Organic Strawberry

- **Fruits (Cont'd)**

**Dole**

Blueberries  
Mango Chunks  
Pineapple Chunks  
Wildly Nutritious Berry

**Publix**

Grade A Fancy – Blackberries, Blueberries, Dark Sweet Cherries, Mixed Berries, Mixed Fruit, Raspberries, Rhubarb, Sliced Peaches, Sliced Strawberries, or Whole Strawberries varieties

**ICE CREAM AND NOVELTIES**

- **Cream Based Novelties**

**Blue Bell**

Birthday Cake Cups  
Homemade Vanilla Cups

**Breyers**

Ice Cream Bar – Carb Smart Almond, or Rocky Road varieties  
Krunch Bar, No Sugar Added

**Dove**

Ice Cream Bars – Dark Chocolate With Vanilla Ice Cream, Milk Chocolate With Vanilla Ice Cream, Milk Chocolate With Vanilla Ice Cream and Almonds, or Triple Chocolate varieties  
Miniatures Flavor Collection With Vanilla Ice Cream, Double Chocolate & Cherry Royale  
Miniatures Milk Chocolate With Vanilla Ice Cream

**Drumstick**

Supreme Triple Chocolate Cones  
Vanilla Sundae Cone

**Edy's**

Edy's Dibs Bite Sized Ice Cream Snacks – Vanilla with Chocolate Coating or Vanilla with Crunch Coating varieties

**Eskimo Pie**

Vanilla Crunch Bar

**Fat Boy**

Junior Vanilla Ice Cream Sandwiches

- **Cream Based Novelties (Cont'd)**

**Fat Boy**

Vanilla Ice Cream Sandwiches

**Good Humor**

Ice Cream Bars – Chocolate Éclair or Strawberry Shortcake varieties

**Häagen-Dazs**

Cups – Chocolate, Strawberry, or Vanilla varieties

**Healthy Choice**

Caramel Swirl Ice Cream Sandwiches  
Vanilla Ice Cream Sandwiches

**Klondike**

98% Fat Free Slim-A-Bear Sandwich – Vanilla or Vanilla & Chocolate varieties  
100-Calorie Vanilla Bars  
100-Calorie Vanilla Ice Cream Sandwiches  
Klondike Bar – The Original, Chocolate, Heath Milk Chocolate English Toffee Bar, or Krunch varieties  
Slim-A-Bear 100-Calorie Fudge Bars  
Oreo Cookies and Cream Bar  
Reduced Fat & Calorie No Sugar Added Slim-A-Bear Vanilla Sandwiches  
Reese's Peanut Butter Bar  
Slim-A-Bear Reduced Fat No Sugar Added Bar – Krunch or Vanilla varieties  
Vanilla Ice Cream Sandwiches

**M&Ms**

Ice Cream Cones  
Ice Cream Treats

**Philly Swirl**

Stixs  
Stixs, Sugar Free

**Popsicle**

Sugar Free Creamsicle

**Publix**

Ice Cream Bars or Squares

- **Cream Based Novelties (Cont'd)**

**Publix**

No Sugar Added Ice Cream Bars, Sandwiches or Squares varieties  
Round Top Sundae Cone  
Sundae Cups  
Toffee Bars  
Vanilla Cups

**Sheer Bliss**

Pomegranate Dipped in Chocolate Bar

**Silhouette**

Low Fat 89% Fat Free Ice Cream Sandwich – Mint or Vanilla varieties

**Skinny Cow**

Low Fat Ice Cream Sandwiches – Mint or Vanilla varieties

**So Delicious**

Coconut Bars, Dairy-Free

**Snickers**

Ice Cream Bars

**Weight Watchers**

Candy Bars  
Chocolate Cookie and Ice Cream Giant Bar  
Cookies & Cream Giant Bar  
English Toffee Crunch Bars  
Giant Fudge Sundae Cones – Chocolate or Vanilla varieties  
Mint Chocolate Chip Cups  
Vanilla Ice Cream Sandwich

- **Fruit Bars**

**Breyers**

Strawberry/Orange/Raspberry  
Pure Fruit Pack

**Edy's**

Assorted Fruit Bars  
Coconut Fruit Bars  
Grape Fruit Bars  
Lime Fruit Bars  
No Sugar Added Strawberry  
Tangerine Raspberry Fruit Bars  
Strawberry Fruit Bars

- **Fudge Based Novelties**

- Diana's**

- Banana Babies Bars – Chocolate or Dark Chocolate varieties

- Fudgsicle**

- Fat Free
  - Original

- Healthy Choice**

- Premium Fudge Bars
  - Premium Mocha Swirl Bars

- Nestle**

- Nesquick Push-Up Pops

- Publix**

- No Sugar Added Fudge Pops

- Skinny Cow**

- Chocolate Fudge Cones, Low Fat
  - Truffle Chocolate Bars, Low Fat

- Weight Watchers**

- Chocolate Fudge Brownie Cups
  - Cookies & Cream Cups
  - Giant Chocolate Fudge Ice Cream Bars
  - Peanut Butter Cups
  - Vanilla Fudge Cones

- **Ice Cream**

- Publix**

- Chocolate
  - Chocolate Fudge Swirl
  - Chocolate Marshmallow
  - Neapolitan
  - Party Time
  - Royal Fudge
  - Tropical Twist
  - Vanilla
  - Vanilla Chocolate Strawberry

- **Ice Cream – Premium**

- Breyers**

- All Natural Vanilla & Chocolate Fudge Checks
  - All Natural – Chocolate Crackle or Triple Chocolate varieties
  - Butter Almond
  - Butter Pecan
  - Caramel Praline Almond
  - Cherry Vanilla

- **Ice Cream – Premium (Cont'd)**

- Breyers**

- Chocolate
  - Chocolate Caramel Nut
  - Chocolate Chip
  - Chocolate Chip Cookie Dough
  - Coffee
  - Cookies & Cream
  - Dulce de Leche Flavor
  - Fat Free Chocolate Cookies & Cream
  - Fat Free Chocolate Fudge Brownie
  - French Vanilla
  - Ice Cream with Heath Milk Chocolate English Toffee Bar Pieces
  - Lactose Free Vanilla
  - Mint Chocolate Chip
  - Mud Pie Brownie
  - Natural Vanilla
  - Peach
  - Peanut Butter with Reese's Peanut Butter Cup Pieces
  - Rocky Road
  - S & D – Chocolate Chocolate Chip or Strawberry Cheesecake varieties
  - Strawberry
  - Take Two! Vanilla & Chocolate
  - Vanilla Fudge Brownie
  - Vanilla Fudge Twirl
  - Vanilla Ice Cream with Oreo Cookie Pieces
  - Vanilla-Chocolate-Strawberry
  - Waffle Cone

- Edy's**

- Fun Flavors – Butterfinger or Chocolate Peanut Butter varieties
  - Grand Butter Pecan
  - Grand Chocolate
  - Grand Cookie Dough
  - Grand Cookies 'n Cream
  - Grand Double Fudge Brownie
  - Grand Double Vanilla
  - Grand Espresso Chip
  - Grand French Vanilla
  - Grand Mint Chip

- **Ice Cream – Premium (Cont'd)**

- Edy's**

- Grand Nestle Drumstick Sundae
  - Ice Cream Cone
  - Grand Peanut Butter Cup
  - Grand Real Strawberry
  - Grand Rocky Road
  - Grand Spumoni
  - Grand Vanilla
  - Grand Vanilla Bean
  - Grand Vanilla Chocolate Strawberry
  - Maxx – Chocolate Cookies & Cream, Java Mash Up, Nestle Butterfinger, or Nestle Drumsticks varieties

- Publix Premium**

- Barnie's Coffee
  - Bear Foot Brownie
  - Bear Claw
  - Black Jack Cherry
  - Butter Pecan
  - Cherry Nut
  - Cherish Passion Chocolate
  - Chocolate Almond
  - Chocolate Chip
  - Chocolate Chip Cookie Dough
  - Chocolate Chip Oatmeal
  - Chocolate Trinity
  - Cookies 'n Cream
  - Dulce de Leche
  - French Vanilla
  - Heavenly Hash
  - Homemade Butter Pecan
  - Homemade Strawberry
  - Homemade Vanilla
  - Le Banana Pudding
  - Le Caramel Dough
  - Le Egg Nog
  - Le French Silk
  - Le Key Lime
  - Le Strawberry Lemon
  - Maple Walnut
  - Mint Chocolate Chip
  - Moose Tracks
  - Otter Paws
  - Peanut Butter Goo Goo

- **Ice Cream – Premium (Cont'd)**

**Publix**

- Peppermint
- Rum Raisin
- Strawberry
- Vanilla
- Vanilla Chocolate Strawberry

**So Delicious**

- Organic Chocolate Velvet
- Organic Creamy Vanilla

- **Ice Cream – Super-Premiums**

**Ben & Jerry's**

- 2 Twisted! – Everything or Half Baked varieties
- Brownie Cup
- Cake Batter
- Cherry Garcia
- Chocolate Chip Cookie Dough
- Chocolate Fudge Brownie
- Chunky Monkey
- Coffee Heath Bar
- Cookie Dough Cup
- Creme Brulee
- Imagine Whirled Peace
- New York Super Fudge Chunk
- Peanut Butter Cup
- Phish Food
- Pistachio Pistachio
- S'mores
- Stephen Colbert's Americone Dream
- Strawberry Cheesecake
- Toffee Crunch Heath Bar

