

Low Fat

We could all probably cut a little fat from our diet. The American Heart Association recommends that only 25–35% of our daily caloric intake come from fat—and less than 7% from saturated fat. To start adopting a lower fat diet, simply monitor your overall fat intake and choose foods with healthier monounsaturated and polyunsaturated fats. Also, be sure to check out our list of low-fat products. Each one has 3 grams or less of fat per serving. Want more help finding healthy foods while you shop? Look for our Nutrition Facts shelf tags next to or below some products' prices. Each one will give you information about the product it represents.

Information provided below is for the product as purchased. Nutritionals may change for some items once prepared if other ingredients are added.

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BAKERY

MUFFINS

- **Weight Watchers**
Blueberry Muffins

DAIRY

BREAD AND DOUGH

- **Bagels And Muffins**

Bays

English Muffins – Original or Sourdough

Gourmet Baker

Crumpets
Plain Muffin

Lenders Bagels

Pre-sliced – Blueberry, Cinnamon/Raisin, Egg, Onion, Plain, or Whole Wheat

- **Biscuits and Dinner Rolls**

Pillsbury

Buttermilk Biscuits
Traditional Dinner Rolls

Publix

Traditional Dinner Rolls

- **Breads**

Pillsbury

Crusty French Loaf
All Ready Pizza Crust
Breadsticks

- **Desserts**

Batter Blaster

Organic Pancake & Waffle Batter

- **Tortillas**

Azteca

Flour Tortillas – Large or 7" Soft Taco Style

Tamxico

100% Stone Ground Whole Wheat Tortillas
White Corn Tortillas
White Wheat with Omega-3 , Calcium and Fiber

BUTTER AND MARGARINE

- **Margarines**

I Can't Believe Its Not Butter!

Fat Free Spread

Promise Heart Health Essentials

Fat Free Spread

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 AND CREAMERS

• Aerosol Creams

Publix

Fat Free Whipped Topping

• Coffee Cream

Coffee-Mate

Non-Dairy Fat Free Coffee Creamers – Original, Hazelnut, or French Vanilla

Non-Dairy Low Fat Coffee Creamer, Original

International Delight

Fat Free French Vanilla Coffee Creamer

Non Fat Non Dairy Creamer – Cinnamon Hazelnut or French Vanilla Royale

• Half & Half

Land O'Lakes

Fat Free Gourmet

Publix

Fat Free Half & Half

CREAM CHEESE / DIPS

• Cream Cheese

Kraft

Philadelphia Cream Cheese – Fat Free or Soft Fat Free

Publix

Soft Cream Cheese, Fat Free

• Dips

Dean's Dip

Light French Onion

CULTURED PRODUCTS

• Cottage Cheese

Breakstone's

2% Milk Fat Small Curd

Cottage Cheese – Live Active Low Fat; 2% Milk Fat Small Curd; or Doubles Apple & Cinnamon

Doubles – Blueberry, Peach, Pineapple, or Strawberry

2% Milk Fat Large Curd

Fat Free Small Curd Snack Size

Low Fat Small Curd

• Cottage Cheese (Cont'd)

Cabot Vermont

Fat Free Vermont-Style Cottage Cheese

Friendship

Cottage Cheese – Low Fat 1% Milk Fat, Low Fat 1% Milk Fat No Salt Added; or Low Fat with Pineapple

Lactaid

Low Fat Cottage Cheese

Light n' Lively

Low Fat Cottage Cheese

Publix

Fat Free

Low Fat

Low Fat Cottage Cheese with Pineapple

• Sour Cream

Breakstone's

Fat Free Sour Cream

Publix

Fat Free Sour Cream

• Yogurt

Breyer's

Yo Crunch 100 Calorie Non-Fat Yogurt Packs – Cheesecake with Graham Cookie Pieces, Strawberry with Low Fat Granola, or Vanilla with Nestle Crunch Pieces

Yo Crunch Non-Fat Yogurt – Plain with Oreos Cookie Pieces, Strawberry with Granola, or Vanilla with Chocolate Chip Cookie Pieces

Chobani

Greek All Natural Yogurt – Plain or Strawberry

Greek All Natural Yogurt Fruit on the Bottom – Blueberry or Peach

Dannon

Activia Fat Free Yogurt, Cherry

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

• Yogurt (Cont'd)

Dannon

Activia Light Fat Free Yogurt – Peach, Raspberry, Strawberry, or Vanilla

Activia Low Fat Regularis, Blueberry Strawberry

Activia Low Fat Yogurt with Fiber – Peach, Strawberry, or Vanilla

All Natural Non-Fat Yogurt, Plain Danactive Cultured Dairy Drink – Blueberry, Strawberry, or Vanilla

Danimals Crush Cups Low Fat Yogurt – Blueberry Blast, Cherry-Licious, Strawberry Smash, or Strawberry/Banana Splash

Danimals Yogurt Smoothies – Rockin' Raspberry, Strawberry Explosion, Swingin' Strawberry/Banana, or Strikin' Strawberry/Kiwi

Dan-O-Nino Yogurt Snack Cups – Strawberry or Strawberry/Banana/Raspberry

Fruit on the Bottom – Blueberry, Peach, Strawberry, or Strawberry Banana

Fruition Yogurt Smoothie Blends – Banana/Berry, Peach/Passion Fruit, Strawberry, or Wild Berry

Light & Fit Non-Fat Yogurt – Banana, Cherry, Key Lime, Pineapple/Coconut, or Family Variety Packs

Light 'n Fit Carb Control Cultured Dairy Snack – Strawberries 'n Cream or Vanilla

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

Low Fat Vanilla

Natural Flavors – Coffee or Vanilla

Fage

2% Low Fat Greek Yogurt – Cherry, Honey, or Strawberry

Non-Fat Greek Yogurt – Plain

Lifeway

Low Fat Plain Kefir

• **Yogurt (Cont'd)**

Lifeway

Low Fat Milk Smoothie –
Blueberry or Strawberry

Publix

Creamy Blends Low Fat Yogurt,
Blueberry/Pomegranate

Fat Free Light – Honey Almond
or Wild Berry Crumb

Fat Free Light, with Aspartame
and Fructose – Banana Crème
Pie, Blueberry, Cappuccino,
Caramel Crème Pie, Cherry,
Cherry Vanilla, Coconut Crème
Pie, Key Lime Pie, Lemon
Chiffon, Mandarin Orange,
Peach, Raspberry, Strawberry,
Strawberry Banana, or Vanilla

Fat Free Plain Yogurt

Just for Kids! Low Fat –
Strawberry Banana Cherry or
Strawberry/Blueberry

Low Fat Creamy Blends –
Blueberry, Strawberry, or Vanilla

Light Fat Free Yogurt –
Blackberry, Blueberry/
Pomegranate, Strawberry/
Orange, Peach/Mango/Passion
Fruit, or Goji/Passion Fruit

Low Fat Fruit on the Bottom
– Banana, Black Cherry,
Blueberry, Cherry, Guava,
Mango, Mixed Berry, Peach,
Pineapple, Raspberry, Strawberry,
Strawberry Banana, or Tropical
Blend

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

Non Fat, Acidophilus Culture –
Plain, Black Cherry, Blueberry,
Chocolate Underground, French
Vanilla, Peach, or Strawberry

Stonyfield Farm

Oikos Organic 0% Fat Greek
Yogurt – Honey, Vanilla, or
Blueberry

Oikos Organic Greek Yogurt –
Plain

Organic Low Fat Fruit on the
Bottom Yogurt – Strawberry

• **Yogurt (Cont'd)**

Stonyfield Farm

Organic Low Fat Smooth &
Creamy Yogurt – Vanilla

Organic Yogurt – Rockin'
Raspberry or Strawberry/Vanilla

Organic Yogurt Squeezers –
Chillin' Cherry or Berry Blitz

Organic, Low Fat – Plain,
Strawberry, or Vanilla

Organic O'Soy Strawberry Peach
Cultured Soy

Organic Smoothie – Strawberry
or Wild Berry

Weight Watchers

Non Fat 1 Value Points per
Serving – Peach Strawberry or
Vanilla

Yoplait

25% Less Sugar Kids Low Fat
– Peach/Strawberry/Banana or
Strawberry/Strawberry Vanilla

99% Fat Free Light Yogurt –
Apricot Mango, Blackberry,
Blueberry, Cherry, French Vanilla,
Peach, Strawberry, Strawberry &
Banana, or Very Vanilla

Delights Parfait Low Fat Yogurt
– Caramel Crème, Chocolate/
Raspberry, Lemon Torte, or Triple
Berry Crème

Fiber One Creamy Non-Fat
Yogurt – Peach, Key Lime Pie,
Strawberry, or Vanilla

Go-Gurt Portable Yogurt – Berry
Blue Blast & Strawberry Splash,
Burstin' Melon Berry & Cool
Cotton Candy, Paradise Punch
Red Raspberry, Scooby Doo,
SpongeBob Squarepants, Swirled
Strawberry Milkshake & Banana
Split, or Watermelon Meltdown &
Strawberry/Banana Burst

Grande! Fat Free Yogurt –
Strawberry or Vanilla

Kids Low Fat No Sugar Added
Yogurt – Vanilla & Banana

Light Smoothie – Peach,
Strawberry, or Strawberry Banana

Light Thick & Creamy Yogurt
– Key Lime Pie, Mixed Berry,
Peaches 'n Cream, or Strawberry

• **Yogurt (Cont'd)**

Yoplait

Original Low Fat Yogurt Fridge
Packs – Strawberry & Strawberry/
Banana or Strawberry & Mixed
Berry

Original Style Fat Free Yogurt –
Apple Turnover, Banana Crème
Pie, Blackberry Pomegranate,
Boston Crème Pie, Blueberry,
Blueberry/Acai, Key Lime Pie;
Pear, Pineapple Upside-Down
Cake, Raspberry Cheesecake,
Raspberry, Strawberry
Cheesecake, or Strawberry
Shortcake

Original Style Yogurt – Banana
Crème, Cherry, Orange
Crème, Peach, Pineapple, Piña
Colada, Raspberry, Strawberry,
Strawberry & Banana, or White
Chocolate Raspberry

Thick & Creamy Light Yogurt –
Cherry, Cinnamon Roll, or French
Vanilla

Trix Yogurt – Cotton Candy &
Strawberry Kiwi, Strawberry
Banana Bash & Rainbow
Raspberry, Triple Cherry &
Rainbow Punch, or Watermelon
& Strawberries

Yo-Plus Low Fat Yogurt –
Blueberry/Acai, Blackberry/
Pomegranate, Strawberry, or
Vanilla

Yogurt Fridge Pack, Fat Free
Light – Strawberry/Blueberry
Patch or Strawberry/Harvest
Peach Patch

Yogurt Fridge Pack, Low Fat –
Strawberry or Strawberry/Harvest
Peach

Whips! Yogurt – Key Lime Pie,
Lemon Meringue, Peaches 'n
Cream, or Strawberry Mist

DESSERTS

• **Gelatin**

Jell-O

Strawberry Gelatin Snacks

Strawberry/Orange or
Strawberry/Raspberry

- **Gelatin (Cont'd)**

- Jell-O**

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

- Lakeview Farms**

- Gelatin Desserts Fun Pak – Assorted Flavors Regular or Sugar Free

- **Puddings**

- Jell-O**

- Chocolate
 - Chocolate Vanilla Swirls
 - Fat Free Snacks – Chocolate, Chocolate Vanilla Swirls, or Tapioca
 - Rice Pudding Sugar Free, Crème Brulee
 - Strawberry Cheesecake
 - Sugar Free – Classic Dark Chocolate, Dulce de Leche, or Banana Fudge Supreme
 - Sugar Free Snacks – Chocolate or Chocolate Vanilla Swirls
 - Sugar Free, Reduced Calorie Snacks – Double Chocolate or Vanilla
 - Vanilla

- Kozy Shack**

- Dark Chocolate or No Sugar Added Tapioca
 - Rice Pudding – Original, Cinnamon/Raisin, or No Sugar Added
 - Tapioca

- Publix**

- Rice
 - Tapioca

- EGGS**

- **Egg Substitute**

- Crystal Farms**

- Liquid Eggs – All Egg Whites or Better'n Eggs Plus

- Egg Beaters**

- Original

- **Egg Substitute (Cont'd)**

- Egg Beaters**

- Cheese & Chives
 - Egg Whites
 - Garden Vegetable
 - Southwestern

- Organic Valley**

- Organic Egg Whites

- Publix**

- Eggstirs Real Egg Product

- MILK AND MILK PRODUCTS**

- **Fresh Milk**

- Publix**

- Fat Free Milk, Regular
 - Low Fat Chocolate Milk
 - Low Fat Milk, 1% Milk Fat

- Publix GreenWise Market**

- Organic Milk, Fat Free

- **Milk Substitutes**

- 8th Continent**

- Light Soy Milk, Vanilla

- Blue Diamond**

- Almond Breeze Milk – Original or Vanilla

- Lactaid**

- 100% Lactose Free Milk – Low Fat or Fat Free Original, or Low Fat Chocolate

- Publix GreenWise Market**

- Organic Light Soymilk – Original, Chocolate, or Vanilla

- Rice Dream**

- Imagine Enriched – Original or Vanilla

- Silk**

- Chocolate Soy Milk
 - Light Soy Milk – Plain, Chocolate, or Vanilla

- **Ultra Pasteurized Milk**

- Farmland**

- Skim Milk Plus

- Hood Simply Smart**

- Milk – 1% Fat, Fat Free, or Fat Free Chocolate

- **Ultra Pasteurized Milk (Cont'd)**

- Horizon**

- Organic Milk – 1% Fat or Low Fat Chocolate
 - Organic Vitamins A & D Added Fat Free

- Meyenburg**

- Fresh Low Fat Goat Milk

- Organic Valley**

- Organic Milk – 1% Fat, Fat Free, or Lactose Free/Fat Free

- Smart Balance**

- Milk – 1% Fat, Fat Free, or Lactose Free/Fat Free

- Stonyfield Farm**

- Fat Free Milk, Original

- NATURAL CHEESE**

- **Ricotta**

- Sorrento**

- Fat Free Deli Style Ricotta Cheese

- PICKLES AND CONDIMENTS**

- **Horseradish and Sauces**

- Seminole**

- Horseradish, Original

- Silver Spring**

- Horseradish – Cream-Style, Fresh Ground, or Prepared

- **Pickles**

- Batampete**

- Sour Pickles

- Claussen**

- Crisp Sauerkraut
 - Kosher Dill Spears
 - Pickles – Kosher Dill Pickles Halves, Mini Kosher Dills, Whole Kosher Dills, or Whole Hearty Garlic
 - Sandwich Slices Pickles – Bread & Butter, Kosher Dills, or Hearty Garlic

PREPARED FOODS• **Potatoes****Simply Potatoes**

- Diced Potatoes & Onions
- Homestyle Slices
- Mashed Sweet Potatoes
- Red Potato Wedges
- Shredded Hashbrowns
- Southwest-Style Hashbrowns

DELI**DELI SALADS**• **Side Salads****Publix**

- Low Fat Garden Pasta Salad
- Old Fashioned Deli Beans

MISCELLANEOUS ITEMS• **Breads and Rolls****Flatout**

- Light Breads – Original, Italian Herb, Garden Spinach, Healthy Multi-Grain, or Sun Dried Tomato

Kangaroo

- Whole Wheat Pocket

Toufayan

- Pita Bread – Low Carb, Oat Bran, Onion, White, White Petites, Whole Wheat, or Whole Wheat Petites
- Wraps – Garlic Pesto, Tomato Basil, or Wheat

• **Desserts****Ida Mae**

- Gelatin Parfait

Real Desserts

- Gelatin – Orange, Strawberry, or Sugar Free Strawberry

• **Dips / Spreads / Sauces / Misc.****Boar's Head**

- Mustard – Honey or Delicatessen Style
- Sauerkraut
- Sweet Vidalia Onions in Sauce

• **Dips / Spreads / Sauces / Misc. (Cont'd)****Chinese Kitchen**

- Bourbon Chicken Marinade

Chachies

- Salsa – Fresh Medium, or Fresh Mild, or Mango with Peach

Three Dragon

- Egg Roll – Chicken, Pork, or Vegetable

• **Olives / Pickles / Peppers****Boar's Head**

- Kosher Dill Pickle Spears

SELF-SERVICE MEAT• **Beef****Healthy Ones**

- Presliced Roast Beef

Publix

- Presliced Bottom Round Roast Beef

• **Ham****Publix**

- Presliced Ham – Cooked, Maple, Sweet, Tavern, or Virginia

• **Poultry****Butterball**

- Presliced Chicken Breast
- Presliced Turkey Breast – Oven Roasted or Honey

Publix

- Presliced Turkey Breast – Oven Roasted or Smoked

SELF-SERVICE SNACKS• **Snacks****Snack Factory**

- Pretzel Crisps – Buffalo Wing, Everything, or Garlic

ETHNIC**HISPANIC****Conchita**

- Preserves, Guava

Goya

- Beverages – Coconut Water or Malta
- Bouillon – Beef or Chicken
- Dry Seasonings – Adobo with Pepper, Adobo without Pepper, Sazon with Azafran, or Sazon with Coriander & Annatto
- Jelly, Guava
- Seasonings – Recaito or Sofrito

IBC

- Sodas – Black Cherry, Cream, Diet Root Beer, or Root Beer

KOSHER**Kedem**

- Concord Grape Juice, No Sugar Added

Manischewitz

- Borscht with Shredded Beets
- Egg Noodles, Fine

MEXICAN**Chi-Chi's**

- Salsa – Hot, Medium, Mild, or Snackers Mild

McCormick

- Seasoning Mix – Fajita Marinade or Regular Taco

Newman's Own

- Salsa – Farmer's Garden Medium Chunky, Medium, Medium Black Bean & Corn, Medium Mango, Mild, Mild Tequila Lime, Peach, or Pineapple

Old El Paso

- Enchilada Sauce – Green, Medium, or Mild
- Taco Seasoning Mix – 40% Less Sodium, Cheesy, Mild, or Regular
- Beans – Fat Free Refried, Fat Free Spicy Refried, Refried with Green Chiles, Seasoned Black, Traditional Refried, or Vegetarian Refried
- Peppers – Chopped Green Chiles or Jalapeño Slices
- Taco Sauce, Mild

Old El Paso (Cont'd)

Thick & Chunky Salsa – Medium or Mild

Ortega

Peppers – Diced Chiles or Diced Jalapeños

Taco Sauce – Medium or Mild
Salsa, Medium Verde

Pace

Salsa – Black Bean & Roasted Corn, Medium Chunky, Medium Thick & Chunky, Mild Chunky, Mild Thick & Chunky, Pineapple Mango Chipotle, or Verde
Picante Sauce – Hot, Medium, or Mild

Specialty Sauce, Pico de Gallo

Publix

Seasoning Mix, Taco
All Natural Salsa, Hot or Medium

Taco Bell

Refried Beans – Fat Free or Regular
Seasoning Mix, Restaurant Style Taco
Taco Sauce – Hot or Mild

ORIENTAL**Dai Day**

Sweet & Sour Duck Sauce

Hokan

Light Coconut Milk
Patis Fish Sauce
Sliced Waterchestnuts

Iron Chef

Sauce/Glaze, General Tso

Kame

Chinese Noodles, Chow Mein
Rice Crunch Crackers, Sesame
Rice Vinegar – Plain or Seasoned
Sauces – Hoisin, Hot Mustard, Oyster, or Sweet & Sour

Kikkoman

Baste & Glaze, Less Sodium Teriyake
Marinade & Sauce – Roasted Garlic Teriyake or Teriyake

Kikkoman (Cont'd)

Sauces – Hoisin, Less Sodium Stir-Fry, Plum, Ponzu, Sweet & Sour Dipping, or Thai Chili
Soy Sauce – Regular or Light
Teriyake Sauce – Regular or Light

La Choy

Bean Sprouts
Bi-Packs – Beef Chow Mein, Chicken Chow Mein, Oriental Beef & Pepper, Sweet & Sour Chicken, or Vegetable Chop Suey
Meal Creations, Teriyake Chicken
Sauces – Regular Soy, Light Soy, or Sweet & Sour

Maggi

Sauce, Sweet Chili

Panko

Japanese Bread Flakes

Publix

Sauces – Soy, Less Sodium Soy, or Teriyake

Saucy Susan

Sauce, Peking Duck

Sunbird

Seasoning Mix – Beef & Broccoli, Egg Drop Soup, Fried Rice, or Stir-Fry

A Taste of Thai

Coconut Ginger Rice

Thai Kitchen

Curry Paste – Green or Red
Pad Thai Noodles

Ty Ling

Sauces – Duck or Sweet & Sour

Umeya

Fortune Cookies

Wanchai Ferry

Dinner Kits – Spicy Garlic Chicken or Sweet & Sour Chicken

FRESH FOODS**JUICE****• Grapefruit Juice****Florida's Natural**

Ruby Red

Indian River

Red
Ultra Slimming

Natalie's

Gourmet

Publix

Ruby Red

Simply

100% Juice

Tropicana

Pure Premium, Ruby Red

• Juice Blends**Bolthouse Farms**

100% Carrot
Amazing Mango
Bom Dia Acai Berry – With Pomegranate or With Mangosteen
Chocolate Protein Plus
Fruit Smoothie – Berry Boost, Strawberry Banana, or Tropical C-Boost
Green Goodness
Mocha Cappuccino
Pear Merlot
Perfect Protein Vanilla Chai Tea

