

September 26, 2013



Dear Shoppers:

I developed "Super 4 Kids" to help guide parents and caregivers towards the best foods Gelson's has to offer for children over the age of two. It is based on the Mediterranean Diet, which is the healthiest diet in the world for both children and adults. It has been shown to prevent many chronic diseases, including cardiovascular diseases, type 2 diabetes, certain cancers, Alzheimer's disease, Parkinson's disease, asthma and even obesity. For more detailed information on feeding children, my October 2013 Nutrition Notes* newsletter discusses how and what to feed children to support optimal eating and development.

Additionally, we endorse the Mediterranean Diet to help our shoppers reduce their risk of cardiovascular disease with a program called "Super Heart Smart." The program is intended to provide you with information about how to eat to promote heart health. To learn more about how to choose heart-healthy foods, see my July 2012 Nutrition Notes* "Super Heart Smart" newsletter. This extensive "Super 4 Kids / Super Heart Smart Shopping List" contains over 700 items in our stores that I recommend for heart health, children's health and overall wellbeing based on the principles of the Mediterranean Diet.

The following are the general criteria that I used for selecting foods for this program:

- Foods are either a daily or weekly part of the Mediterranean Diet. Daily foods can be eaten in small amounts each day, whereas weekly foods are to be included up to three times a week. Weekly foods are differentiated from daily foods when appropriate. On this list, weekly foods are listed with an asterisk (*) next to them.
- Minimally processed foods with short lists of ingredients (most of which you would have in your own kitchen) are favored.
- Products cannot contain any high fructose corn syrup, artificial colors, flavors or preservatives.
- Lower sodium foods are given preference. The sodium limit for each product depends on the type of food, but I allow up to about 180 milligrams of sodium per serving for each item with the limit of 400 milligrams of sodium per meal and 150 milligrams of total sodium per snack.
- Organic is emphasized, especially because it could be less processed and may contain higher quality ingredients, less sodium and fewer pesticide residues than conventional products.
- Foods with a whole grain listed as the first ingredient are given preference over refined grains.
- Heart-healthy fats are emphasized. Foods high in saturated fats are limited; foods that contain trans fats, soybean oil and tropical oils (coconut and palm) are excluded. Monounsaturated fats and omega-3 fats are emphasized. Processed foods made with extra virgin olive and expeller pressed canola oils are preferable.
- Saturated fat in cheese is limited to 3 grams per ounce for "daily" cheeses. Traditional Mediterranean cheeses with higher saturated fat content are eaten in small quantities—up to 1 tablespoon—and are designated as "accent cheeses." Shredded, grated and crumbled "accent cheeses" are given preference over blocks so they can easily be measured.

- Toddlers, preschoolers and most children should consume whole milk dairy products (check with your pediatrician). Whole milk dairy, yogurt and cheese that are recommended for ages 1-18 are listed with a cross (†) next to them and designated “Super 4 Toddlers.”
- Added sugars are limited. Foods with little to no added sugars are prioritized, when relevant.
- Sweets are eaten in very small amounts a few times a week on the Mediterranean Diet. The best choices are included here, but portions must be kept very small when they are consumed. Saturated fats, added sugars and sodium were limited when selecting these items.

Look for my “Super 4 Kids” and “Super Heart Smart” shelf tags on selected items throughout the store as you shop. Of course, the foods that I tag are individual foods, so how you combine them with other foods is still important since there is no such thing as a “perfect food.” I hope you will find this shopping list helpful in your quest to feed your family and yourself as healthfully as possible.

Best of health,
 Jessica Siegel, MPH, RD
 Gelson’s Staff Dietitian

For questions about feeding children, the Mediterranean Diet or other nutrition-related information, visit www.gelsons.com. *Archived Nutrition Notes can be found at www.gelsons.com.

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Fresh Vegetables & Herbs

(A variety should be consumed throughout the day.)

Artichokes	Leeks
Arugula	Lemons
Asparagus	Lettuce (preferably organic)
Avocado	Mâche
Baby Potatoes	Mint
Basil	Mushrooms
Beets	Mustard greens
Bell Peppers (preferably organic)	Okra
Broccoli	Onions
Brussels Sprouts	Parsley
Cabbage	Peas
Carrots	Potatoes (preferably organic)
Cauliflower	Radishes
Celery (preferably organic)	Rosemary
Celery root (celeriac)	Rutabaga
Cherry Tomatoes	Sage
Chiles	Spinach (preferably organic)
Collard greens	Sugar Snap Peas
Cucumbers (preferably organic)	Sweet Potatoes (Yams)
Eggplant	Tarragon
Fennel	Thyme
Garlic	Tomatoes
Green Beans (preferably organic)	Turnips
Italian Squash	Winter Squash
Jicama	Yellow Corn
Kale (preferably organic)	Zucchini

Fresh Fruit

(A variety should be consumed throughout the day.)

Apples (preferably organic)	Melon
Apricots	Nectarines (preferably organic)
Bananas	Oranges
Blueberries (preferably organic)	Papaya
Cherries	Peaches (preferably organic)
Dates	Pears
Figs	Pineapple
Fuyu Persimmons	Plums
Grapefruit	Pomegranates
Grapes (preferably organic)	Strawberries (preferably organic)
Kiwi	Tangerines
Mango	

Beverages

(Limit daily alcohol to 5 ounces for women and 10 ounces for men. Children should not consume alcohol.)

Bottled water Filtered water *Red wine	Sparkling water *Sparkling wine *White wine
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*Discuss alcohol use with your doctor.

Bread

UPC	Product Name	Size
61407400163	Alpine Valley Organic Bread-Honey Wheat	18 oz
61407400164	Alpine Valley Organic Bread-Honey Wheat Flax	18 oz
61407400166	Alpine Valley Organic Bread-Nine Grain	18 oz
61407400170	Alpine Valley Organic Bread-Twenty One Grain	18 oz
70741501402	California Lavash-Whole Grain	10 oz
73472-00131	Food for Life Bread-Ezekiel Cinnamon Raisin	24 oz
7347200124	Food for Life Bread-Ezekiel Flax	24 oz
73472-00153	Food for Life Bread-Ezekiel Low Sodium	24 oz
73472-00123	Food for Life Bread-Ezekiel Sesame	24 oz
73472-00120	Food for Life Bread-Ezekiel Sprouted 100% Whole Grain	24 oz
7347200101	Food for Life Bread-7 Sprouted Grain	24 oz
7347200117	Food for Life English Muffins-Cinnamon Raisin	6 pk
7347200119	Food for Life English Muffins-Sprouted Whole Grains	6 pk
7347200370	Food for Life Tortillas-Sprouted Corn	10 oz
73472-00200	Food for Life Tortillas-Ezekiel Grain Organic	6 ct
72788810144	Mi Rancho Tortillas-Corn Tacos	12.5 oz
72788810114	Mi Rancho Tortillas-Corn Organic	9.3 oz
78967300008	Mountain Bread-Light Wraps	7.1 oz
31493-02160	Rudi's Organic 100% Whole Wheat Sandwich Bread	22 oz
31493-02320	Rudi's Organic- 7 Grain With Flax	20 oz
31493-02340	Rudi's Organic Bread-14 Grain	20 oz
31493-24242	Rudi's Organic Bread-Honey Whole Wheat	22 oz
3149306065	Rudi's Organic English Muffin-Whole Grain Wheat	12 oz
55991-04065	Silver Hills Sprouted Grain Bread-Macks Flax	22 oz
55991-04016	Silver Hills Sprouted Grain Bread-The Big 16	22 oz
4494608304	Tortillaland-Raw Corn Tortillas	20 oz

Canned & Jarred Fruit

UPC	Product Name	Size
14800-00007	Motts Applesauce-Natural Lunch (6 pk)	23.4 oz

15400-19070	Natural Directions-Applesauce 6 pk Organic	4 oz
15400-19075	Natural Directions-Applesauce Unsweetened Organic	24 oz
22014-24062	North Coast Organic Apple Sauce	24 oz
22014-00460	North Coast Organic Apple Sauce 4 pk	16 oz
36192-12291	Santa Cruz Organic Sauce-Apple	23 oz
36192-12210	Santa Cruz Organic Sauce-Applesauce 6 pk	24 oz

