

LOW SODIUM (140 mg or less per serving)

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

The list of Dairy items starts below, Frozen Food items begin on page 4, and Grocery items on page 8.

DAIRY

BREAD AND DOUGH

- **Desserts**

- Pillsbury**

- Peanut Butter Cookies
 - Ready to Bake! Cookies – Casper the Friendly Ghost Chocolate and Sugar, Chocolate Chip, Oatmeal Chocolate Chip, Sugar, or Wendy the Good Little Witch Sugar varieties
 - Ready to Bake! Deluxe Classic Cookies – Big Turtle, Chocolate Chip, or White Chunk Macademia varieties
 - Ready to Bake! Deluxe Triple Indulgent Chocolate Cookies
 - Ready to Bake! Hershey's Cookies – Chocolate Chips, or Chocolate Chips and Chunks varieties
 - Sugar Flag Shape Cookies

- Publix**

- Chocolate Chip Cookie Dough

- **Tortillas**

- Tamxico**

- White Corn

BUTTER AND MARGARINE

- **Butter**

- Kerry Gold**

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

- Publix**

- Sweet Cream
 - Sweet Cream Salted Quarters
 - Sweet Cream Unsalted

- **Margarine**

- Publix**

- Four Quarters Original 65% Vegetable Oil Spread
 - Homestyle 48% Vegetable Oil Spread
 - Homestyle Squeeze Vegetable Oil Spread

CHEESE, SHELF-STABLE

- Kraft**

- Pineapple Cheese

CREAM AND CREAMERS

- **Coffee Cream**

- International Delight**

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

- Publix**

- Coffee Cream
 - Coffee Creamer
 - Fat Free Nondairy Creamer
 - Nondairy Creamer

- White Wave**

- French Vanilla Silk Creamer
 - Soymilk Silk Creamer

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.

- **Half 'N Half**

- Publix**

- Fat Free Half & Half
 - Half & Half

- **Whipping Cream**

- Publix**

- Heavy Whipping Cream
 - Ultra-Pasteurized Heavy Whipping Cream
 - Whipping Cream

CREAM CHEESE

- Kraft**

- Light Strawberry – Pineapple or Strawberry varieties
 - Philadelphia Cream Cheese Spread – Regular, Honey Nut Flavor, or Original Philadelphia Cream Cheese varieties
 - Soft Philadelphia Cream Cheese

- Publix**

- Light Cream Cheese
 - Neufchatel Cheese, 1/3 Less Fat Than Cream Cheese
 - Pasteurized Cream Cheese
 - Soft Cream Cheese – Regular, Light, With Chive & Onion, With Garden Vegetables, With Honey Nut Seasoning, or With Strawberries varieties
 - Whipped Cheese Spread

CULTURED PRODUCTS

- **Sour Cream**

- Breakstone's**

- Fat Free
 - Reduced Fat

- Publix**

- Sour Cream
 - Fat Free
 - Light
 - Regular

- **Yogurt**

- Dannon**

- Activia 4 Blueberry 4 Strawberry Low Fat Yogurt with Bifidus Regularis

- **Yogurt (Cont'd)**

- Dannon**

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

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

- DanActive Probiotic Cultured Immunity Dairy Drink - Strawberry or Vanilla varieties

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

- Fruition Blend Smoothie – Banana, Peach, Piña Colada, Strawberry, Strawberry Kiwi, or Wild Berry varieties

- Light 'n Fit – Strawberry/Peach, Strawberry/Strawberry Banana, or Vanilla varieties

- Light 'n Fit Strawberry Banana/Blackberry/Vanilla Family Pack
 - Light 'n Fit Carb Control Dairy Snack – Blueberries 'n Cream, Strawberries 'n Cream, or Vanilla varieties

- Light 'n Fit Carb Control Smoothie – Strawberry or Strawberry Banana 'n Cream varieties

- Light 'n Fit Smoothie – Mixed Berry, Peach Passion, Raspberry, Strawberry, Strawberry Banana, or Strawberry Kiwi varieties