Dole

Orange/Peach/Mango
Orange/Strawberry/Banana
Paradise Blend
Pineapple
Pineapple/Orange
Pineapple/Orange/Banana
Piña Colada
Strawberry/Kiwi

Fruit2day

Mango Peach
Strawberry Orange

- **Juice Blends (Cont'd)**

- Minute Maid**

- Pomegranate/Blueberry

- Naked Juice**

- Acai Machine
 - Berry Blast
 - Blue Machine
 - Green Machine
 - Mighty Mango
 - Orange Mango Madness
 - Protein Zone

- Odwalla**

- Blueberry B Smoothie
 - Carrot Juice
 - Red Superfood Smoothie
 - Superfood Smoothie

- POM**

- Wonderful – 100% Pomegranate Juice, Lychee Green Tea, Peach/ Passion White Tea, Pomegranate/ Blueberry, or Pomegranate/ Cherry

- Sambazon**

- Acai Rio Energy Smoothie Pack
 - Acai Trinity
 - Rainforest Immunity

- Simply Orange**

- Juice Blend – With Mango or With Pineapple

- **Juice Drinks**

- Minute Maid**

- Berry Punch
 - Citrus Punch
 - Fruit Punch
 - Pink Lemonade
 - Pomegranate Lemonade
 - Tropical Punch

- Simply**

- Lemonade
 - Lemonade with Raspberry
 - Limeade

- Sunny Delight**

- California Style Citrus Punch
 - Citrus Punch
 - Orange Fused – with Strawberry or with Pineapple

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

- Sunny Delight**

- Smooth Style Citrus Punch
 - Tangy Punch

- Trop50**

- No Pulp
 - No Pulp with Calcium
 - Some Pulp

- Tropicana**

- Fruit Punch
 - Light Lemonade
 - Peach Orchard Punch

- Welch's**

- Cocktail – Berry/Pineapple/ Passion Fruit, Guava/Pineapple, Mandarin/Mango, Mango Twist, Mountain Berry, Passion Fruit, Purple Grape, Strawberry Breeze, Tropical Cherry, or White Grape Peach

- **Miscellaneous Juice**

- Noble**

- Blood Red Orange
 - Tangerine

- Simply**

- 100% Apple Juice

- Ziegler's**

- Apple Cider

- **Orange Juice, From Concentrate**

- Minute Maid**

- Heart Wise
 - Original
 - Original with Calcium
 - Pulp Free

- Publix**

- Original
 - Original with Calcium

- **Orange Juice, Not From Concentrate**

- Florida's Natural**

- Growers Style
 - Home Squeezed – Original or with Calcium
 - Original
 - Original with Calcium

- **Orange Juice, Not From Concentrate (Cont'd)**

- Florida's Natural**

- Original with Calcium & Vitamin D

- Indian River**

- Original
 - Select Pure

- Orchid Island**

- 100% Pure Florida Fresh Squeezed

- Publix**

- Premium – Original, Calcium Added, Old Fashioned, or Pure Grove

- Simply Orange**

- Country Stand
 - Grove
 - Original
 - Pulp Free
 - With Calcium
 - With Calcium Single Serve

- Tropicana**

- Pure Premium – Grovestand, Grovestand with Calcium, Homestyle, Homestyle Single Serve, Original Single Serve, Original with Calcium, or with Antioxidants
 - Pure Premium Healthy Essentials – Heart, Kids, Kids No Pulp, or Low Acid

- Uncle Matt's**

- Orange Juice – No Pulp or with Calcium

- **Processed Fruit**

- Del Monte**

- Bowls – Citrus Salad or Red Grapefruit
 - Orchard Select – Mixed Fruit, No Sugar Added Sliced Peaches, Sliced Mangos, Sliced Peaches, or Tropical Mixed Fruit
 - Sun fresh – Citrus Salad, Grapefruit Lovers, Mandarin Oranges, or Red Grapefruit

MISCELLANEOUS

- **Dessert Shells**

 - Publix**

 - Dessert Shells

- **Dry Vegetables**

 - California Sun Dried**

 - Julienned Tomatoes

 - Smoked Tomatoes

 - Tomato Halves

PACKAGED SALADS

- **Salads**

 - Dole**

 - Salad Blends – American, Field Greens, Heart of Romaine, Italian, Leafy Romaine, or Very Veggie

 - Fresh Attitude**

 - Arrugula

 - Baby Spinach

 - Spring Mix

 - Fresh Express**

 - 50/50 Baby Spinach & Spring Mix

 - Angel Hair Coleslaw

 - Baby Spinach

 - Green & Crisp Iceberg/Romaine

 - Lettuce Shreds

 - Premium Romaine

 - Salad Blends – American, Fancy Greens, Iceberg Garden, Italian, Riviera, Spring Mix, Sweet Butter, or Veggie Lovers

 - Spinach

 - Three Color Coleslaw

 - Publix**

 - Baby Spinach

 - Coleslaw

 - Fresh & Tender Spinach

 - Romaine Hearts

 - Salad Blends – American, Classic, European, Garden Supreme, Italian, or Spring Mix

- **Salads, Organic**

 - Earthbound Farms**

 - Baby Spinach Salad

- **Salads, Organic (Cont'd)**

 - Publix GreenWise Market**

 - Fresh Herb Salad

PRODUCE DIPS/DRESSINGS/SAUCES

- **Dips**

 - La Mexicana**

 - Salsa – Hot, Medium, Mild, or Roasted Garlic

 - T. Marzetti's**

 - Apple Crisp Mix

 - Dips – Fat Free Caramel, Fat Free Ranch, or Light French Vanilla

- **Dressings**

 - Bolthouse Farms**

 - Vinaigrette Dressing – Classic Balsamic or Raspberry Merlot

 - Manning Farms**

 - Vidalia BBQ Sauce

 - Vidalia Onion Relish

 - Vidalia Onion & Peppers

 - Marie's**

 - Dressing, Raspberry Vinaigrette

 - Walden Farms**

 - Sugar/Calorie Free Dressing – Balsamic Vinaigrette, Blue Cheese, Honey Dijon, or Ranch

- **Dried Spice**

 - Wiley's**

 - Corn Boil Seasoning Mix

- **Glazes**

 - T. Marzetti's**

 - Sugar Free Strawberry Glaze

SALAD VEGETABLES

- **Fresh Herbs**

 - Gourmet Blends**

 - Basil Herb

 - Chili Pepper Spice

 - Cilantro Herb

 - Dill Herb

 - Garlic

 - Ginger Spice

 - Italian Seasoning

 - Parsley Herb

SNACKS

- **Dried Fruit**

 - Blue Ribbon**

 - Orchard Choice, Mission Figs

 - Sun Date**

 - Dates, Jumbo Medjool or Pitted

- **Organic Snacks**

 - Publix GreenWise Market**

 - Dried Cranberries

- **Variety Snacks**

 - Jolly Time**

 - Popcorn Kernels – White or Yellow

 - Publix**

 - Asian Mix

 - Assorted Fruit Slices

 - Candy Fruit Slices

 - Dried Fruit – Apricot Supreme, Apricots, Island Fruit Mix, Jumbo Mixed Raisins, Mango, Pineapple, Pineapple & Mango, or Tropical Medley

 - Gummy Bears

 - Gummy Worms

 - Low Fat Granola Mix

 - Peach Candy Rings

 - Salt Water Taffy

 - Publix GreenWise Market**

 - Toasted Corn Nuts

VEGETABLES

- **Soy / Vegetarian**

 - Franklin Farm**

 - Portabella Burgers

 - Galaxy**

 - Veggie Burger

 - House Foods**

 - Tofu Noodles – Shirataki or Fettuccine

 - Lightlife**

 - Smart Deli – Ground, Jumbo Franks, Meatless Dogs, or Sausage

 - Marjon**

 - Shelled Edamame

- **Soy / Vegetarian (Cont'd)**

- Tofurky**

- Deli Slices – Hickory or Oven Roasted

- Turtle Island Foods**

- Marinated Coconut Curry
Tempeh Strips

- **Organic Soy / Vegetarian**

- Nasoya**

- Soft Tofu

- **Variety Vegetables**

- Marjon**

- Variety Polenta Pack

FROZEN FOODS

BREADS

- **Bagels**

- Lender's**

- Bagels – Cinnamon Raisin, Onion, Plain, NY Style Onion, NY Style Plain or Whole Wheat

- Ray's New York**

- Bagels – Bialys, Everything, Onion, Plain, Sesame, or Whole Wheat

- **Bread**

- Alexia**

- All Natural Artisan Breads – Italian Style Ciabatta Rolls with Rosemary & Olive Oil, Classic French Rolls, or Italian Style Focaccia Rolls with Asiago & Parmesan Cheeses

- Bridgford**

- Bread Dough
Parkerhouse Rolls

- Food for Life**

- Ezekial 4:9 – 7 Grain Cinnamon Raisin, Low Sodium Grain, or 100% Sprouted Whole Grain Cinnamon Raisin

- **Garlic**

- Le Petite**

- Francias Baguette
Original Mini Baguettes

- **Organic**

- Food for Life**

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

BREAKFAST FOODS

- **Breakfast**

- Kraft**

- Bagel-Fuls – Apple Cinnamon & Cream Cheese or Strawberry & Cream Cheese

- Vitalicious**

- VitaMuffin VitaTops – Deep Chocolate, Cranbran, or Golden Corn

- **Meatless**

- Morningstar Farms**

- Veggie Breakfast Sausage – Links or Patties

- **Waffles**

- Kellogg's**

- Low Fat Whole Wheat Eggos

- Van's**

- All Natural – 97% Fat Free

CREAMER AND TOPPINGS

- **Toppings**

- Cool Whip**

- Whipped Topping, Fat Free

- Publix**

- Whipped Topping, Fat Free

DESSERTS

- **Calorie Control**

- Weight Watchers**

- Smart Ones Sundaes – Chocolate Chip Cookie Dough or Mint Chocolate Chip

DINNERS AND ENTREES

- **Chinese**

- Chung's Gourmet**

- Mini Egg Rolls – Chicken

- **Healthy Dinners**

- Healthy Choice Meal**

- Turkey Marsala

- Stouffer's**

- Lean Cuisine Café Classic, Sweet & Sour Chicken

- Lean Cuisine Comfort Classics, Roasted Turkey Breast

- Lean Cuisine Simple Favorites, Chicken Teriyaki Stir Fry

- Lean Cuisine Spa Cuisine Classics Seafood Selections, Szechuan Style Stir Fry with Shrimp

- Weight Watchers**

- Smart Ones – Lemon Herb Chicken Piccata or Macaroni & Cheese

- Smart Ones Bistro Selections – Santa Fe Chicken or Teriyaki Chicken & Vegetables

- Smart Ones Fruit Inspirations – Cranberry Turkey Medallions

- **Hispanic**

- Goya**

- Fried Plantains

- Recaito

- Ripe Plantains

- Sofrito

- Publix**

- Yucca

- **Kosher**

- Golden**

- Blintzes Cheese Crepes

- Kosher**

- Tabatchnick's Soup, Cream of Spinach

- **Meatless**

- Amy's Burgers**

- All American

- Barbecue Flavored Texas Veggie

- Boca**

- Meatless Burger, Crumbles

- Meatless Lasagna

- The Original Meatless Boca Burger, Original Vegan

- **Meatless (Cont'd)**

- Boca**

- Veggie Patties – Bruschetta
Tomato/Basil/Parmesan or Savory
Mushroom Mozzarella

- Gardein**

- Garden Protein – Home Style
Beefless Tips, Classic Style
Buffalo Wings, Lightly Seasoned
Chick'n Scallopini, or Seven Grain
Crispy Tenders

- Morning Star Farms**

- Veggie Grillers – Chik'n Patties,
Recipe Crumbles, Sausage
Links, Sausage Patties, or Maple
Flavored Sausage Patties

- **Pasta**

- Celentano**

- Cavatelli
Cheese Ravioli
Cheese Tortellini

- Mrs. Taylor's**

- Chicken Dumplings

- Reames**

- Egg Noodles

- **Prepackaged Breaded Stick/Fillet**

- Mrs. Paul's**

- Healthy Selects Crispy Breaded
Fish Sticks

- **Prepackaged Clear Fillet**

- Gorton's**

- Salmon Fillets – Grilled Lemon
Butter or Classic Char-Grilled
Tilapia Fillets, Grilled Roasted
Garlic & Butter

- SeaPak**

- All Natural Wild Alaskan Salmon
Burgers

- StarKist**

- Fish Fillet Seasions Atlantic
Whole White – Mediterranean
Tomato & Basil or Teriyaki
Orange & Ginger

- **Prepackaged Shell Fish**

- Contessa**

- Select Harvest Shrimp – Jumbo,
Medium, or Large

- **Prepackaged Shell Fish (Cont'd)**

- Gorton's**

- Shrimp, Classic Grilled

- SeaPak Shrimp Co.**

- Breaded Butterfly Shrimp

- Singleton**

- Cooked Cocktail Shrimp – Large
or Salad

- **Regular Entrees**

- Michelina's**

- Lean Gourmet – Sesame Chicken
or Sweet & Sour Chicken

- Stouffer's**

- Side Dish, Harvest Apples

- Tai Pei**

- Bourbon Chicken
General Tso's Chicken

- **Skillet Meals**

- Birds Eye**

- Voila! – Beef Lo Mein, Chicken
Penne with Vegetables, Chicken
Stir Fry, Sweet & Sour Chicken, or
Shrimp Scampi

- Contessa**

- Restaurant Quality Stir Fry –
Chicken or Shrimp

FRUITS

- **Fruits**

- Birds Eye**

- Strawberries or Light
Strawberries

- Cascadian Farm**

- Organics – Harvest Berries,
Blueberries, Pitted Cherries, Red
Raspberries, or Strawberries

- Chiquita**

- All Natural Smoothies – Peach
Mango or Banana Colada

- Dole**

- Blueberries
Mango Chunks
Wildly Nutritious Signature
Blends, Mixed Berries

- Publix**

- Blueberries

- **Fruits (Cont'd)**

- Birds Eye**

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

ICE CREAM AND NOVELTIES

- **Cream Based Novelties**

- Fat Boy**

- Ice Cream Sandwich, Low Fat
Vanilla

- Healthy Choice**

- Premium Vanilla Sandwiches

- Klondike**

- Reduced Fat & Calorie No Sugar
Added Vanilla Slim-A-Bear
Slim-A-Bear – No Sugar Added
Chocolate Fudge Bars or
100 Calorie Vanilla Ice Cream
Sandwiches

- Phillyswirl**

- Assorted Flavor Sorbet Stix
Italian Ice Swirls
Vanilla Swirl Cream Stix

- Popsicle**

- Sugar Free Creamsicle

- The Skinny Cow**

- Mint Ice Cream Sandwich
Vanilla with Caramel Cone
Vanilla Ice Cream Sandwich

- Weight Watchers**

- Vanilla Ice Cream Sandwich

- **Fudge Based Novelties**

- Fudgsicle**

- Fat Free
No Sugar Added
Original

- Healthy Choice**

- Premium Fudge Bars
Premium Mocha Swirl Bars

- Publix**

- Fudge Bars
No Sugar Added Fudge Pops

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

- The Skinny Cow**

- Chocolate Truffle Bars
 - Chocolate with Fudge Cone
 - French Vanilla Truffle Bars

- Weight Watchers**

- Chocolate Fudge Brownie Ice Cream Cup
 - Cookies & Cream Ice Cream Cup
 - Giant Chocolate Fudge Ice Cream Bars
 - Giant Latte Bar

- **Ice Cream, Reduced Fat**

- Edy's**

- No Sugar Added – Vanilla or Vanilla Bean
 - Slow Churned Light Strawberry

- Publix**

- Low Fat – Chocolate, Neapolitan, Royal Fudge, or Vanilla Flavored

- **Juice Novelties**

- Breyers**

- Pure Fruit Bars – Pomegranate Blend
 - Pure Strawberry/Orange/Raspberry Fruit

- Edy's**

- Fruit Bars – Coconut, Grape, Lime, No Sugar Added
 - Strawberry Tangerine Raspberry, Orange Cream, or Strawberry

- Minute Maid**

- Fruit Bars – Cherry/Orange/Grape

- **Premium**

- Breyers**

- Fat Free – Chocolate Cookies & Cream or Chocolate Fudge Brownie
 - Overload! Waffle Cone

- So Delicious**

- Organic, Creamy Vanilla

- **Reduced Fat**

- Breyers**

- Heart Smart, 98% Fat Free Vanilla

- **Reduced Fat (Cont'd)**

- Breyers**

- Smooth & Dreamy Light – Vanilla/Chocolate/Strawberry, Vanilla, or Vanilla Bean

- Edy's**

- Slow Churned – No Sugar Added
 - Vanilla/Chocolate Swirl

- **Sherbet**

- Publix**

- Citrus Berry Blast
 - Cool Lime
 - Fruit Medley
 - No Sugar Added Orange
 - Peach Mango Passion
 - Rainbow Dream
 - Raspberry Blush
 - Sunny Orange
 - Tropic Pineapple

- **Sorbet**

- Häagen-Dazs**

- Lemon
 - Mango
 - Raspberry
 - Strawberry

- Talenti**

- Gelato, Roman Raspberry

- Whole Fruit**

- Lemon
 - Mango
 - Raspberry
 - Strawberry

- **Water Ice Novelties**

- Luigi's**

- Real Italian Ice – Cherry, Lemon, Lemon & Cherry, or Lemon & Strawberry

- Popsicle**

- Pops – Assorted Low Calorie Sugar Free; Crayon-Shaped Scribbler; Dora the Explorer; Firecracker Super Heroes; Ice Age Variety Pack; Orange, Cherry, Grape Variety; Rainbow Assorted Flavors; or Tropical Sugar Free

- **Water Ice Novelties (Cont'd)**

- Publix**

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

- **Yogurt**

- Ben & Jerry's**

- Low Fat – Cherry Garcia or Half Baked
 - Low Fat Chocolate Fudge Brownie

- Edy's**

- Swirl Blends – Vanilla or Vanilla Chocolate

- Häagen-Dazs**

- Coffee
 - Vanilla

- Publix**

- Premium – Blackjack Cherry, Blueberry/Pomegranate, Butter Pecan, Chocolate, Cookies & Cream, Key Lime, Low Fat Road Runner Raspberry, Low Fat Vanilla, Peach, Peanut Butter Cup, Piña Colada, or Strawberry

JUICE

- **Blended Juices**

- Minute Maid**

- 5 Alive Citrus Concentrate Frozen Beverage
 - Fruit Punch Frozen Concentrate

- **Citrus Juice**

- Minute Maid**

- Concentrated Orange – Regular, Country Style, Calcium Rich, Pulp Free, or Calcium Reduced Acid Grapefruit

- Old Orchard**

- 100% Juice, Blueberry/Pomegranate

- Publix**

- Concentrate Frozen Orange

- **Grape Juice**

- Welch's**

- 100% Concentrate Regular Grape

- **Lime / Lemonades**

- Minute Maid**

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

PIZZA AND SNACKS

- **Snacks**

- SuperPretzel**

- Baked Soft Pretzel

POTATOES

- **Baked**

- Ore-Ida**

- Steam 'n Mash – Cut Russet or Cut Sweet Potato

- Mrs. T's**

- Pierogies – Potato & Cheddar, Mini Potato & Cheddar, or Potato & Onion

- **Hash Browns**

- Cascadian Farm**

- Organics

- Ore-Ida**

- Country Style
Potatoes O'Brien
Southern Style

- Publix**

- Hash Brown Potatoes
Shredded

- **Potatoes**

- Ore-Ida**

- Steak Fries

- Publix**

- Steak Fries

VEGETABLES

- **Asparagus**

- Birds Eye**

- Spears

- Green Giant**

- Simply Steamed, No Sauce Cuts

- **Broccoli**

- Birds Eye**

- Baby Florets

- Cuts

- Spears

- Farm Fresh Mixtures, Broccoli/Carrots/Cauliflower

- Steamfresh – Sugar Snap Peas, Broccoli/Carrots/Cauliflower, Broccoli/Carrots/Sugar Snap Peas/Water Chestnuts, Baby Broccoli Blend, Broccoli & Cauliflower, Broccoli Cuts, Broccoli Florets, Gold & White Corn, Wild Grain Brown Rice, or Long Grain White Rice with Vegetables

- Steamfresh, Lightly Sauced – Broccoli/Carrots/Cauliflower with Cheese, Broccoli with Cheese, Super Sweet Corn with Butter, or Roasted Red Potatoes with Chive Butter

- Steamfresh Specialty Seasoned – Garlic Baby Peas & Mushrooms

- Cascadian Farm**

- Organics, Florets

- Green Giant**

- Antioxidant Blend with Extra Virgin Olive Oil & Seasonings
Broccoli and 3-Cheese Sauce
Digestive Health Blend in a Garlic Sauce