Canned Beans, Tomatoes & Vegetables

UPC	Product Name	Size
72248-21323	Amore-Tomato Paste	4.5 oz
8-33477-12041	Carmelina Beans-Cannellini	14.28 oz
8-33477-12021	Carmelina Beans-Italian Butter	14.28 oz
8-33477-00012	Carmelina Chopped Tomatoes	14.28 oz
8-33477-10091	Carmelina Organic Chopped Tomatoes	14.28 oz
8-33477-30091	Carmelina Organic Peeled Tomatoes	14.28 oz
8-33477-00453	Carmelina Whole Peeled Tomatoes	14.28 oz
70796-40009	Cento-Tomato Paste	6 oz
23631-11103	Gelson's Finest Tomato Paste Organic	6 oz
23631-11106	Gelson's Finest Tomato Puree Organic	28 oz
23631-11105	Gelson's Finest Tomato Sauce No Salt Organic	15 oz
23631-11108	Gelson's Finest Tomatoes Organic-Diced No Salt	14.5 oz
7-25342-28571	Muir Glen Organic Tomato Sauce-No Salt	15 oz
7-25342-26926	Muir Glen Organic Tomatoes- Roasted No Salt Added	14.5 oz
7-25342-28561	Muir Glen Organic Tomatoes-Diced No Salt	14.5 oz
85469300064	Mutti Tomato-Baby Roma	14 oz
85469300044	Mutti Tomato-Cherry	14 oz
85469300016	Mutti Tomato-Finely Chopped	14 oz
85469300010	Mutti Tomato-Paste In Tube	4.5 oz
85469300042	Mutti Tomato-Peeled	28 oz
15400-19638	Natural Directions-Beans Garbanzo Org	15 oz
15400-19639	Natural Directions-Beans Organic Black	15 oz
15400-19637	Natural Directions-Beans Pinto Organic	15 oz
15400-19636	Natural Directions-Beans Red Kidney Organic	15 oz
24321-42427	Pomi Italian Tomatoes-Chopped	26 oz
24321-42420	Pomi Italian Tomatoes-Strained Fresh	26 oz
72273-48725	S&W Beans-Organic Black Beans	15 oz
72273-47507	S&W Beans-Organic Garbanzo Beans	15 oz
72273-42730	S&W Beans-Organic Kidney Beans	15 oz
23625-01520	Sonoma-Marinated Tomatoes In Oil	8 oz
41380-08800	Springfield Tomato Paste	6 oz
8-84395-45440	Sun Vista Beans-Black No Salt	15 oz

8-84395-46570	Sun Vista Beans-Pinto No Salt	15 oz
74873-16321	Westbrae Organic Beans-Black	15 oz
74873-16330	Westbrae Organic Beans-Lentils	15 oz

Canned Seafood & Meats

	UPC	Product Name	Size
*	86600-00064	Bumble Bee Salmon-Red	14.75 oz
*	86600-00067	Bumble Bee Salmon-Red	7.5 oz
*	73230-00833	Crown Prince Natural Sardine Boneless Skinless	3.75 oz
*	73230-00033	Crown Prince Sardine-Boneless/Skinless	3.75 oz
*	3480000525	King Oscar-Brisling Sardines	3.8 oz
*	3480000632	King Oscar-Sardines in Spring Water	3.8 oz
*	15400-19241	Natural Directions-Salmon Pink w/Salt	5 oz
*	70303-02229	Season Sardines-In Water/No Salt	4.37 oz
*	34800-00525	Tiny Tot Brisling Sardines	3.75 oz
*	74785-53422	Valley Fresh Chunk White Chicken	10 oz
*	74785-45288	Valley Fresh Organic White Chunk Chicken	5 oz
*	82969600082	Wild Planet-Sardines Marinara	4.4 oz
*	82969600083	Wild Planet-Sardines Spring Water	4.4 oz
*	8-29696-00053	Wild Planet-Wild Albacore Tuna	5 oz
*	8-29696-00054	Wild Planet-Wild Albacore Tuna No Salt	5 oz
*	8-29696-00049	Wild Planet-Wild Sockeye Salmon	6 oz

* These items are part of the weekly diet.

Cereal

	UPC	Product Name	Size
	55712-02572	Alpen All Natural Muesli No Sugar Added	14 oz
	55712-02571	Alpen All Natural Muesli Original	14 oz
	75928302013	Back to Nature Granola-Classic	13.5 oz
	70617-20607	Barbara Cereal-Shredded/Multi Grain Spoonful	14 oz
	8-56416-00071	Bear Naked Granola-Fit Vanilla Almond	12 oz
	4240004474	Better Oats Raw Bare 10 ct	14.8 oz
	8-83921-11840	Better Oats Raw Pure/Simple Clean	7.55 oz
	4240001593	Better Oats Steel Cut Oatmeal-Classic	10 ct
	39978-50103	Bob's Red Mill Cereal-Muesli	18 oz
	39978-00143	Bob's Red Mill Cereal-Oat Bran	18 oz
	39978-00375	Bob's Red Mill Rolled Oats-Gluten Free	32 oz
	39978-01140	Bob's Red Mill Steel Cut Oats	24 oz
	39978-00232	Bob's Red Mill Whole Grain Golden Flaxseed Meal	16 oz
	85202500220	Cafe Fanny All Natural Granola	16 oz

7-29906-11942	Country Choice Organic Oats-Old Fashioned	18 oz
7-08875-00510	Erin Bakers Granola-Oatmeal/Raisin	12 oz
81373001004	Familia Cereal Swiss No Sugar Muesli	12 oz
81373001003	Familia Cereal Swiss Original Muesli	12 oz
8-98203-00005	Flax USA - Golden Flax Sprinkles	12 oz
16000-27564	General Mills Cheerios	14 oz
16000-27562	General Mills Cheerios-Multi Grain	12.8 oz
85988800008	Go Raw Granola-Original	16 oz
1862770261	Kashi Cereal-7 Whole Grain Flakes	12.6 oz
1862770357	Kashi Cereal-Heart To Heart Honey	12 oz
1862770312	Kashi Cereal-Organic Autumn Wheat	16.3 oz
1862773918	Kashi Cereal-Organic Berry Fruitful	15.6 oz
1862770317	Kashi Cereal-Organic Cinnamon Harvest	16.3 oz
1862770335	Kashi Cereal-Organic Island Vanilla	16.3 oz
6-02652-17185	Kind Granola-Blueberry Flax	11 oz
6-02652-17183	Kind Granola-Chocolate Cranberry	11 oz
6-02652-17184	Kind Granola-Cinnamon Oat Clusters	11 oz
6-02652-17120	Kind Granola-Maple Quinoa Chia	11 oz
6-02652-17186	Kind Granola-Oat & Honey Clusters	11 oz
6-02652-17187	Kind Granola-Walnut Maple Clusters	11 oz
72463-00021	Mccann's Oatmeal Quick Cooking	16 oz
72463-00020	Mccann's Oatmeal Traditional Tin	28 oz
72463-00030	Mccann's Quick & Easy Steel Cut	16 oz
72463-00035	Mccann's Quick & Easy Steel Cut	24 oz
15400-19188	Natural Directions-Oats Old Fashioned Organic	18 oz
58449-77050	Natures Path Organic Cereal-Flax Plus	13.25 oz
58449-77020	Natures Path Organic Cereal-Heritage	13.25 oz
58449-45002	Natures Path Organic Oatmeal Flax Plus	14 oz
8-84912-10521	Post Grape Nuts	24 oz
30000-06720	Quaker Cereal 100% Natural-Oats Honey Raisin	28 oz
30000-06640	Quaker Granola Natural Oat & Honey	14 oz
30000-01552	Quaker Instant Oatmeal-Organic	7.9 oz
30000-01040	Quaker Oats-Old Fashioned	42 oz
30000-01180	Quaker Oats-Quick	18 oz
30000-01020	Quaker Oats-Regular	18 oz
86341-33001	Silver Palate Oatmeal-Thick & Rough	16 oz
41653-45680	Skidders Raisin Bran Cereal	13 oz
41653-45678	Uncle Sam Cereal	10 oz
71988-00328	Vita Crunch Granola-Almond	22 oz
55712-06711	Weetabix Cereal	7 oz
64144-08004	Wheatena Cereal	20 oz

Chutney, Marinade, Salad Dressing, Sauce

	UPC	Product Name	Size
	7-54496-11122	Bone Suckin Sauce-Hot	16 oz
	7-54496-00122	Bone Suckin Sauce-Original	16 oz
	7-54496-00126	Bone Suckin Sauce-Thicker Style	16 oz
	74305-03112	Bragg Salad Dressing-Ginger/Sesame	12 oz
	74305-03012	Bragg Salad Dressing-Healthy Vinaigrette	12 oz
	27271-12133	Brianna Dressing-Champagne Caper Vinaigrette	12 oz
*	5150028629	C&B Chutney-Pineapple Pepper	8 oz
	8-76045-00404	Guy Fieri BBQ Sauce-Bourbon Brown Sugar	19 oz
	8-76045-00410	Guy Fieri Salsa-Chipotle	16 oz
	8-76045-00413	Guy Fieri Salsa-Original	16 oz
	6-48505-14250	Lucini Vinaigrette-Cucumber Shallot	8.5 oz
	8634112112	Silver Palate Splash-Balsamic Vinaigrette	12 oz
*	7-11381-02082	Stonewall Kitchen Chutney-Mango	8.5 oz
	7-11381-03313	Stonewall Kitchen Dressing-Balsamic Fig	11 oz
	7-11381-02233	Stonewall Kitchen Dressing-Olive Oil & Balsamic	11 oz
	71138131753	Stonewall Kitchen Dressing-Sesame Ginger	11 oz
	71138130579	Stonewall Kitchen Dressing-Strawberry Balsamic	11 oz
	71138131245	Stonewall Kitchen Sauce-Mole	11 oz
	7-11381-00296	Stonewall Kitchen Sauce-Roasted Garlic Peanut	11 oz
	7-11381-02541	Stonewall Kitchen Sauce-Steak Mesquite	11 oz

* These items are part of the weekly diet.