- Light 'n Fit Sweetened Nonfat Yogurt Family Pack with Splenda

- Light 'n Fit Strawberry Kiwi

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

- Natural Flavors Yogurt – Coffee or Vanilla varieties

- Natural Plain Yogurt with Acidophilus

- Plain Nonfat Yogurt

- Sprinkl'ins Low Fat Strawberry Mystery Mixins

- **Yogurt (Cont'd)**

- Dannon**

- Strawberry/Strawberry Banana/Peach Yogurt Creamy Fruit Blends

- Strawberry La Crème Yogurt

- Vanilla La Crème Yogurt

- Horizon**

- Fat Free Yogurt – Plain, Blueberry, Cherry, Peach, Raspberry, or Vanilla varieties

- Lifeway**

- Low Fat Plain Kefir

- Publix**

- Creamy Blends Smoothie – Blueberry, Peach Passion, or Strawberry varieties

- Fat Free Light Smoothie – Mixed Berry, Blueberry, Peach Passion, or Strawberry varieties

- Just for Kidz! Low Fat Yogurt – Blueraspberry and Cotton Candy, Grape Bubble Gum and Watermelon, or Strawberry Banana Cherry varieties

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

- Peach Strawberry Creamy Yogurt Blends

- Silk Live!**

- Live Cultured Smoothie – Mango, Peach, Raspberry, or Strawberry varieties

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

- Stonyfield Farm**

- Fat Free Key Lime Yogurt

- Nonfat Acidophilus Culture Yogurt – Plain, Black Cherry, Blueberry, Chocolate

- Underground, French Vanilla, Peach, or Strawberry varieties

- Nonfat French Vanilla Yogurt

- Organic O'Soy 3 Strawberry 3 Peach Cultured Soy

• **Yogurt (Cont'd)**

Stonyfield Farm

- Organic Strawberry, Banana, Raspberry, Pear Yo Baby plus Fruit & Cereal
- Organic Yo Baby Apple Mixed Berry Yogurt plus Fruit & Cereal with Iron
- Organic Yo Baby Drinkable Yogurt – Banana or Peach varieties
- Organic Yo Baby Made With Whole Milk Yogurt – Banana and Vanilla, Blueberry and Apple, or Peach and Pear varieties
- Organic Yogurt – Plain, French Vanilla, Low Fat Strawberry, Low Fat Vanilla, Strawberries & Cream, Whole Milk French Vanilla, or Wild Blueberry varieties
- Organic Yogurt Smoothie – Strawberry or Wild Berry varieties

Weight Watchers

- Mild Low Fat Yogurt with Peach Granola
- Nonfat 1 Value Points Per Serving Yogurt – Blueberry, Key Lime Pie, Peach, Strawberry, or Vanilla varieties

Yo Crunch

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

Yoplait

- 99% Fat Free Light Yogurt – Apricot Mango, Blackberry, Blackberry Harvest, Blueberry, Cherry, French Vanilla, Peach, Strawberry, Strawberry & Banana, Strawberry Cheesecake Flavored, or Very Vanilla varieties
- Go-GURT Smoothie – Paradise Punch, Strawberry Splash, or Wild Berry varieties

• **Yogurt (Cont'd)**

Yoplait

- Go-GURT Portable Yogurt – Berry Blue Blast & Strawberry Splash, Berry Burstin' Melon Berry & Cotton Candy, Limited Edition Flavors – Swirled Strawberry Milkshake & Banana Split, or Watermelon Meltdown & Strawberry Banana Burst varieties
- Kids 25% Less Sugar Low Fat Yogurt – Peach and Strawberry Banana, or Strawberry Vanilla and Strawberry varieties
- Light Fat Free Fridge Pack Yogurt – Strawberry/Blueberry Patch or Strawberry/Harvest Peach varieties
- Light Smoothie – Peach, Strawberry, or Strawberry Banana varieties
- Light Raspberry
- Original Low Fat Fridge Pack Yogurt – Strawberry, Strawberry/Harvest Peach, or Strawberry/Mixed Berry varieties
- Original Style Yogurt – Banana Crème, Blueberry, Cherry, Mixed Berry, Orange Crème, Peach, Piña Colada, Pineapple, Raspberry, Strawberry, Strawberry & Banana, or White Chocolate Raspberry varieties
- Thick & Creamy Light Yogurt – Key Lime Pie, Mixed Berry, Peaches & Cream, or Strawberry varieties
- Thick & Creamy Yogurt – Strawberry, Strawberry Banana, or Vanilla varieties
- Trix Yogurt – Cotton Candy & Strawberry Kiwi, Strawberry Banana Bash & Rainbow Raspberry, Triple Cherry & Rainbow Punch, or Watermelon Burst & Strawberry Punch varieties
- Yogurt *Whips!* – Chocolate Mousse, Chocolate Raspberry, Key Lime Pie, Lemon Meringue, Peaches 'N Cream, or Strawberry Mist varieties