- Frozen Vegetables – Broccoli & Zesty Cheese Sauce, Broccoli Spears, Broccoli Spears in Butter Sauce, or Broccoli Spears with Cheese Sauce

- Healthy Heart Blend in Olive Oil

- Healthy Vision Blend

- Healthy Weight Blend

- Just for One Broccoli & Carrots with Italian Seasoning

- Select Just for One Frozen Vegetables, Broccoli & Cheese
Simply Steamed, Seasoned Vegetables

- Valley Fresh Steamers – Broccoli/Carrot/Cauliflower in Cheese Sauce or Broccoli in Cheese Sauce

- **Broccoli (Cont'd)**

- Pictsweet**

- Deluxe, Florets

- Publix**

- Chopped

- Cuts

- Florets

- Spears

- **Brussel Sprouts**

- Birds Eye**

- Steamfresh, Baby

- Pictsweet**

- Deluxe, Baby

- Green Giant**

- Baby Brussel Sprouts in Butter Sauce

- Publix**

- Brussel Sprouts

- **Carrots**

- Green Giant**

- Honey Glazed

- Publix**

- Crinkle Cut

- Whole Baby

- **Cauliflower**

- Birds Eye**

- Steamfresh, Specialty Seasoned with Garlic

- Green Giant**

- Cauliflower & Cheese

- Publix**

- Cauliflower

- **Corn**

- Birds Eye**

- Baby Gold & White

- Corn on the Cob

- Cut

- Steamfresh – Specialty Seasoned Southwestern, Super Sweet, or Mini Sweet Corn on the Cob

- Cascadian Farm**

- Organics, Sweet

- Green Giant**

- Cob Nibblers

- **Corn (Cont'd)**

- Green Giant**

- Frozen Vegetables – Cream Style, White Shoepeg in Butter Sauce, or Whole Kernel Niblets

- On the Cob Extra Sweet Nibblers Simply Steamed, No Sauce – Corn Niblets or White Shoepeg

- Pictsweet**

- Deluxe, Golden Cut

- Publix**

- Cut Corn

- Grade A Fancy – On the Cob or Mini Ears on the Cob

- Whole Kernel Golden

- **Green Beans**

- Birds Eye**

- Cut

- French Cut

- Steamfresh – Cut or Whole

- Cascadian Farm**

- Organics, Cut

- Green Giant**

- Simply Steam No Sauce Green Beans and Almonds

- Valley Fresh Steamers, Roasted Red Potatoes & Green Beans in a Rosemary Butter Sauce

- Pictsweet**

- Deluxe - Whole Baby

- Publix**

- Cut

- French Cut

- Whole

- **International**

- Birds Eye**

- Farm Fresh Mixtures Stir Fry – Broccoli or Pepper

- Steam & Serve – Asian with Roasted Cashews

- Steamfresh – Specially Seasoned Asian Medley

- Steamfresh Singles – Baby Brussel Sprouts, Super Sweet Corn, or Sweet Peas

- **International (Cont'd)**

- Publix**

- Blend Vegetables – Alpine, Italian, or Japanese

- Seaside Farms**

- Edamame Blanched Soybeans – Shelled or In Pods

- **Lima Beans**

- Birds Eye**

- Tender Baby

- Green Giant**

- Baby in Butter Sauce

- Pictsweet**

- Fordhook

- Green Giant**

- Simply Steam No Sauce Baby

- Publix**

- Baby

- Fordhook

- **Mixed Vegetables**

- Birds Eye**

- Mixed Vegetables

- Steamfresh – Asparagus/Gold & White Corn/Carrots or Mixed Vegetables

- Vegetable Mixtures – Baby Blend Beans & Carrots or Baby Blend Peas

- Cascadian Farm**

- Organics Purely Steam - Broccoli & Carrots with Garlic & Herbs or Garden Vegetable Medley

- Green Giant**

- Garden Vegetable Medley

- Vegetable Medley in Butter Sauce

- Simply Steamed, Garden Vegetable Medley

- Vegetables Teriyaki

- Pictsweet**

- Deluxe, Mixed Vegetables

- Publix**

- Blend Vegetables – California, Del Oro, or Roma

- Casual & Light Mixed Vegetables Mixed Vegetables

- **Onions**

- Publix**

- Grade A Fancy Diced Onions

- **Pasta Vegetable Mix**

- Green Giant**

- Create a Meal! Stir Fry – Szechuan or Teriyaki

- **Peas**

- Birds Eye**

- Baby Sweet

- Green

- Steamfresh, Sweet

- Cascadian Farm**

- Organics, Sweet

- Green Giant**

- Select Le Sueur Sweet Baby

- Simply Steam, No Sauce – Baby Sweet, Sugar Snap, or Sweet Peas and Pearl Onions

- La Choy**

- Snow Pea Pods

- Publix**

- Green

- Peas & Carrots

- Petite

- Young & Tender

- **Southern Vegetables**

- McKenzie's**

- Breaded Okra

- Publix**

- Blackeyed Peas

- Butter Beans

- Butter Peas

- Chopped Collard Greens

- Chopped Turnip Greens

- Cooked Squash

- Cut Okra

- Field Peas with Snaps

- Green Peppers, Diced

- Seasoning Blend

- Sliced Mushrooms

- Sliced Yellow Squash

- Speckled Butter Beans

- Succotash

- Vegetable Gumbo Mix

- **Southern Vegetables (Cont'd)**

Publix

Vegetable Soup Mix with Tomatoes
Whole Baby Okra

Southland

Butternut Squash
Mashed Yellow Turnips

Today's Harvest

Baby Lima Beans
Breaded Okra
Broccoli Florets
Field Peas with Snaps
Silver Queen Style Corn

- **Spinach**

Birds Eye

Chopped

Cascadian Farm

Organics, Cut

Green Giant

Frozen Vegetables – Regular, Creamed, or Cut Leaf

Publix

Spinach Leaf – Regular, Chopped, or Cut

- **Veg'n Sauce**

Birds Eye

Artichoke Hearts
Small Whole Onions

Green Giant

Valley Fresh Steamers – Baby Sweet Peas, Broccoli Florets, Buttery Rice & Vegetables, Cheesy Rice & Broccoli, Garden Vegetable Medley with Sauce, Sugar Snap Peas, Super Sweet Corn in Butter Sauce, or White Shoepeg Corn

- **Cake Decorations**

Cake Mate

Decorating Sugar Shapes, Disney Princesses

- **Cake Mix**

Betty Crocker

White Angel Food

- **Flour**

Eagle Mills

Unbleached All-Purpose Flour

Gold Medal

Flour – All-Purpose, Harvest King Better for Bread, Self-Rising, Unbleached, or Wondra Shaker

King Arthur

Flour – Organic All-Purpose, Organic Whole Wheat, Unbleached All-Purpose, White Whole Wheat, or Whole Wheat

Pillsbury's Best

Flour – Bread, Bleached All-Purpose, Self-Rising, Unbleached All-Purpose, or Whole Wheat

Publix

Flour – All-Purpose, Self-Rising, or Unbleached All-Purpose

Swans Down

Cake Flour

- **Gelatin**

Hunt's

Juicy Gels Strawberry Snack Pack
Snack Pack – Strawberry/Orange
Juicy Gels or Sugar Free Cherry Snacks Gel

Jell-O

Gelatin Dessert Mixes – Berry Blue, Black Cherry, Blackberry Fusion, Cherry, Grape, Island Pineapple, Lemon, Lime, Melon Fusion, Orange, Peach, Raspberry, Strawberry, Strawberry/Banana, or Tropical Fusion

Sugar Free Gelatin Dessert – Cherry, Lemon, Lime, Orange, Raspberry, Strawberry, or Strawberry Banana

- **Gelatin (Cont'd)**

Jell-O

Sugar Free Gelatin Dessert Mixes – Black Cherry or Peach

Royal

Gelatin Dessert Mixes – Cherry, Orange, Raspberry, or Strawberry
Sugar Free Gelatin Dessert Mixes – Cherry, Lime, Orange, Raspberry, Strawberry, or Strawberry/Banana

- **Honey**

Bee

Natural Honey, Wild Flower

BeeKist

Pure Canadian Clover

Golden Blossom

Honey

Leighton's

Orange Blossom Honey

North American

Honey

Publix

Golden Honey – Clover, Orange Blossom, or Wild Flower

Publix GreenWise Market

Honey - Organic 100% Pure

Sue Bee

Clover Honey

- **Meal and Baking Powders**

Arm & Hammer

Baking Soda

Argo

Baking Powder
Corn Starch

Calumet

Baking Powder

Clabbergirl

Baking Powder
Corn Starch

Cream

100% Pure Corn Starch

House Astry

Corn Meal Mix – Stone Ground Yellow Plain or Self-Rising

GROCERY

BAKING PRODUCTS

- **Brownies / Cookies**

Krusteaz

Brownie Mix, Fat Free Fudge

- **Meal and Baking Powders (Cont'd)**

- Martha White**

- Corn Meal Mix – Buttermilk or Self-Rising Enriched White

- Publix**

- Corn Meal Mix – Yellow Plain or Self-Rising

- Quaker**

- Corn Meal Mix, Yellow

- Rumford**

- Baking Powder
Corn Starch

- **Miscellaneous Desserts**

- Durkee**

- Marshmallow Fluff, Regular

- Kraft**

- Jet-Puffed Marshmallow Crème

- **Pancake Mixes**

- Aunt Jemima**

- Complete Mix – Original or Buttermilk

- Bisquick**

- Shake & Pour Complete Mix, Buttermilk

- Hungry Jack**

- Complete Mix – Buttermilk or Extra Light

- **Pie Crust**

- Martha White**

- Pizza Crust Mix

- **Puddings**

- Hunt's**

- Pudding Snack Packs – Butterscotch, Dulce de Leche, Lemon, Lemon Meringue Dessert Favorites, Light Chocolate, Light Tapioca, or No Sugar Added Vanilla

- Jell-O**

- Cook & Serve Pudding Mixes – Chocolate, Lemon, or Vanilla
Instant Pudding Mixes – Banana Cream, Butterscotch, Chocolate, French Vanilla, Lemon, Oreo Cookies, Pistachio, or Vanilla

- **Puddings (Cont'd)**

- Jell-O**

- Sugar Free Cook & Serve Pudding Mixes – Chocolate or Vanilla

- Sugar Free/Fat Free Instant Pudding Mixes – Cheesecake, Lemon, Vanilla, or White Chocolate

- Sugar Free/Fat Free Instant Pudding Mixes – Banana, Butterscotch, Chocolate, Chocolate Fudge, Pistachio, or Vanilla

- Minute**

- Quick for Cooking Tapioca, Pudding & Pies

- Royal**

- Cook & Serve Pudding Mixes – Chocolate or Vanilla

- Pudding Mix, Flan

- Instant Pudding Mixes Chocolate or Vanilla

- Sugar Free Pudding Mixes – Banana Cream, Butterscotch, Chocolate, Pistachio, or Vanilla

- **Sugar And Substitutes**

- Dixie Crystals**

- Sugar – Pure Cane, Light Brown, or Powdered

- Sugar Substitute, Sweet Thing

- Domino**

- Sugar – Cubes, Dark Brown, Light Brown, Pure Cane, or Sugar & Cinnamon

- Equal**

- Artificial Sweetener – Packets, Spoonful, or Tablets

- Florida Crystals**

- Sugar – Natural Demerara, Natural Milled Cane, Organic Brown, Organic Cane, or Organic Powdered

- Madhava**

- Agave Nectar – Amber or Light

- Natra Taste**

- Zero-Calorie Sweetener

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

- Necta Sweet**

- 1-Calorie Sweetener

- Publix**

- Sugar – Dark Brown, Light Brown, Powdered, or Pure Cane

- Sugar Substitute – Aspartame

- Splenda**

- No Calorie Sweetener – Brown Sugar Blend, Café Sticks, Original, Sugar Blend, or With Fiber

- Sugar in the Raw**

- Natural Cane Sugar

- Sugar Twin**

- Calorie-Free Sweetener

- Sweet Leaf Sweetener**

- All Natural Stevia Plus

- Sweet 'n Low**

- Low Calorie Granulated Sugar Substitute

- Truvia**

- Nature's Calorie Free Sweetener

- Wholesome Sweeteners**

- Fair Trade Organic Sugar

- **Syrup**

- Alaga**

- Cane Syrup, Original Cane Flavor

- Aunt Jemima**

- Syrup – Regular, Butter Rich, Light, or Light Butter

- Cary's**

- Syrup – Pure Maple or Sugar Free Maple

- Grandma's Molasses**

- Gold

- Karo**

- Corn Syrup – Original Dark or Light with Real Vanilla

- Hungry Jack**

- Syrup – Regular or Light

- Log Cabin**

- Syrup – Original or Light

- **Syrup (Cont'd)**

- **Maple Gold**

- Pure Maple

- **Maple Grove**

- Sugar Free Maple

- **Mrs. Butterworth's**

- Syrup – Original or Sugar Free

- **Publix**

- Molasses

- Syrup – Butter Maple, Light, Light Butter Maple, or Regular

- **Shady Maple Farms**

- Syrup, Organic Pure Maple

- **Smucker's**

- Syrup – Blueberry, Red Raspberry, Strawberry, or Sugar Free Breakfast

- **Spring Tree**

- All Natural Pure Maple

BEVERAGES AND ADDITIVES

- **Coffee**

- **Maxwell House**

- International Café, French Vanilla Iced Latte

- **Coffee Creamers**

- **Carnation Coffee-Mate**

- Non-Dairy Creamer – Fat Free or Light

- **Publix**

- Light Non-Dairy Creamer

- **Splenda**

- Flavor Blends Sweetener – Mocha, French Vanilla, or Hazelnut

- **Milk**

- **Almond Breeze**

- Non-Dairy Beverage – Original, Chocolate, or Vanilla

- **Blue Diamond**

- Almond Breeze, Unsweetened Vanilla

- **Borden**

- Grade A Skim Milk

- **Milk (Cont'd)**

- **Borden Eagle Brand**

- Fat Free Sweetened Condensed Milk

- **Carnation**

- Evaporated Milk – Fat Free or 2% Low Fat

- **Eden Soy**

- Extra Organic Vanilla Soy Milk with Vitamin B-12
 - Organic Original Light Soy Milk
 - Organic Vanilla Soy Beverage
 - Ready to Drink Eden Original Blend

- **Parmalat**

- Milk, Skim

- **Pet**

- Vitamin D Added Evaporated Milk

- **Publix**

- Instant Non-Fat Dry Milk

- **Rice Dream**

- Organic Enriched Beverage – Original or Vanilla

- **Saco**

- Buttermilk Powder

- **WestSoy**

- Vanilla Soy Milk

- **Milk Flavorings**

- **Carnation**

- Original Malted Milk

- **Hershey's**

- Syrup – Caramel, Chocolate, Chocolate with Calcium, Light Chocolate, Special Dark Chocolate, Strawberry, Sugar Free Chocolate, or Sugar Free Strawberry

- **Nesquik**

- Powder – Chocolate, Light Chocolate, or Strawberry
 - Syrup – Chocolate or Strawberry

- **Nestle**

- Diet Hot Chocolate Mix

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

- **Ovaltine**

- Classic Chocolate Malt or Rich Chocolate
 - Classic Original Malt Flavor

- **Publix**

- Hot Cocoa Mix – Regular, Regular with Mini Marshmallows, or Sugar Free
 - Syrup – Chocolate or Sugar Free Chocolate

- **Swiss Miss**

- Hot Cocoa Mix, Sensible Sweets Diet 25 Calories

- **Tea**

- **4C**

- Iced Tea Mixes – Green with Lemon & Honey, Raspberry, Regular with Sugar & Lemon, or Totally Light Green To-Go with Honey & Lemon

- **Lipton**

- Iced Tea Mixes – Decaffeinated with Lemon, Decaffeinated Sugar Free, Diet Peach, Diet Raspberry, Peach, Regular with Sugar & Lemon, To-Go Blueberry/Pomegranate, To-Go Green with Citrus Flavor, To-Go Sugar Free Regular with Lemon, or To-Go Sugar Free Regular with Mandarin & Mango Flavors

- **Publix**

- Regular Iced Tea Mix

BREAD

- **Breadsticks**

- **Alessi**

- Garlic
 - Grissini Torinesi Rosemary
 - Thin

- **Breakfast Bars**

- **Cascadian Farm**

- Organic Chewy Granola Bars, Vanilla Chip

- **General Mills**

- Bars – Chex Mix Chocolate Chunk or Fiber One

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

- General Mills**

- Oats – Apple Streusel or Strawberries with Almonds

- Kashi**

- TLC Cereal Bars – Baked Apple Spice, Blackberry Graham, or Ripe Strawberry
 - TLC Fruit & Grain Bars, Pumpkin Pie
 - TLC Granola Bars, Crunchy Cherry Dark Chocolate

- Nature Valley Trail**

- Mix Bars – Cranberry & Pomegranate

- **Buns / Rolls / Biscuits**

- Arnold**

- Dutch Style Potato – Hot Dog or Sandwich
 - Sandwich Rolls – Sesame or Soft Wheat
 - Select Rolls, Italian Sub
 - Select Sandwich Thins – Multi-Grain, Whole Grain White, and 100% Whole Wheat
 - Sliced Wheat Hot Dog Buns

- Cobblestone Mill**

- Rolls – Onion, Wheat Subs, or White Subs

- Nature's Own**

- Hamburger Buns, Whitewheat Hot Dog Buns – Whitewheat or 100% Whole Wheat
 - Sandwich Rolls – 100% Whole Wheat
 - Sandwich Rounds – Multi-Grain or 100% Whole Wheat

- Pepperidge Farm**

- 100% Whole Wheat Soft Hamburger Buns
 - Classic Sandwich Buns – Original, Mini Sliders, or Onion with Poppy Seeds
 - Hamburger Rolls
 - Sliced Frankfurter Rolls

- Publix**

- Brown & Serve Rolls
 - Premium Sandwich Buns

- **Buns / Rolls / Biscuits (Cont'd)**

- Publix**

- Sliced Enriched Buns – Hamburger or Hot Dog

- **English Muffins / Bagels**

- Nature's Own**

- English Muffins – Original, 100 Calorie Multi-Grain, Honey Wheat, or Whole Wheat

- Pepperidge Farm**

- Authentic Plain Bagels
 - Bagels, Mini-Plain
 - Swirl Bread, Cinnamon Raisin

- Publix**

- English Muffins – Original or Sourdough
 - Premium Bagels – Original, Plain, Cinnamon, Multigrain, or Onion
 - Premium English Muffins – Original, Cinnamon, Honey, or Sourdough

- Thomas'**

- Bagels – Plain, 100% Whole Wheat, 100% Whole Wheat Mini Pre-sliced, 100-Calorie Mini-Plain, Blueberry, Cinnamon Raisin Mini, or New York Style Plain Mini
 - English Muffins – The Original Plain, 100-Calorie High Fiber, Honey Wheat, Light Multigrain, Raisin, or Wheat

- Weight Watchers**

- Bagels
 - English Muffins

- **Hard Breads**

- Kavli**

- Whole Grain Crisp – Hearty Thick or Thin Crispy

- Old London**

- Toast – Rye, Wheat, White, or Whole Grain

- Stella D'oro**

- Toast, Anisette

- Wasa**

- Crisp 'N Light Cracker
 - Crispbread, Hearty Rye
 - Multigrain Hard

- **Hard Breads (Cont'd)**

- Wasa**

- Original Crisp Rye – Fiber, Light, or Sourdough

- **Loaf Bread**

- Arnold**

- 7 Grain
 - 12 Grain
 - 100% Stone Ground Dutch Country Whole Wheat
 - Classics – 100% Whole Grain Whole Wheat, Whole Grain Healthy Multigrain, or Whole Grain Oatnut
 - Country White
 - Dutch Country – 100% Stone Ground Whole Wheat, Double Fiber 100% Whole Wheat, or Original Recipe Soft Potato
 - Grains & More Bread – Double Protein Hearty Multi-Grain or Double Fiber 100% Whole Wheat
 - Health Nut
 - Jewish Real Rye, Melba Thin – With Caraway Seeds, or Without Seeds
 - Pumpernickel
 - Soft Family Bread – 100% Whole Wheat, Honey Wheat, or Whole Grain White

- Nature's Own**

- 100% Sugar Free Whole Grain Wheat
 - 100% Whole Wheat
 - All Natural 12 Grain
 - All Natural Whole Grain Double Fiber Wheat
 - Butterbread
 - Double Fiber Wheat
 - Honey 7 Grain
 - Honey Wheat
 - Light Honey Wheat
 - Light Wheat
 - Organic 100% Whole Wheat
 - Organic Honey Wheat
 - Whitewheat