**Dove**

- Beyond Toffee Caramel Moment
- Beyond Vanilla
- Give in to Mint
- Irresistibly Raspberry
- Pecan Caramel Perfection
- Unconditional Chocolate
- Vanilla with a Chocolate Soul

**Häagen-Dazs**

- Bailey's Irish Cream
- Butter Pecan
- Chocolate
- Chocolate Chip

- **Ice Cream – Super Premiums (Cont'd)**

**Häagen-Dazs**

- Coffee
- Cookie Dough Chip
- Cookies & Cream
- Caramel Dulce de Leche
- Java Chip
- Light Caramel Cone
- Mint Chip
- Peanut Butter
- Pineapple Coconut
- Rocky Road
- Rum Raisin
- Strawberry

**Lactaid**

- Chocolate
- Vanilla

**Purely Decadent**

- Dairy-Free Cookie Avalanche

**Sheer Bliss**

- Freedom
- Pomegranate with Dark Chocolate Chips
- Vanilla

**Starbucks**

- Caramel Macchiato
- Classic Coffee
- Java Chip
- Mocha Frappuccino

- **Ice Cream – Reduced Fat**

**Breyers**

- All Natural Light Mint Chocolate Chip
- Carb Smart Vanilla
- Double Churned Light Caramel
- Light Natural Vanilla
- No Sugar Added Light Sugar Smart French Vanilla
- No Sugar Added Light Sugar Smart Vanilla
- Light Vanilla-Chocolate-Strawberry
- No Sugar Added Light Vanilla-Chocolate-Strawberry
- No Sugar Added Light Sugar Smart Butter Pecan

- **Ice Cream – Reduced Fat (Cont'd)**

**Breyers**

- Light Vanilla Bean
- Grand No Sugar Added Reduced Fat Butter Pecan
- Grand No Sugar Added Reduced Fat Triple Chocolate
- No Sugar Added Ice Cream – Fudge Tracks or Light Fudge Tracks varieties
- Slow Churned Light Ice Cream – Butter Pecan, Caramel Delight, Chocolate Fudge Chunk, Coffee, Cookie Dough, Cookies 'n Cream, Double Fudge Brownie, French Silk, French Vanilla, Strawberry, or Vanilla Bean varieties
- No Sugar Added Ice Cream – Mint Chocolate Chip, Reduced Fat Vanilla, or Vanilla Bean varieties

**Edy's**

- Fat Free Vanilla Chocolate Swirl, No Sugar Added
- Slow Churned Light Cups – Chocolate or Vanilla Bean varieties

**Häagen-Dazs**

- Five – Brown Sugar, Ginger, Milk Chocolate, Mint, or Vanilla Bean varieties

**Publix**

- No Sugar Added – Butter Pecan, Chocolate, or Vanilla varieties

**Tofutti**

- Vanilla

- **Juice Novelties**

**Breyers**

- Pure Fruit Pomegranate Blend Bars

- **Sherbet**

**Publix**

- Citrus Berry
- Cool Lime
- Fruit Medley
- Orange, No Sugar Added
- Pineapple Orange Lime Rainbow Dream

- **Sherbet (Cont'd)**

**Publix**

Raspberry Blush  
Sunny Orange  
Tropic Pineapple

- **Sorbet**

**Häagen-Dazs**

Lemon  
Raspberry  
Strawberry

**Talenti**

Gelato – Caramel Cookie,  
Coconut, Dark Cocoa, Milk  
Chocolate, or Vanilla Bean  
varieties  
Lemon  
Peach  
Raspberry

- **Yogurt**

**Ben & Jerry's**

Cherry Garcia Low Fat Frozen  
Chocolate Fudge Brownie  
Half Baked

**Edy's**

Yogurt Blends – Caramel Praline  
Crunch, Chocolate Vanilla Swirls,  
Strawberry, or Vanilla varieties

**Häagen-Dazs**

Coffee  
Frozen Vanilla  
Vanilla Honey & Granola

**Publix**

Cool Mint  
Key Lime Pie  
Piña Colada  
Pomegranate  
Premium Frozen Yogurt –  
Blackjack Cherry, Butter Pecan,  
Chocolate, Cookies 'n Cream,  
Heath Candy, Low Fat Road  
Runner Raspberry, Low Fat  
Vanilla, Moose Tracks, Peach,  
Peanut Butter Cup, or Strawberry  
varieties  
Raspberry  
Toffee

- **Water Novelties**

**Popsicle**

Crayon Shaped Scribblers Ice  
Pops  
Dora the Explorer Pops  
Fudgsicle Creamsicle Healthy  
Bunch Bars  
Orange Cherry Grape Variety  
Ice Pops  
Rainbow Assorted Flavors Ice  
Pops  
Super Heroes Firecracker Pops  
Sugar Free Low Calorie Assorted  
Flavors Ice Pops  
Sugar Free Tropical Ice Pops

**Publix**

Banana Pops  
Orange Cherry Grape Assorted  
Junior Pops  
Sugar Free Orange Cherry Grape  
Assorted Junior Pops

**JUICE**

- **Blended Juices**

**Minute Maid**

5 Alive Frozen Citrus Beverage  
Fruit Punch Frozen Concentrate

- **Citrus Juice**

**Minute Maid**

Frozen Concentrated Orange  
Juice – Country Style Orange,  
Calcium Rich Orange, Pulp Free,  
or Reduced Acid varieties

**Publix**

Frozen Concentrated Orange  
Juice

- **Cocktail Mixes**

**Bacardi**

Frozen Concentrated Fruit Mixes  
– Daiquiri Peach, Daiquiri  
Strawberry, Fuzzy Navel,  
Margarita Tropical, Mojito, Piña  
Colada, or Rum Runner varieties

- **Grape Juice**

**Welch's**

100% Regular Grape Juice  
Concentrate

- **Lime / Lemonades**

**Minute Maid**

Frozen Concentrate – Lemonade,  
Limeade, Pink Lemonade, or  
Raspberry Lemonade varieties

**ORGANICS**

- **Breads**

**Food for Life**

Ezekiel 4:9 Sesame Bread  
Ezekiel 4:9 Certified Organic  
Sprouted Grain Bread  
Sprouted 7 Grains Bread

**POTATOES**

- **Hash Browns**

**Cascadian Farms**

Organic Hash Browns

**Ore-Ida**

Country Style  
Potatoes O'Brien  
Southern Style

**Publix**

Hash Brown Potatoes  
Shredded

- **Potatoes**

**Alexia**

Sweet Potato Fries with Sea Salt

**Cascadian Farms**

Organic French Fries

**SNACKS****Superpretzel**

Soft Pretzel

**VEGETABLES****Birds Eye**

Asparagus Spears  
Baby Blend Bean & Carrot  
Baby Broccoli Florets  
Baby Gold/White Corn  
Baby Sweet Peas  
Broccoli Cuts  
Broccoli Spears  
Broccoli Stir Fry Mix

**• Vegetables (Cont'd)****Birds Eye**

Broccoli/Carrot/Water Chestnuts  
Broccoli/Cauliflower/Carrots  
Chopped Spinach  
Classic Mixed Vegetables  
Corn-On-The-Cob  
Cut Green Beans  
French Cut Green Beans  
Pepper Stir Fry Mix  
Steam & Serve Balsamic Glazed Vegetables  
Steamfresh Vegetables – Baby Broccoli, Broccoli, Broccoli/Carrots/Cauliflower, Broccoli/Cauliflower, Broccoli/Peas/Water Chestnuts, Corn-On-The-Cob, Cut Green Beans, Gold & White Corn, Mixed Vegetables, Sugar Snap Peas, Sweet Corn, or Sweet Peas varieties  
Steamfresh Premium Selects Vegetables – Asparagus/White Corn/Carrots, Baby Brussels Sprouts, Broccoli Florets, or Whole Green Beans varieties  
Steamfresh Singles Vegetables – Baby Brussels Sprouts, Sweet Corn, or Sweet Peas varieties  
Sweet Garden Peas  
Sweet Kernel Corn

**Cascadian Farms**

Organic Broccoli Florets  
Organic Cut Green Beans  
Organic Edamame  
Organic Garden Peas  
Organic Sweet Corn

**Green Giant**

Asparagus Cuts, No Sauce  
Simply Steam  
Broccoli Spears  
Corn Niblets, No Sauce  
Simply Steam  
Corn-On-The-Cob Nibblers  
Extra Sweet Nibblers  
Green Beans and Almonds, No Sauce  
Simply Steam  
Immunity Boost Broccoli

**• Vegetables (Cont'd)****Green Giant**

Simply Steam No Sauce Sugar Snap Peas  
Simply Steam No Sauce Sweet Peas and Pearl Onions  
Simply Steam Shoepeg White Corn  
Valley Fresh Steamers, Asian Style Melody

**La Choy**

Snow Pea Pods

**McKenzie's**

Stew Vegetables

**Pictsweet**

Deluxe Baby Brussels Sprouts  
Deluxe Baby Leaf Spinach  
Deluxe Baby Whole Green Beans  
Deluxe Broccoli Florets  
Fordhook Lima Beans  
Golden Cut Corn  
Mix Vegetables

**Publix**

Baby Okra, Whole  
Blackeye Peas  
Broccoli – Chopped, Cuts, or Spears varieties  
Brussels Sprouts  
Butter Beans, Speckled  
Butter Peas  
Carrots, Baby Whole and Crinkle Cut  
Cauliflower  
Chopped Spinach  
Collard Greens, Chopped  
Corn-On-The-Cob  
Cut Corn  
Cut Leaf Spinach  
Golden Kernel Corn  
Green Peppers, Diced Grade A Fancy  
Gumbo Vegetable Mix  
International Blend Mixed Vegetables – Alpine, Italian, or Japanese varieties  
Lima Beans, Fordhook  
Mini Corn-On-The-Cob