Condiments

	UPC	Product Name	Size
	9232522225	Annie's Natural Organic Ketchup	24 oz
	41500-00042	French's Mustard-Spicy Brown	12 oz
	41500-00700	French's Mustard-Squeeze	8 oz
	1120900333	Morehouse Mustard-Honey Spice	12 oz
	1120900339	Morehouse Mustard-Jalapeño	12 oz
	11209-00208	Morehouse Mustard-Squeeze Bottle	8 oz
	15400-19145	Natural Directions-Mustard Yellow Organic	12 oz
	4228500910	Raye's Mustard-Down East Schooner	9 oz
	4228500961	Raye's Mustard-Old World Gourmet	9 oz
	71138131720	Stonewall Kitchen Mustard-Ballpark	7.3 oz
	71138131750	Stonewall Kitchen Mustard-Sweet Honey	8.5 oz
	7-11381-02786	Stonewall Kitchen Mustard-Traditional Pub Style	8 oz
	1121002360	Tabasco-Coarse Mustard	9 oz

Crackers, Chips & Snacks

UPC	Product Name	Size
71105-00001	Ak Mak Cracker-Sesame	4.15 oz
7-65667-11010	Annie Chun's Seaweed Snack-Sesame	0.35 oz
7-65667-11020	Annie Chun's Seaweed Snack-Wasabi	0.35 oz
85461500206	Brad's Raw Chips-Cheddar	3 oz
85461500202	Brad's Raw Chips-Sweet Potato	3 oz
85461500212	Brad's Raw Kale-Naked	2.5 oz
85461500213	Brad's Raw Kale-Nasty Hot	2.5 oz
85461500230	Brad's Raw Kale-Natural Nacho	2.5 oz
85461500214	Brad's Raw Kale-Vampire Killer	2.5 oz
87989000001	Crunchmaster Cracker-Multiseed Original	4.5 oz
87989000004	Crunchmaster Cracker-SD/Rosemary	4.5 oz
87989000011	Crunchmaster Multigrain/Sea Salt	4.5 oz
87989000034	Crunchmaster Multigrain/Vegetable	4.5 oz
87989000001	Crunchmaster Multiseed Original	4.5 oz
89553800020	Doctor Kracker Crisps-Asiago	6 oz
89553800019	Doctor Kracker Crisps- Garlic Parm	6 oz
6-05870-00015	Finn Crisp Crackers-Thin Original	7 oz
6-05870-00011	Finn Crisp Crackers-Thin Caraway	6.7 oz
8-73376-00304	Flats by Pure Baked Crackers-Cashew Date	6 oz
* 85988800014	Go Raw Bar-Apricot	0.4 oz
85988800015	Go Raw Bar-Banana Bread	0.4 oz
85988800016	Go Raw Bar-Granola	0.4 oz
85988800013	Go Raw Bar-Pumpkin	0.4 oz
85988800008	Go Raw Granola-Original	16 oz
85988800032	Go Raw Super Chips-Pumpkin	3 oz
67852303859	Glutino Crackers-Sea Salt Gluten Free	4.3 oz
71375757460	It Takes A Village-Organic Ketchum Kale Chipotle	2 oz
71375757470	It Takes A Village-Organic Ketchum Kale Almost Naked	2 oz
73621115015	It Takes A Village-Organic Veggie Evolution	2.75 oz
28190-00244	Jolly Time Popcorn White Cello	32 oz
28190-00257	Jolly Time Popcorn-Yellow Cello	32 oz
18627-61006	Kashi Cracker-TLC Gourmet 7 Grain	6 oz
18627-61001	Kashi Cracker-TLC Original 7-Grain	9 oz
74472-75810	Kavli Crispbread-Thin	5.29 oz
8411410984	Kettle Bakes-Sea Salt	4 oz
8411411581	Kettle Bakes- Sea Salt & Vinegar	4 oz
73416-00023	Lundberg Rice Cake-Low Sodium Brown Rice	8.5 oz
73416-00021	Lundberg Rice Cake-No Salt Brown Rice	8.5 oz
72700-00035	Manischewitz Matzos-Whole Wheat	10 oz

8-97580-00010	Mary's Gone Crackers Organic Gluten Free-Original	6.5 oz
7-57645-00840	Newman's Own Pretzel-Spelt	7 oz
27000-48805	Redenbacher-Original	30 oz
7893500533	Ryvita Crispbread-Pumpkin Seed	7 oz
7-11575-10200	Seapoint Farms-Roasted Edamame Low Salt	4 oz
70227-50006	Streits Matzos-Whole Wheat	11 oz
8994780320	Van's Crackers-Everything Gluten Free	5 oz
8994780310	Van's Crackers-Multigrain Gluten Free	5 oz
33617-32261	Wasa Crisp Bread Light Rye	9.5 oz
33617-00002	Wasa Crisp Bread Whole Grain	9.2 oz
33617-41001	Wasa Crisp Bread-Crisp'n Light 7 Grain	4.9 oz
33617-00703	Wasa Crisp Bread-Multi Grain	9.7 oz
33617-34061	Wasa Crisp Bread-Sourdough	9.7 oz

Dairy

	UPC	Product Name	Size
	8-94700-01011	Chobani Greek Yogurt-2% Passion Fruit	6 oz
	8-94700-01001	Chobani Greek Yogurt-Plain	6 oz
	8-94700-01002	Chobani Greek Yogurt-Vanilla	6 oz
	36632-02714	Dannon Oikos Yogurt-Plain	5.3 oz
	3663200251	Dannon Yogurt-Plain Non Fat	32 oz
	85426300400	Elli Quark-Plain	5.3 oz
	6-89544-08000	Fage Greek Yogurt-0% Plain	6 oz
	6-89544-08020	Fage Greek Yogurt-2% Plain	7 oz
	78355-54000	Greek Gods Yogurt-Plain	6 oz
	7-42365-02439	Horizon Milk-Fat Free	1 gl
	7-42365-26465	Horizon Milk-Organic 1% Low Fat	64 oz
	7-42365-26475	Horizon Milk-Organic 2% Reduced Fat	64 oz
	7-42365-20835	Horizon Milk-Organic 3pk	8 oz
	7-42365-26485	Horizon Milk-Organic DHA Plus 2%	64 oz
†	7-42365-26497	Horizon Milk-Organic DHA Plus Whole	64 oz
	7-42365-26455	Horizon Milk-Organic Fat Free	64 oz
	7-42365-26402	Horizon Milk-Organic Lactose Free	64 oz
	7-42365-02438	Horizon Milk-Organic Reduced Fat 2%	1 gl
†	742365-26495	Horizon Milk-Organic Whole	64 oz
†	742365-02440	Horizon Milk-Organic Whole	1 gl
	7-42365-13220	Horizon Yogurt-Organic Fat Free Plain	32 oz
	75270-00166	Mountain High Yoghurt-Fat Free	32 oz
	75270-00191	Mountain High Yoghurt-Plain Low Fat	32 oz
	9396600474	Organic Valley Grassmilk-2% Milk	64 oz
	9396600473	Organic Valley Grassmilk-Whole Milk	64 oz

	93966-00035	Organic Valley Lactose Free Milk-1%	64 oz
	93966-00220	Organic Valley Lactose Free Milk-Nonfat	64 oz
	93966-00441	Organic Valley-1% Milk	64 oz
	93966-00440	Organic Valley-2% Milk	64 oz
	9396600477	Organic Valley-2% Milk	96 oz
	93966-00022	Organic Valley-Nonfat Milk	32 oz
	93966-00442	Organic Valley-Nonfat Milk	64 oz
	9396600479	Organic Valley-Nonfat Milk	96 oz
†	93966-00439	Organic Valley-Whole Milk	64 oz
	84253-27117	Rice Dream Refrigerated Original	64 oz
	8-98248-00129	Siggi's Icelandic Drink-Blueberry	4 pk
	8-98248-00130	Siggi's Icelandic Drink-Strawberry	4 pk
	8-98248-00106	Siggi's Icelandic Yogurt-Acai Berry	5.3 oz
	8-98248-00101	Siggi's Icelandic Yogurt-Blueberry	5.3 oz
	8-98248-00111	Siggi's Icelandic Yogurt-Peach	5.3 oz
	8-98248-00100	Siggi's Icelandic Yogurt-Plain	5.3 oz
	8-98248-00104	Siggi's Icelandic Yogurt-Pomegranate/Passion	5.3 oz
	8-98248-00110	Siggi's Icelandic Yogurt-Strawberry	5.3 oz
	52159-53100	Stonyfield Oikos Yogurt-Plain	5.3 oz
	52159-53101	Stonyfield Oikos Yogurt-Vanilla	5.3 oz
	52159-00050	Stonyfield Yogurt-Non Fat Plain	6 oz
†	52159-59123	Stonyfield Yogurt-Yo Baby Organic Plain	4 pk
	7-84830-00070	Straus Organic Yogurt-Non Fat Plain	32 oz
†	7-84830-00080	Straus Organic Yogurt-Whole Milk Plain	32 oz
	7-58543-11000	Voskos Greek Yogurt-Plain	8 oz
	795709-06050	Wallaby Organic Greek Yogurt Lowfat Plain	5.3 oz
†	Super 4 Toddlers		

Dried Fruit & Vegetables

	UPC	Product Name	Size
	13971-00021	Bare Fruit Organic Apple Chip-Cinnamon	2.22 oz
	13971-00002	Bare Fruit Organic Apple Chip-Fuji	2.22 oz
	13971-00001	Bare Fruit Organic Apple Chip-Granny	2.22 oz
	74628-01030	Flanigan Farms Organic Dried Persimmons	1 oz
	12413-10901	Just Peas	3.5 oz
	12413-20002	Just Strawberry	1.5 oz
	8-84284-04070	Newman's Own Org-Apricots	6 oz
	8-84284-04125	Newman's Own Org-Prunes Pitted	12 oz
	8-84284-04015	Newman's Own Org-Raisins 6 Pk	6 ct
	8-84284-04025	Newman's Own Org-Raisins Canister	15 oz
*	85421000440	Pure Organic Fruit/Veggie Strip- Strawberry	0.49 oz
*	85421000441	Pure Organic Fruit/Veggie Strip-Wildberry Apple	0.49 oz

84380-95295	St. Dalfour Giant French Prunes-Pitted	7 oz
41143-04100	Sunmaid Currants	10 oz
41143-12576	Sunmaid Raisins-Mini Snacks 12 pk	6 oz
41143-12586	Sunmaid Raisins-Organic 12 pk	6 oz
41143-12460	Sunmaid Raisins-Seedless Box	12 oz
41143-12956	Sunmaid Raisins-Seedless/Foil Bag	10 oz
70450-08070	Sunsweet Dates-Pitted	8 oz
8-02763-02990	Sunsweet Prunes-D'noir Preservative Free	9 oz
70450-02049	Sunsweet Prunes-Pitted Tin	9 oz
8-02763-07380	Sunsweet-Antioxidant Blend	5 oz

Eggs

	UPC	Product Name	Size
*	31327-33111	Gelson's Finest Large Cage Free Omega 3 Organic	1 dz
*	93966-81180	Organic Valley Cage Free Large Omega 3	6 pk
	93966-81111	Organic Valley Egg Whites	16 oz

* These items are part of the weekly diet.