- Pepperidge Farm**

- 15 Grain Whole Grain
 - 100% Whole Grain Whole Wheat

- **Loaf Bread (Cont'd)**

Pepperidge Farm

Brown Sugar Swirl Cinnamon
French Toast
Classic Dark Pumpernickel
Distinctive White Sandwich
Farmhouse – 12 Grain, 100%
Whole Wheat, Hearty White,
Oatmeal Soft With Honey, or
Sourdough
Italian
Jewish Rye – Seeded or Seedless
Light Style – 7 Grain, Oatmeal,
or Wheat
Natural Whole Grain – German
Grain Dark Wheat, Nine Grain, or
Whole Wheat
Rye & Pump Deli Swirl
Very Thin Sliced – Wheat or
White
Whole Grain Cinnamon Swirl
Bread with Raisins
Whole Grain Oatmeal
Whole Grain Soft Honey Whole
Wheat

Publix

Bread – Enriched White, Potato,
or Wheat
Premium Bread – 100% Whole
Wheat, Blended Grain, Butter
Crust White, Honey Wheat,
Italian, Multi-Grain, Old
Fashioned White, Oat Bran 'n
Honey, Sourdough, or Stone
Ground 100% Whole Wheat
Premium Recipe – Giant, Light
Wheat, or Natural Grain Light

Sun-Maid

Cinnamon Swirl Raisin

Weight Watcher's

Wheat

Wonder Bread

Whole Grain White

- **Specialty Breads**

Boboli

Italian Pizza Crust – Original or
Thin 100% Whole Wheat

- **Tortillas**

La Banderita

6" Fajita
10" Plain
Flat – Plain, Corn, or Wheat
Flour
Low Carb Soft Taco Flour
Soft Taco

Mission

Tortillas – Carb Balance Soft
Taco, Fajita, or White Corn

BREAKFAST FOODS

- **Breakfast Bar**

Kellogg's

Nutri-Grain Bars – Apple,
Blueberry, Cherry, Mixed Berry,
Raspberry, or Strawberry

Publix

Low Fat Fruit & Grain Bars
– Apple Cinnamon, Blueberry,
Mixed Berry, or Strawberry

Quaker

Fruit Crisp Breakfast Bars – Apple
or Strawberry

- **Cereals**

Back to Nature

Organic Granola – Classic or
Apple/Blueberry

Cascadian Farm

Organic – Crunch Clifford,
Granola Cinnamon, Great
Measure, Hearty Morning, Honey
Nut O's, Multi Grain Squares,
Purely O's, or Raisin Bran

General Mills

Basic 4
Cheerios – Regular, Apple
Cinnamon, Banana Nut, Fruity,
Frosted, Honey Nut, Multigrain,
Oat Clusters, Strawberry Yogurt
Burst, Triple Berry Berry Burst, or
Vanilla Yogurt Burst
Chex – Corn, Honey Nut,
Multigrain, Rice, or Wheat
Cinnamon Toast Crunch
Cocoa Puffs
Cookie Crisp Chocolate Chip

- **Cereals (Cont'd)**

General Mills

Cookie Crisp Sprinkles
Crispy Kix Corn Puffs
Fiber One – Original, Caramel
Delight, Frosted Shredded
Wheat, Honey Clusters, or Raisin
Bran Clusters
French Toast Crunch
Golden Grahams
Honey Kix
Honey Nut Clusters
Lucky Charms
Oatmeal Crisp – With Almonds
or With Raisins
Raisin Nut Bran
Reduced Sugar Cinnamon Toast
Crunch
Total – Regular, Cinnamon
Crunch, Cranberry Crunch,
Honey Nut Clusters, Raisin Bran,
or Whole Grain
Trix
Wheaties
Whole Grain Chocolate Lucky
Charms

Kashi

Crunchy 7 Whole Grain Puffs
Go Lean – High Protein & Fiber
or Multi-Grain Cluster Crunch
Heart to Heart Oats – Honey
Toasted, Warm Cinnamon, or
With Blueberry Clusters
Honey Sunshine
Organic Promise – Cinnamon
Harvest, Island Vanilla, Lightly
Sweetened Autumn Wheat, or
Strawberry Fields

Kellogg's

All-Bran – Original or Buds Bran
Apple Jacks
Cocoa Rice Krispies
Complete Oat Bran Flakes
Corn Flakes
Corn Pops
Crispix
Crunchy Low Fat Granola Blends
– With Raisins or Without Raisins

- **Cereals (Cont'd)**

Kellogg's

Crunchy Whole Grain Müeslix Blends with Raisins, Dates, & Almonds
Frosted Flakes – Original or Less Sugar
Frosted Mini-Wheats – Blueberry Muffin, Cinnamon Streusel, Maple & Brown Sugar, Little Bites Chocolate, or Vanilla Crème
Frosted Mini-Wheats, Bite Size – Original, Organic, or Strawberry Delight
Fruit Loops – Regular, Less Sugar, or Marshmallow
Healthy Heart Smart Start – Regular or Maple & Brown Sugar
Honey Smacks
Honey Toasted Crunch
Product 19
Raisin Bran – Regular, Crunch, Extra!, or Organic
Rice Krispies
Smart Start Strong Heart Toasted Oats
Special K – Original, Blueberry, Chocolatey Pieces, Fat Free, Fruit & Yogurt, Red Berries, or Vanilla Almond Crisp
Unfrosted Whole Grain Mini-Wheats

Nature's Path

Optimum Slim Organic

Newman's Own

All Natural Sweet Enough – Honey Flax Flakes or Vanilla Almond

Post

Alpha Bits
Bran Flakes
Cocoa Pebbles
Fruity Pebbles
Grape Nuts
Grape Nut Flakes
Healthy Classics – Original Shredded Wheat, Cinnamon with a Touch of Brown Sugar, Grapenuts Trail Mix Crunch, Raisin Bran, or Wheat 'N Bran

- **Cereals (Cont'd)**

Post

Healthy Classics Spoon Size Shredded Wheat – Frosted or Honey Nut
Honey Bunches of Oats – Honey Roasted, With Almonds, With Cinnamon Clusters, With Pecan Bunches, With Real Peaches, or With Real Strawberries
Honeycomb
Selects Blueberry Morning

Publix

Bran Flakes
Cocoa Crunchies
Corn Flakes
Crispy Corn & Rice
Crunchy Granola Raisin Bran
Crunchy Rice & Wheat
Crunchy Rice & Wheat with Strawberries
Frosted Flakes
Kookies
Magic Stars
Raisin Bran
Rice Crisp
Sweetened Shredded Frosted Wheats
Sweetened Multigrain – Almonds & Oats, Apple Dapples, Fruit Rings, or Strawberry & Oats
Sweetened Rice Cocoa Crisp
Toasted Oats – Regular, Apple Cinnamon, Honey Nut, Strawberry, or Triple Berry
Wheat & Barley Nutty Nuggets

Publix GreenWise Market

All Natural Flax Flakes
All Natural Oatmeal Toasted Flakes
Organic Honey Crunch & Oats
Organic Honey Nut Toasted Oats
Organic Raisin Bran
Organic Toasted Oats

Quaker

Brown Sugar Squares Cereal
Cap'n Crunch
Cap'n Crunch Berries

- **Cereals (Cont'd)**

Quaker

Crunchy Corn Bran
Oat Bran
Oatmeal Squares Baked in Cinnamon Essentials
Puffed Rice
Puffed Wheat
Whole Grain Oat Life – Original, Cinnamon, or Honey Graham

Weetabix

Wheat Cereal

- **Hot Cereal**

Cream of Wheat

Instant Healthy Grains

Farina Mills

Original Farina

Jim Dandy

Quick Grits

Kashi

Instant Oatmeal – Go Lean Hearty Honey & Cinnamon or Creamy Vanilla; and Heart to Heart Golden Brown Maple or Apple/Cinnamon

McCann

Irish Oatmeal
Steel Cut Irish Oatmeal

Nabisco

Cream of Rice
Cream of Wheat

Publix

Instant Oatmeal – Apples & Cinnamon, Cinnamon & Spice, Low Sugar Maple & Brown Sugar, Maple & Brown Sugar, or Raisin Date & Walnut
Old Fashioned Oats
Quick Oats

Publix GreenWise Market

100% Organic Oats – Original Instant or Old Fashioned

Quaker

Instant Grits – Regular, Original Flavor, Butter Flavor, Cheddar Cheese, or Hominy

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

- Quaker**

- Instant Oatmeal – Apples & Cinnamon, Cinnamon & Spice, Golden Express Brown Sugar, High Fiber Cinnamon Swirl, Maple & Brown Sugar, Raisin Date & Walnut, Raisins & Spice, Strawberries & Cream, Peaches & Cream, Oats Old-Fashioned, Natural Flavors Organic Maple & Brown Sugar, or Weight Control Maple & Brown Sugar

- Lower Sugar Instant Oatmeal – Apples & Cinnamon, Fruit & Cream Strawberries & Peaches, or Maple & Brown Sugar

- Oat Bran

- Oatmeal – Original or Steel Cut

- Quaker**

- Quick Grits

- Quick Oats

- Wheatena**

- Classic Wheat

- **Instant Breakfast**

- Carnation**

- Instant Breakfast – Classic Chocolate Malt, Classic French Vanilla, No Sugar Added Rich Milk Chocolate, Rich Milk Chocolate, Strawberry Sensation, or Variety Pack

- **Toaster Pastries**

- Kellogg's**

- Low Fat Pop-Tarts – Frosted Cinnamon Brown Sugar or Frosted Strawberry

- Pop-Tarts – Hot Fudge Sundae or Vanilla Milkshake

CANDY

- **Breath Freshener Multipacks**

- Breath Savers**

- Sugar Free Mints, Peppermint

- Tic Tac**

- Mints, Freshmint

- **Chewing Gum Multipacks**

- Dentyne**

- Sugar Free – Arctic Chill Ice, Fire Spicy Cinnamon, or Peppermint Ice

- Wrigley's**

- Eclipse Sugar Free Gum – Peppermint, Polar Ice Spearmint, or Winterfrost

- Extra! Sugar Free Gum – Peppermint, Polar Ice, Spearmint, or Sweet Watermelon

- Orbit Sugar Free Gum – Bubblemint; Peppermint; Spearmint; Sweetmint; White Bubblemint; White Peppermint; or Wintermint

- Stride Gum, Spearmint

- Trident Sugar Free Gum – Original, Tropical Twist, White Peppermint, or White Spearmint

- Wrigley's 5 Sugar Free Gum – Cobalt or Rain

- Wrigley's Gum – Doublemint or Juicy Fruit

- **Chocolate**

- Brachs**

- Small Hearts

- Hershey's**

- York Peppermint Candy

- Queen Anne**

- Dark Cherries

- Tootsie**

- Tootsie Rolls – Midgees or Pops

- **Marshmallows**

- Kraft**

- Jet-Puffed Marshmallows – Regular or Minis

- Publix**

- Marshmallows – Regular or Minis

- **Non-Chocolate**

- Airheads**

- Pops

- Charms**

- Gum Filled Blow Pops

- Dubble Bubble**

- Original Bubble Gum

- **Non-Chocolate (Cont'd)**

- Farley's**

- Lemon Drops

- Goetz**

- Caramel Creams Candy

- Good & Plenty**

- Original Candy

- Jolly Rancher**

- Original Assorted Hard Candy

- Lifesavers**

- Hard Candy – Assorted Flavors, Butter Rum, Cherry/Lemonade Mint, Five Flavor, Orange Mint, Pep-o-Mint, Strawberry/Apple Mints, Sugar Free Five Flavor, Sugar Free Wintergreen, Wild Cherry, or Wint-o-Green

- Publix**

- Candy – Candy Corn, Circus Peanuts, Gummi Bears, Gummi Sour Worms, Jelly Beans, Orange Slices, Party Time Mix, Pastel Mints, Spice Drops, Starlight Mints, or Sweet Stripes

- Skittles**

- Bite Size Candy

- Starburst**

- Jelly Beans

- Twizzler**

- Licorice Bites

- Strawberry Twists

- Wonka**

- Laffy Taffy – Assorted Flavors Candy

CANNED AND DRIED FRUITS

- **Apple Sauce**

- Mott's**

- Original

- Cinnamon

- Chunky Homestyle

- Fruitsations – Mango/Peach, Pear, or Strawberry/Banana

- Healthy Harvest – Blueberry, Peach Medley, Summer

- Strawberry, or Unsweetened

- Granny Smith

- **Apple Sauce (Cont'd)**

- Mott's**

- Pomegranate Plus
 - Raspberry
 - Strawberry
 - Unsweetened Natural

- Musselman's**

- Original
 - Chunky
 - Chunky Homestyle
 - Cinnamon
 - Light No Sugar Added
 - Natural
 - Unsweetened Natural

- Publix**

- Cinnamon
 - Old Fashioned
 - Strawberry
 - Unsweetened

- Publix GreenWise Market**

- Organic Original
 - Unsweetened

- **Cranberry**

- Ocean Spray**

- Jellied Sauce
 - Whole Berry Sauce

- Publix**

- Jellied Sauce
 - Whole Berry Sauce

- **Citrus Specialty / Miscellaneous Fruit**

- Del Monte**

- 100 Calorie Tropical Fruit Salad
 - Light Citrus Salad Syrup
 - Mandarin Oranges, in Light Syrup Cups
 - Mandarin Oranges, No Sugar Added Cups
 - Mandarin Oranges Fruit Cup
 - Mandarin Oranges Segments
 - Mandarin Orange Segments in Light Fruit Syrup
 - SunFresh Red Grapefruit Sections
 - SunFresh Red Grapefruit Sections in Light Syrup
 - Tropical Fruit Salad

- **Citrus Specialty / Miscellaneous Fruit (Cont'd)**

- Del Monte**

- Unpeeled Lite Apricot Halves

- Dole**

- All Natural, in Light Syrup – Mandarin Oranges or Tropical Fruit
 - Mandarin Oranges in Orange Gel Fruit-N-Gel Bowls
 - Tropical Mixed Fruit in Passion Fruit Nectar

- Publix**

- Mandarin Oranges in Light Syrup
 - Maraschino Cherries with or without Stems
 - Unpeeled Apricot Halves in Heavy Syrup

- **Dates**

- Sunsweet**

- California, Pitted
 - Chopped

- **Dry Mixed**

- Ocean Spray**

- Cherry Flavor Craisins
 - Craisins – Original or 100 Calories

- Sun-Maid**

- Cape Cod Cranberries
 - Cranberries & Raisins
 - Fruit Bits
 - Mediterranean Apricots
 - Orchard Select Dried Apples
 - Tart Cherries
 - Tropical Trio

- Sunsweet**

- Antioxidant Blend
 - Blueberries
 - Philippine Pineapple
 - Premium Varietal – Cherries or Mango

- Welch's**

- Berry Medley Dried Fruit, Blueberries, Cherries, Cranberries, Raisin

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

- Welch's**

- Mixed Dried Fruit, Pineapple, Apricots, Cherries, Apples, Raisins

- **Figs**

- Blue Ribbon**

- California Figlets

- **Fruit Cocktail**

- Del Monte**

- 100 Calorie Cherry Mixed Fruit
 - 100 Calorie Fruit Cocktail
 - Cherry Fruit Pleasures Mixed Fruit
 - Chunky Fruit Mixed Fruit Naturals
 - Chunky Lite Mixed Fruit
 - Chunky Mixed Fruit in 100% Juice
 - Chunky Mixed Fruit in Syrup
 - Fruit & Gel – Lite Peaches in Flavored Strawberry-Banana Gel, Mixed Fruit in Cherry Flavored Gel, or Peaches in Peach Flavored Gel
 - Fruit Chiller Tubes - Grape or Strawberry
 - Fruit Cocktail
 - Fruit Cocktail Fruit Naturals
 - Fruit Cocktail in 100% Juice
 - Fruit Cocktail in Heavy Syrup
 - Lite Fruit Cocktail
 - Mixed Fruit Cups – Fruitageous Crazy Cherry, in Extra Light Syrup, in Heavy Syrup, or No Sugar Added
 - Mixed Fruit in Light Fruit Syrup
 - No Sugar Added Sweetened Fruit Cocktail with Splenda
 - Strawberry-Banana Flavored
 - Yellow Cling Peaches in Lightly Flavored Fruit Syrup
 - Tropical Fruit Concentrate
 - Sweetened Fruit Juice Cups
 - Very Cherry Mixed Fruit

- **Fruit Cocktail (Cont'd)**

- Dole**

- Fruit Bowls – Apple Caramel, Diced Pears, Mandarin Oranges, Mixed Fruit, Mixed Fruit in Black Cherry Gel, Mixed Fruit Cherry in Light Syrup with Other Natural Flavors, Mixed Fruit in Peach Gel, Peach Parfait, Pineapple Parfait, or Tropical Fruit

- Publix**

- Fruit Cocktail in Heavy Syrup
 - Fruit Cocktail Sweetened with Splenda
 - Lite Chunky Mixed Fruit in Pear Juice
 - Lite Cocktail in Pear Juice
 - Mixed Fruit in Light Syrup

- **Fruit Snacks**

- Betty Crocker**

- Fruit By The Foot – Berry Tie Die, Razzle Blue, Strawberry, or Variety Pack
 - Fruit Gushers – Strawberry Splash, Tropical Flavors, or Variety Pack
 - Fruit Gushers Shock Flavor Variety Pack
 - Fruit Roll-Ups – Strawberry, Strawberry Kiwi, Variety Pack, or Wildberry
 - Fruit Shapes – Create-A-Bug, Create-A-Dino, Spiderman, or Transformers
 - Scooby! Fruit Snacks
 - Shark Bites Fruit Snacks

- Kellogg's**

- Fruit Shapes – Disney Princesses, Disney Fairies, Finding Nemo, John Deere, or Toy Story

- Sunkist**

- Mixed fruit with Calcium Fruit Snacks

- **Peaches**

- Del Monte**

- 100 Calorie Sliced Chunks
 - Diced Peaches Fruit Cup

- **Peaches (Cont'd)**

- Del Monte**

- Diced Peaches in Extra Light Syrup Fruit Cup
 - Halves
 - No Sugar Added Sweetened Chunks with Splenda
 - Sliced – Lite, Elberta Freestone, Freestone, Fruit Naturals, Harvest Spice, Lite Freestone, No Sugar Added Sweetened with Splenda, Raspberry Flavored, Yellow Cling or Yellow Cling in Heavy Syrup
 - Yellow Cling Diced Peaches in Light Fruit Syrup
 - Yellow Cling Halves in Heavy Syrup
 - Yellow Cling in Flavored Light Syrup Cups

- Dole**

- Diced Peach Fruit Bowls
 - Peaches in Strawberry Gel Fruit-N-Gel Bowls
 - Sliced in Light Syrup

- Publix**

- Diced Peaches in Natural Peach Flavored Light Syrup
 - Light Yellow Cling Halves in Pear Juice
 - Yellow Cling Halves in Heavy Syrup
 - Yellow Cling Lite in Pear Juice – Halves or Slices
 - Yellow Cling Slices in Heavy Syrup

- **Pears**

- Del Monte**

- 100 Calorie Halves
 - Bartlett Halves
 - Bartlett Halves in Heavy Syrup
 - Bartlett Halves in Extra Light Syrup
 - Chunks in Heavy Syrup
 - Cinnamon Flavored Halves
 - Diced in Light Syrup Cups
 - Diced No Sugar Added Cups
 - Fruit Naturals Halves
 - Halves in 100% Juice
 - Lite Bartlett – Halves or Slices

- **Pears (Cont'd)**

- Del Monte**

- No Sugar Added Sweetened with Splenda – Chunks or Sliced

- Dole**

- Diced in 100% Fruit Juice Cups

- Publix**

- Bartlett in Heavy Syrup – Halves or Slices
 - Lite Bartlett Halves in Pear Juice

- **Pie Fruits**

- Comstock**

- More Fruit Pie Filling/Topping – Apple, Blueberry, Peach, or Red Ruby Cherry
 - Pie Filling/Topping – Apple, Apple/Cranberry, Light Cherry, or Red Ruby Cherry

- Oregon**

- Fruit – Blackberries; Blueberries; Kadota Figs, Pitted Bing Cherries in Heavy Syrup, Red Raspberries, or Tart Red Cherries

- **Pineapple**

- Dole**

- All Natural Pineapple Chunks in Pineapple Juice
 - Crushed Pineapple in Unsweetened Pineapple Juice
 - High in Vitamin C Antioxidant Sweetened Pineapple Chunks in Heavy Syrup
 - In Unsweetened Juice – No Sugar Added Chunks, Slices, or Tidbits
 - Pineapple in Lime Gel Fruit-N-Gel Bowls
 - Pineapple Tidbits Fruit Bowls

- Libby**

- Red Carb Pineapple – Chunked, Crushed, or Sliced

- Publix**

- Chunks in Heavy Syrup
 - Crushed Pineapple – In Heavy Syrup or In Pineapple Juice
 - Pineapple Chunks in Pineapple Juice
 - Pineapple Tidbits

- **Pineapple (Cont'd)**

- Publix**

- Pineapple Tidbits in Pineapple Juice
 - Sliced Pineapple in Pineapple Juice
 - Sliced Pineapple in Heavy Syrup