**• Vegetables (Cont'd)****Publix**

Mixed Vegetables – California Blend, Del Oro Blend, or Roma Blend varieties  
Okra – Cooked or Cut varieties  
Onions, Diced Grade A Fancy  
Peas & Carrots  
Peas, Field With Snaps  
Peas, Family Size  
Seasoning Blend  
Sliced Mushrooms  
Squash, Cooked  
Succotash  
Turnip Greens – Chopped or Chopped With Diced Turnips varieties  
Vegetable Soup Mix with Tomatoes  
Yellow Squash, Sliced

**Today's Harvest**

Baby Limas  
Broccoli Florets  
Field Peas with Snaps  
Silver Queen Corn

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## GROcery

**BAKING PRODUCTS****• Brownies / Cookies****Betty Crocker**

Fudge Brownie Mix  
Original Supreme Brownie Mix  
Premium Cookie Brownie Bar Mix

**Duncan Hines**

Brownie Mix – Dark Chocolate Fudge, Dark Chocolate Fudge with Chocolate Chunks, Double Fudge, Milk Chocolate, Triple Chocolate, or Walnut varieties  
Chocolate Chip Cookie Mix

**Ghirardelli**

Brownie Mix – Dark Chocolate, Turtle, or Ultimate Fudge varieties

- **Brownies / Cookies (Cont'd)**

- Krusteaz**

- Raspberry Bar Mix

- Pillsbury**

- Brownie Mix – Chocolate Extreme, Milk Chocolate, or Mint Chocolate varieties

- Sunmaid**

- Oatmeal Raisin Cookie Mix

- **Frosting**

- Betty Crocker**

- Deluxe Creamy Coconut Pecan

- Whipped Cream

- Rich & Creamy Frosting – Chocolate, Cream Cheese, Lemon, Milk Chocolate, Triple Chocolate Chip, or Vanilla varieties

- Triple Chocolate Fudge

- Whipped Butter Cream

- Soft Whipped Frosting – Chocolate, Cream Cheese, Fluffy White, Milk Chocolate, Strawberry, or Vanilla varieties

- Duncan Hines**

- Homestyle – Creamy Chocolate, Creamy Cream Cheese, Creamy Milk Chocolate, or Creamy Vanilla varieties

- Whipped – Chocolate or Cream Cheese varieties

- Pillsbury**

- Supreme Frosting – Coconut Pecan, Cream Cheese, Creamy Chocolate Fudge, Creamy White, Milk Chocolate, Vanilla, or Vanilla Funfetti varieties

- **Gelatin**

- Hunt's**

- Juicy Gels Snack Pack – Strawberry or Strawberry/Orange varieties

- Sugar Free Cherry Snack Pack Gel Snacks

- **Miscellaneous Desserts**

- Dolci**

- Fruitta Chocolate Dessert

- **Miscellaneous Desserts (Cont'd)**

- Durkee**

- Marshmallow Fluff

- Regular Marshmallow Fluff

- Kraft**

- Dream Whip

- Jet-Puffed Marshmallow Cream

- **Muffins / Breads**

- Pillsbury**

- Quickbread Mix – Blueberry, Cinnamon Swirl, Date, or Nut varieties

- **Puddings**

- Hunt's**

- Dessert Favorites Snack Pack, Lemon Meringue

- Snack Pack – Brownie Mix, Chocolate, Light Chocolate, No Sugar Added Chocolate, No Sugar Added Vanilla, Pudding for Chocolate Lovers, Tapioca, or Vanilla varieties

- Triples Snack Pack, Ice Cream Sandwich

- Royal**

- Flan

- **Sugar & Substitutes**

- Dixie Crystals**

- Confectioners Powdered Sugar

- EFG Sugar

- Light Brown Sugar

- Domino**

- Dark Brown Sugar

- Dots Sugar

- Light Brown Sugar

- Pure Cane Granular Sugar

- Sugar & Cinnamon

- Equal**

- Sugar Substitute

- Florida Crystals**

- Demerara Sugar

- Milled Cane Natural Sugar

- Organic Sugar – Brown, Cane, or Powdered varieties

- NatraTaste**

- Sugar Substitute

- **Sugar & Substitutes (Cont'd)**

- Publix**

- Aspartame Sweetener

- Dark Brown Sugar

- Light Brown Sugar

- Powdered Sugar

- Sugar

- Splenda**

- Brown Sugar Blend

- Cafe Sticks

- Granular

- Sugar Blend

- Splenda with Fiber

- Stevia**

- Plus Sweetener

- Sugar in the Raw**

- Natural Cane Sugar

- Sweet'N Low**

- Sugar Substitute

- Truvia**

- Natural Sweetener

- Wholesome Fair Trade**

- Organic Sugar

- **Syrup**

- Publix**

- Molasses

## BEVERAGES

- **Tea**

- 4C**

- Green Tea with Lemon & Honey Mix

- Iced Tea Mix – Instant, Peach Red, Raspberry, or Totally Light Lemon varieties

- Lipton**

- Green Tea To-Go Citrus

- Decaf Iced Tea Mix, with Lemon

- Decaf Sugar-Free Iced Tea Mix

- Diet Iced Tea Mix – Peach or Raspberry

- Energize To-Go Blueberry/Pomegranate

- Green Iced Tea Mix

- Iced Tea Mix

- **Tea (Cont'd)**

- Lipton**

- Iced Tea Mix, with Lemon
  - Iced Tea Sugar-Free To-Go, with Lemon
  - Iced Tea To-Go Mandarin/Mango
  - Instant Iced Tea Mix, with Lemon
  - Peach Sugar Sweetened Iced Tea Mix

- Publix**

- Iced Tea Mix
  - Sugar-Free Iced Tea Mix

## BREAD

- **English Muffins / Bagels**

- Pepperidge Farms**

- Cinnamon French Toast Brown Sugar Bread Swirl

- Sun-Maid**

- Cinnamon Raisin Bread Swirl

- **Hard Breads**

- Kavli**

- 5 Grain Crispbread

- Stella Doro**

- Anisette Toast

- **Loaf Bread**

- Pepperidge Farms**

- Natural Whole 9-Grain Bread
  - Whole Grain Oatmeal Bread

- Publix**

- Cinnamon Raisin Bread

## BREAKFAST FOODS

- **Breakfast Bars**

- Cascadian Farm**

- Chewy Organic Granola Bars, Chocolate Chip

- General Mills**

- Fiber One Bars – Apple Streusel, Chewy Oats & Caramel, Chewy Oats & Chocolate, Chewy Oats & Peanut Butter, or Chocolate Mocha varieties
  - Milk 'N Cereal Bars – Honey Nut Cheerios or Variety Pack varieties

- **Breakfast Bars (Cont'd)**

- Kashi**

- Chewy Granola Bars – Honey Almond Flax or Trail Mix varieties
  - TLC Chewy Granola Bars, Peanut Peanut Butter

- Kellogg's**

- FiberPlus Bars – Chocolate Almond or Chocolate Chip varieties
  - Nutri-Grain Cereal Bars – Apple Cinnamon, Blueberry, Cherry, Mixed Berry, Raspberry, or Strawberry varieties

- Nature Valley**

- Chewy Trail Mix Bars, Fruit & Nut
  - Chewy Yogurt Granola Bars, Strawberry
  - Healthy Heart Chewy Granola Bars

- Publix**

- Low Fat Fruit & Grain Bars – Apple Cinnamon, Blueberry, Mixed Berry, or Strawberry varieties
  - Fruit & Nut Trail Mix Bars

- Quaker**

- Baked Breakfast Bars – Apple Crisp, Baked Blueberry, Mixed Berry Crisp, or Strawberry Crisp varieties

- South Beach**

- Living Bars – Cranberry Almond, Fiber Fit Mocha, or Fiber Fit S'mores varieties

- **Cereals**

- Back to Nature**

- Granola – Classic, Chocolate Delight, Sunflower Pumpkin, To-Go Blueberry Walnut, or To-Go Honey Almond varieties
  - Organic Granola – Apple Blueberry or Cranberry Pecan varieties

- Bear Naked**

- Fruit & Nut Grains
  - Granola Banana Nut
  - Peak Protein
  - Vanilla Almond Crunch

- **Cereals (Cont'd)**

- Cascadian Farm**

- Fiber Right Honey Clusters
  - Organic Grain Fruit & Nut
  - Organic Oat & Honey Granola

- General Mills**

- Fiber One
  - Oatmeal Crisp with Almonds

- Heartland**

- Natural
  - Natural, with Raisins

- Kashi**

- 7 Grain Puffed
  - Apple Orchard Granola
  - Go Lean Cereal
  - Go Lean Crunch
  - Go Lean Honey Almond
  - Heart to Heart, Original
  - Heart to Heart Cups
  - Heart to Heart with Blueberry Clusters
  - Island Vanilla Biscuits
  - Mountain Medley Granola
  - Organic Autumn Wheat
  - Organic Promise Cinnamon Harvest
  - U Cereal

- Kellogg's**

- Corn Pops
  - Eggo Cinnamon Toast
  - Frosted Mini-Wheats, Bite Size – Original, Organic, Maple & Brown Sugar, Strawberry Delight, Unfrosted, or Vanilla Crème varieties
  - Low Fat Crunchy Blends Granola Without Raisins
  - Original All-Bran
  - Smacks
  - Smart Start Healthy Heart
  - Smart Start Healthy Heart, Maple Brown Sugar
  - Special K, Fruit & Yogurt