Frozen Fruit & Vegetables

	UPC	Product Name	Size
	8-34183-00111	Alexia Fries-Sweet Potato	15 oz
	14500-01256	Birdseye Single-Brussels Sprouts 4 pk	13 oz
	14500-01192	Birdseye Single-Sweet Peas 4 pk	13 oz
	14500-01280	Birdseye Whole Grain Brown Rice	10 oz
	14500-00180	Birdseye Asparagus Spears	10 oz
	14500-01130	Birdseye-Broccoli Carrots Peas Water Chestnuts	12 oz
	14500-01132	Birdseye-Cauliflower & Broccoli	12 oz
	14500-00183	Birdseye Corn-Cut	10 oz
	14500-01128	Birdseye-Mixed Vegetables	12 oz
	14500-00182	Birdseye Peas	10 oz
	14500-00442	Birdseye Peas-Tiny Deluxe	10 oz
	14500-01183	Birdseye-Premium Broccoli Florets	12 oz
	14500-00190	Birdseye Spinach-Chopped	10 oz
	14500-01099	Birdseye-Super Sweet Corn	12 oz
	14500-01100	Birdseye-Sweet Peas	12 oz
	70332-00018	C&W Artichoke Hearts	8 oz
	7033200288	C&W Blends-Southwest	14 oz
	7033200279	C&W Blends-Stir Fry	14 oz
	70332-00071	C&W Broccoli Florets	14 oz
	70332-00103	C&W Corn-Petite	16 oz

70332-00106	C&W Corn-Petite Early Harvest	16 oz
70332-00102	C&W Corn-Petite White	16 oz
70332-00052	C&W Green Beans-Cut Italian	14 oz
70332-00053	C&W Green Beans-Haricots Verts	12 oz
70332-00159	C&W Peas-Petite No Salt	16 oz
70332-00175	C&W Pepper Strips	14 oz
70332-00210	C&W Spinach-Chopped	10 oz
70332-00220	C&W Spinach-Chopped Baby	16 oz
70332-00129	C&W Vegetables-Mixed Fancy	16 oz
21908-50508	Cascadian-Organic Winter Squash	10 oz
71202-21012	Dole Blackberries	12 oz
71202-11762	Dole Blueberries	2 lb
71202-31012	Dole Dark Sweet Cherries	12 oz
71202-10518	Dole Fruit-Mango Chunks	16 oz
71202-28515	Dole Fruit-Pineapple Chunks	16 oz
71202-11016	Dole Sliced Peaches	16 oz
71202-17110	Dole Strawberries-Sliced	14 oz
71202-17715	Dole Strawberries-Whole	16 oz
3260102515	Earthbound Organic-California Vegetable Blend	10 oz
3260102504	Earthbound Organic Fruit-Berry Blend	10 oz
3260102502	Earthbound Organic Fruit-Blueberries	10 oz
3260102505	Earthbound Organic Fruit-Cherries	10 oz
3260102511	Earthbound Organic-Green Beans	10 oz
3260102508	Earthbound Organic-Green Peas	10 oz
3260102605	Earthbound Organic-Kale	10 oz
3260102510	Earthbound Organic-Cut Spinach	10 oz
20000-14585	Green Giant Corn-On Cob Nibblers	6 pk
20000-19757	Green Giant Immunity Boost Broccoli	7 oz
20000-17681	Green Giant Spinach-Chopped	9 oz
70560-83471	Pictsweet Lima Beans-Fordhook	14 oz
70560-85615	Pictsweet Okra-Cut	16 oz
7-11575-00499	Seapoint Farms-Edamame Pods	14 oz
7-11575-00491	Seapoint Farms-Edamame/Shelled	12 oz
41380-50119	Springfield Brussels Sprouts	16 oz
41380-50062	Springfield Cauliflower	16 oz
41380-50063	Springfield Corn-Large Cut	16 oz
41380-50064	Springfield Mixed Vegetables-Large	16 oz
41380-50201	Springfield Peas-Large	16 oz
41380-50066	Springfield Spinach-Chopped	10 oz
41380-50065	Springfield Spinach-Leaf	10 oz
6-38882-00007	Stahlbush-Blueberries	10 oz
6-38882-00050	Stahlbush-Broccoli Florets	10 oz
6-38882-21080	Stahlbush-Butternut Squash	10 oz

6-38882-00052	Stahlbush-Corn	10 oz
6-38882-00061	Stahlbush-Cut Spinach	10 oz
6-38882-00077	Stahlbush-Grapes	10 oz
6-38882-00054	Stahlbush-Green Peas	10 oz
63888200055	Stahlbush-Strawberries	10 oz
6-38882-12577	Stahlbush-Sweet Potato	10 oz
48800-10498	Westpac Broccoli-Chopped	16 oz
48800-10894	Westpac Broccoli-Florets	16 oz
48800-11762	Westpac Carrots-Crinkle Sliced	16 oz
48800-15436	Westpac Corn-Cut	16 oz
48800-04319	Westpac Green Beans-French Cut	16 oz
48800-04806	Westpac Green Beans-Regular Cut	16 oz
48800-22044	Westpac Peas & Carrots	16 oz
48800-30287	Westpac Spinach-Cut Leaf	16 oz
48800-03603	Westpac Stir Fry Veg-Asparagus	16 oz
48800-03659	Westpac Stir Fry Veg-Chow Mein	16 oz
48800-03462	Westpac Stir Fry Vegetable	16 oz
48800-16575	Westpac Vegetable-Mixed	16 oz
42563-00132	Woodstock Farms Organic-Blueberries	10 oz
42563-00787	Woodstock Farms Organic-Broccoli Florets	10 oz
42563-01577	Woodstock Farms Organic-Chopped Spinach	10 oz
4256300158	Woodstock Farms Organic-Cut Green Beans	10 oz
42563-00977	Woodstock Farms Organic-Peaches	10 oz
42563-00020	Woodstock Farms Organic-Petite Green Peas	10 oz
42563-00138	Woodstock Farms Organic-Strawberries	10 oz
42563-00154	Woodstock Farms Organic-Supersweet Cut Corn	10 oz
79900-00199	Wyman's Mixed Berries	15 oz
79900-00161	Wyman's Red Raspberries	12 oz
79900-00157	Wyman's Wild Blueberries	15 oz

Frozen Ready-to-Eat

	UPC	Product Name	Size
	42272-00240	Amy's Low Sodium Vegetable Lasagna	9.5 oz
	42272-00313	Amy's Steel Cut Oats Cereal	9 oz
*	25317-10555	Applegate Antibiotic-free Chicken Nuggets	8 oz
*	25317-00559	Applegate Chicken Breast Tenders Gluten Free	8 oz
*	25317-00558	Applegate Chicken Breast Tenders Homestyle	8 oz
*	25317-00556	Applegate Gluten Free Chicken Nuggets	8 oz
*	2531700559	Applegate Gluten Free Chicken Tenders	8 oz
*	2531756500	Applegate Organic Turkey Burgers	16 oz
*	25317-10595	Applegate Sausage Breakfast Chicken /Apple	8 oz