- **Prunes**

- Del Monte**

- Pitted

- Newman's Own**

- Organics, Organic Pitted

- Publix**

- California Select Pitted

- Sunsweet**

- Cherry Essence Pitted
 - Gold Label Bite Size Pitted Ones
 - Orange Essence Pitted Pitted
 - Premium
 - Ready-to-Serve

- **Raisins**

- Dole**

- Seedless

- Newman's Own**

- Organics, Organic California

- Publix**

- 100% Natural California
 - Mini Snack California

- Sun-Maid**

- 100-Calorie Cape Cod Cranberries
 - 100% Natural California California Seedless
 - Golden Seedless
 - Mini Snacks

CANNED VEGETABLES

- **Asparagus**

- Del Monte**

- Asparagus Salad Tips
 - Fresh Cut – Cuts & Tips, Extra Long Spears, or Slender Whole Spears

- **Asparagus (Cont'd)**

- Green Giant**

- 50% Less Sodium Cut Spears
 - Extra Long Spears
 - Tender Green Cut Spears

- Le Sueur**

- Extra Large Asparagus Spears

- Vigo**

- Green & Marinated

- **Baked Beans**

- B&M**

- Homestyle Baked
 - New England Style Brown Bread with Raisins

- Bush's Best**

- 98% Fat-Free Country Style Baked Beans with Onion
 - Baked Beans Seasoned with Bacon in Tomato Sauce
 - Barbecue
 - Bold & Spicy
 - Boston
 - Deluxe Vegetarian
 - Grillin' Beans – Bourbon & Brown Sugar, Smokehouse Tradition, Southern Pit Barbecue, or Steakhouse Recipe
 - Homestyle Baked Beans
 - Honey
 - Mapled Cured Bacon
 - Original
 - Seasoned Baked Beans with Bacon

- Campbell's**

- Pork & Beans

- Heinz**

- Vegetarian Beans

- Publix**

- Grade A Fancy
 - Pork & Beans in Tomato Sauce
 - Vegetarian

- Van Camp's**

- Pork & Beans

- **Beets**

- Aunt Nellie's**

- Harvard Ruby Red Sweet & Sour Whole
 - Red Cabbage
 - Ruby Red Sliced
 - Ruby Red Whole Pickled
 - Whole Onions

- Del Monte**

- Sliced

- Greenwood**

- Red Cabbage – Sweet & Sour
 - Sliced Pickled
 - Sliced Pickled with Onion
 - Whole Pickled Sweet & Tangy

- Publix**

- Cut
 - Sliced

- **Canned Pasta**

- Campbell's**

- Dora the Explorer Pasta
 - SpaghettiOs Fun Shapes
 - Meat Sauce SpaghettiOs
 - Spaghetti in Tomato Sauce
 - SpaghettiOs in Tomato Sauce
 - SpaghettiOs Plus Calcium

- Chef Boyardee**

- 99% Fat Free Beef Ravioli
 - ABC's & 123's Pasta in Tomato & Cheese Sauce

- Franco-American**

- Spaghetti in Tomato Sauce
 - Spaghettios in Tomato Sauce
 - Spaghettios Pasta in Tomato & Cheese Sauce
 - Spaghettios Plus Calcium

- Hormel**

- Compleats Chicken Breast & Gravy
 - Roast Beef & Gravy with Mashed Potatoes Compleats Dish

- **Carrots**

- Del Monte**

- Sliced Carrots

- Glory Foods**

- Honey Seasoned Southern Style

- **Carrots (Cont'd)**

- Le Sueur**

- Whole Tender Baby Carrots

- Publix**

- Sliced Sweet Carrots

- **Corn**

- Bush's Best**

- White Hominy

- Del Monte**

- Fresh Cut – Cream Style Golden Sweet, Cream Style White, Fiesta, or Gold & White

- Fresh Cut, Whole Kernel – Regular, 50% Less Sodium, Golden Sweet, Summer Crisp Sweet, or White Sweet

- Golden Sweet – Cream Style or Whole Kernel

- No Salt Added – Fresh Cut Cream Style Golden Sweet, Fresh Cut Whole Kernel Golden Sweet, Summer Crisp or Whole Kernel

- Glory Foods**

- Skillet

- Green Giant**

- 50% Less Sodium Whole Kernel Sweet

- Mexican Corn, Red & Green Bell Peppers

- Niblets

- No Salt Added Whole Kernel Sweet Niblets

- Southwestern Style

- Sweet Cream Style

- White Shoepeg

- Whole Kernel Sweet

- Yellow & White

- Margaret Holmes**

- Hoppin' John with Blackeye Peas, Tomatoes, Onions, & Jalapeños

- Hoppin' Johns Seasoned with Vidalia Onions

- Publix**

- 50% Less Salt Whole Kernel Sweet

- Cream Style Golden Sweet

- Whole Kernel, Golden Sweet – Regular or Crispy

- **Corn (Cont'd)**

- Publix GreenWise Market**

- Organic Whole Kernel

- Whole Kernel

- **Dried Beans**

- Bush's Best**

- Black

- Black Beans in Seasoned Sauce

- Cannellini

- Chick Peas (Garbanzos)

- Chili

- Fresh Blackeye Peas

- Great Northern

- Large Butter

- Navy

- Pinto – Red or Seasoned

- Red Kidney – Dark or Light

- Reduced Sodium – Black Bean, Dark Red Kidney, Garbanzos, or Pinto

- Del Monte**

- Green Lima

- Goya**

- Black

- Chick Peas

- Green Pigeon Peas

- Heat And Serve Black Bean Soup

- Pink

- Pinto

- Red Kidney

- Small Red

- Hanover**

- Chick Peas

- Joan of Arc**

- Butter

- Dark Red Kidney

- Light Red Kidney

- Spicy Chili

- Margaret Holmes**

- Field Peas with Snaps

- White Acre Peas

- Progresso**

- Black

- Cannellini White Kidney

- Chick Peas

- **Dried Beans (Cont'd)**

- Publix**

- Black

- Black Beans in Sauce

- Chick Peas (Garbanzos)

- Grade A Fancy Red Kidney – Dark or Light

- Great Northern

- Pinto

- Red

- Spicy Chili

- Small Green Lima

- Blackeye Peas

- Publix GreenWise Market**

- Organic – Black, Garbanzo, Dark Red Kidney, or Pinto

- Ranch Style**

- Pinto, Southwestern Seasoned

- **Green Beans**

- Allen's**

- Italian Cut

- Italian Cut with Potatoes

- Seasoned Italian Cut

- Del Monte**

- Cut Golden Wax Beans

- Cut Green Beans

- Cut Green Beans & Potatoes

- Cut Italian Green Beans

- Fresh Cut – Blue Lake Cut, Blue Lake French Style, Cut Blue Lake 50% Less Salt, French Style, Green & Wax Beans, No Salt Added, No Salt Added Blue Lake Cut, No Salt Added Blue Lake French Style, Mixed Vegetables with Potatoes, Specialties Quality Wax & Cut, or Whole Blue Lake Seasoned Beans

- Green Giant**

- Green Beans – Cut, French Style, or Kitchen Sliced

- Hanover**

- Cut Blue Lake or Cut with Whole Potatoes

- Publix**

- Green Beans – Cut, French Style, Italian Cut, or No Salt

- **Green Beans (Cont'd)**

- Publix**

- Veggigreen – Cut, French Style, or Whole

- Publix GreenWise Market**

- Organic Cut Green Beans

- **Greens**

- Allen's**

- Diced Turnips Seasoned Southern Style
 - Collard, Seasoned
 - Rutabaga, Diced

- Del Monte**

- Fresh Cut Spinach, No Salt Added Whole Leaf
 - Fresh Cut Whole Spinach Leaf
 - Whole Spinach Leaf
 - Zucchini with Italian Style Tomato Sauce

- Glory Foods**

- Collard Greens or Southern Style Pre-Seasoned Mixed
 - Country Cabbage
 - Sensibly Seasoned Lower Sodium – Collard, Mixed, or Turnip

- Margaret Holmes**

- Tomato & Okra – Southern Style Blend or With Corn

- Publix**

- Spinach Leaf

- **Kraut**

- Eden**

- Organic Sauerkraut

- Gundelsheim**

- Sauerkraut Barrel

- Silver Floss**

- Cured Sauerkraut – Bavarian Style or Shredded

- **Mushrooms / Artichoke**

- Giorgio**

- Ready to Serve Dawn Fresh Mushroom Steak Sauce
 - Organic Mushrooms – Pieces & Stems

- Green Giant**

- Mushroom Pieces & Stems

- **Mushrooms / Artichoke (Cont'd)**

- Green Giant**

- Sliced Mushrooms
 - Whole Mushrooms

- Pennsylvania Dutchman**

- Chunky Style Portabello Mushrooms
 - No-Salt Mushroom Stems & Pieces
 - Mushroom Stems & Pieces

- Progresso**

- Artichoke Hearts

- Publix**

- Mushroom Stems & Pieces
 - Sliced Mushrooms
 - Whole Mushrooms

- Reese**

- Artichoke Hearts, Regular
 - Quartered Artichoke Hearts

- Vigo**

- Artichoke Hearts – Regular, Baby, Marinated & Quartered, or Quartered
 - Hearts of Palm – Regular or Salad Cuts
 - Mushrooms – Marinated Italian Style

- **Pasta**

- Healthy Choice**

- Fresh Mixers Simple Meal Creations – Sweet Hickory BBQ Chicken, Sweet & Sour Chicken, or Ziti in Meat Sauce

- **Peas**

- Del Monte**

- Fresh Cut – Sweet, 50% Less Salt
 - Sweet or No Salt Added Sweet
 - Peas & Carrots

- Green Giant**

- Steam Sweet Peas

- Le Sueur**

- 50% Less Sodium Early Peas
 - Early Peas
 - Early Peas with Mushrooms and Pearl Onions

- **Peas (Cont'd)**

- Publix**

- Sweet Green Peas – No Salt Added or Grade A Fancy
 - Small Sweet Peas

- Publix GreenWise Market**

- Organic Sweet Peas

- **Potatoes**

- Bruce**

- Cut Sweet Potatoes

- Del Monte**

- New Fresh Cut Potatoes – Diced or Whole
 - Whole New

- Glory Foods**

- Sweet Potato Casserole
 - Seasoned Southern Style

- Publix**

- White Potatoes – Sliced or Whole

- Royal Prince**

- Orange/Pineapple Sweet Potatoes

- **Salad & Mixed Vegetables**

- Del Monte**

- Mixed Vegetables

- Green Giant**

- Three Bean Salad

- Margaret Holmes**

- Squash Medley with Vidalia Onions

- Publix**

- Mixed Vegetables

- Read**

- 4 Bean Salad
 - Heat & Serve German Potato Salad

- Veg-All**

- Mixed Vegetables - Original or No Salt Added

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

- Contadina**

- Tomato Paste
 - Tomato Paste Italian Seasonings
 - Tomato Sauce

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

Dei Fratelli

Puree
Sauce

Del Monte

Tomato Sauce

Goya

Spanish Style Tomato Sauce
(Salsa Tomate)

Hunt's

All Natural Tomato Puree
All Natural Tomato Sauce
Italian Style Herbs Tomato Sauce
No Salt Added Tomato Sauce
Paste – Regular, Italian Style, or
No Salt Added
Roasted Garlic Tomato Sauce
Sauce No Salt Added
Tomato Sauce

Muir Glen

Organic – Paste or Sauce

Publix

Grade A Fancy Tomato Sauce
No Salt Added – Paste or Sauce
Tomato Puree
Tomato Sauce

Publix GreenWise Market

Organic – Paste or Sauce

- **Tomatoes**

Cento

Crushed
Italian Style Whole
San Marzano Peeled

Dei Fratelli

Whole

Del Monte

Diced No Salt Added
Diced No Salt Added with Basil,
Garlic & Oregano
Diced Petite Cut, No Salt Added
Diced with Green Peppers &
Onions
Diced Zesty Seasoned with Mild
Green Chilis
Fresh Cut, Diced

- **Tomatoes (Cont'd)**

Del Monte

Fresh Cut Garlic & Onion Diced
Tomatoes
Italian Recipe Stewed Tomatoes
Organic Diced Tomato Basil
Garlic Oregano
Petite Cut Diced Tomatoes
Petite Cut Tomatoes
Petite Cut Tomatoes with Garlic
& Olive Oil
Petite Cut Tomatoes with
Jalapeño Peppers
Stewed
Zesty Seasoned Diced Tomatoes
with Basil, Garlic, & Oregano

Hunt's

All Natural Whole Peeled
Crushed
Crushed with Basil
Cut Choice Diced Italian Style
Herbs
Diced – Regular, Fire Roasted;
Fire Roasted with Garlic; Petite;
With Green Pepper, Celery &
Onion; or With Sweet Onions
Stewed, No Salt Added
Whole – Regular, No Salt Added
or With Basil

Muir Glen

Organic – Diced Fire Roasted
or Diced Fire Roasted No Salt
Added

Pomi

Chopped Tomatoes
Strained Tomatoes

Publix

Crushed
Diced – Regular, No Salt Added,
With Green Chiles, or With
Roasted Garlic & Onion
Fancy Stewed Sliced Tomatoes
Grade A Fancy Petite Diced
Tomatoes
Italian Stewed Tomatoes
Italian Style Diced Tomatoes
Peeled Diced Tomatoes
Peeled Whole Tomatoes

- **Tomatoes (Cont'd)**

Publix GreenWise Market

Organic – Crushed in Tomato
Puree; Diced in Tomato Juice;
or Diced Seasoned with Basil,
Garlic, & Oregano

Rotel

Diced – With Green Chilis, With
Milder Green Chiles, or With Hot
Habaneros
Mexican Festival Diced Tomatoes
with Lime Juice and Cilantro

Tuttorosa

Crushed Tomatoes
Peeled Plum Shaped Italian Style
with Natural Basil

CONDIMENTS

- **BBQ**

Bull's Eye

Original
Brown Sugar & Hickory
Premium Sweet Hickory Smoked
Sweet & Sticky

Budweiser

Premium Wing Sauce, Mild &
Tangy

Colgin's

Hickory Liquid Smoke

Jack Daniel's

Original #7
Hickory/Brown Sugar
Master Blend
Steakhouse

KC Masterpiece

Original
Hickory Brown Sugar Flavor
Honey
Honey/Roasted Garlic
Hot'n Spicy
Thinner Recipe Sweet & Tangy

Kraft

Original
Honey
Honey Spicy
Light Original

- **BBQ (Cont'd)**

- Kraft**

- Sweet Recipes – Brown Sugar or Honey/Hickory Smoke
 - Thick 'n Spicy

- Open Pit**

- Original

- Pat's**

- Homemade

- Publix**

- Sauce – Original, Hickory, or Honey

- Sticky Finger**

- Sauce – Original or Carolina Mustard

- Stubb's**

- Sauce – Original, Mild, or Spicy

- Sweet Baby Ray's**

- Original
 - Hickory
 - Hickory & Brown Sugar
 - Honey
 - Honey Chipotle
 - Hot & Spicy
 - Sweet Vidalia Onion

- **Catsups**

- Heinz**

- Original
 - Organic

- Hunt's**

- Original
 - No Salt Added

- Publix**

- Regular

- Publix GreenWise Market**

- Organic Ketchup

- **Cooking Wines**

- Holland House**

- Marsala
 - Red
 - Sherry
 - White

- Pompeian**

- Burgundy

- **Cooking Wines (Cont'd)**

- Pompeian**

- Marsala
 - Sherry
 - White

- Publix**

- Dry
 - White

- **Mustards**

- Bookbinder's Mustard**

- Chipotle
 - Stone Ground Dijon
 - Sweet & Spicy Picante Pepper

- Coleman's**

- Hot English Mustard

- French's**

- Honey
 - Honey Dijon
 - Horseradish
 - Spicy Brown
 - Yellow

- Grey Poupon**

- Country Dijon
 - Deli Style
 - Dijon
 - Harvest Coarse Ground
 - Mild & Creamy Dijon
 - Savory Honey

- Gulden's**

- Spicy Brown

- Hellmann's**

- Dijonnaise
 - Honey

- Inglehoffer**

- Stone Ground

- Plochman's Premium**

- Mild Yellow

- Publix**

- Classic Yellow
 - Dijon
 - Honey
 - Horseradish
 - Spicy Brown

- **Mustards (Cont'd)**

- Publix GreenWise Market**

- Organic – Dijon, Spicy Brown, or Yellow

- **Olives**

- Fragata**

- Capers

- Lindsay**

- Capers Non-Pareille
 - Pimientos – Diced or Sliced

- **Pickles**

- Casa Italica**

- Sliced Hot Jalapeño Peppers

- B&G**

- Roasted Peppers
 - Sliced Hot Jalapeños

- Howard's**

- Sweet Pepper Relish

- Lindsay**

- Cocktail Onions

- Mancini**

- Roasted Peppers – Roasted or Sweet
 - Sweet Fried Peppers & Onions

- Mezzetta**

- Deli-Sliced Tamed Jalapeno Peppers
 - Giardiniera Italian Mix
 - Golden Greek Pepperoncini
 - Roasted California Bell Peppers
 - Sweet Cherry Peppers

- Mrs. Fanning's**

- Bread & Butter Pickles

- Mt. Olive**

- Banana Pepper Rings – Mild or Hot
 - Bread & Butter Pickles – Chips, Fresh Sweet, No Sugar Added, No Sugar Added Chips, Old Fashioned Sweet Chips, or Spears
 - Fresh Kosher Pickles – Baby Dills, Dills, Hamburger Chips, Hot & Spicy Dills, Petite Baby Dills, Petite Dill Snack Crunchers in Hot Sauce, Spears, Sweet Petite Dill Snack Crunchers, or Zesty Spears

- **Pickles (Cont'd)**

Mt. Olive

Jalapeños Peppers – Diced or Sliced
Pepperoncini – Regular or Sliced
Peppers – Marinated Roasted Red, Roasted Red, Salad Cubes, Sweet Fresh Salad, or Sweet & Hot
Pickle Relish – Dill, Hot Dog, No Sugar Added, or Sweet
Pickles – Hamburger Dill Chips, Polish Dill Spears, Sweet Petites, Sweet Petite Snack Crunchers, or Texas Pete Baby Dills
Sandwich Stuffer Pickles – Bread & Butter, Kosher Dill, or No Sugar Added Bread & Butter
Gherkins – No Sugar Added or Sweet

Nance's

Corn Relish

Publix

Banana Rings, Mild
Gherkins, Sweet
Kosher Pickles – Baby Dills, Dills, or Dill Spears
Pickle Chips – Bread & Butter, Hamburger Dill, or Sweet
Pickle Relish, Sweet
Pickles Slices – Bread & Butter or Kosher Dill

Sabrett's

Pushcart Style Onions in Sauce

Talk of Texas

Okra – Mild or Hot

Vigo

Peppers – Greek Pepperoncini or Roasted

Vlasic

Gherkins – Sweet or Sweet Midgets
Kosher Pickles – Baby Dills, Crunchy Dills, Dill Spears, Dill Snack'mms, or Gherkins
Pickle Relish – Dill or Sweet

- **Pickles (Cont'd)**

Vlasic

Pickles – Original Whole Dill, Mildly Sweet & Spicy Bread & Butter Chips, Mildly Sweet & Spicy Bread & Butter No Sugar Added Spears, or Zesty Crunch Dills
Sandwich Stackers – Classic Kosher Dill, Mild Pepper Rings, Mildly Sweet & Spicy Bread & Butter, Super Kosher Dill, or Zesty Dill

Wickles

Pickles, A Wickedly Delicious Original

- **Specialty Condiments**

Crosse & Blackwell

Maj Grey Chutney

- **Specialty Sauces**

A.1. Steak House

Marinades – Classic, Garlic & Herb, Jamaican Jerk, or NY Steak House

Allegro

Marinade, Original

Badia

Mojo Marinade

Bennett's

Chili Sauce
Cocktail Sauce

Bookbinder's

Cocktail Sauce

Cholula

Hot Sauces – Chili/Garlic, Chipotle, or Mexican

Crouse & Blackwell

Mint
Seafood Cocktail
Shrimp

Crystal

Louisiana's – Original Wing or Pure Hot

Del Monte

Chili Sauce

- **Specialty Sauces (Cont'd)**

Frank's

Buffalo Wing Sauce
Red Hot Sauce

Goya

Mojo Marinade

Heinz

Chili Sauce
Seafood Cocktail Sauce
Zesty Cocktail Sauce

KC Masterpiece

Marinade – Chipotle Lime, Garlic & Herb or Honey Teriyaki with Sesame
Premium Marinades – Spiced Caribbean Jerk, or Steakhouse

Ken's Steak House

Marinade & Sauce – Balsamic & Roasted Onion, Honey Teriyaki, No Sodium Lemon Pepper with Cracked Peppercorn, No Sodium Sesame Ginger, or Teriyaki

Kikkoman

Light Soy Sauce

Kitchen Bouquet

Browning & Seasoning Sauce

Lawry's

Marinades – Baja Chipotle with Lime Juice, Caribbean Jerk, Hawaiian, Herb & Garlic, Mesquite with Lime Juice, Sesame Ginger with Mandarin Orange Juice, Signature Steak House, Steak & Chop with Garlic & Cracked Black Pepper, or Teriyaki with Pineapple Juice