- Kretschmer**

- Honey Crunch
  - Wheat Germ

- **Cereals (Cont'd)**

**Mona's**

Original Granola

**Newman's Own**

Honey Flax Flakes

**Post**

Cranberry Almond Crunch

Great Grains Raisin, Dates, & Pecans Cereal Selects

Healthy Classics Spoon Size Shredded Frosted Wheat Cereal

Healthy Classics Spoon Size Shredded Wheat – Original or Wheat 'N Bran

Healthy Classics Spoon Size Shredded Wheat Honey Nut

Honey Bunches of Oats Honey Roasted

Honey Bunches of Oats with Real Peaches

Honey Bunches of Oats with Real Strawberries

Honeycomb

Trail Mix Crunch Cranberry Vanilla

**Publix**

Fruit Rings

Shredded Wheat, Spoon Size

Sweetened Multi Grain

Fruit Rings

Sweetened Shredded Frosted Wheats

**Publix GreenWise Market**

All Natural Flax Flakes

Organic Honey Crunch Oats

**Quaker**

100% Natural Honey Oats Raisin

Captain Crunch Peanut Butter

Puffed Rice

Puffed Wheat

**Uncle Sam**

Original

**Weetabix**

Wheat

- **Hot Cereal**

**Jim Dandy**

Quick Grits

- **Hot Cereal (Cont'd)**

**Kashi**

Go Lean Honey Cinnamon

Go Lean Vanilla

Heart to Heart Apple Cinnamon

Heart to Heart Maple

**McCann**

Irish Oatmeal

Steel Cut Irish Oatmeal

**Nabisco**

Hot Cream of Wheat

Cream of Rice

Cream of Wheat

**Pillsbury**

Farina

**Publix**

Old Fashioned Oats

Quick Oats

**Quaker**

Organic Maple & Brown Sugar

Natural Flavors Instant Oatmeal

Take Heart Blueberry Instant Oatmeal

Oat Bran Hot Cereal

Oats Old Fashioned Oatmeal

Old Fashioned Oats

Quick Grits

Quick Oats

Oats Quick 1 Minute Oatmeal

Simple Harvest Maple Pecan

Steel Cut Oats

**Wheatena**

Classic

- **Instant Breakfast**

**Carnation**

Chocolate

Classic Chocolate Malt

French Vanilla

Variety Pack

- **Toaster Pastries**

**General Mills**

Fiber One – Blueberry, Brown Sugar Cinnamon, or Strawberry varieties

**CANNED AND DRIED FRUITS**

- **Applesauce**

**Mott's**

Regular

Cinnamon

Healthy Harvest – Blueberry, Peach Medley, or Strawberry varieties

Homestyle

Mango/Peach

Mixed Berry

Natural

Pear

Strawberry/Banana

**Musselman's**

Regular

Chunk

Lite

Natural

**Publix**

Cinnamon

Old Fashioned

Strawberry

Unsweetened

**Publix GreenWise Market**

Regular

Unsweetened

- **Canned Fruits**

**Del Monte**

100-Calorie Fruit Cocktail

All Natural Mandarin Oranges in Light Syrup

All Natural Pineapple Chunks in Pineapple Juice

All Natural Sliced Peaches in Light Syrup

All Natural Tropical Fruit in Light Syrup

Bartlett Pear Halves in Heavy Syrup

Cherry Mixed Fruit in Natural Cherry-Flavored Light Fruit Syrup

Chunky Fruit Naturals Mixed Fruit

Elberta Freestone Sliced Peaches

Freestone Lite Sliced Peaches

Fruit Naturals Fruit Cocktails

Fruit Cocktail in Heavy Syrup

**• Canned Fruits (Cont'd)****Del Monte**

Fruit Cocktail  
Light Syrup Citrus Salad  
Lite Bartlett Pear Halves in Pear Juice  
Lite Fruit Cocktail  
Lite Mandarin Orange Segments in Orange-Flavored Gel Fruit & Gel  
Lite Peaches in Strawberry Banana-Flavored Gel Fruit & Gel  
Lite Sliced Peaches  
Lite Yellow Cling Sliced Peaches  
Mandarin Orange Cups, No Sugar Added  
Mandarin Orange Segments in Light Fruit Syrup  
Mandarin Oranges Fruit Cup  
Mandarin Oranges Whole Segments in Light Syrup  
Mixed Fruit Cherry Fruit Pleasures  
Mixed Fruit in Light Fruit Syrup  
Mixed Fruit in Cherry-Flavored Gel Fruit & Gel  
Mixed Fruit in Extra Light Fruit Cup Syrup  
Mixed Fruit in Peach-Flavored Gel Fruit & Gel  
Mixed Fruit in Raspberry-Flavored Gel Fruit & Gel  
No Sugar Added Sweetened Fruit Cocktail with Splenda  
No Sugar Added Sweetened Peach Chunks with Splenda  
No Sugar Added Sweetened Peaches Sliced with Splenda  
Peach Halves  
Peach Segments in Light Syrup  
Pineapple Tidbits in 100% Pineapple Fruit Juice from Concentrate  
Raspberry Flavored Sliced Peaches  
Sliced Peach Fruit Naturals  
Strawberry Banana-Flavored Yellow Cling Peaches in Lightly Flavored Fruit Syrup  
Sunfresh Red Grapefruit Sections

**• Canned Fruits (Cont'd)****Del Monte**

Sunfresh Red Grapefruit Sections in Light Syrup  
Tropical Fruit in Lightly Sweetened Fruit Juices from Concentrate Fruit  
Tropical Fruit Salad  
Tropical Fruit Salad Juice  
Tropical Mixed Fruit in Passion Fruit Nectar  
Unpeeled Lite Apricot Halves  
Very Cherry Mixed Fruit  
Yellow Cling Diced Peaches in Light Fruit Syrup  
Yellow Cling Peach Halves in Heavy Syrup  
Yellow Cling Sliced Peaches

**Dole**

Apple Caramel Fruit Parfait Fruit Bowls  
Crushed Pineapple in Unsweetened Pineapple Juice  
Diced Fruit Bowls  
Diced Pears Fruit Bowls  
Fruit Tropical Fruit Bowls  
High in Antioxidant Vitamin C Sweetened Pineapple Chunks in Heavy Syrup  
Mandarin Oranges Fruit Bowls  
Mandarin Oranges in Orange Gel Bowls  
Mixed Cherry in Light Fruit Syrup with Other Natural Flavors  
Mixed Fruit in Black Cherry Gel Fruit Bowls  
Mixed Fruit in Peach Gel Fruit Bowls  
Mixed Fruit Bowls  
No Sugar Added Crushed Pineapple in 100% Pineapple Juice  
No Sugar Added Pineapple Chunks in 100% Pineapple Juice  
No Sugar Added Pineapple Chunks in Unsweetened Pineapple Juice  
No Sugar Added Pineapple Slices in 100% Pineapple Juice

**• Canned Fruits (Cont'd)****Dole**

No Sugar Added Pineapple Tidbits in 100% Pineapple Juice  
Peach Fruit Parfait Fruit Bowls  
Peaches in Strawberry Gel Fruit and Gel Bowls  
Pineapple Fruit Parfait Fruit Bowls  
Pineapple in Lime Gel Fruit And Gel Bowls  
Pineapple Slices in Unsweetened Pineapple Juice  
Pineapple Tidbits in Unsweetened Pineapple Juice  
Pineapple Tidbits Fruit Bowls

**Libby**

Red Carb Pineapple – Chunks, Crushed, or Sliced varieties

**Ocean Spray**

Jellied Cranberry Sauce  
Whole Berry Cranberry Sauce

**Osage**

Raggedy Ripe Freestone Lite Peaches  
Raggedy Ripe Freestone Peaches in Heavy Syrup

**Publix**

Chunky Lite Mixed Fruit in Pear Juice  
Cranberry Sauce  
Cranberry Jellied Sauce  
Crushed Pineapple in Heavy Syrup  
Crushed Pineapple in Pineapple Juice  
Diced Peaches in Natural Peach Flavored Light Syrup  
Diced Peaches in Strawberry Gel  
Fruit Cocktail in Heavy Syrup  
Light Syrup Mandarin Orange  
Lite Cocktail Fruit in Pear Juice  
Lite Yellow Cling Peach Halves in Pear Juice  
Lite Yellow Cling Peach Slices in Pear Juice  
Pineapple Chunks in Heavy Syrup

- **Canned Fruits (Cont'd)**

- Publix**

- Pineapple Chunks in Pineapple Juice
    - Pineapple Tidbits in Juice
    - Pineapple Tidbits in Lime Gel
    - Pineapple Tidbits in Pineapple Juice
    - Sliced Pineapple in Heavy Syrup
    - Sliced Pineapple in Pineapple Juice
    - Unpeeled Apricot Halves in Heavy Syrup
    - Whole Berry Cranberry Sauce
    - Yellow Cling Peach Halves in Heavy Syrup
    - Yellow Cling Peach Slices in Heavy Syrup

- **Dates**

- Sunsweet**

- Chopped
    - Pitted

- **Dry Mixed**

- Emerald**

- Berry Blend Trail Mix
    - Breakfast Blend Trail Mix
    - Tropical Trail Mix

- Fisher Fusion**

- Snack Mix – Cinnamon Roll, Energy Blend, Ice Cream Sundae, Sweet Harvest, or Tropical Twist varieties

