WHOLE GRAINS

Any of the items listed above can be purchased when the shopping list (or balance receipt) indicates: 
16 oz Bread Package

BREAD

16 oz loaf
Ametel: Stone Ground 100% Whole Wheat Bread, Select Wheat Graham Snacks
100% Whole Wheat Bread
Central Market Classics: 100% Whole Wheat Bread
Country Kitchens: 100% Whole Wheat Italian
Gold Medal: 100% Whole Wheat with Real Wheat Bread
Grouse’s Mill: 100% Whole Wheat Bread
Kirkland Signature: 100% Whole Wheat Bread
Plain Street: 100% Whole Wheat Bread
Sas Lee: 100% Whole Wheat Bread
Sedere: 100% Whole Wheat Bread
Welder: 100% Whole Wheat Bread

DRIED BEANS / PEA

1 pound bag
Any brand or type

CANNED BEANS

15.5 or 16 oz cans
Gayo or Stone Brand: Pure, radiant beans, peas or lentils
MD great beans, wax beans, green peas or green pea puree

Peanut Butter

100% or 10 oz jars
Any brand, Chunky, or Creamy
MD great beans, smoked, milk, peanut butter spread
MD Omega-3

INFANT FORMULA

16 oz boxes

BEECH-NUT

Maltodextrin, Rice, Plain cereal without fruit or formula

FRUITS & VEGETABLES

FRESH FRUITS & VEGETABLES

Any variety of fresh vegetables and fruits

Any brand

Mexican corn

• Pears
• Purple, fresh, crust-considered

SOY

varieties

• Green stem peas (except fruit cocktail)
• Any brand

Product Display

Any container type (metal, plastic, glass)

Any brand with no added sugar

Any brand: chunks and bones allowed

Any brand: chunk light packed in water

Any brand: Pink Salmon packed in water or oil, skin

Any flavor

any kind

Any brand with no added salt

Any fruit

Any brand

Any variety of fresh vegetables and fruits

Any flavor

Any brand with no added sugar

Any variety

Any variety

Any variety

Any variety

Any variety

Any variety

Any variety

Any variety

Any variety

Any variety

Any brand

Any variety

Any variety

Any variety

Any brand

Any variety

Any variety

Any variety
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8/16 Form #183

NATIONAL BRANDS

CEREALS

12 ounce boxes or larger. NO single serving packets.

CEREALS

12 ounce boxes or larger.

NATIONAL BRANDS

Oatmeal (plain, Multi-Grain)
Cheerios Cereal (Corns, Rice, Wheat)
Fruit-Flavored Cereal (Corns, Navy Beans, Corn Bran)
Flake-Oats Honey Clusters (Corn, Rye, Honey)
Honey Nut Cheerios (cereal, Rye, Honey)
Total

WHOLE GRAIN (plain)

Complete All-Brass Wheat Flakes
Corn Flakes (plain only)

SIMPLE

Simple

FROZEN JUICE

64 ounce plastic bottles

JUICES

BOUGHT JUICE – 100% fruit juice only

NATIONAL BRANDS

Ribsy – Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape, Apple Kiwi/Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Berry Plus, Cranberry Raspberry Plus, Orange (Apple Cranberry Grape, Berry Grape, Pomegranate Apple Cranberry)

SUNSET – Grapefruit, Honey and Oats, Honey and Oats Clusters, Toasted Oats, Whole Grain 100

GOOD FOOD

A WHOLE LOT MORE!

and

FOOD GUIDE

MASSACHUSETTS

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