Lea & Perrins

White Wine Chicken Marinade

Louisiana

Cocktail Sauce
Hot Sauce
Wing Sauce

McCormick

Fat Free Tartar Sauce

McIlhenny

Hot Sauce

- **Specialty Sauces (Cont'd)**

McIlhenny

Tabasco Hot Sauce – Original, Green Pepper, Habanero Pepper, or Smoked Chipotle Pepper

Moore's

Meat Marinade

Mr. Yoshida's

Original Gourmet

Nance's

Mild Chicken Wing Sauce

Newman's Own

All Natural Teriyaki Marinade

Pick-a-Peppa

Hot Sauce

Publix

Cayenne Pepper
Cocktail
Mojo Marinade

Stubb's

Marinades – Beef, Chicken, or Pork
Original Wing Sauce

Texas Pete

Chicken Wing
Original Hot
Garlic Hot

Trappey's Bull

Hot Sauce

Tryme

Tiger Sauce

World Harbor

Sweet & Sour

- **Steak Sauces**

A.1. Steak Sauce

Original
Bold
Cracked Peppercorn
Roasted Garlic
Smokey Mesquite
Sweet Hickory made with Bull's Eye BBQ Sauce
Thick & Hearty

- **Steak Sauces (Cont'd)**

Dale's

Steak Seasoning

French's

Worcestershire Sauce – Original or Reduced Sodium

Heinz

Heinz 57 Steak Sauce – Original or With Lea & Perrins Worcestershire Sauce

Lea & Perrins

Worcestershire Sauce

Publix

Steak Sauce
Steak Seasoning
Worcestershire Sauce

Shula's

Steak Sauce

- **Vinegar**

Alessi

Balsamic – Regular, 4 & 20 year-old, Fig, Pear, Red, Raspberry White, or White

Alma's

Balsamic of Modena

Bella

Balsamic or Red Wine

Colavita

Balsamic

Gia Russa

Imported from Italy – Aged in Wood Balsamic Vinegar, Balsamic Glaze, or White Wine Vinegar

Holland House

Balsamic
Malt
Red Wine
White Wine

London Pub

Malt

Monari

Balsamic
10 year-old Balsamic
White Truffle Balsamic Glaze

- **Vinegar (Cont'd)**

Nakano

Basil & Oregano
Garlic Rice
Italian Red Wine
Natural Rice
Seasoned Red Pepper
Seasoned Rice

Newman's Own

Organics, Balsamic

Ortalli

Gold Balsamic

Pompeian

Balsamic
Pomegranate Infused Balsamic
Pomegranate Infused Red Wine
Red Wine
Red Wine with Natural Garlic Flavor

Progresso

Balsamic

Publix

Apple Cider
Balsamic
Red Wine; or White Distilled

Publix GreenWise Market

Organic Balsamic
Organic Red Wine

Regina

Wine – Red or White

White Apple

Apple Cider
White Distilled

COLD BEVERAGES

- **Carbonated Soft Drinks**

7 UP

Original, Diet Original, Cherry, or Diet Cherry

A&W

Cream, Root Beer, Diet Root Beer, or Root Beer Float

Barq's

Root Beer or Diet Root Beer

• **Carbonated Soft Drinks (Cont'd)**

Big Red

Original

Canada Dry

Club, Tonic Water, or
Diet Tonic Water

Canada Dry Ginger Ale

Cranberry, Diet Cranberry,
Original, Diet Original, Green
Tea, or Diet Green Tea

Coca Cola

Cherry Coke, Cherry Coke Zero,
Classic Coke, Caffeine Free
Classic Coke, Coke Zero, Diet
Cherry Coke, Diet Coke, Caffeine
Free Diet Coke, Diet Coke with
Lime, Diet Coke Plus, Diet Coke
Sweetened with Splenda, Vanilla
Coke, or Vanilla Coke Zero

Crush

Grape, Orange, or Diet Orange

Diet Rite

Cola

Dr. Brown's

Diet Cream

Dr. Pepper

Original, Diet Original, Cherry, or
Diet Cherry

Fanta

Grape, Orange, or Strawberry

Fresca

Zero Sugar Sparkling Citrus or
Peach Citrus

Hawaiian Punch

Red Fruit Juice

Lipton

Brisk Iced Tea, Lemon

Minute Maid

Fruit Punch, Lemonade, Light
Lemonade, Orangeade, or
Pink Lemonade

Mello Yello

Original

Mountain Dew

Original, Diet Original, Code
Red, or Voltage

• **Carbonated Soft Drinks (Cont'd)**

Mug

Root Beer or Diet Root Beer

Nestea

Iced Tea – Diet or Sweetened
with Lemon

Pepsi

Original, Caffeine Free Original,
Diet Original, Caffeine Free Diet
Original, Diet Max, Wild Cherry,
or Diet Wild Cherry

Mr. Pibb

Xtra

Publix

Dr. Publix, 99% Caffeine Free
Cola, Black Cherry, Cherry,
Club, Cola, Cream, Fruit Punch,
Ginger Ale, Grape, Lemon Lime,
Mountain Splash, Orange, Root
Beer, Strawberry, Tonic, Tonic
with Quinine, Diet Black Cherry,
Diet Caffeine Free Cola, Diet
Cherry, Diet Cola, Diet Ginger
Ale, Diet Lemon Lime, Diet
Orange, Diet Root Beer, or Diet
Tonic Water

RC Cola

Original

Seagram's

Ginger Ale, Original

Sierra Mist

Original, Free, Ruby Splash, or
Ruby Splash Free

Sprite

Original or Diet Zero

Squirt

Original

Stewart's

Orange Cream, Diet Orange
Cream, Root Beer, or Diet Root
Beer

Sunkist

Orange, Diet Orange, or Orange
Float

TaB

Original

• **Carbonated Soft Drinks (Cont'd)**

Vault

Citrus or Citrus Zero

Vernor's

Ginger Ale – Original or Diet

Yoo-Hoo

Chocolate Drink, Original

• **New Age**

Arizona

Green Teas – Original, Asia Plum,
Blueberry, Diet, Decaffeinated
Diet, Diet Peach, Original with
Ginseng, Mandarin Orange, or
Pomegranate

Tea Drinks – Arnold Palmer Half
& Half, RX Energy, RX Stress
Relief, or Sweet Tea

Teas – Diet Lemon, Diet Peach,
Diet Raspberry, Original with
Lemon, or Raspberry

Full Throttle

Energy Drink, Original

Fuze

Refresh Drinks – Banana Colada
or Peach Mango

Slenderize Drinks – Cranberry
Raspberry, Strawberry Melon, or
Tropical Punch

Gold Peak

Teas – Diet, Green, Lemon, or
Sweetened

Lipton

Teas – Diet Green with Mixed
Berry, Diet Green with Citrus,
Green with Citrus, Regular with
Lemon, or Sweet Tea

Red Bull

Energy Drinks – Original or
Sugar Free

Snapple

Teas – Diet Cranberry/Raspberry,
Diet Green, Diet Lemon, Diet
Peach, Diet Raspberry, Green,
Lemon, Peach, or Raspberry
Juice Drink, Kiwi/Strawberry

SoBe

Drinks – Energy, Green Tea, or
Lizard Blizzard

- **Carbonated Soft Drinks (Cont'd)**

- Starbucks**

- Frappuccino Coffee Drinks – Low Fat Original, Mocha, Mocha Light, or Low Fat Vanilla

- Tazo**

- Teas – Giant Peach or Green

- **Waters**

- Aquafina**

- Flavor Splash Water – Grape, Raspberry, or Wild Berry

- Fruit₂O**

- Natural Purified Water Beverage – Grape, Raspberry, Strawberry, or Tropical Fruit

- Glacéau**

- Smartwater
Vitaminwater – Energy, Focus, Power C, Revive, or XXX

- LaCroix**

- Natural Sparkling Water – Pure, Berry, Lemon, Lime, or Orange

- Nestle**

- PureLife Splash – Strawberry or Raspberry

- Propel**

- Fitness Water Beverage – Berry, Black Cherry, Blueberry/ Pomegranate, Grape, Kiwi/ Strawberry, Lemon, or Peach

- Ritz**

- Seltzer – Original or Lemon-Lime

- SoBe**

- Life Water – Blackberry/ Blueberry, Fuji/Apple, Strawberry/Kiwi, or Yumberry/ Pomegranate

- Talking Rain Twist Organics**

- Natural Artisan Water – Lemon, Mango/Acai, Pomegranate/ Blueberry, West Indies Lime, or Wild Strawberry

COOKIES / CRACKERS

- **Cookies**

- Archway**

- Fat Free Oatmeal Raisin

- **Cookies (Cont'd)**

- Archway**

- Soft Iced Molasses

- Back to Nature**

- Honey Graham Sticks

- Little Debbie**

- Low Fat Figaroos

- Nabisco**

- Fig Newtons – Original, Fat Free, Raspberry, or Strawberry
Snackwell's Devil's Food Cookie
Whole Grain Fig Newtons – Original, Mini Original, or Mini Strawberry

- Newman's Own**

- Organic Newman's Fig – Fat Free or Low Fat Fruit Filled

- Publix**

- Fig Fruit Bars – Regular or Fat Free
Low Fat Devil's Food Cake Cookie

- **Crackers**

- Nabisco**

- Fat Free Premium Saltines
Honeymaid Grahams – Original, Chocolate, Cinnamon, Honey, Low Fat Cinnamon, or Low Fat Honey

- Pepperidge Farm**

- Baked Naturals, Pretzel Thins

- Publix**

- Grahams – Cinnamon or Honey

JUICES

- **Apple**

- Apple & Eve**

- 100% Organic, Apple

- Martinelli**

- Apple
Sparkling Cider

- Minute Maid**

- Apple To Go

- Mott's**

- Plus for Kids' Health Juice – Apple/Grape or Apple/Punch

- **Apple (Cont'd)**

- Mott's**

- 100% Juice – Original, No Sugar Added Original, No Sugar Added Apple/White Grape, or Unsweetened Natural Plus Light
Mott's for Tots – Apple, Apple/ White Grape, Fruit Punch, or Strawberry/Banana

- Publix**

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

- Publix GreenWise Market**

- Organic 100% Pasteurized Concentrate Apple

- Seneca**

- 100% Juice

- White House**

- 100% Apple
Premium Apple

- **Blends**

- Apple & Eve**

- Organics – Organic Peach/ Mango

- Juicy Juice**

- All Natural 100% Juice – Apple, Berry, Cherry, Grape, Kiwi/ Strawberry, Orange/Tangerine, Punch, or White Grape
100% Juice – Apple, Berry, Cherry, Grape, Kiwi/Strawberry, Punch, or White Grape

- V8**

- Splash – Fruit Medley or Mango/Peach
Splash Diet – Tropical Blend or Berry Blend
Splash Juice Blend – Berry, Strawberry Kiwi, or Tropical
V-Fusion – Acai/Mixed Berry, Cranberry/Blackberry, Gojo/ Raspberry, Passion Fruit/ Tangerine, or Pomegranate/ Blueberry

• Blends (Cont'd)**V8**

V-Fusion Light – Acai/
Mixed Berry, Peach/Mango,
Pomegranate/Blueberry, or
Strawberry/Banana
Vegetable & Fruit VFusion
100% Juice – Peach Mango or
Strawberry Banana

Welch's

Grape Cocktail Fruit
Orange Pineapple & Apple
Cocktail Fruit

• Boxed Juices / Juice Drinks**Apple & Eve**

Fruitable Beverages – Berry Berry
or Strawberry/Kiwi
Organic 100% Juice – Apple,
Big Bird's Apple, Elmo's Punch,
Ernie's Berry, or Fruit Punch

Capri Sun

25% Less Sugar Juice Drink –
Coaster Cooler or Splash Cooler
All Natural 100 % Juice Drink
– Apple Splash, Berry Breeze,
Grape, or Fruit Punch
Roarin' Waters Water Beverages
– Grape, Strawberry Kiwi,
Tropical Fruit, or Wild Cherry

Hi-C

Fruit Drink – Flashin' Fruit Punch
or Orange Lavaburst

Honest Kids

Organic Thirst Quenchers –
Berry Berry Good Lemonade,
Goodness Grapeness, or Tropical
Tango Punch

Juicy Juice

100% Juice Drink – Apple, Berry,
Grape, Kiwi/Strawberry, Punch,
or Strawberry/Banana

Kool-Aid

Juice Drink Pouches – Blue
Raspberry Jammer, or Only 10
Calories Tropical Punch Jammers

**• Boxed Juices / Juice Drinks
(Cont'd)****Minute Maid**

100% Juice – Apple, Apple/
Strawberry, Apple/White Grape,
Fruit Punch, Grape, Mixed Berry,
or Orange
All Natural Coolers – Lemonade,
Berry Punch, Fruit Punch, Pink
Lemonade, or Tropical Punch
Fruit Falls Water Beverage –
Berry or Tropical
Just 10 Fruit Punch Flavored
Fruit Drink

Mott's

100% Juice, Berry
Mott's for Tots Juice – Apple,
Apple/White Grape, Fruit Punch,
or Strawberry/Banana

Yoo-Hoo

Chocolate Drink, Original

• Citrus**Blue Bird**

Pink Grapefruit Juice

Dole

100% Pineapple/Mango Juice
100% Pure from Concentrate
Unsweetened Pineapple
Not from Concentrate 100%
Pineapple

Minute Maid

No Sugar Added 100% Orange
Juice to Go

Nellie & Joe

Key Lime Juice

Ocean Spray

100% Ruby Red Grapefruit Blend
100% Unsweetened White
Grapefruit
From Concentrate Ruby
Grapefruit Juice Drink
Light Ruby Red Grapefruit &
Tangerine
Ruby Red Grapefruit
Ruby Red Grapefruit & Tangerine

• Citrus (Cont'd)**Publix**

Lemon Juice
Ruby Red Grapefruit Cocktail
Ruby Red Grapefruit & Tangerine
Cocktail
White Grapefruit

Publix GreenWise Market

Organic Lemonade

ReaLemon

Lemon Juice

ReaLime

Lime Juice

• Cranberry**Apple & Eve**

Organics – Cranberry/Blueberry

Knudsen

Cranberry

Northland

100% Juice – Pomegranate/
Blueberry
No Sugar Added Juice –
Cranberry, Cranberry Blackberry,
Cranberry Blueberry, Cranberry
Grape, Cranberry Pomegranate,
or Cranberry Raspberry

Ocean Spray

100% Juice – No Sugar Added
Cranberry/Pomegranate
100% Organic Cranberry
Blueberry Flavored
100% Premium Cranberry Blend
100% Pure Cranberry
Unsweetened
Cran•Energy – Pomegranate/
Cranberry or Raspberry/
Cranberry Lift
Diet Juice Drink – Cranberry/
Pomegranate or Cranberry/
Grape
Diet Spray Cranberry
Juice Cocktail – Regular, Calcium,
Cran-Apple, Cran-Cherry, Cran-
Grape, Cran-Raspberry, Cran-
Raspberry From Concentrate,
Cran-Strawberry, or White

- **Cranberry (Cont'd)**

- **Ocean Spray**

- Juice Drink – Cranberry/Pomegranate

- Light Juice Cocktail – Regular, Cran-Apple, Cran-Grape, Cranberry Strawberry, or Cran-Raspberry

- Light Juice Drink – Cranberry/Pomegranate

- Premium 100% Cranberry Concord Grape

- Premium 100% Cranberry & Pacific Raspberry

- **Old Orchard**

- Healthy Balance Juice Cocktail – Apple or Grape

- Premium 100% Pure Juice – Tart Cherry or Pomegranate

- **Publix**

- Cranberry Juice Cocktail – Regular, Apple, Grape, Raspberry, or With Calcium

- **Publix GreenWise Market**

- Organic, Cranberry

- **Freeze Pops**

- **Flavor-Ice**

- Giant Pops Six Flavors 10% Fruit

- **Fruit Drink**

- **Apple & Eve**

- Organics – 100% Pomegranate Juice

- **Hawaiian Punch**

- Drinks – Berry/Limeade Blast, Berry Bonkers, Berry Blue Typhoon, Fruit Juicy Red, Kiwi/Strawberry Green Berry Rush, Lemonberry Squeeze, Mango/Passion Fruit Squeeze, Orange Ocean, or Polar Blast

- **Knudsen**

- Just Black Cherry Pomegranate

- **Publix**

- Fruit Punch Lemon Drink Orange Drink

- **Fruit Drink (Cont'd)**

- **Tampico**

- Punch – Citrus, Mango Punch, or Tropical

- **Grape**

- **Apple & Eve**

- Organics – Grape or Concord Grape

- **Publix**

- Purple Grape White Grape

- **Publix GreenWise Market**

- Organic Grape

- **Welch's**

- 100% Juice – Black Cherry/Concord Grape, Grape, No Sugar Added with Fiber, Purple Grape with Calcium, or Red Grape

- 100% White Grape

- Sparkling Grape – Red or White

- White Grape

- White Grape Peach

- **Nectars**

- **Kern's**

- Apricot

- Peach

- Pear

- **Powdered Drinks**

- **Arizona**

- Tea Mixes – Sugar Free Lemon Tea or Pomegranate Green Tea

- **Country Time**

- Drink Mixes – Lemonade, On-The-Go Lemonade, or Pink Lemonade

- **Crystal Light**

- Drink Mixes – Decaffeinated Iced Tea with Lemon, Fruit Punch, Iced Tea with Lemon, Peach Iced Tea, Raspberry Green Tea, Raspberry Lemonade, Raspberry Iced Tea, Strawberry/Kiwi, Strawberry/Orange/Banana, or Sunrise Ruby Red Grapefruit

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

- **Arizona**

- Sugar Free Drinks – Lemon, Lemonade, Pink Lemonade, or Raspberry Ice

- Sunrise Beverages – Classic Orange with Splenda or Sugar Free Classic Orange

- **Gatorade**

- G2 Low Calorie Powder Packs – Fruit Punch, Grape, or Lemon-Lime

- **Kool-Aid**

- Singles Drink Mixes – Cherry, Grape, or Tropical Punch

- Sweetened Drink Mixes – Strawberry or Tropical Punch

- Unsweetened Drink Mixes – Cherry, Grape, Lemonade, or Tropical Punch

- **Ocean Spray**

- Sugar Free Drink Mixes – Cran-Grape, Cran-Lemonade, or Cran-Pomegranate

- Sugar Free On-the-Go Drink Mixes – Cran-Grape, Cran-Lemonade, Cran-Pomegranate, or White Cran-Peach

- **Propel**

- Powder Packs – Berry, Grape, or Kiwi/Strawberry

- **Tang**

- Fruitrition Drink Mix, Natural Orange

- **Wyler's**

- Light Sugar Free Drink Mixes – Cool Raspberry, Lemonade, or Pink Lemonade

- **Prune**

- **Sunsweet**

- Plum Smart – Plum or Light Plum Regular or With Pulp

- **Sports Drinks**

- **Gatorade**

- G2 Low Calorie Beverage – Blueberry/Pomegranate, Fruit Punch, Grape, Lemon/Lime, or Orange

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

- Gatorade**

- Powder Mix – Fruit Punch, Lemon/Lime, or Orange

- Thirst Quencher – Citrus Cooler, Cool Blue, Fierce Grape, Frost Glacier Freeze, Frost Riptide Rush, Fruit Punch, Lemon/Lime, Orange, Rain Berry, or X-Factor Fruit Punch Plus Berry

- Thirst Quencher All Stars – Berry, Fruit Punch, Grape, Ice Punch, Orange, or Lemon/Lime

- PowerAde**

- Fruit Punch

- Grape

- Lemon-Lime

- Mountain Blast

- Orange

- Strawberry

- Zero – Mixed Berry or Strawberry

- **Vegetable**

- Campbell's**

- Low Sodium Tomato

- Tomato Juice

- Mott's**

- Clamato – Tomato Juice Cocktail

- Publix**

- Tomato Juice from Concentrate

- Publix GreenWise Market**

- Organic, Pasteurized Tomato Juice from Concentrate

- V8**

- 100% Juice – Calcium Enriched, Essential Antioxidants, High Fiber, Low Sodium Tomato, or Spicy Hot

MEAT AND SEAFOOD

- **Hash / Chili / Stew**

- Campbell's**

- Sizzlin' Grilled Steak Chili with Beans, Chunky Chili with Beans

- Castleberry**

- Hot Dog Chili

- **Hash / Chili / Stew (Cont'd)**

- Del Monte**

- Original Recipe Sloppy Joe Sauce

- Hormel**

- Chili with Turkey Beans

- Hunt's**

- Original Manwich Sloppy Joe Sauce

- **Poultry**

- Bumble Bee**

- Prime Fillet Chicken Breast – With Garlic & Herb or With Southwest Seasoning

- Hormel**

- 95% Fat Free Turkey Chunk Breast of Chicken Chunks – 96% Fat Free, No Salt, or Premium in Water with Rib Meat