- Ocean Spray**

- Craisins – Cherry Flavor or Sweetened Dried Cranberries varieties
    - Trail Mix Craisins – Cranberry Chocolate, or Cranberry, Fruit & Nuts varieties

- Planters**

- Trail Mix – Nut & Chocolate Mix, or Nuts, Seeds & Raisins varieties

- Sun Maid**

- Apple Chunks
    - Cape Cod Cranberry
    - Chocolate Yogurt Raisins
    - Cranberries & Raisins

- **Dry Mixed (Cont'd)**

- Sun Maid**

- Fruit Bits
    - Mediterranean Apricot
    - Tart Cherries
    - Tropical Trio
    - Yogurt Raisins

- Sunsweet**

- Antioxidant Blend
    - Blueberries
    - Dried Cherries
    - Philippine Pineapple

- Welch's**

- Blueberries, Cherries, Cranberries, Raisin Dried Fruit
    - Berry Medley
    - Dried Fruit Cherries
    - Pineapple, Apricots, Cherries, Apples, Raisins Mixed Dried Fruit

- **Figs**

- Blue Ribbon**

- Figlets

- **Fruit Snacks**

- Betty Crocker**

- Fruit By The Foot Fruit Snacks – Razzle Blue Blitz-Strawberry, Berry Tie-Dye, or Variety Pack varieties
    - Fruit Gushers – Flavor Shock Variety Pack, Strawberry Splash, Tropical Flavors, or Variety Pack varieties
    - Fruit Roll-Ups, Variety Pack
    - Fruit Snacks – Mixed Fruit With Calcium, Scooby Doo!, or Shark Bites varieties

- Kellogg's**

- Disney Princesses
    - Family Gaming
    - Finding Nemo
    - John Deere

- Publix**

- Curious George
    - Dinosaurs
    - Sharks
    - Snoopy
    - Veggie Tales

- **Prunes**

- Del Monte**

- Pitted

- Publix**

- Pitted

- Sunsweet**

- Chocolate PlumSweets
    - Ones
    - Pitted – Bite Size, Prunes/Cherries, Prunes/Oranges, or Prunes/Plums varieties
    - Ready-to-Serve

- **Raisins**

- Dole**

- Raisins

- Publix**

- Raisins

- Sun Maid**

- 100-Calorie Cranberries
    - Raisins
    - Vanilla Yogurt

- Sunsweet**

- Jumbo Red

- **Variety Snacks**

- Tropical Nut**

- Yogurt Pretzels
    - Yogurt Raisins

## CANNED MEATS

- **Clams**

- Doxsee**

- Clam Juice

- **Poultry**

- Hormel**

- No Salt Breast of Chicken Chunk

- **Sardines**

- King Oscar**

- Brisling Sardines in Spring Water

- **Tuna**

- Bumble Bee**

- Diet Low Salt Chunk White Tuna in Water

- Starkist**

- Chunk White Tuna in Water

- **Tuna (Cont'd)**

- **Starkist**

- Gourmet Choice Solid in Olive Oil
    - Gourmet Choice Solid in Water Solid White Premium
    - Zesty Lemon Pepper Tuna

- **CANNED VEGETABLES**

- **Asparagus**

- **Vigo**

- Marinated

- **Beans**

- **Eden**

- Garbanzo Beans
      - Organic Cajun Beans Small Red Beans and Rice
      - Organic Caribbean Black Beans and Rice Beans
      - Organic Fat Free Black Beans
      - Organic Fat Free Kidney Beans
      - Organic Fat Free Pinto Beans

- **Beets**

- **Aunt Nellie's**

- Harvard Red Sweet & Sour, Sliced
      - Ruby Red Pickled Whole

- **Corn**

- **Del Monte**

- No Salt Added Summer Crisp
      - No Salt Added Whole Kernel
      - No Salt Added Sweet Golden Whole Kernel Fresh Cut
      - No Salt Added Sweet Golden Whole Kernel Fresh Cut Cream

- **Green Giant**

- Sweet Corn Whole Kernel Niblets
      - Sweet Corn Whole Kernel Niblets, No Salt Added

- **Green Beans**

- **Del Monte**

- Blue Lake Fresh Cut No Salt Added – Cut or French Style varieties
      - Fresh Cut No Salt Added

- **Publix**

- No Salt

- **Greens**

- **Del Monte**

- Leaf Spinach, No Salt Added

- **Mushrooms / Artichoke**

- **Penndutch**

- No Salt Mushroom Stems & Pieces

- **Peas**

- **Del Monte**

- No Salt Added Fresh Cut Sweet Peas
      - No Salt Added Early Garden Sweet Peas

- **Publix**

- No Salt Sweet Green Peas
      - Small Sweet Peas

- **Potatoes**

- **Bruce's**

- Cut Sweet Potatoes in Heavy Syrup

- **Royal Prince**

- Orange Pineapple Yams

- **Salad & Mixed Vegetables**

- **Veg-All**

- Mixed Vegetables, No Salt Added

- **Tomato / Sauce / Paste / Puree**

- **Contadina**

- Tomato Paste

- **Deifratelli**

- Tomato Puree
      - Whole Tomato Puree

- **Hunt's**

- All Natural Tomato Paste
      - No Salt Added Tomato Sauce
      - Tomato Puree

- **Muir Glen**

- Premium Organic Fire Roasted Diced Tomatoes
      - Tomato Paste

- **Progresso**

- Tomato Puree

- **Publix**

- Tomato Paste
      - Tomato Puree

- **Tomato / Sauce / Paste / Puree (Cont'd)**

- **Publix**

- Tomato Sauce, No Salt Added

- **Publix GreenWise Market**

- Organic Crushed Tomatoes in Organic Tomato Paste
      - Organic Tomato Puree
      - Tomato Paste

- **Tomatoes**

- **Cento**

- Crushed
      - Italian, Whole

- **Del Monte**

- Cut Petite
      - No Salt Added Fresh Cut Diced

- **Pomi**

- Tomatoes – Chopped or Strained varieties

- **Progresso**

- Recipe Ready Crushed Tomatoes

- **Publix**

- Crushed
      - Diced, No Salt Added

- **Publix GreenWise Market**

- Crushed

- **CONDIMENTS**

- **Gravy**

- **Franco-American**

- Slow Roast Chicken Gravy

- **Pickles**

- **Howard's**

- Sweet Pepper Relish

- **Nance's**

- Corn Relish

- **Publix**

- Sweet Relish

- **Salsas**

- **Eatsmart**

- All Natural Snacks Garden Style Sweet Salsa

- **Salsas (Cont'd)**

**Publix**

Black Bean & Corn Medium  
Southwestern Salsa

**Zapata**

Fire Roasted Green Salsa – Mild,  
Medium, or Hot varieties

- **Specialty Sauces**

**Crosse & Blackwell**

Ham Glaze

**Stubb's**

Chicken Marinade  
Pork Marinade  
Original Wicked Chicken Wing

- **Vinegar**

**Gia Russa**

Balsamic Glaze, Imported from  
Modena, Italy  
Balsamic Vinegar of Modena,  
Imported from Italy  
White Wine Vinegar, Imported  
from Italy

## COOKIES / CRACKERS

- **Cookies / Wafers**

**Annas**

All Other Ginger Cookies

**Archway**

Gingersnaps Cookies  
Gingersnaps Reduced Fat  
Cookies

**Back to Nature**

Chocolate Chunk Cookies

**Bahlsen**

Deloba Wafer Rolls  
Chocolate Sandwich  
Plain Shortbread

**Biscoff**

Gourmet Cookies

**Danish**

Butter Cookies

**De Beukelaer**

Double Chocolate Crème De  
Pirouline  
Chocolate Wafers, Tin

- **Cookies / Wafers (Cont'd)**

**De Beukelaer**

Pirouline Double Chocolate  
Wafers

**Entenmann's**

Amos Sandwich Cookies –  
Chocolate or Vanilla varieties

**Famous Amos**

Vanilla Cream Cookies

**Hershey's**

Kisses Snacksters

**Kashi**

Dark Chocolate Oatmeal Cookies  
Oatmeal Raisin Flax Cookies  
Trail Mix Cookies

**Keebler**

Crème Filled Vienna Fingers  
Deluxe Chocolate Malt Chunk  
Cookies  
Deluxe Grahams  
E.L. Fudge Butter Fudge Cookies  
Fudge Stick Cookies  
Fudge Stripes Fudge Shoppe  
Graham Sandwich Chocolate  
Fudge Bites  
Reduced Fat Pecan Shortbread  
Sandies  
Reduced Fat Vienna Fingers  
Rite Bites 100-Calorie  
Grasshopper Fudge Dipped  
Mint Cookies  
Simple Shortbread Sandies

**Koala**

Chocolate Yummie

**Lu Petit Ecolier**

Cookies – Dark Chocolate, Milk  
Chocolate, or Raspberry Pims

**Mrs. Fields**

Chocolate Peanut Butter Cookies

**Murray**

Sugar Free Cookies – Chewy  
Double Fudge, Chocolate Chip,  
Chocolate Chip & Pecan,  
Chocolate Sandwich,  
Gingersnap, Lemon Crème,  
Oatmeal, or Pecan Shortbread