DESSERTS

• **Gelatin**

Jell-O

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

Publix

- Sugar Free Gelatin – Black Cherry & Cherry, Raspberry & Orange, or Strawberry varieties

• **Puddings**

Jell-O

- Sugar Free Reduced Calorie Vanilla Pudding Snacks

Kozy Shack

- By Request No Sugar Added Chocolate
- Cinnamon Raisin Rice
- European Style Rice
- Flan with Crème Caramel
- No Sugar Added Rice
- No Sugar Added Tapioca
- Original Rice
- Tapioca Rice

Publix

- Rice
- Tapioca

EGGS

• **Egg Substitutes**

Egg Beaters

- Egg Beaters
- Egg Whites
- Pasteurized Refrigerated Egg Product

Publix

- Fat Free, Cholesterol Free, & Lactose Free Real Egg Product
- Egg Stirrs

- **Fresh Eggs**

- 4 Grain**

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

- The Country Hen**

- Organic Large Brown

- Eggland's Best**

- Cage Free Large Brown
 - Extra Large
 - Large

- Publix**

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

MILK AND MILK PRODUCTS

- **Fresh Milk**

- Publix**

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

- Publix GreenWise Market**

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

- **Milk Substitutes**

- 8th Continent**

- Light Chocolate Soymilk
 - Light Plain Soymilk
 - Light Vanilla Soymilk
 - Low Fat Vanilla Soymilk

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

- Imagine Rice Dream**

- Enriched Original
 - Enriched Vanilla

- Silk**

- Calcium & Vitamin Enriched Coffee Latte
 - Calcium Enriched Soymilk – Plain or Chocolate varieties
 - Lactose Free Organic Soymilk – Cholesterol Free Unsweetened, Chocolate, or Vanilla varieties
 - Lactose Free – Vanilla or Very Vanilla varieties
 - Soymilk – Plain, Light Plain, Chocolate, Lactose Free Vanilla, Light Chocolate, Light Vanilla, Mocha, Vanilla, Very Vanilla, or White Wave varieties

- **Ultra Pasteurized Milk**

- Hershey's**

- Creamy Chocolate Milkshake
 - Ultra Pasteurized Organic Milk, Vitamins A & D Added – Fat Free or Reduced Fat varieties
 - Ultra Pasteurized Organic Milk, Vitamin D Added

NATURAL CHEESE

- **Ricotta**

- Pollyo**

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

- Publix**

- Ricotta Cheese – Part Skim or Whole Milk varieties

- Sorrento**

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

FROZEN FOODS

BREAKFAST

- **Egg Substitutes**

- Morningstar Farms**

- Scramblers

DESSERT

- **Cakes**

- Pepperidge Farm**

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

- **Desserts**

- Rich's**

- Chocolate Eclairs

- Sara Lee**

- Mini Cream Puffs
 - Mini Eclairs

- **Shells**

- Pillsbury**

- Pet-Ritz Pie Crusts – Regular or Deep Dish varieties

DINNER AND ENTREES

- **Kosher**

- Golden Cheese**

- Crepes Blintzes

FRUITS

- Dole**

- Blueberries

- Publix**

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

ICE CREAM AND NOVELTIES

• Cream Based Novelties

Breyers

Ice Cream Bar – Carb Smart Almond, Rocky Road, Sugar Smart, or Sugar Smart Krunch varieties