* 25317-00596	Applegate Sausage Breakfast Maple	8 oz
* 25317-00597	Applegate Sausage Breakfast Sage	8 oz
* 7-53390-05002	Blackwing Ostrich Patties	8 oz
* 7-07330-35343	Diestel-Heidi's Organic Burger Patties	16 oz
80868-00246	Dr Prager's Pancakes-Broccoli	12 oz
80868-00245	Dr Prager's Pancakes-Spinach	12 oz
* 89162700751	EVOL Burrito-Chicken With Guacamole	7 oz
89162700752	EVOL Burrito-Veggie With Guacamole	7 oz
7-04863-01702	Garden Lite Soufflé-Broccoli	7 oz
7-04863-01708	Garden Lite Soufflé-Butternut	7 oz
7-04863-01703	Garden Lite Soufflé-Vegetable	7 oz
* 23631-10407	Gelson's Finest Shrimp 16-20 Ez-Peel Raw Tail-On	1 ea
* 23631-10408	Gelson's Finest Shrimp 16-20 Ct Cooked Tail-On	1 ea
* 23631-10405	Gelson's Finest Shrimp 26-30 Ez-Peel Raw Tail-On	1 ea
* 23631-10406	Gelson's Finest Shrimp 26-30 Ct Cooked Tail-On	1 ea
* 23631-10409	Gelson's Finest Shrimp 31-40 Ct Cooked Tail-On	1 ea
41641-10101	Golden-Blintzes/Cheese	6 ct
41641-20105	Golden-Pancakes/Sweet Potato	8 ct
41641-20107	Golden-Pancakes/Zucchini Potato	8 ct
80618-41101	Good Food Oatmeal-Maple	2 pk
80618-41102	Good Food Oatmeal-Unsweetened	2 pk
* 75671-82814	Imitation Crab Meat	1 ea
* 855764-00320	Lyfe Penne with Meatballs	10 oz
855764-00323	Lyfe Pilaf with Peperonata	10 oz
838869-00001	Rice Expressions-Whole Grain Brown Rice	30 oz
* 2-46018-00000	Salmon Burgers	1 lb
88176910604	Stock Options Chicken Stock	28 oz
88176955212	Stock Options Fish Stock	28 oz
89947-30221	Van's Waffles-Lite	8 oz
89947-30203	Van's Waffles-Whole Grains	8 oz
28571-00552	Village Harvest Brown Rice/Red Quinoa	10 oz
28571-00558	Village Harvest Cranberry Almond Grains	10 oz
28571-00556	Village Harvest Golden Quinoa	8 oz
8-26246-87124	Vitamuffin Tops-Cranberry Bran	8 oz

* These items are part of the weekly diet.

Grains, Noodles, Beans & Legumes

UPC	Product Name	Size
89125-22000	Ancient Harvest Quinoa Organic Pasta-Elbows	8 oz
89125-23000	Ancient Harvest Quinoa Organic Pasta-Linguini	8 oz
89125-21000	Ancient Harvest Quinoa Organic Pasta-Penne	8 oz

89125-26000	Ancient Harvest Quinoa Organic Pasta-Rotini	8 oz
89125-25000	Ancient Harvest Quinoa Organic Pasta-Spaghetti	8 oz
7-65667-40050	Annie Chun's Rice Express-Multi Grain	6.3 oz
7-65667-40020	Annie Chun's Rice Express-Sprout Brown	6.3 oz
76808-53355	Barilla Plus-Angel Hair	14.5 oz
76808-53359	Barilla Plus-Elbows	14.5 oz
76808-00032	Barilla Plus-Farfalle	14.5 oz
76808-53360	Barilla Plus-Penne	14.5 oz
76808-53358	Barilla Plus-Rotini	14.5 oz
76808-53357	Barilla Plus-Spaghetti	14.5 oz
76808-53328	Barilla Whole Grain Penne	13.25 oz
76808-53412	Barilla Whole Grain Rotini	13.25 oz
76808-53327	Barilla Whole Grain Spaghetti	13.25 oz
39978-00304	Bob's Red Mill Corn Meal	24 oz
39978-00124	Bob's Red Mill-Bulgur Wheat	28 oz
39978-00860	Bob's Red Mill-Farro Organic	24 oz
39978-00323	Bob's Red Mill-Organic Quinoa	26 oz
24094-73041	De Cecco Penne Rigate Whole Wheat	13.3 oz
24094-73034	De Cecco Whole Wheat Fusilli	13.3 oz
24094-73012	De Cecco Whole Wheat Spaghetti	13.3 oz
8-97034-00221	Earthly Choice-Cultivated Wild Rice	12 oz
8-97034-00214	Earthly Choice-Farro Organic	12 oz
8-97034-00204	Earthly Choice-Quinoa Organic	14 oz
8-97034-00215	Earthly Choice-Wheat Berries	14 oz
7-10069-80606	Gefen Couscous-Whole Wheat Israeli	8.8 oz
7-10069-80608	Gefen Orzo-Whole Wheat	8.8 oz
26825-00403	Gia Russa Whole Wheat Penne Rigate	16 oz
26825-00407	Gia Russa Whole Wheat Spaghetti	16 oz
17400-12001	Gourmet House Wild Rice-Cultivated	6 oz
8-37328-00102	Hakubaku Organic Noodles-Soba	9.25 oz
73416-19763	Lundberg Rice-Short Grain Organic Brown	2 lb
73416-00430	Lundberg Rice-Wild Rice Blend	1 lb
17400-10535	Mahatma Rice-Brown Natural Long Grain	32 oz
72700-10433	Manischewitz Noodles-Whole Grain Noodle Yolk Wide	12 oz
17400-14001	Minute Rice Ready To Serve-Brown	8.8 oz
17400-14004	Minute Rice Ready To Serve-Brown/Wild	8.8 oz
6-56282-00011	Molino Instant Polenta	17.6 oz
75181-00139	Mrs Leeper's Corn Pasta-Elbows	12 oz
75181-00185	Mrs Leeper's Corn Pasta-Rotelli	12 oz
75181-00113	Mrs Leeper's Corn Pasta-Spaghetti	12 oz
15400-19034	Natural Directions-Dry Black Beans Organic	1 lb
15400-19039	Natural Directions-Dry Green Split Peas Organic	1 lb
15400-19038	Natural Directions-Dry Lentils Organic	1 lb

15400-19033	Natural Directions-Dry Pinto Beans Organic	1 lb
72251-53020	Near East Couscous Whole Grain Wheat	7.6 oz
72248-35507	Polenta Valsugana Polenta Express	13.2 oz
7-47479-00075	Rao's Pasta-Whole Wheat Penne Rigate	17.6 oz
74401-93041	Rice Select Organic Rice-Brown	36 oz
74401-76041	Rice Select Royal-White/Brown/Wild/Red	21 oz
1-11950-21310	Sabarot-Green Lentils	17 oz
41380-00040	Springfield Dried Peas-Black Eye	16 oz
41380-00028	Springfield Dried-Barley	16 oz
41380-00030	Springfield Dried-Beans Black	16 oz
41380-00031	Springfield Dried-Beans Kidney	16 oz
41380-00034	Springfield Dried-Beans Lima Large	16 oz
41380-00036	Springfield Dried-Beans Pinto	16 oz
41380-00037	Springfield Dried-Beans Red Small	16 oz
41380-00039	Springfield Dried-Beans White Small	16 oz
41380-00032	Springfield Dried-Lentils	16 oz
41380-00038	Springfield Dried-Northern Beans	16 oz
41380-00042	Springfield Dried-Peas Split Green	16 oz
41380-00043	Springfield Dried-Peas Split Yellow	16 oz
41380-00029	Springfield Dried-Soup Mix	16 oz
17400-10078	Success Rice Brown	14 oz
6-21683-92115	Tinkyada Brown Rice Pasta-Penne	16 oz
6-21683-92015	Tinkyada Brown Rice Pasta-Spaghetti	16 oz
85814-00021	truRoots-Organic Quinoa	12 oz
73176-00150	Tsuru Mai Rice-Brown	16 oz
54800-03177	Uncle Ben's Ready Rice-Whole Grain Brown	8.8 oz
54800-12001	Uncle Ben's Rice-Brown	14 oz
72248-35507	Valsugana Pandeia Polenta Maize	13.2 oz
28571-00512	Village Harvest Rice-Organic Brown	30 oz
28571-00516	Village Harvest Rice-Quinoa	30 oz
70577-00039	Wolff's Kasha-Medium	13 oz
70577-00038	Wolff's Kasha-Whole	13 oz

Milk Alternatives

UPC	Product Name	Size
84253-22215	Rice Dream-Enriched Organic Original	32 oz
84253-22230	Rice Dream-Enriched Organic Original	64 oz
8425327117	Rice Dream Refrigerated Original	64 oz
84253-22216	Rice Dream-Vanilla Enriched With Calcium	32 oz
74873-96015	Westsoy-Soy Drink Unsweetened Organic Gluten Free	32 oz

	Original	
74873-97083	Westsoy-Soy Drink Unsweetened Organic Vanilla	32 oz

Nut Butter

UPC	Product Name	Size
1588314542	Al-Wadi Tahini	16 oz
74333-47052	Arrowhead Mills Peanut Butter-Creamy	16 oz
41795-00098	Joyva Tahini Sesame Tin	15 oz
71157-30645	Koeze Cream Natural Peanut Butter-Crunchy	16.5 oz
71157-30341	Koeze Cream Natural Peanut Butter-Smooth	17 oz
51500-19615	Laura Scudder's Peanut Butter-No Salt Smooth	16 oz
51500-05061	Laura Scudder's Peanut Butter-Nutty	16 oz
51500-05030	Laura Scudder's Peanut Butter-Reduced Fat Smooth	16 oz
51500-05029	Laura Scudder's Peanut Butter-Smooth	16 oz
7-30555-00016	Maisie Janes Almond Butter-Crunch	12 oz
7-30555-00015	Maisie Janes Almond Butter-Smooth	12 oz
51651-09217	MaraNatha Almond Butter-Organic	16 oz
51651-09367	MaraNatha Sunflower Seed Butter	12 oz
36192-12700	Santa Cruz Organic Peanut Butter-Creamy	16 oz
36192-12702	Santa Cruz Organic Peanut Butter-Creamy Light Roasted	16 oz
36192-12701	Santa Cruz Organic Peanut Butter-Crunch	16 oz
36192-12703	Santa Cruz Organic Peanut Butter-Crunch Light Roasted	16 oz
7-11381-03142	Stonewall Kitchen Peanut Butter-Chunky	15.5 oz
737539-19049	Sunbutter Sunflower Seed Spread Organic	16 oz