- Publix**

- Chunk White Chicken Breast in Water

- Swanson**

- Premium White Chicken Chunk in Water

- Sweet Sue**

- 98% Fat Free Premium Chicken Breast

- No Drain Package Premium Chicken Breast in Water

- Tyson**

- Chunk White & Dark Chicken

- Premium Chunk Chicken Breast in Water

- Valley Fresh**

- 97% Fat Free White Chicken in Water

- Organic White Chicken in Water

- White Chicken in Water

- **Salmon**

- Bumble Bee**

- Premium Atlantic Salmon Fillet

- Prime Pink Salmon Steak

- Teriyaki Filet

- Skinless & Boneless Pink Salmon

- **Salmon (Cont'd)**

- Chicken of the Sea**

- Premium Skinless & Boneless

- Pink Salmon Pouch

- Skinless & Boneless Pink Salmon in Spring Water

- **Shrimp / Clam / Oyster / Caviar / Anchovies**

- Bar Harbor**

- All Natural Premium Clam Juice or Chopped Clams

- Bumble Bee**

- Fancy White Crab Meat

- Lump Crab Meat

- Medium Deveined Shrimp

- Tiny Cocktail Shrimp

- Daufuski**

- Oysters

- Geisha**

- Crab Meat

- Whole Baby Clams

- Neptune**

- Atlantic Ocean Clams – Chopped or Minced

- Sea Fare**

- Crab – Claw Meat, Jumbo Lump Meat, or White Meat

- Snow's**

- Clams – Chopped, Juice, or Minced

- **Tuna**

- Bumble Bee**

- Chunk Light Tuna – in Water,

- Dolphin-Safe in Water, or

- Premium in Oil or Water

- Chunk White Albacore Tuna in Water

- Lightly Marinated Prime Albacore Steak Fillet – with Lemon & Cracked Pepper or with Mesquite Grilled Flavor

- Prime Solid White Albacore – Fillet in Water or Gourmet Wild Tuna Fillet in Water

- Seasoned Tuna Medley

- Sensations with Lemon & Pepper Crackers

- **Tuna (Cont'd)**

- Bumble Bee**

- Solid White Albacore Tuna in Water
 - Solid White Tuna – in Vegetable Oil or in Water
 - Very Low Sodium White Albacore in Water

- Chicken of the Sea**

- Chunk Light Tuna in Water
 - Fancy Solid White Albacore Tuna in Spring Water
 - Premium Chunk White in Water Cups
 - Solid White Albacore Tuna in Water
 - Solid White Tuna in Water

- StarKist**

- Gourmet Choice Fillet – Albacore in Water, Chunk Light in Water, Solid Light in Water, Solid Light in Olive Oil, or Solid White Albacore in Water
 - Tuna Creations – Lemon Pepper, Hickory Smoked, or Sweet & Spicy
 - Tuna in Spring Water – Chunk Light, Chunk White, Premium Chunk Light, or Solid White
 - White Albacore in Water – Regular, Premium Chunk, or Solid

- **Vienna Sausage / Luncheon Meat**

- Armour**

- Dried Beef

OILS AND SHORTENING

- **Cooking Sprays**

- Baker's Joy**

- No Mess Baking

- Crisco**

- Non-Stick – Original, Butter, or Olive Oil

- PAM**

- Non-Stick – Original, Butter, For Baking, For the Grill, Olive Oil, or Professional
 - Organic Non-Stick – Canola or Olive Oil

- **Cooking Sprays (Cont'd)**

- Publix**

- Non-Stick – Butter, Canola, or Olive Oil

- Smart Balance**

- Non-Stick, with Omega3

PASTA

- **Dinners**

- Kraft**

- Velveeta, 2% Milk Shells & Cheese

- **Macaroni**

- Alma's**

- Bow Ties
 - Cut Ziti
 - Elbow Macaroni
 - Fusilli
 - Organic – Fusilli or Penne Rigate
 - Tri Color Fusilli
 - Penne Rigate
 - Rigatoni
 - Whole Wheat – Fusilli or Penne Rigate

- Barilla**

- Ditalini
 - Elbows
 - Farfalle Bowties
 - Mini Farfalle
 - Mini Penne
 - Mini Wheels
 - Mostaccioli
 - Penne
 - Plus – Penne or Rotini
 - Rigatoni
 - Rotini
 - Whole Grain – Penne or Rotini
 - Ziti

- Dreamfields**

- Elbows
 - Penne Rigate

- Mueller's**

- Bow Ties
 - Corkscrews
 - Elbow Macaroni
 - Jumbo Shells

- **Macaroni (Cont'd)**

- Mueller's**

- Penne Rigate
 - Sea Shells
 - Tri Color Twists
 - Ziti

- Publix**

- Alphabets
 - Bow Ties
 - Elbow Macaroni
 - Fettuccine
 - Macaroni Elbows
 - Medium Shells
 - Mostaccioli Rigate
 - Orzo
 - Rigatoni
 - Rotini
 - Small Shells
 - Tricolor Rotini
 - Ziti

- Ronzoni**

- Bow Tie
 - Elbow
 - Extra Fancy Jumbo Shells
 - Extra Fancy Manicotti
 - Healthy Harvest Whole Wheat Blend – Penne Rigate or Rotini
 - Jumbo Shells
 - Manicotti
 - Mostaccioli Rigata
 - Orzo
 - Pastina
 - Penne Rigate
 - Rigatoni
 - Rotelle
 - Rotini
 - Smart Taste – Penne Rigate
 - Ziti
 - Ziti Rigati

- **Noodle Entrees**

- Knorr**

- Pasta Sides – Chicken, Chicken & Broccoli, Creamy Chicken, or Stroganoff

- **Noodle Entrees (Cont'd)**

- Kraft**

- Pasta Salad – Classic Ranch with Bacon

- Pasta Roni**

- Nature's Way, Creamy Parmesan

- **Noodles**

- Ancient Harvest**

- Organic Traditional Quinoa

- Barilla**

- Lasagna
Oven-Ready Lasagna

- Light'n Fluffy**

- Noodles – Wide or Extra Wide

- Mueller's**

- Noodles – Medium, Fine, Wide, or Extra Wide
Lasagne Pasta

- No Yolks!**

- Broad
Extra Broad
Dumplings

- Publix**

- Extra Wide Pasta Ribbons
Lasagne
Noodles – Medium, Fine, or Wide

- Ronzoni**

- Healthy Harvest, Whole Wheat Lasagna
Healthy Harvest Whole Wheat Pasta Blend, Noodle Style – Wide or Extra Wide
Lasagna Pasta – Curly Edge or Oven Ready

- **Packaged Pasta**

- Gia Russa**

- Potato Gnocchi

- **Spaghetti**

- Alma's**

- Angel Hair
Linguine
Organic, Angel Hair
Regular
Thin

- **Spaghetti (Cont'd)**

- Alma's**

- Whole Wheat – Angel Hair, Linguine, or Spaghetti

- Barilla**

- Angel Hair
Fettuccine
Linguine
Spaghetti
Spaghetti Rigati
Thin Spaghetti
Plus – Angel Hair, Spaghetti, or Thin Spaghetti
Whole Grain – Spaghetti or Thin Spaghetti

- Dreamfields**

- Linguine
Spaghetti

- Mueller's**

- Angel Hair
Fettuccine
Linguine
Spaghetti
Thin Spaghetti
Vermicelli

- Publix**

- Angel Hair
Linguine
Regular Spaghetti
Thin Spaghetti
Vermicelli

- Ronzoni**

- Angel Hair
Florentine Fettuccine
Healthy Harvest Whole Wheat, Linguine
Healthy Harvest Whole Wheat Blend – Spaghetti Style or Thin Spaghetti
Linguine
Smart Taste – Spaghetti or Thin Spaghetti
Spaghetti

PASTA SAUCE

- **Pasta Sauce**

- Barilla**

- Garlic & Onion Siciliana
Green & Black Olive Puttanesca
Marinara
Mushroom & Garlic Boscaiola
Spicy Pepper Arrabbiata
Sweet Pepper & Garlic
Pepperonata
Tomato & Basil

- Bertolli**

- Pasta Sauce – Five Cheese, Italian Sausage, Marinara with Burgundy Wine, Olive Oil & Garlic Made With Fresh Tomatoes, or Tomato Basil
Roasted Garlic & Onion

- Classico**

- Signature Recipes – Cabernet Marinara with Herbs, Fire Roasted Tomato & Garlic, Mushroom & Ripe Olives, Spicy Red Pepper, or Spicy Tomato & Basil
Traditional Favorites – Italian Sausage with Peppers & Onions, Marinara with Plum Tomatoes & Olive Oil, Sweet Basil, Tomato & Basil, or Triple Mushroom

- Hunt's**

- Spaghetti Sauce – Original Style Traditional, Original Style Meat Flavored, Classic Italian Four Cheese, Classic Italian Garlic & Herb, or with Italian Sausage

- L.E. Roselli**

- Spaghetti Sauce No Salt Added

- Muir Glen**

- Organic Fat Free – Cabernet Marinara, Garlic, or Tomato Basil

- Newman's Own**

- Marinara – Cabernet, Organic, or Spaghetti
Sockarooni Spaghetti Sauce

- Prego**

- Fresh Mushrooms
Italian Sausage & Garlic
Traditional

- **Pasta Sauce (Cont'd)**

Prego

Heart Smart – Mushroom, Ricotta
Parmesan, Roasted Red Peppers
& Garlic, or Traditional

Publix

Garden Style
Parmesan & Romano
Premium Tomato & Basil
Traditional Meat Flavored
Super Chunky Mushroom
Tomato Garlic Onion
Traditional

Ragu

Chunky Garden Style –
Combination Garden; Green
Peppers & Mushrooms; Super
Mushroom; Super Vegetable
Primavera; Tomato, Garlic &
Onion
Fat Free Light Tomato & Basil
Old World Style – Sauce with
Meat or Sweet Tomato Basil
Organic Traditional Recipe
Pasta Sauce
Robusto – 7 Herb Tomato, Hearty
7 Herb, Hearty Parmesan, or
Parmesan
Traditional – Regular, with Meat,
or Spaghetti

Timpone's Mom's

Spaghetti Sauce

- **Pizza / Clam Sauces**

Boboli

Tomato Pizza Sauce

Dei Fratelli

All Natural Pizza Sauce

L.E. Roselli

Pizza Sauce

Progresso

Red Clam Sauce

Ragu

Natural Pizza Sauce
Pizza Sauce – Homemade Style
or Quick Traditional

RICE AND STUFFING

- **Crumbs/Breading**

4C

Plain
Seasoned

Golden Dipt

Breadings, Cracker Meal

House-Autry

Original Recipe Breader –
Chicken or Seafood

Kraft

Shake & Bake Seasoned Coating
Mix – Crispy Chicken Nuggets,
Herb & Garlic Chicken, Hot &
Spicy, Italian Herb, Original Pork,
Parmesan Crusted, or Ranch &
Herb Crusted

Oven Fry

Seasoned Coating, Fish Fry

Progresso

Italian Style
Plain

Publix

Bread Crumbs – Plain or Italian

Vigo

Bread Crumbs – Italian Style or
Golden Toasted

- **Dry Beans**

Goya

Black Beans

Hurst's

Soup Beans – 15 Bean, Cajun 15
Bean, Chicken 15 Bean, Garlic
& Herb Lentils, Great Northerns
with Ham Flavor, or Green Split
Peas with Ham Flavor

Publix

Baby Lima
Black
Blackeye Peas
Garbanzo
Great Northern
Large Lima
Lentils
Light Red Kidney
Navy

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

Publix

Pearl Barley
Pinto
Small Red (Rojos Pequeños)
Split Green Peas

Quaker Scotch Brand

Quick Barley

- **Gravy**

Boston Market

Homestyle Meals – Classic Beef,
Roasted Chicken, or Roasted
Turkey

Campbell's

Beef
Chicken
Mushroom
Turkey

Franco-American

Slow Roasted – Beef, Chicken,
or Turkey

Heinz

Homestyle – Classic Chicken,
Fat Free Roasted Turkey, Fat
Free Savory Beef, Pork, Roasted
Turkey, or Savory Brown

- **Instant Potatoes**

Betty Crocker

Mashed Sweet Potatoes
Roasted Garlic Mashed
Russet Potatoes Mashed 100%
Potato Buds

Idahoan

Mashed – Baby Reds Flavored or
Roasted Garlic

- **Rice**

Gourmet House

Arborio Rice
Whole Grain Organic Brown Rice

Mahatma

Basmati
Extra Long Grain – Parboiled
Gold or White
Jasmine
Long Grain – Brown Rice,
Jasmine Thai, or Parboiled Gold

- **Rice (Cont'd)**

- Mahatma**

- Medium Grain Water Maid
 - Short Grain Valencia

- Minute Rice**

- Instant – White, Premium Long Grain, or Brown Whole Grain

- Publix**

- Boiling Bag
 - Extra Long Grain Enriched
 - Instant – Brown or White
 - Long Grain – Brown or Enriched

- Rice Select**

- Indian Style Kasmati
 - Long Grain – Jasmati or Texmati
 - Risotto Arborio
 - Select Rice Sushi
 - Texmati Brown

- Rico**

- Long Grain White
 - Medium Grain
 - Thai Jasmine

- Sello Rojo**

- White

- Success**

- Boil-in-Bag – Brown, Jasmine, Long Grain, White, or Whole Grain Brown

- Uncle Ben's**

- Boil in Bag
 - Brown
 - Converted Long Grain
 - Fast Cooking Whole Grain Brown

- Vigo**

- Aromatic Basmati
 - Fragrant Jasmine

- **Rice Side Dishes**

- Knorr**

- Sides Plus – Cheddar Rice with Broccoli & Carrots, Roasted Chicken Rice with Harvest Vegetables, or Vegetable Fried Rice
 - Asian Sides, Chicken Fried Rice

- **Rice Side Dishes (Cont'd)**

- Mahatma**

- Rice Mixes – Authentic Spanish, Red Beans & Rice, Wild Rice with Seasonings, or Yellow

- Near East**

- Couscous – Original, Herbed Chicken, Parmesan Mix, Roasted Garlic & Olive Oil, Toasted Pine Nut Mix, or Wild Mushroom & Herb

- Couscous Blends, Whole Wheat Whole Grains – Original Plain or Roasted Garlic & Olive Oil

- Rice Pilaf – Original Mix, Garlic & Herb, Roasted Chicken & Garlic, or Toasted Almond

- Taboule Wheat Salad Mix

- Rice Select**

- Texmati Couscous

- Uncle Ben's**

- Country Inn – Broccoli Rice Au Gratin, Homestyle Chicken & Vegetables, Rice Pilaf, or Wild Rice & Chicken

- Long Grain & Wild Rice – Herbed Chicken & Sun-Dried Tomato Florentine

- Natural Whole Grain Brown

- Ready Rice – Basmati, Cajun Style, Garden Vegetables, Jasmine, Long Grain & Wild, Original Long Grain, Spanish Style, or Teriyaki

- Whole Grain Ready Rice – Santa Fe Medley or Vegetable Harvest Medley

- Vigo**

- Rice Mixes – Black Beans & Rice, Mexican Style, Red Beans & Rice, White & Wild Rice

- Zatarain's**

- New Orleans Style Rice Mixes – Beef, Black Beans and Rice, Caribbean, Cheddar Broccoli, Chicken, Dirty Rice, Jambalaya, Red Beans and Rice, Reduced Sodium Dirty Rice, Reduced Sodium Jambalaya, Rice Pilaf, Spanish, or Yellow

- **Specialty Rice**

- Canoe**

- Pure Wild Rice
 - White 'n Wild
 - Wild Rice Medley

- Mahatma**

- Rice Mix – Spicy Yellow or Yellow

- Near East**

- Brown Rice Pilaf

- Publix**

- Long Grain & Wild Rice
 - Spanish Flavor Yellow Rice Dinner with Saffron (Arroz Amarillo) Yellow

- Uncle Ben's**

- Brown & Wild Rice Mushroom Recipe
 - Long Grain & Wild Rice – Original Recipe, Butter & Herb, Fast Cook Recipe, Roasted Garlic, or Vegetable & Herb

- Vigo**

- Rice Mixes – Yellow or Authentic Spanish Recipe Alessi
 - Alla Milanese Arborio Rice
 - Risotto Milanese Style with Saffron

- **Stuffing**

- Pepperidge Farm**

- Corn Bread
 - Cubed Herb Seasoned
 - Herb Seasoned

SALAD DRESSING

- **Dry Mix**

- Good Seasons**

- Salad Dressing Mix – Herb & Garlic

- **Dry Toppings**

- Chatham Village**

- Traditional Cut Croutons, Fat Free Garlic & Onion

- Marie Callender's**

- Croutons – Cheese & Garlic or Low Fat Caesar

- **Non-Pourable Dressing**

Kraft

Mayonnaise, Fat Free
Miracle Whip Dressing, Fat Free

Smart Beat

Mayonnaise, Fat Free

- **Pourable Dressing**

Hidden Valley

Fat Free Ranch Original Ranch Dressing

Ken's

Fat Free Steak House Dressing – Raspberry Pecan or Sun-Dried Tomato Vinaigrette

Lite Accent Salad Dressing Spray – Balsamic Vinaigrette, Honey Mustard Vinaigrette, or Raspberry Walnut Vinaigrette
Steak House Dressing, Fat Free
Sun-Dried Tomato Vinaigrette

Kraft

Caesar Free Dressing – Classic or Italian
Free Dressing – Catalina, Honey Dijon, or Ranch
Light Done Right! – Catalina, Thousand Island, or Zesty Italian
Light Vinaigrette Dressing – Balsamic, Parmesan Asiago, or Sicilian Roasted Garlic

Maple Grove Farms

Fat Free Salad Dressing – Balsamic, Poppy Seed, or Raspberry

Newman's Own

Low Fat Ginger Sesame Lighten Up! Dressing

Old Dutch

Dressing, Sweet & Sour

Publix

Fat Free Salad Dressing – Thousand Island or Italian
Salad Dressing, Light Honey Dijon

Wishbone

Fat Free! Dressing – Italian or Ranch

- **Pourable Dressing (Cont'd)**

Wishbone

Just 2 Good! Salad Dressing, Country Italian
Vinaigrette Salad Spritzer – Balsamic Breeze, Caesar Delight, Italian, or Ranch

SALTY SNACKS

- **Dips**

Eat Smart

All Natural Garden Style Salsa
Tres Bean Dip with Jalapeno & Lime

Fritos

Original Bean Dip

Pace

Salsa – Mild or Medium

Publix

All Natural, Think & Chunky Salsa – Mild or Hot
Medium Black Bean Dip
Medium Southwestern Black Bean & Corn Salsa

Publix GreenWise Market

Organic Salsa, Mild or Medium

Tostitos

All Natural Salsa – Medium, Mild, or Restaurant Style

Zapata

Fire Roasted Red Salsa – Mild or Hot

- **Popcorn**

Jolly Time

Healthy Pop 94% Fat Free
Microwave Popcorn – Butter or Kettle Flavors

Orville Redenbacher's

Gourmet Popping Corn – Original or White Corn
Smart Pop! Butter Popping Corn
Smart Pop! Fat Free Gourmet Popping Corn – Butter or Movie Theater Butter
Smart Pop! Gourmet Popping Corn Kettle Korn

- **Popcorn (Cont'd)**

Pop-Secret

94% Fat Free Premium Popcorn – Butter, Old Fashioned Kettle Korn, or Snack Size
Premium Popcorn – 100-Calorie Snack Size Kettle Corn or 94% Fat Free Butter

Smart Balance

Deluxe Popcorn, Smart 'n Healthy

- **Potato Chips**

Lay's

Baked! Potato Crisps – Original Ruffles or Barbecue Lays
Light Fat Free Potato Chips – Original or Ruffles

Pringles

Light Fat Free Potato Crisps – Original, Barbecue, or Sour Cream & Onion

- **Pretzels**

HK Anderson

Ultrathin Salty Stix

Publix

Twists – Mini or Large
Thin Sticks

Rold Gold

Braided Honey Wheat
Rods
Sticks
Thins
Tiny Twists

Snyder's of Hanover

Organic Pretzels – Honey Wheat or Oat Bran
Pack Trays – 100-Calorie Mini Twists or Sticks
Pretzels – Butter Snaps, Fat Free Hard Sourdough, Honey Mustard & Onion Sourdough Nibblers, Mini Unsalted, or Rods
Sticks – Multigrain, Old Fashioned Dipping, or Pumpnickel & Onion
The Pounder, All Natural – Fat Free Sourdough Nibblers, Fat Free Mini, Pretzel Snaps, or Pretzel Sticks