Dove

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

Edy's

Edy's Dibs Bite Sized Ice Cream Snacks – Chocolate With Chocolate Coating, Cookies 'N Cream, Mint With Chocolate Coating, Vanilla With Chocolate Coating, Vanilla with Crunch Coating, or Vanilla With Drumstick Coating varieties

Good Humor

Ice Cream Bars – Chocolate Éclair or Strawberry Shortcake varieties

Häagen-Dazs

Ice Cream Bars – Vanilla & Almond or Vanilla & Milk Chocolate varieties

Healthy Choice

Sorbet & Cream Orange or Raspberry Ice Cream Bars
Premium Vanilla Sandwiches

Klondike

98% Fat Free Slim-A-Bear Sandwich – Vanilla, or Vanilla & Chocolate varieties
Klondike Bar – The Original, Chocolate, Heath Milk Chocolate English Toffee Bar, or Krunch varieties

• Cream Based Novelties (Cont'd)

Klondike

Oreo Cookies And Cream Bar
Reduced Fat & Calorie No Sugar Added Slim-A-Bear Vanilla Sandwich
Reese's Peanut Butter Bar
Slim-A-Bear Reduced Fat No Sugar Added Bar – Krunch or Vanilla varieties
Vanilla Ice Cream Sandwich

M&Ms

Ice Cream Cones

Popsicle

Sugar Free Creamsicle

Publix

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

Silhouette

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

Snickers

Ice Cream Bars
Minis Mix Mini Ice Cream Bars

Starbucks

Low Fat Frappuccino Blended Mocha Coffee Bars

Tofutti

Cutie Vanilla
Dark Almond Vanilla Frozen Dairy Dessert

Weight Watchers

Chocolate Cookie and Ice Cream Giant Bar
Chocolate Mousse Bars
Cookie & Cream Giant Bar
English Toffee Crunch Bars
Giant Fudge Sundae Cones – Chocolate or Vanilla varieties
Vanilla Ice Cream Sandwich

• Fruit Bars

Breyers

13-Pack Strawberry/Orange/Raspberry Pure Fruit
10-Pack Strawberry Pure Fruit Bars

Edy's

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

• Fudge Based Novelties

Fudgsicle

Fat Free
No Sugar Added
Original

Healthy Choice

Premium Fudge Bars
Premium Mocha Swirl Bars

Publix

Fudge Bars
No Sugar Added Fudge Pops

Weight Watchers

Giant Chocolate Fudge Ice Cream Bars

• Ice Cream

Publix

Chocolate
Chocolate Fudge Swirl
Chocolate Peanut Butter
Marshmallow Chocolate
Neapolitan
Royal Fudge
Vanilla
Vanilla Chocolate Strawberry

• Ice Cream – Premium

Breyers

All Natural Extra Creamy Vanilla
All Natural Vanilla & Chocolate Fudge Checks
All That Caramel! Vanilla with Caramel

• Ice Cream – Premium (Cont'd)

Breyers

Butter Almond
Butter Pecan
Caramel Praline Almond
Carb Smart Rocky Road
Carb Smart Vanilla
Cherry Vanilla
Chocolate
Chocolate Caramel Nut
Chocolate Chip
Chocolate Chip Cookie Dough
Coffee
Cookies & Cream
Dulce de Leche Flavor
French Vanilla
Ice Cream with Health Milk
Chocolate English Toffee Bar Pieces
Lactose Free Vanilla
Mint Chocolate Chip
Mud Pie Brownie
Natural Vanilla
Peach
Peanut Butter Fudge
Peanut Butter with Reese's
Peanut Butter Cup Pieces
Rocky Road
Strawberry
Take Two! Vanilla & Chocolate
Vanilla Fudge Twirl
Vanilla Ice Cream with Oreo
Cookie Pieces
Vanilla-Chocolate-Strawberry

Edy's

Grand Butter Pecan
Grand Cherry Chocolate Chip
Grand Cherry Vanilla
Grand Chocolate
Grand Cookie Dough
Grand Cookies 'n Cream
Grand Double Fudge Brownie
Grand Double Vanilla
Grand Espresso Chip
Grand French Vanilla
Grand Fudge Swirl
Grand Limited Edition