- **Cookies / Wafers (Cont'd)**

**Murray**

Sugar Free Wafers – Vanilla or  
Fudge Dipped Vanilla varieties

**Nabisco**

100-Calorie Honey Maid  
Cinnamon Roll Thin Crisps  
Chips Ahoy – Chocolate Chip  
Cookies or Mini Snacks varieties  
Chocolate Pinwheel Cookies  
Fig Newtons – Fruit Crisp Mixed  
Berry, Whole Grain, or Whole  
Grain Strawberry varieties  
Nilla Cakesters  
Nutter Butter Cookies  
Oreo Cookies – Chocolate  
Fudgees, Golden Chocolate Uh-  
Oh!, or Golden varieties  
Snackwell's Devil's Food Cookies  
Sugar Wafers

**Pepperidge Farm**

Distinctive Cookies – Geneva,  
Milano, Milano Milk Chocolate,  
or Verona Strawberry varieties  
Fruit & Nut Chewy Cookies  
Holiday Entertaining Collection  
Pirouette Cookies – Chocolate  
Hazelnut or French Vanilla  
varieties  
Soft Baked Cookies – Chocolate  
Chunk Dark Chocolate Brownie,  
Santa Cruz Oatmeal Raisin,  
Sausalito Chocolate Chunk, or  
Snickerdoodle varieties

**Publix**

Devil's Food Cookies  
Fig Fruit Bars  
Ginger Snaps  
Marshmallows Fudge Selections  
Cookies  
Pecan Shortbread Cookies  
Sandwich Cookies – Chocolate  
Cremes, Duplex Cremes, or  
Vanilla Cremes varieties  
Vanilla Wafers

**Voortman**

Coconut Rollpack Cookies

- **Cookies / Wafers (Cont'd)**

- Voortman**

- Sugar Free Cookies – Fudge Chocolate Chip, Iced Almonette, Oatmeal, Peanut Butter, or Shortbread varieties
  - Vanilla Wafers
  - Vanilla Wafers, Sugar Free

- Walkers**

- Shortbread Fingers

- **Crackers**

- Breton**

- Crackers
  - Low Salt Crackers

- Cabaret**

- Crackers

- Date**

- Vinta Crackers

- Nabisco**

- Premium Low Salt Crackers
  - Ritz Crackers, Low Salt
  - Triscuit Whole Grain, Hint of Salt
  - Wheat Thins, Low Salt

- Publix**

- Graham Crackers – Cinnamon or Honey varieties

## DRIED BEANS

- Goya**

- Black Beans

- Publix**

- Baby Lima Beans
  - Black Beans
  - Black Eye Peas
  - Garbanzo Beans
  - Green Split Peas
  - Great Northern Beans
  - Large Lima Beans
  - Lentils
  - Light Red Kidney Beans
  - Navy Beans
  - Pinto Beans
  - Small Red Beans

- Quaker Scotch Brand**

- Quick Barley

## ETHNIC FOODS

- **Kosher**

- Joyva**

- Sesame Tahini

- **Mexican**

- Newman's Own**

- Black Bean and Corn Salsa

- **Oriental**

- Hokan**

- Grade A Coconut Milk
  - Sliced Water Chestnuts

- Kame**

- Chinese Noodle Mein
  - Sweet & Sour Sauce

- La Choy**

- Bean Sprouts
  - Sliced Water Chestnuts

## JUICES

- **Apple**

- Apple & Eve**

- 100% Organic Juice

- Martinelli**

- Apple

- Minute Maid**

- Apple Juice To Go

- Publix**

- 100% Pure Apple Juice
  - Apple Cider Juice
  - Apple Juice with Vitamin C

- Publix GreenWise Market**

- 100% Organic Apple Juice, Pasteurized From Concentrate

- White House**

- 100% Apple Juice, No Sugar Added
  - Premium Apple Juice

- **Blends**

- Campbell's**

- V8 Splash Juice Blend – Berry, Diet Berry, Tropical, or Strawberry Kiwi varieties
  - V8 VFusion Vegetable & Fruit 100% Juice – Peach Mango, Strawberry Banana, or Tropical Orange varieties

- **Blends (Cont'd)**

- Ocean Spray**

- Cranberry Concord Grape Premium 100% Juice
  - Cranberry & Pacific Raspberry Premium 100% Juice

- Old Orchard**

- Healthy Balance Grape Cocktail

- Welch's**

- Cocktail Fruit Juice, Orange Pineapple & Apple
  - Fruit Punch Juice Drink

- **Boxed Juices / Juice Drinks**

- Capri Sun**

- Protective Antioxidants! Juice Blend Drink – Coastal Cooler, Fruit Punch, Grape, Mountain Cooler, Orange, Pacific Cooler, Red Berry, Splash Cooler, Strawberry, Strawberry Kiwi, Surfer Cooler, Tropical Punch, or Wild Cherry varieties
  - Protective Antioxidants! Lemonade
  - Roarin' Waters Flavored Water Beverage – Strawberry Kiwi, Tropical Fruit, or Wild Cherry varieties
  - Sports Pouches All Natural Drinks

- Hi-C**

- Flashin' Fruit Punch
  - Orange Lavaburst

- Kool-Aid**

- Kool-Aid Jammers Drink Pouches – Blue Raspberry, Grape, or Tropical Punch varieties

- Minute Maid**

- 100% Juice – Apple, Fruit Punch, Grape, Mixed Berry, or Orange varieties
  - All Natural Minute Maid Coolers – Berry Punch, Fruit Punch, Pink Lemonade, or Tropical Punch varieties
  - Just 10 Fruit Punch Flavored Fruit Drink

- **Cherry**
  - Knudsen**
    - Black Cherry Juice
- **Citrus**
  - Nellie & Joe**
    - Key Lime Juice
  - Ocean Spray**
    - 100% Ruby Red Grapefruit Juice Blend
    - 100% White Grapefruit Juice, Unsweetened
    - Ruby Red Grapefruit
    - Ruby Red Grapefruit & Tangerine
    - Ruby Red Light Grapefruit
  - Publix**
    - Ruby Red Grapefruit Juice Cocktail
    - Ruby Red Grapefruit & Tangerine Juice Cocktail
    - White Grapefruit Juice
- **Cranberry**
  - Apple & Eve**
    - Vintage Concord Organics Juice
  - Knudsen**
    - Cranberry
  - Northland**
    - No Sugar Added Juice – Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Grape, Cranberry Pomegranate, or Cranberry Raspberry varieties
  - Ocean Spray**
    - Concentrate Cran-Raspberry Juice Blend With Two Other Juices
    - Juice Cocktail – Calcium Cranberry, Cran-Apple, Cranberry, Cran-Cherry, Cran-Grape, Cran-Raspberry, Cranberry, Light Cran-Apple, Light Cranberry, Light Cran-Grape, Light Cran-Raspberry, Light Cranberry Sweetened With Splenda, Light White Cranberry, Light Style Cranberry, White Cranberry Peach, or White Cranberry Strawberry varieties
- **Cranberry (Cont'd)**
  - Ocean Spray**
    - Juice Drink – Cran-Grape or Cran-Raspberry from Concentrate
    - Premium 100% Cranberry Juice blend
    - White Cranberry Juice
  - Publix**
    - Juice Cocktail – Cranberry, Cranberry Apple, Cranberry Grape, Cranberry Raspberry, or Cranberry with Calcium varieties
  - Publix GreenWise Market**
    - Organic Cranberry Juice
- **Freeze Pops**
  - Fla-Vor-Ice**
    - Six Flavors 10% Fruit Juice Giant
- **Fruit Drink**
  - Apple & Eve**
    - 100% Organic Fruit Punch
  - Publix**
    - Fruit Punch Drink
    - Lemon Drink
    - Orange Drink
- **Grape**
  - Apple & Eve**
    - 100% Organic Juice
  - Publix**
    - Grape Juice
    - Purple Grape Juice
    - White Grape Juice
  - Publix GreenWise Market**
    - Organic Grape Juice
    - White Grape Juice
- **Lemonade**
  - Apple & Eve**
    - Lemonade Organics Juice
  - Minute Maid**
    - All Natural Lemonade
  - Publix GreenWise Market**
    - Organic Lemonade
- **Nectars**
  - Looza**
    - Mango Nectar
- **Pineapple**
  - Dole**
    - 100% Pineapple Juice, Not From Concentrate
    - 100% Pure Pineapple Juice, Unsweetened, Not From Concentrate
  - Publix**
    - 100% Pure Pineapple Juice
- **Pomegranate**
  - Knudsen**
    - Pomegranate Juice
- **Powdered Drinks**
  - Arizona**
    - Peach Tea
    - Pomegranate Green Tea Mix
    - Tea Mix with Lemon
  - Country Time**
    - Lemonade
    - On-The-Go Lemonade
    - Pink Lemonade
  - Crystal Light**
    - Decaf Ice Tea with Lemon
    - On-The-Go Drinks – Citrus Splash, Ice Tea, Peach, Raspberry Ice, Raspberry Lemonade, Sunrise/Orange, or Wild Strawberry Energy varieties
    - Peach Tea
    - Pineapple/Orange
    - Pink Lemonade
    - Raspberry Ice
    - Raspberry Lemonade
    - Strawberry Kiwi
    - Strawberry/Orange/Banana
    - Sunrise Classic Orange
    - Sunrise Grapefruit
    - Tea with Lemon
  - Kool-Aid**
    - Singles – Cherry, Grape, or Tropical Punch varieties
    - Strawberry
    - Tropical Punch
- **Tang**
  - Orange Fruitrition