Nuts & Seeds

	UPC	Product Name	Size
	759283-31020	Back To Nature-Cashew, Almond, Pistachio	10 oz
*	759283-00105	Back To Nature-Martha's Vineyard Mix	10 oz
	41570-05379	Blue Diamond Almonds 100cal Pack	4.38 oz
	41570-05353	Blue Diamond Almonds-Roasted /No Salt	8 oz
	41570-05442	Blue Diamond Almonds-Whole Natural	1 lb
	39978-00339	Bob's Red Mill Chia Seed	16 oz
	39978-00230	Bob's Red Mill Raw Whole Golden Flaxseed	24 oz
	39978-00330	Bob's Red Mill Whole Ground Flaxseed Meal	16 oz
	74628-02506	Flanigan Farms Almonds Slivered	2.5 oz
	74628-12004	Flanigan Farms Almonds Whole	12 oz
	74628-02504	Flanigan Farms Almonds Whole Unsalted	2.5 oz
	74628-02508	Flanigan Farms Cashews Unsalted	2.5 oz
	74628-22509	Flanigan Farms Hazelnuts Blanched	2.5 oz

74628-05030	Flanigan Farms Nuts & Fruits	5 pk
74628-06029	Flanigan Farms Nuts & Fruits	6 oz
74628-07502	Flanigan Farms Nuts & Things	5 pk
74628-12002	Flanigan Farms Nuts & Things	12 oz
74628-06010	Flanigan Farms Pecan Pieces	6 oz
74628-02010	Flanigan Farms Pecans	2 oz
74628-02511	Flanigan Farms Pepitas Unsalted	2.5 oz
74628-01512	Flanigan Farms Pine nuts	1.5 oz
74628-02017	Flanigan Farms Pistachios-Shelled	2 oz
74628-04003	Flanigan Farms Sunflower Seeds	4 oz
74628-12003	Flanigan Farms Sunflower Seeds	12 oz
74628-04025	Flanigan Farms Walnuts Chopped	4 oz
73120501962	Gelson's Finest Nuts-Almonds Natural Sliced	8 oz
73120501362	Gelson's Finest Nuts-Almonds Raw	10 oz
95248-31072	Gelson's Finest Nuts-Pecan 1/2's	8 oz
95248-31073	Gelson's Finest Nuts-Pecan Pieces	8 oz
9524821051	Gelson's Finest Nuts-Pine Nuts	4 oz
95248-21000	Gelson's Finest Nuts-Raw Almonds	4 oz
95248-31000	Gelson's Finest Nuts-Raw Almonds	8 oz
95248-21031	Gelson's Finest Nuts-Raw Jumbo Cashews	4 oz
731205-25262	Gelson's Finest Nuts-Raw Organic Cashews	10 oz
731205-20168	Gelson's Finest Nuts-Roasted Pistachios	4 oz
731205-10268	Gelson's Finest Nuts-Walnuts Black	5 oz
731205-10142	Gelson's Finest Nuts-Walnuts Halves & Pieces	7 oz
95248-31275	Gelson's Finest Nuts-Walnuts Halves & Pieces	8 oz
95248-31276	Gelson's Finest Nuts-Walnuts Medium Pieces	8 oz
731205-10168	Gelson's Finest Nuts-Walnuts 80% Halves	3 oz
71873-48200	Hawaiian Host-Macadamia Nuts	4.5 oz
11152-06600	JFC Roasted Sesame Seeds	8 oz
76991-00400	Mariani Nuts Almonds-Whole Natural	6 oz
76991-00111	Mariani Nuts Almonds Sliced	10 oz
76991-00112	Mariani Nuts Almonds Slivered	10 oz
76991-00110	Mariani Nuts Almonds Whole	10 oz
76991-00121	Mariani Nuts Pecans Chopped	10 oz
76991-00120	Mariani Nuts Pecans Shelled	10 oz
76991-00101	Mariani Nuts Walnuts Chopped	10 oz
76991-00100	Mariani Nuts Walnuts Shelled	10 oz
6-12820-55001	Mrs May's Naturals-Almond Crunch	5 oz
6-12820-55002	Mrs May's Naturals-Cashew Crunch	5 oz
6-12820-50018	Mrs May's Naturals-Cranberry Blueberry Crunch	5 oz
69275210311	Nutiva Organic Chia Seeds	12 oz
29000-01320	Planters Natural Harvest-Cashews	10 oz
29000-01321	Planters Natural Harvest-Pistachios	10 oz

14113-21024	Wonderful Almonds-Natural Raw	6.3 oz
14113-21022	Wonderful Almonds-Roasted Salted	6.3 oz
14113-91018	Wonderful Pistachios-Roasted No Salt	8 oz

Olive Oil

UPC	Product Name	Size
8-90201-00206	Amphora Extra Virgin Olive Oil-Organic	16.9 oz
39153-10040	Colavita Olive Oil-Extra Virgin Organic	500 ml
7-86969-01013	Napa Valley Olive Oil-Extra Virgin/Organic	16.9 oz
15400-19050	Natural Direction-Oil Extra Virgin Olive Organic	17 oz
7-57645-03020	Newman's Own Organic-Extra Virgin Olive Oil	16.9 oz
7-57645-03010	Newman's Own Organic-Extra Virgin Olive Oil	25.3 oz

Olives

UPC	Product Name	Size
6-07959-30004	Cat Cora's Organic Olives-Pitted Kalamata	5.8 oz
7-05814-72820	Early California Olives-Chopped	4.25 oz
7-05814-72730	Early California Olives-Extra Large	6 oz
7-05814-25507	Early California Olives-Kalamata Pitted	6 oz
7-05814-72750	Early California Olives-Pitted Colossal	5.75 oz
7-05814-72721	Early California Olives-Pitted Large	6 oz
7-05814-72713	Early California Olives-Pitted Medium	6 oz
7-05814-72830	Early California Olives-Sliced	2.25 oz
7-05814-72834	Early California Olives-Sliced	3.8 oz
7-05814-49347	Early California Olives-Sliced 3 pk	6.75 oz
6-07959-00011	Gaea Olives-Pitted Kalamata	5.8 oz
32851-00005	Graber Olives #14	7.5 oz
53800-03021	Lindsay Olives-Extra Large	6 oz
53800-04095	Lindsay Olives-Green Pitted Medium	6 oz
53800-03601	Lindsay Olives-Pitted Jumbo	5.75 oz
53800-02821	Lindsay Olives-Pitted Large	6 oz
53800-02661	Lindsay Olives-Pitted Medium	6 oz
53800-05099	Lindsay Olives-Pitted Sliced	3.8 oz
53800-12010	Lindsay Olives-Reclosable Large	6.5 oz
53800-12013	Lindsay Olives-Reclosable Medium	6.5 oz

Pasta Sauce

UPC	Product Name	Size
7-53469-01004	Dave's Pasta Sauce-Garlic/Basil Organic	25.5 oz

7-53469-01002	Dave's Pasta Sauce-Red Heirloom Organic	25.5 oz
7-53469-01005	Dave's Pasta Sauce-Spicy Heirloom Organic	25.5 oz
73316-43116	Enrico's-Pizza Sauce	15.5 oz
8-39070-00318	Giorgio Baldi Sauce-Arrabiata	18 oz
8-39070-00218	Giorgio Baldi Sauce-Mushrooms	18 oz
8-39070-00118	Giorgio Baldi Sauce-Tomato & Basil	18 oz
8-76045-00300	Mario Batali Sauce-Tomato Basil	24 oz
7-47479-00060	Rao's Sauce-Sensitive Formula Marinara	24 oz
86341-60816	Silver Palate Sauce-Marinara Low Sodium	25 oz

Produce

UPC	Product Name	Size
32601-05061	Earthbound Organic Dried Dates	6 oz
32601-05064	Earthbound Organic Dried Mangos	3.5 oz
32601-05062	Earthbound Organic Dried Plums	6 oz
7-29328-00502	Galeos Dressing-Miso Dijonnaise	13 oz
7-29328-00503	Galeos Dressing-Miso Ginger Wasabi	13 oz
7-29328-00500	Galeos Dressing-Miso Sesame Seeds	13 oz
6-16112-02895	Guacamole - Wholly Classic	14 oz
76235710816	Juice Harvest Salsa-Avocado	12.5 oz
7-62357-11412	Juice Harvest Salsa-Fire Roasted	12.5 oz
7-62357-11111	Juice Harvest Salsa-Fresca	12.5 oz
7-62357-10516	Juice Harvest Salsa-Mango	12.5 oz
45255-12834	Melissa's Ready to Eat Baby Red Beets	8 oz
45255-13704	Melissa's Sliced Carrots	17.63 oz
45255-11246	Melissa's Steamed Black Eyed Peas	11 oz
45255-14133	Melissa's Steamed Fava Beans	12.3 oz
97209-00142	Nutra Fig - Organic White	12 oz
97923-32346	Organic Dates Whole Medjools	16 oz
97923-54343	Organic Almond Date Roll	12 oz
6-00760-00021	Sensible Foods Cherry Berry	0.75 oz
6-00760-00023	Sensible Foods Orchard Blend	0.75 oz
6-00760-00032	Sensible Foods Organic Apple Harvest	0.75 oz
6-00760-00041	Sensible Foods Organic Sweet Corn	0.75 oz
6-00760-00022	Sensible Foods Tropical Blend	0.75 oz
8-92046-00108	Today's Farm Peach	0.75 oz
8-92046-00102	Today's Farm Pineapple	0.75 oz
14113-53411	Wonderful-Almond Accents Honey Roasted	3.5 oz
14113-53410	Wonderful-Almond Accents Honey Roasted w/Cranberries	3.5 oz
14113-53412	Wonderful-Almond Accents Original Oven Roasted	3.5 oz
14113-53413	Wonderful-Almond Accents Oven Roasted No Salt	3.5 oz