- **Pretzels (Cont'd)**

- **Snyder's of Hanover**

- The Pounder Low Fat Olde Tyme

- **Rice Cakes**

- **Publix**

- Fat Free – Caramel, Lightly

- Salted, or Unsalted

- Low Fat White Cheddar

- **Quaker**

- Apple/Cinnamon

- Butter Popped Corn

- Caramel Corn

- Salt Free

- Salted

- White Cheddar

- Quakes Snacks – Apple/

- Cinnamon or Caramel Corn

- **Tortilla Chips**

- **Guiltless**

- Gourmet Baked Tortilla Chips,

- Original Blue Corn

SOUP

- **Bouillon**

- **Better Than Bouillon**

- Base – Beef or Vegetable

- **Herb Ox**

- Low Sodium – Beef or Chicken

- **Knorr**

- Mix – Beef or Chicken

- Vegetable

- **Maggi**

- Beef

- Chicken

- **Wylers**

- Cubes – Beef or Chicken Flavors

- **Broth**

- **College Inn**

- Broth – Beef, Chicken, or No Fat

- Lower Sodium Chicken

- Culinary Broth – Thai Coconut

- Curry or White Wine & Herbs

- Low Sodium Chicken

- **Kitchen Basics**

- Stock – Beef, Chicken, or

- Vegetable

- **Broth (Cont'd)**

- **Progresso**

- 100% Natural Broth – Beef,

- Chicken, or Reduced Sodium

- Chicken

- **Publix**

- Beef

- Chicken

- **Swanson**

- Certified Organic – Beef,

- Chicken, or Vegetable

- Clear Beef

- Clear Chicken

- Cooking Stock – Beef or Chicken

- Lower Sodium Beef

- Natural Goodness Broth, 33%

- Less Sodium Fat Free Chicken

- Vegetable

- **Wolfgang Puck**

- Organic Broth – Beef or Chicken

- Stock, Free Range Chicken

- **Condensed Soup**

- **Campbell's**

- 25% Less Sodium, Chicken

- Noodle

- 98% Fat Free – Broccoli Cheese,

- Cream of Celery, Cream of

- Chicken, or Cream of Mushroom

- Awesome Shapes

- Beef Broth

- Beef Consomme

- Beef with Vegetables and Barley

- Beefy Mushroom

- Chicken & Stars

- Chicken Broth

- Chicken Gumbo

- Chicken Noodle

- Chicken Noodle O's

- Chicken Vegetable

- Chicken with White & Wild Rice

- Chicken Won Ton

- Cool Shapes

- Cream of Mushroom with

- Roasted Garlic

- Cream of Potato

- Double Noodle

- **Condensed Soup (Cont'd)**

- **Campbell's**

- Family Size Soup, Chicken with

- Rice or Tomato

- French Onion

- Goldfish in Chicken Broth

- Green Pea

- Healthy Request – Chicken

- Noodle, Chicken with Rice,

- Cream of Celery, Cream of

- Chicken, Cream of Mushroom,

- Homestyle Chicken Noodle,

- Minestrone, Tomato, Vegetable,

- or Vegetable Beef

- Homestyle Chicken Noodle

- Kid's Shapes

- Lentil

- Light Soup – Chicken/Mushroom

- Barley, Chicken Gumbo, Chicken

- with White & Wild Rice, Italian

- Style Wedding, or Vegetable

- Orzo

- Low Sodium Chicken Broth

- Manhattan Clam Chowder

- Mega Noodle

- Minestrone

- New England Clam Chowder

- Old-Fashioned – Tomato Rice or

- Vegetable with Beef Stock

- Souper Shapes

- Tomato

- Vegetable

- Vegetable Beef

- Vegetarian Vegetable

- **Publix**

- Chicken Noodle

- Condensed Tomato

- **Dry Soup Mix**

- **Alessi**

- Soup Mix, Sicilian Chicken

- Noodle

- Traditional – Lenticchie, Pasta

- Fazool, or Zuppa Toscana

- **Bear Creek**

- Country Kitchens Mix – Chili or

- Vegetable Beef

- Chicken Noodle

- Minestrone Mix

- **Dry Soup Mix (Cont'd)**

Knorr

Soup Mix – Vegetable or Spring Vegetable

Lipton

Recipe Secrets Soup Mix – Onion, Onion Mushroom, or Vegetable

Soup Secrets, Extra Noodle

Mrs. Grass

Chicken Homestyle

Publix

Soup & Dip Mix, Onion

- **Ready-to-Serve Soup**

Amy's

Organic Low Fat Soup – Black Bean Vegetable, Minestrone, Split Pea, or Vegetable Barley

Campbell's

Chunky – Beef & Dumplings with Hearty Vegetables, Chicken Broccoli Cheese & Potato, Grilled Sirloin Steak with Hearty Vegetables, Old Fashioned Vegetable Beef, Savory Chicken with White & Wild Rice, Savory Vegetable, Sirloin Burger with Country Vegetables, Slow Roasted Beef with Mushrooms, or Steak & Potato

Chunky Beef with Country Vegetables

Chunky Soup Bowl – Classic Chicken Noodle, Healthy Request Classic Chicken Noodle, or Healthy Request Grilled Chicken & Sausage Gumbo

Classic Chunky Chicken Noodle Grilled Chunky, Chicken & Sausage Gumbo

Healthy Request Chunky Soup – Chicken Corn Chowder, Chicken Noodle, Grilled Chicken & Sausage Gumbo, New England Clam Chowder, Old Fashioned Vegetable Beef, Sirloin Burger with Country Vegetables, or Vegetable

Hearty Chunky – Bean & Ham or Beef & Barley

- **Ready-to-Serve Soup (Cont'd)**

Campbell's

Select – Beefy with Roasted Barley, Chicken with Egg Noodles, or Mexican Style Chicken Tortilla

Select 98% Fat Free New England Clam Chowder

Select Harvest – 98% Fat Free New England Clam Chowder, Chicken Tuscany, or Savory Sausage & Vegetables

Select Harvest Garden Recipe Soup – Caramelized French Onion, Harvest Tomato with Basil, Light Italian Style Wedding, Light Southwest Style Vegetable, Light Vegetable & Pasta, Minestrone, or Zesty Tomato Bisque

Select Harvest Healthy Request – Chicken with Egg Noodles, Italian Style Wedding, Mexican Style Chicken Tortilla, or Savory Chicken and Long Grain Rice

Select Harvest Light Soup – Maryland Style Crab, Minestrone, Roasted Chicken with Italian Herbs, Savory Chicken with Vegetables, Southwest Style Vegetable, or Vegetable Beef & Barley

Soup at Hand – 25% Less Sodium Chicken with Mini Noodles, 25% Less Sodium Classic Tomato, 100 Calorie Vegetable with Mini Noodles, Chicken & Stars, Chicken with Mini Noodles, or Classic Tomato

Soup Bowls – Chicken Noodle or Homestyle Chicken Noodle V8 – Garden Broccoli, Southwestern Corn, or Sweet Red Pepper

V8 Select Gold Label – Golden Butternut Squash or Italian Tomato with Basil & Garlic

Healthy Choice

Chicken with Rice

Country Vegetable

Old Fashioned Chicken Noodle

- **Ready-to-Serve Soup (Cont'd)**

Muir Glen

Organic – Beef Barley, Chicken Tortilla, Chicken & Wild Rice, Chicken Noodle, Garden Vegetable, Minestrone, Savory Lentil, Southwest Black Bean, Split Pea, or Tomato Basil

Progresso

40% Less Sodium Soup – Beef & Vegetables, Chicken & Wild Rice, or Italian Style Wedding

50% Less Sodium – Chicken Gumbo, Chicken Noodle, Garden Vegetable, or Minestrone

99% Fat Free, Traditional – Chicken Noodle or New England Clam Chowder

99% Fat Free Vegetable Classics – Lentil or Minestrone

Classic Vegetable – Green Split Pea with Bacon, Hearty Tomato, Lentil, Minestrone Authentic Recipe, or Tomato Basil

High Fiber Soup – Chicken Tuscany, Hearty Vegetables & Noodles, or Homestyle Minestrone

Light Soup – Beef Pot Roast, Chicken & Dumplings, Chicken Noodle, Chicken Vegetable Rotini, Italian Style Meatball, or Zesty Santa Fe Style Chicken

Reduced Sodium Light Soup – Roasted Chicken & Vegetables or Vegetable

Rich & Hearty – Beef Pot Roast with Country Vegetables, Chicken & Homestyle Noodles, Savory Beef Barley Vegetable, Slow Cooked Beef Vegetable, or Steak & Homestyle Noodles

Traditional – Chicken & Herb Dumpling, Chicken & Wild Rice, Chicken Noodle with White Meat, Chicken Rice with Vegetables, Hearty Chicken & Rotini, Manhattan Clam Chowder, Roasted Chicken Rotini, or Split Pea with Ham

- **Ready-to-Serve Soup (Cont'd)**

Progresso

Weight Watchers Light Soup – Homestyle Vegetable & Rice, Italian Style Vegetable, Savory Vegetable Barley, Southwestern Style Vegetable, or Vegetable & Noodles

Publix

Chunky – Beef, Chicken, or Minestrone

Wolfgang Puck

Organic Soup – French Onion, Spicy Black Bean, Thick Hearty Lentil & Vegetables, or Vegetable Barley

SPICES

- **Dry Seasonings**

French's

Seasoning Mix – Chili-O, Chili-O with Onion, or Italian Style Spaghetti Sauce

Knorr

Sauce Mix – Garlic Herb

McCormick

Bag 'n Seasoning – Beef Stew, Herb Roasted Pork Tenderloin, Meat Loaf, Original Chicken, Pork Chops, or Pot Roast

Potato Steamer Seasoning & Steaming Bag, Roasted Garlic & Rosemary

Seasoning Mix – Beef Stew, Beef Stroganoff, Garlic & Herb Buffalo Wings, Italian Spaghetti Sauce, Meat Loaf, Mild Chili, Original Buffalo Wings, Sloppy Joe, Thick & Zesty Spaghetti Sauce, or Toasted Garlic & Onion Potatoes
Slow Cooker Seasoning Mix – Beef Stroganoff, Chili, Hearty Beef Stew, or Savory Pot Roast

Publix

Seasoning Mix – Beef Stew, Meat Loaf, Mild Chili, or Sloppy Joe

- **Gravy Mixes**

Knorr

Gravy Mix, Roasted Turkey

- **Gravy Mixes (Cont'd)**

Lawry's

Gravy Mix, Brown

McCormick

Gravy Mix – Au Jus, Chicken, Mushroom, Pork, or Turkey

Publix

Gravy Mix – Au Jus, Chicken, Mushroom, Pork, or Turkey

- **Salt and Substitutes**

Molly McButter

All Natural Sprinkles – Butter or Cheese

Morton

Popcorn Salt, Regular

Reese

Popcorn Salt, Regular

- **Tenderizers**

Hokan Seasoning

Ginger

McCormick

Grill Mates Marinade Mix – Baja Citrus, Meat, Mesquite, Montreal Steak, or Zesty Herb

Vigo

Flavoring & Coloring Seasoning

SPREADS AND SYRUPS

- **Cones**

Joy

Cones – Color Cake, Regular, Sugar, Vanilla, or Waffle

Keebler

Cones – Sugar or Vanilla

Publix

Cones – Cake, Jumbo Cake, Sugar, Waffle, or Waffle Bowl

- **Dessert Toppings**

Hershey's

Sundae Syrup – Classic Caramel or Fat Free Double Chocolate Topping, Classic Caramel

Publix

Cherry Topping – Maraschino or Jumbo Maraschino

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

Smucker's

Special Recipe Toppings – Butterscotch/Caramel, Dark Chocolate, or Triple Berry
Squeezable Sundae Syrup – Butterscotch, Caramel, Chocolate, or Strawberry
Toppings – Andes Chocolate Mint, Butterscotch, Chocolate, Fat Free Caramel, Fat Free Marshmallow, Fat Free Strawberry, Pineapple, Sugar Free Caramel, Sugar Free Chocolate, Sugar Free Hot Fudge, or Sugar Free Strawberry

White Swan

Syrup, Cherry

- **Jams and Jellies**

Bonne Maman

Preserves – Apricot, Blueberry, Cherry, Four Fruits, Orange, Raspberry, or Strawberry
Jelly, Blackberry

Braswell's

Jelly, Red Pepper
Preserves, Fig

Crosse & Blackwell

Orange Marmalade

Dickinson's

Pure Preserves – Bing Cherry or Mountain Strawberry
Pure Seedless Preserves – Black Raspberry, Boysenberry, Cascade Mountain Red Raspberry, or Marion Blackberry
Purely Fruit Spreadable Fruit, Raspberry

Hero

Preserves – Black Cherry, Black Currant, Blackberry, Raspberry, or Strawberry

Palmalito

Jelly – Guava or Jalapeño Pepper
Orange Marmalade

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

Polaner

All Fruit Spreadable Fruit – Apricot, Black Cherry, Blueberry, Grape, Orange Marmalade, Peach, Strawberry, Seedless Blackberry, Seedless Raspberry, or Seedless Strawberry
Fancy Fruit Preserves, Red Raspberry
Jelly, Real Mint
Sugar Free Jelly with Fiber, Concord Grape
Sugar Free Marmalade with Fiber, Orange
Sugar Free Preserves with Fiber – Seedless Blackberry or Strawberry

Publix

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

Smucker's

Jam – Grape, Mango, Seedless Blackberry, Seedless Red Raspberry, Seedless Strawberry, or Strawberry
Jelly – Apple, Grape, Squeezable Grape, Squeezable Strawberry, or Strawberry
Light Sugar Free Jam – Concord Grape or Seedless Blackberry
Light Sugar Free Preserves – Apricot, Orange Marmalade, Red Raspberry, or Strawberry
Low Sugar Spread – Apricot, Concord Grape, Orange Marmalade, Red Raspberry, Squeezable Strawberry, or Strawberry
Organic Jelly, Concord Grape

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

Smucker's

Organic Preserves – Blackberry, Orange Marmalade, or Strawberry
Preserves - Apricot/Pineapple; Apricot; Blueberry; Boysenberry; Cherry; Peach; Red Raspberry; Orange Marmalade; Strawberry
Simply Fruit – Apricot, Blackberry, Cherry, Peach, Red Raspberry, Seedless Red Raspberry, Seedless Strawberry, or Strawberry
Sugar Free Preserves – Cherry or Seedless Strawberry

St. Dalfour

Preserves – Blueberry, Four Fruits, or Strawberry

Welch's

Jam – Concord Grape or Squeezable Concord Grape
Jelly – Concord Grape, Grape, Reduced Sugar Concord Grape, Squeezable Concord Grape, or Squeezable Strawberry

SWEET GOODS

- **Snack Cakes, Pies, Rolls**

Hostess

100-Calorie Chocolate Cupcakes
100-Calorie Cinnamon Streusel Muffins

HEALTH AND BEAUTY

NUTRITION SUPPLEMENTS

- **Adult Nutrition**

Elations

Supplement Drink – Cranberry Apple or Raspberry White Grape

Glucerna

Cereal, Almond Flakes

- **Diet Nutrition**

EAS

AdvantEdge Ready-to-Drink Carb Control Shake – Chocolate Fudge, French Vanilla, or Rich Dark Chocolate
Myoplex Strength Formula Nutrition Shake – Banana Cream, Chocolate Cream, or Vanilla Cream

Kellogg's

Special K K20 Protein Water Mix – Pink Lemonade or Strawberry Kiwi

Mix1

All Natural Enhanced Protein Shake – Blueberry/Vanilla, Mixed Berry, or Mango

Zoic

Nutritional Drink – Chocolate or Vanilla

- **Sports Nutrition**

Designer

Whey Protein To-Go Supplement Packs – Orange Mango or Pomegranate

Powerbar

Performance Energy Bar – Chocolate

MEAT

COOKED MEAT

- **BBQ Cooked**

Lloyd's

In Honey Hickory Barbecue Sauce, Shredded Pork
In Original Barbecue Sauce – Beef, Chicken, or Pork

- **Cooked**

Hormel

Chicken with Gravy
Sliced Turkey with Gravy

Perdue

Short Cuts Chicken Breasts – Honey Roasted, Southwestern, or Italian

- **Cooked (Cont'd)**

- Tyson**

- Chicken Breast Strips

- **Miscellaneous Cooked**

- Hormel**

- Country Crock, Cinnamon Apples

- Hunt's**

- Manwich "Sloppy Joe" Ground Beef with Sauce

FRESH PASTA

- **Pasta**

- Buitoni**

- Angel Hair
Linguine

- **Sauces**

- Buitoni**

- Marinara
Roasted Garlic

FROZEN

- **Appetizers**

- Matlaw's**

- Clams Casino

MEAT

- **Pre-Packaged Meats**

- Perdue**

- Grilled Chicken Breast Strips

- Tyson**

- Chicken Breast – Dices, Strips, or Southwestern Strips

PACKAGED FOODS

- **Patties**

- Flander**

- Yam Patties

PACKAGED MEATS

- **Hot Dogs**

- Ball Park**

- Beef Franks, Fat Free
Turkey Franks, Fat Free Smoked White

- Hebrew National**

- Kosher Beef Franks, 97% Fat Free

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

- Oscar Mayer**

- Classic Weiners, 98% Fat Free

- **Lunch Meat**

- Carson**

- Air Dried Beef

- Hillshire Farm**

- Deli Select – 97% Fat Free
Brown Sugar Baked Ham, 97% Fat Free
Smoked Ham, 98% Fat Free
Free Corned Beef, 99% Fat Free
Honey Roasted Smoked Turkey Breast, 99% Fat Free
Oven Roasted Turkey Breast Hearty Sliced
Honey Ham, Hearty Sliced
Oven Roasted Turkey

- Hormel**

- Canadian Style Bacon
Natural Choice – Honey Ham, Oven Roasted Turkey, or Smoked Turkey
Ultra-Thin Sliced Deli Select – Honey Ham, Honey Roasted Turkey Breast, Oven Roasted Turkey Breast, Pastrami, Roast Beef, Rotisserie Seasoned Chicken Breast, or Smoked Ham

- J.M. Schneider**

- Canadian Style Bacon

- Jones Dairy**

- Farm Fresh & Tender – Canadian Style Bacon or Ham Slices

- Land O'Frost**

- Premium Sliced Smoked Ham

- Oscar Mayer**

- 95% Fat Free White Turkey Breast – Oven Roasted or Smoked
96% Fat Free Ham – Boiled or Honey
98% Fat Free – Bologna or Oven Roasted Turkey Breast
Chicken Breasts Cuts – Honey Roasted or Oven Roasted
Chicken Breasts Strips – Grilled, Italian, or Southwestern
Honey Ham
Oven Roasted Turkey Breast
Ready-to-Serve Canadian Bacon

- **Lunch Meat (Cont'd)**

- Oscar Mayer**

- Deli Fresh Shaved – Barbecue Chicken Breast, Brown Sugar Ham, Honey Ham, Honey Smoked Turkey Breast, Mesquite Turkey Breast, Oven Roasted Turkey Breast, Roast Beef, Rotisserie Style Chicken Breast, Smoked Ham, Smoked Turkey Breast, or Virginia Brand Ham
Smoked Ham
Smoked Turkey Breast

- Publix**

- Extra Thin Sliced – Cooked Ham, Honey Ham, Roasted Turkey Breast, Smoked Honey Turkey Breast, or Smoked Turkey Breast
Regular Sliced – Cooked Ham, Honey Ham, Roasted Turkey Breast, or Smoked Turkey Breast
Thin Sliced – Cooked Ham, Honey Ham, Roasted Turkey Breast, or Smoked Honey Turkey Breast

- Plumrose**

- Sliced Ham – Baked, Baked Honey, or Cooked

POULTRY

- **Chicken**

- Perdue**

- Frozen Boneless/Skinless Chicken Breasts

- Publix**

- Frozen Boneless/Skinless Chicken – Breasts, Cutlets, or Tenderloins

- Tyson**

- Frozen Boneless/Skinless Chicken – Breasts or Tenderloins

PROCESSED CHEESE

- **Singles**

- Kraft**

- Fat Free Cheese – American, Sharp Cheddar, or Swiss

SMOKED AND CURED MEATS

- **Bacon**

- Jennie-O**

- Turkey Bacon

- **Specialty**

- Bridgford**

- Beef Jerky – Natural or Teriyaki

- Hebrew National**

- Sauerkraut

- Jack Link**

- Beef Jerky, Teriyaki

SPECIALTY ITEMS

- **Potatoes**

- Diner's Choice**

- Mashed Sweet Potatoes

SHELLFISH

- **Lobster**

- Publix**

- Lobster Tails

- **Scallops, Frozen**

- Publix**

- Bay Scallops

SHRIMP

- **Frozen - Cooked**

- Publix**

- White Shrimp - Extra Large 26/30
or Medium 41/50

- **Frozen - Farmed**

- Publix**

- White Shrimp, Peeled &
Deveined – Jumbo 21/30, Large
31/40, or Medium 51/60

SEAFOOD

FINFISH

- **Frozen**

- Publix**

- Cod Loins

- Flounder Fillets

- Haddock Loins

- Halibut Steaks

- Mahi Mahi Fillets

- Orange Roughy Fillets

- Snapper Fillets

- Tuna Steaks

PREPARED SEAFOOD

- **Kabobs**

- Marder**

- Shrimp Skewers – Large Peeled
and Deveined

SEAFOOD PLATTERS

- **Shrimp Rings**

- Aquastar**

- Shrimp Platters with Medium
Cooked Shrimp & Cocktail Sauce