- **Powdered Drinks (Cont'd)**

- Wylers**

- Lite Raspberry

- **Sport Drinks**

- Gatorade**

- Thirst Quencher X-Factor Fruit Punch & Berry

- **Vegetable**

- Campbell's**

- Low Sodium Tomato Juice
  - V8 100% Tomato Vegetable Juice, Low Sodium
  - V8 100% Vegetable Juice, Low Sodium

## MILK AND ADDITIVES, SHELF-STABLE

- **Coffee Creamers**

- International Delight**

- Singles Creamer – French Vanilla, Hazelnut, or Irish Cream varieties

- **Milk**

- Eden Soy**

- Chocolate Soy Beverage
  - Extra Organic Original Soy with Vitamin B-12
  - Extra Organic Vanilla Soy with Vitamin B-12
  - Organic Original Soy Beverage
  - Organic Vanilla Soy Beverage
  - Unsweetened Soy

- Goya**

- Coconut

- Hershey's**

- Low Fat Chocolate
  - Low Fat White

- Parmalat**

- 2% Low Fat
  - 2% Low Fat Chocolate
  - 2% Low Fat White
  - Skim
  - Vitamin D Natural
  - White Whole

- Pet**

- Vitamin D Added Evaporated

- **Milk (Cont'd)**

- Publix**

- Condensed Sweetened (Dulce Leche Condensada)
  - Evaporated

- Rice Dream**

- Organic Original Beverage
  - Organic Original Enriched Beverage
  - Organic Vanilla Beverage
  - Organic Vanilla Enriched Beverage

- Silk**

- Organic Plain Soymilk
  - Organic Unsweetened Soymilk
  - Organic Vanilla Soymilk

- **Milk Flavoring**

- Nestle**

- Milo Fortified Chocolate Flavored Drink Mix

## OILS

- **Canola Oil**

- Wesson**

- Pure Canola Oil

- **Corn Oil**

- Wesson**

- Pure Oil Corn

- **Olive Oil**

- Alessi**

- Extra Virgin

- Crisco**

- 100% Extra Virgin
  - Light
  - Pure

- Filippo Berio**

- 100% Pure
  - 100% Pure All Natural Sauteing & Grilling
  - 100% Pure Extra Light Tasting
  - Olive Oil
  - Extra Virgin

- Gia Russa**

- Extra Virgin Oil, Imported from Italy

- **Olive Oil (Cont'd)**

- Goya**

- Spanish Extra Virgin

- Italica**

- Premium Omega-3 All Natural Spanish Extra Virgin

- Lucini Estate**

- Extra Virgin

- Publix**

- 100% Pure Italian
  - 100% Pure Italian, Imported from Italy
  - Extra Virgin
  - Extra Virgin, Product of Italy

- **Specialty Oil**

- Hollywood**

- 100% Pure Safflower Oil

- Wesson**

- Best Blend Pure Oil

- **Vegetable Oil**

- Publix**

- 100% Pure

- Wesson**

- 100% Pure
  - 100% Pure Natural

- **Vegetable Oil**

- Wesson**

- Pure
  - Vegetable Oil

## PASTA

- Alma's**

- Angel Hair
  - Bowties
  - Cut Ziti
  - Elbow Macaroni Product
  - Fusilli
  - Linguine
  - Penne Rigate
  - Regular Spaghetti
  - Rigatoni
  - Thin Pasta
  - Whole Wheat Penne Rigate
  - Whole Wheat Spaghetti

**• Pasta (Cont'd)****Barilla**

Angel Hair Spaghetti  
Barilla Plus Spaghetti – Regular,  
Angel Hair, or Thin varieties  
Ditalini  
Elbows  
Farfalle Bowties  
Fettuccine Spaghetti  
Gemelli  
Lasagne  
Lasagne, Oven-Ready  
Linguini Spaghetti  
Mezze Penne  
Mini Piccolini Farfalle  
Mini Piccolini Wheels  
Mostaccioli  
Penne  
Plus Elbows  
Plus Penne  
Plus Rotini  
Ricotta & Spinach Tortelloni  
Rigatoni  
Rotini  
Spaghetti  
Spaghetti Rigate  
Thin Spaghetti  
Whole Grain Penne  
Whole Grain Rotini  
Whole Grain Spaghetti  
Whole Grain Thin Spaghetti  
Ziti

**Dreamfields**

Penne Rigate  
Elbows  
Linguine  
Spaghetti

**Light'n Fluffy**

Egg Noodles – Wide or Extra  
Wide varieties

**Mueller's**

Angel Hair  
Bowties  
Corkscrews  
Egg Noodles – Fine, Medium  
Wide, or Extra Wide varieties

**• Pasta (Cont'd)****Mueller's**

Fettuccine  
Linguine  
Jumbo Shells  
Pasta Lasagne  
Penne Rigate  
Sea Shells  
Spaghetti  
Tricolor Twists  
Thin Spaghetti  
Vermicelli  
Ziti

**No Yolks**

Broad Noodles  
Extra Broad Noodles  
Dumplings

**Publix**

Alphabets  
Angel Hair  
Bowties  
Egg Noodles – Fine, Medium, or  
Wide varieties  
Elbow Macaroni  
Extra Wide Pasta Ribbons  
Fettuccine  
Lasagne  
Linguine  
Macaroni Elbows  
Medium Shells  
Orzo  
Rigate Mostaccioli  
Rigatoni  
Rotini  
Small Shells  
Spaghetti  
Thin Spaghetti  
Tricolor Rotini  
Vermicelli  
Ziti

**Ronzoni**

Angel Hair  
Bow Tie  
Curly Edge Lasagne

**• Pasta (Cont'd)****Ronzoni**

Elbows  
Extra Fancy Jumbo Shells  
Extra Fancy Manicotti  
Fettuccine Florentine  
Healthy Harvest – Extra Wide  
Noodles, Multigrain Spaghetti,  
Whole Wheat Fusilli, Whole  
Wheat Lasagna, Whole Wheat  
Linguine, Whole Wheat Penne  
Rigate Pasta Blend, Whole Wheat  
Rotini Pasta Blend, Whole Wheat  
Spaghetti Style Pasta Blend,  
Whole Wheat Thin Spaghetti  
Style Whole Wheat Pasta Blend  
Linguine  
Noodle Style Whole Wheat  
Pasta Blend  
Orzo  
Oven Ready Lasagne  
Pastina  
Penne Rigate  
Rigati Mostaccioli  
Rigatoni  
Rotelle  
Rotini  
Smart Taste – Penne Rigate,  
Rotini, or Spaghetti varieties  
Spaghetti  
Thin Spaghetti  
Ziti  
Ziti Rigati

**PASTA SAUCE****• Pasta sauce****Roselli's**

Spaghetti

**• Pizza / Clam Sauces****Cento**

Pizza Sauce

**Flora**

Tomato

## POTATOES

- **Instant Potatoes**
  - Betty Crocker**  
100% Russet Mashed Potatoes

## RICE / STUFFING / BREADING

- **Crumbs / Breading**
  - Golden Dipt**  
Cracker Meal
- **Dry Beans**
  - Hurst**  
15-Bean Soup  
15-Bean Soup, Cajun  
Great Northern Beans with Ham  
Green Split Pea with Ham
- Publix**  
Pearl Barley
- **Rice**
  - Gourmet House**  
Arborio  
Organic Brown
  - Jasmati**  
Indian Style  
Long Grain
  - Mahatma**  
Basmati  
Extra Long Grain, White  
Gold Parboiled Rice – Long Grain  
or Extra Long Grain varieties  
Long Grain  
Long Grain, Jasmine  
Valencia Short Grain
  - Minute Rice**  
Instant White  
Instant Whole Grain Brown
  - Publix**  
Boiling Rice Bag  
Enriched Long Grain  
Enriched Extra Long Grain  
Enriched Precooked Boiling Bag  
Long Grain  
Instant Brown  
Instant White  
Long Grain Brown

- **Rice (Cont'd)**
  - Rice Select**  
Jasmati Long Grain  
Rice Sushi  
Texmati Long Grain, White
  - Rico**  
Jasmine  
Long Grain
  - Risotto**  
Rice
  - Sello**  
Rojo
  - Success**  
Boil-in-Bag Rice – Regular,  
Brown, or Jasmine varieties
  - Texmati**  
Brown  
Long Grain
  - Uncle Ben's**  
Brown  
Converted Long Grain Rice  
Enriched Parboiled Converted  
Original Long Grain  
Fast Cooking Whole Grain Brown  
Four 2 Cup Bags Boiling Bag Rice
  - Vigo**  
Basmati  
Jasmine
- **Rice Side Dishes**
  - Near East**  
Couscous Mix  
Couscous Whole Wheat, Original
  - Texmati**  
Couscous Mix
  - Uncle Ben's**  
Ready Rice – Original Long Grain  
or Brown Whole Grain
- **Specialty Rice**
  - Canoe**  
Wild
  - Mahatma**  
Brown  
Water Maid

## SALAD DRESSING

- **Dry Toppings**
  - Fresh Gourmet**  
Tortilla Strips
- **Non-Pourable**
  - Kraft**  
Light Miracle Whip Dressing  
Light Miracle Whip Salad  
Dressing  
Real Mayonnaise Hot & Spicy  
Super Easy Squeeze Mayo
  - Publix**  
Real Mayonnaise  
Squeeze Mayonnaise
- **Pourable**
  - Ken's**  
Lite Raspberry Walnut Vinaigrette  
Steak House Dressing  
Lite Sweet Vidalia Onion Steak  
House Dressing  
Sweet Vidalia Onion Steak  
House Dressing
  - Publix**  
Lite Raspberry Walnut Vinaigrette