14113-53409	Wonderful-Almond Accents Sea Salt Cracked Pepper	3.5 oz
14113-53408	Wonderful-Almond Accents Roasted With Pomegranate	3.5 oz

Regular Deli

	UPC	Product Name	Size
	42634-00006	Alpine Lace-Country Swiss Sliced	5 oz
*	8-27048-02560	Andrew & Everett Cheese-Shredded Mexican	8 oz
*	8-27048-02480	Andrew & Everett Cheese-Shredded Mozzarella	8 oz
*	8-27048-02463	Andrew & Everett Cheese-String	8 oz
*	8-27048-02520	Andrew & Everett Cheese-Shredded Sharp Cheddar	8 oz
*	25317-00667	Applegate Farms-Organic Roasted Sliced Chicken	6 oz
*	25317-68600	Applegate Farms-Organic Sliced Roasted Turkey	6 oz
*	25317-58600	Applegate Farms-Roasted Sliced Turkey	7 oz
*	25317-57900	Applegate Farms-Smoked Turkey/Sliced	7 oz
*	25317-52000	Applegate Farms-Turkey Hot Dog	12 oz
*	70277-00006	Athenos Feta Cheese Crumbled Traditional	6 oz
	70277-29094	Athenos Feta Chunk Reduced Fat	6 oz
**	70277-00007	Athenos Feta Crumbled Tomato Basil	6 oz
	31142-00034	Belgioioso Fresh Mozzarella Ciliegine	8 oz
	31142-00033	Belgioioso Fresh Mozzarella Ovoline	8 oz
	31142-00036	Belgioioso Fresh Mozzarella Pearls	8 oz
**	31142-86445	Belgioioso Gorgonzola Crumbly Cup	5 oz
	31142-00088	Belgioioso Mozzarella Ball	8 oz
	31142-00472	Belgioioso Mozzarella Snacking	6 oz
	31142-00183	Belgioioso Ricotta Con Latte 75%	16 oz
	70551-78653	Chavrie Cheese-Goat Basil/Garlic	5.3 oz
	70551-70053	Chavrie Cheese-Goat Plain	5.3 oz
†	761657-50416	Coeur de Chevre-Organic Goat Cheese Garlic/Herb	4 oz
†	761657-50411	Coeur de Chevre-Organic Goat Cheese Plain	4 oz
	8-50066-00206	Di Stefano Bocconcini	8 oz
	8-50066-00203	Di Stefano Mozzarella	8 oz
	8-50066-00201	Di Stefano-Burrata Il Pavone	8 oz
	49568-11012	Follow Your Heart Dressing-Ranch	12 oz
	49568-16012	Follow Your Heart Dressing-Spicy Ranch	12 oz
	49568-01016	Follow Your Heart Vegenaïse-Original	16 oz
	49568-73012	Follow Your Heart Vegenaïse-Pesto	12 oz
	71481-00005	Friendship Farmer Cheese-Plain	7.5 oz
	71481-02500	Friendship Pot Cheese No Salt	16 oz
	7-38824-02662	Galbani-Marinated Mozzarella	12 oz
**	23631-10296	Gelson's Finest Cheese-Shreds Cheddar Jack	8 oz
**	23631-10279	Gelson's Finest Cheese-Shreds Cheddar Mild	8 oz

**	23631-10278	Gelson's Finest Cheese-Shreds Cheddar Sharp	8 oz
**	23631-10283	Gelson's Finest Cheese-Shreds Jack	8 oz
**	23631-10284	Gelson's Finest Cheese-Shreds Mexican	8 oz
**	23631-10281	Gelson's Finest Cheese-Shreds Mozzarella	8 oz
†	742365-60612	Horizon Organic-Sliced Cheddar	6 oz
†	742365-60690	Horizon Organic-Sliced Provolone	6 oz
	7-42365-60635	Horizon Organic String Cheese	6 oz
*	37600-45828	Hormel-Natural Chicken Strips	6 oz
*	37600-45829	Hormel-Natural Grilled Chicken Strip	6 oz
	76371-01231	House-Organic Tofu Extra Firm	12 oz
	76371-01221	House-Organic Tofu Firm	14 oz
	75501-96193	Jarlsberg Swiss Slices Lite	8 oz
	796252-22215	Karoun Kefir Light Labne Mediterranean	16 oz
	21000-00474	Kraft-String Cheese 2%	12/10 oz
	41757-00111	Laughing Cow-Mini Babybel Reduced Calorie	4.5 oz
	46085-13000	Lifetime Fat Free Cheese-Cheddar Sticks	5 oz
	46085-13003	Lifetime Fat Free Cheese-Swiss Sticks	5 oz
	7616579-55010	Montchevre Goat Cheese-Medallions	5 oz
*	93966-30296	Organic Prairie Chicken Breast	6 oz
†	93966-00486	Organic Valley Cheese-American Singles	8 oz
†	93966-21320	Organic Valley Cheese-Cheddar Sharp	8 oz
**	93966-41210	Organic Valley Cheese-Cheddar Shreds	6 oz
†	93966-00227	Organic Valley Cheese-Mexican Shreds	6 oz
†	93966-21330	Organic Valley Cheese-Monterey Jack	8 oz
**	93966-45270	Organic Valley Cheese-Mozzarella Shredded	6 oz
†	93966-21350	Organic Valley Cheese-Munster	8 oz
	93966-00219	Organic Valley Cheese-Ricotta	15 oz
	93966-00214	Organic Valley Cheese-Stringles	6 oz
	71040-06330	Polly-O Mozzarella Low Fat	16 oz
	71040-02133	Polly-O Ricotta Cheese Part Skim	15 oz
	74550-00056	Precious Mozzarella-Ball Lite	16 oz
	74550-00008	Precious Ricotta Cheese	15 oz
	74550-10247	Precious Ricotta Cheese Fat Free	15 oz
	74550-10246	Precious Ricotta Cheese Lite	15 oz
	74550-00010	Precious Ricotta Whole Milk	15 oz
	74550-06530	Precious String Cheese	12 oz
	74550-06630	Precious String Cheese Reduced Fat	12 oz
	77901-00776	President Fat Free Traditional Feta Chunk	8 oz
	40817-01003	Quark Cheese Skim	16 oz
**	23318-03002	Saga Crumbled True Blue	4 oz
**	46100-00085	Sargento Shreds-4 Cheese Mexican Light	8 oz
	46100-01081	Sargento Shreds-Cheddar Mild Reduced Sodium	7 oz
	46100-01013	Sargento Shreds-Cheddar Sharp Reduced Fat	8 oz

	46100-01080	Sargento Shreds-Mozzarella Reduced Sodium	7 oz
**	46100-00059	Sargento Shreds-Parmesan Fancy	5 oz
**	46100-00003	Sargento Shreds-Swiss Thin	5 oz
	46100-00183	Sargento Slices Provolone Lite	6.67 oz
	46100-00180	Sargento Slices Swiss Reduced Fat	6.67 oz
	46100-00717	Sargento String Cheese-Light	9 oz
	46100-00799	Sargento String Reduced Sodium	9 oz
	8-83061-00009	Sonoma Brinery Raw Sauerkraut	16 oz
	25583-66873	Tofurky-Oven Roasted Slices	5.5 oz
	25583-10000	Tofurky-Tempeh	8 oz
**	70157-88269	Treasure Cave Crumbled Blue	5 oz
**	70157-88921	Treasure Cave Crumbled Goat Cheese	3.5 oz
**	70157-88270	Treasure Cave Crumbled Gorgonzola	5 oz
	77901-67000	Valbreso Light Feta	7 oz

* These items are part of the weekly diet.