## SNACKS

- **Dips**
  - Publix**  
Southwestern Salsa
- **Miscellaneous**
  - General Mills**  
Chex Mix Trail Mix
  - Sunchips**  
Multigrain 100-Calorie Harvest  
Cheddar
  - Terra Chips**  
Vegetable Chips
- **Nuts**
  - Back to Nature**  
Bar Harbor Blend  
Pacific Heights Blend
  - Blue Diamond**  
Oven Roasted Almonds –  
Cinnamon/Brown Sugar, No Salt,  
or Vanilla Bean varieties  
Whole Natural Almonds

- **Nuts (Cont'd)**

**Diamond**

Baking Chopped Walnuts  
Black Walnuts  
Chopped Walnuts  
Pine Nuts  
Shelled Walnuts

**Emerald**

Cocoa Roasted Almonds

**MacFarms**

Macadamians, Roasted & Salted

**Maun Loa**

Nuts & Fruit, Island Style

**Planters**

Chocolate Cashew Lovers  
Harvest Dark Chocolate  
Forest Blend  
Laydown Pecan Halves  
Lightly-Salted Deluxe Mixed Nuts  
Lightly-Salted Whole Cashews  
Nut-rition – Almonds, Cashews/  
Almonds/Macadamias with Sea  
Salt, Energy Mix, or Lightly-  
Salted Cashews/Almonds/  
Macadamia varieties  
Pecan Chips  
Pecans, Halves or Pieces varieties  
Shelled Walnuts  
Sliced Almonds  
Slivered Almonds  
Sweet & Crunchy Peanuts  
Unsalted Dry Roasted Peanuts  
Unsalted Mixed Nuts  
Walnut Pieces

**Publix**

Lightly-Salted Cashew Halves &  
Pieces  
Lightly-Salted Mixed Nuts  
Pecan Halves  
Premium Deluxe Mixed Nuts  
Shelled Walnuts  
Sliced Almonds  
Sunflower Seeds  
Unsalted Dry Roasted Peanuts  
Walnuts

- **Nuts (Cont'd)**

**True North**

Almond Clusters  
Pecan/Almond Clusters

- **Popcorn**

**Orville Redenbacher's**

Caramel  
Kettle Corn  
Original  
White Gourmet

**Poppycock**

Pecan Almond Clusters Popcorn

**Smart Balance**

Deluxe Smart & Healthy

**Smart Food**

Caramel/Pecan/Chocolate  
Cookie Popcorn Clusters

- **Pretzels**

**Snyder's of Hanover**

Honey Mustard & Onion  
Sourdough Pretzels Nibblers  
Low Fat Old Tyme The Pounder  
Mini Salted  
Peanut Butter Pretzel Sandwich  
Unsalted Mini Pretzels

- **Rice Cakes**

**Publix**

Unsalted Fat-Free

**Quaker**

Apple/Cinnamon  
Caramel Corn  
Chocolate Crunch  
Lightly Salted  
Unsalted

- **Tortilla Chips**

**Doritos**

Nacho, 100-Calorie Pack

**Garden of Eatin'**

Organic Blue

**Publix**

Restaurant-Style 100% White  
Corn  
White Corn

- **Tortilla Chips (Cont'd)**

**Publix GreenWise Market**

Blue Corn  
Yellow Corn

**Snyder's of Hanover**

The Pounder Tortilla Chips –  
Restaurant Style, White Corn, or  
Yellow Corn varieties

**Tostitos**

Natural Restaurant-Style  
Blue Corn

**SOUP**

- **Bouillon**

**Herb Ox**

Low Sodium Bouillon – Beef or  
Chicken varieties

- **Condensed Soup**

**Campbell's**

Low Sodium Condensed Soup  
– Chicken Broth, Chicken With  
Noodles, or Cream of Mushroom  
varieties

**SPREADS AND SYRUP**

- **Dessert Topping**

**Hershey's**

Classic Caramel Topping  
Fat Free Double Chocolate  
Sundae Syrup  
Heath Shell Topping  
Hot Fudge Chocolate Shoppe  
Topping

**Reese's**

Shell Topping

**Smucker's**

Hot Fudge Chocolate Dessert  
Topping  
Magic Shell Ice Cream Topping  
– Caramel, Chocolate Flavor, or  
Chocolate Fudge varieties  
Butterscotch Caramel Special  
Recipe  
Sundae Syrup – Butterscotch,  
Caramel, Chocolate, or  
Strawberry varieties

- **Dessert Topping (Cont'd)**

**Smucker's**

Toppings – Hot Fudge, Walnut, Chocolate, Sugar Free Hot Fudge, Sugar Free Caramel, Pecans In Syrup, or Pineapple varieties

Fat Free! Toppings – Butterscotch, Caramel, Marshmallow, or Strawberry varieties

- **Jams and Jellies**

**Bonne Maman**

Blueberry Preserves  
Cherry Preserves  
Raspberry Preserves  
Strawberry Preserves

**Braswell's**

Green Pepper Jelly  
Fig Preserves  
Red Pepper Jelly

**Crosse & Blackwell**

Currant Jelly  
Mint Apple Jelly  
Orange Marmalade

**Dickinson's**

Apple Butter Spread  
Lemon Curd  
Pure Bing Cherry Preserves  
Purely Fruit Spreadable  
Blueberry Fruit  
Purely Fruit Spreadable  
Raspberry Fruit  
Purely Fruit Spreadable  
Strawberry Fruit  
Pure Strawberry Mountain Preserves  
Seedless Pure Black Raspberry Preserves  
Seedless Pure Cascade Mountain Red Raspberry  
Seedless Pure Marion Blackberry Preserves

**Hero**

Apricot Preserves  
Black Currant Preserve  
Black Cherry Preserve  
Blackberry Preserves

- **Jams and Jellies (Cont'd)**

**Hero**

Raspberry Preserves  
Strawberry Preserves

**Palmalito**

Guava Jelly  
Jalapeño Jelly  
Orange Marmalade

**Polaner**

All Fruit Spread – Apricot, Black Cherry, Blueberry, Grape, Peach, Seedless Blackberry, Seedless Raspberry, Seedless Strawberry, or Strawberry varieties  
Fancy Fruit Raspberry Preserves  
Orange Marmalade  
Real Mint Jelly  
Strawberry Jelly  
Sugar-Free – Blackberry Preserves, Grape Jelly, Orange Marmalade, or Strawberry Spread varieties

**Publix**

Apple Jelly  
Apricot Preserves  
Concord Grape Jam  
Currant Jelly  
Grape Jam  
Low Sugar Apricot Spread  
Low Sugar Orange Spread  
Low Sugar Strawberry Spread  
Mint Jelly  
Orange Marmalade  
Peach Preserves  
Pineapple Preserves  
Seedless Black Raspberry Preserves  
Seedless Blackberry Preserves  
Seedless Red Raspberry Jam  
Strawberry Jam  
Strawberry Preserves  
Strawberry Jelly

**Smucker's**

Apple Jelly  
Jam – Grape, Mango, or Strawberry varieties

- **Jams and Jellies (Cont'd)**

**Smucker's**

Jelly – Concord Grape, Grape, Organic Concord Grape, or Strawberry varieties  
Light Sugar Free Preserves – Apricot, Red Raspberry, or Strawberry varieties  
Low Sugar Spread – Apricot, Concord Grape, Orange Marmalade, Red Raspberry, or Strawberry varieties  
Marmalade – Orange or Light Sugar Free Orange varieties  
Organic – Blackberry Preserves or Orange Marmalade varieties  
Preserves – Apricot, Apricot Pineapple, Blueberry, Boysenberry Cherry, Organic Strawberry, Peach, Red Raspberry, or Strawberry varieties  
Reduced Sugar Fruit Spread, Strawberry  
Seedless Jam – Blackberry, Red Raspberry, or Strawberry varieties  
Simply Fruit – Apricot, Blackberry, Cherry, Peach, Red Raspberry, Seedless Red Raspberry, Seedless Strawberry, or Strawberry varieties  
Sugar Free Cherry Preserves  
Sugar Free Light Jam – Concord Grape or Seedless Blackberry varieties  
Wide Spread Squeeze Cap – Grape or Strawberry

**Welch's**

Concord Grape – Jam or Jelly varieties  
Squeezable Concord Grape – Jam or Jelly varieties  
Squeezable Strawberry  
Strawberry Preserves

- **Peanut Butter**

**JIF**

Crunchy  
Extra Crunchy  
Natural  
Simply Creamy Low Salt  
Low Sugar

- **Peanut Butter (Cont'd)**

- Maranatha**

- No-Stir Organic Creamy

- Naturally More**

- Creamy

- Nutella**

- Hazelnut Spread

- Peter Pan**

- Creamy

- Creamy Plus

- Crunchy

- Honey-Roasted – Creamy or

- Crunchy varieties

- Publix**

- Creamy

- Crunchy

- Old Fashioned Creamy

- Old Fashioned Crunchy

- Reese's**

- Creamy

- Skippy**

- Chunky

- Smart Balance**

- Chunky

- Creamy

- Smucker's**

- Chunky

- Creamy

- Creamy & Honey

- Goober – Grape Jelly or Special

- Order Strawberry varieties

- Organic – Chunky or Creamy

- varieties

- Naturally Chunky

- Naturally Creamy

- Naturally Smooth

## SWEET GOODS

- **Muffins**

- Entenmann's**

- Little Bites Mini Banana

- Chocolate Chip

- Hostess**

- 100-Calorie Cinnamon