**These items are "accent cheeses" that are eaten in 1 tablespoon quantities.

† Super 4 Toddlers

Salsas & Dips

UPC	Product Name	Size
70740-61610	Calavo Guacamole-Authentic	12 oz
70740-61612	Calavo Guacamole-Pico De Gallo	12 oz
78732-00433	Casa Sanchez-Organic Salsa	16 oz
23631-10260	Gelson's Finest Hummus-Classic	10 oz
23631-10261	Gelson's Finest Hummus-Mediterranean	10 oz
23631-10262	Gelson's Finest Hummus-Roasted Red Pepper	10 oz
23631-10271	Gelson's Finest Salsa-Medium	15 oz
23631-10253	Gelson's Finest Salsa-Mild	15 oz
708756-02020	Haig's Hummus-Original	8 oz
708756-07070	Haig's Hummus-Red Pepper	8 oz
20662-00096	Newman's Own Salsa-Medium	16 oz
20662-00095	Newman's Own Salsa-Mild	16 oz
7-11381-02307	Stonewall Kitchen Salsa-Mango Lime	16 oz
7-11381-02304	Stonewall Kitchen Salsa-Peach	16 oz

Soup, Chili & Stew

UPC	Product Name	Size
42272-00580	Amy's Soup Org-Butternut Low Sodium Low Fat	14.1 oz
42272-00583	Amy's Soup Org-Lentil Low Sodium	14.5 oz
42272-00585	Amy's Soup Org-Minestrone Low Sodium Low Fat	14.1 oz

26825-01112	Gia Russa Soups-Italian Style Vegetable	25 oz
35742-22111	Health Valley Broth-No Salt Chicken	14.25 oz
35742-22102	Health Valley Soup-No Salt Lentil	15 oz
35742-22103	Health Valley Soup-No Salt Minestrone	15 oz
35742-22106	Health Valley Soup-No Salt Tomato	15 oz
35742-22101	Health Valley Soup-No Salt Vegetable	15 oz
35742-22235	Health Valley Soup-Organic Chicken Noodle	15 oz
35742-22107	Health Valley Soup-Organic Potato Leek	15 oz
84253-24001	Imagine Broth-Organic Free Range Chicken Low Sodium	32 oz
84253-24154	Imagine Organic Soup-Light Sodium Creamy Butternut Squash	32 oz
84253-24097	Imagine Organic Soup-Light Sodium Creamy Sweet Potato	32 oz
84253-24151	Imagine Organic Soup-Light Sodium Creamy Tomato	32 oz
611443-34503	Kitchen Basics- Chicken Stock Unsalted	32 oz
52603-05436	Pacific Natural Broth-Beef Organic Low Sodium	32 oz
52603-05445	Pacific Natural Broth-Chicken Organic Low Sodium	32 oz
52603-05450	Pacific Natural Broth-Vegetable Organic Low Sodium	32 oz

Sweets

	UPC	Product Name	Size
*	7-22325-00003	Almondina Biscuits-Choconut	4 oz
*	7-22325-00000	Almondina Biscuits-Original	4 oz
*	5060000101	Andros Fruit Me Up Pouch-Apple	4 pk
*	5060000401	Andros Fruit Me Up Pouch-Apple Mango	4 pk
*	5060000301	Andros Fruit Me Up Pouch-Apple Peach Apricot	4 pk
*	5060000201	Andros Fruit Me Up Pouch-Apple Strawberry	4 pk
*	759283-00105	Back to Nature Nuts Martha's Vineyard Mix	10 oz
*	70617-00156	Barbara's Bakery-Snackimal Chocolate Chip	2.12 oz
*	70617-00157	Barbara's Bakery-Snackimal Oatmeal	2.12 oz
*	70617-00158	Barbara's Bakery-Snackimal Snickerdoodle	2.12 oz
*	70617-00155	Barbara's Bakery-Snackimal Vanilla	2.12 oz
*	859422-00309	Brewla Bars-Cherry Pomegranate Red Tea	10 oz
*	859422-00306	Brewla Bars-Rootbeer	10 oz
*	810004-01013	Carman's Muesli Bars-Apricot Almond	9.5 oz
*	37295-00502	Frutstix Fruit Bars-Light Creamy Fudge	4 ct
*	37295-00401	Frutstix Fruit Bars-Strawberry	4 ct
*	37295-00339	Frutstix Fruit Bars-Strawberry Lemonade	4 ct
*	27393-00110	Glenny's Gluten Free Cookies-Oatmeal Chocolate Chip	5 oz
*	27393-00112	Glenny's Gluten Free Cookies-Oatmeal Raisin	5 oz
*	31290-03553	Godiva Bar-72% Dark Chocolate with Almonds	3.5 oz
*	31290-09410	Godiva-Bar 72% Dark Chocolate	3.5 oz
*	41641-10103	Golden-Blintzes/Blueberry	6 ct

* 797734-60720	Goodpop-Watermelon Agave Popsicle	4 ct
* 859888-00014	Go Raw Bar-Apricot	0.4 oz
859888-00016	Go Raw Bar-Granola	0.5 oz
859888-00013	Go Raw Bar-Pumpkin	0.4 oz
* 859888-00057	Go Raw-Chocolate Mint	1.8 oz
* 859888-00058	Go Raw-Chocolate Orange	1.8 oz
* 859888-00051	Go Raw-Chocolate Original	1.8 oz
* 859888-00032	Go Raw Super Chips-Pumpkin	3 oz
* 7-08656-10000	Green & Black's Organic Chocolate-Dark	3.5 oz
* 7-08656-10041	Green & Black's Organic Chocolate-Dark 85%	3.5 oz
* 853826-00340	Happy Squeeze Organic Twist Blueberry Apple	3.5 oz
* 18627-62001	Kashi TLC Chewy Cookies-Oatmeal Dark Chocolate	8.5 oz
* 6-02652-17653	Kind Bar Nuts & Spices-Cashew & Ginger Spice	1.4 oz
* 6-02652-17650	Kind Bar Nuts & Spices-Madagascar Vanilla Almond	1.4 oz
* 60265217090	Kind Bar Nuts & Spices-Maple Pecan and Sea Salt	1.4 oz
* 6-02652-17004	Kind Bar-Fruit/Nut Delight	1.4 oz
* 6-02652-17006	Kind Bar-Nut Delight	1.4 oz
* 6-02652-17011	Kind Plus Bar-Cranberry/Almond	1.4 oz
* 37466-01645	Lindt Chocolate Excellence 85% Cocoa	3.5 oz
* 37466-01763	Lindt Excellence Bar-Dark Chocolate 70%	3.5 oz
* 6-78629-85001	Margaret's Crisps-Cranberry Pumpkin Seed	5.3 oz
* 6-78629-85004	Margaret's Crisps-Goji/Pistachio	5.3 oz
* 71022-31276	Mariani Honey Bar-Sesame	1.4 oz
* 71022-31274	Mariani Honey Bar-Trail Mix	1.4 oz
* 30684-03502	Midel Cookie Ginger Snaps	10 oz
* 6-48713-10042	Nana's Mandelbread	13.5 oz
* 7-18604-14652	Nonni's Biscotti-Ciocolati	6.88 oz
* 854210-00431	Pure Organic Ancient Grains Bar-Chocolate Chunk	1.24 oz
* 854210-00432	Pure Organic Ancient Grains Bar-Triple Berry	1.24 oz
* 61243-10002	Raincoast Crisps-Rosemary Raisin Pecan	6 oz
* 7-13210-01068	Rocks & Rolls Cookies-Almond	10 oz
* 7-13210-01062	Rocks & Rolls Cookies-Organic Chocolate Chip	10 oz
* 78935-00544	Ryvita Crispbread-Fruit/Seed	7 oz
* 7-13109-08001	Sarabeth Preserves-Orange Apricot Marmalade	9 oz
* 7-13109-08002	Sarabeth Preserves-Peach Apricot	9 oz
* 84380-95714	St. Dalfour Conserve Black Raspberry	10 oz
* 84380-95854	St. Dalfour Conserve Cranberry Blueberry	10 oz
* 84380-95914	St. Dalfour Conserve Gourmet Pear	10 oz
* 84380-95764	St. Dalfour Conserve Peach	10 oz
* 7-11381-02474	Stonewall Kitchen Jam-Apricot	12.5 oz
* 7-11381-02995	Stonewall Kitchen Jam-Black Cherry	12 oz
* 7-11381-02138	Stonewall Kitchen Jam-Black Raspberry	12.5 oz
* 7-11381-02089	Stonewall Kitchen Jam-Fig & Ginger	12.5 oz

* 7-11381-31390	Stonewall Kitchen Jam-Hot Pepper Peach	11.25 oz
* 7-11381-02996	Stonewall Kitchen Jam-Mango Peach	12 oz
* 7-11381-30903	Stonewall Kitchen Jam-Mixed Berry	11.5 oz
* 7-11381-02140	Stonewall Kitchen Jam-Peach Amaretto	12.5 oz
* 7-11381-00004	Stonewall Kitchen Jam-Raspberry/Peach Champagne	12.5 oz
* 7-11381-00065	Stonewall Kitchen Jam-Red Raspberry	12.5 oz
* 7-11381-00066	Stonewall Kitchen Jam-Strawberry	12.5 oz
* 7-11381-31136	Stonewall Kitchen Jam-Strawberry Peach	11.5 oz
* 7-11381-00008	Stonewall Kitchen Jam-Wild Maine Blueberry	12.5 oz
* 7-11381-02542	Stonewall Kitchen Marmalade-Tangerine	13 oz
* 79126-00870	Stretch Island Fruit Leather-Cherry	0.5 oz
* 79126-00840	Stretch Island Fruit Leather-Grape	0.5 oz
* 79126-00860	Stretch Island Fruit Leather-Rasp	0.5 oz
* 79126-00890	Stretch Island Fruit Leather-Strawberry	0.5 oz
* 8-50397-00402	That's It-Apple+Apricot	1.2 oz
* 8-50397-00400	That's It-Apple+Cherry	1.2 oz
* 8-50397-00401	That's It-Apple+Pear	1.2 oz
* 89947-80210	Van's Snack Bars Chocolate Chip Gluten Free	6.2 oz
* 89947-80220	Van's Snack Bars Cranberry Almond Gluten Free	6.2 oz
* 728028-21518	Veggie Mama Garden Pops-Carrot	12 oz
* 793573-13296	Veggie Mama Garden Pops-Variety	12 oz

* These items are part of the weekly diet.