• Ice Cream – Premium (Cont'd)

Edy's

Grand Mint Chip
Grand Nestle Drumstick Sundae
Ice Cream Cone
Grand Peanut Butter Cup
Grand Real Strawberry
Grand Rocky Road
Grand Spumoni
Grand Toffee Bar Crunch
Grand Vanilla
Grand Vanilla Bean
Grand Vanilla Chocolate
Strawberry

Publix

Premium Banana Split
Premium Bear Foot Brownie
Premium Bear Claw
Premium Black Jack Cherry
Premium Butter Pecan
Premium Cherry Nut
Premium Chocolate
Premium Chocolate Almond
Premium Cherish Passion
Chocolate
Premium Chocolate Chip
Premium Chocolate Chip Cookie
Dough
Premium Chocolate Trinity
Premium Cookies 'n Cream
Premium Dulce de Leche
Premium French Vanilla
Premium Heavenly Hash
Premium Homemade Butter
Pecan
Premium Homemade Chocolate
Chip
Premium Homemade Double
Chocolate Chunk
Premium Homemade Strawberry
Premium Homemade Vanilla
Premium Limited Edition Red
Velvet Cake
Premium Limited Edition Santa's
White Christmas
Premium Mint Chocolate Chip
Premium Moose Tracks
Premium Otter Paws

• Ice Cream – Premium (Cont'd)

Publix

Premium Strawberry
Premium Vanilla
Premium Vanilla Chocolate
Strawberry
Premium Wild Berry Cheese
Cake

• Ice Cream – Super-Premiums

Ben & Jerry's

2 Twisted! Half Baked
Cherry Garcia
Chocolate Chip Cookie Dough
Chocolate Fudge Brownie
Chunky Monkey
New York Super Fudge Chunk
Peanut Butter Cup
Phish Food
Pistachio Pistachio
Strawberry Cheesecake
Toffee Crunch Heath Bar
Vanilla with Toffee Crunch

Dove

Beyond Vanilla
Chocolate Brownie Affair
Give in to Mint
Irresistibly Raspberry
Pecan Caramel Perfection
Unconditional Chocolate
Vanilla with a Chocolate Soul

Häagen-Dazs

Black Raspberry Chip
Banana Split
Bailey's Irish Cream
Black Walnut
Blueberry Cheesecake
Butter Pecan
Cherry Vanilla
Chocolate
Chocolate Chip
Coffee
Cookie Chip Dough
Cookies & Cream
Caramel Dulce de Leche
Light Caramel Cone
Peanut Butter

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

Häagen-Dazs

Light Chocolate Fudge Brownie
Light Cookie Dough
Light Dulce de Leche
Light Dutch Chocolate
Light Mint Chip
Light Vanilla Bean
Limited Edition Flavor
Macadamia Brittle
Mango
Mayan Chocolate
Mint Chip
Pineapple Coconut
Pistachio
Rocky Road
Rum Raisin
Strawberry
Swiss Almond Vanilla
Triple Chocolate
Vanilla
Vanilla Bean
Vanilla Chocolate Chip
Vanilla Fudge Brownie

Starbucks

Coffee Italian Roast Coffee

- **Ice Cream – Reduced Fat**

Breyers

All Natural Light Mint Chocolate Chip
Double Churn Light Chocolate Silk
Double Churn Light Cookies and Cream
Fat Free Vanilla
Light Natural Vanilla
No Sugar Added Light Sugar Smart French Vanilla
No Sugar Added Light Sugar Smart Vanilla
Light Vanilla-Chocolate-Strawberry
No Sugar Added Light Vanilla-Chocolate-Strawberry
No Sugar Added Light Sugar Smart Butter Pecan

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

Light Vanilla Bean
Grand Amazing Flavors Light Mint Chocolate Chip
Grand Light Peanut Butter Cups
Grand Light Vanilla
Grand No Sugar Added Reduced Fat Butter Pecan
Grand No Sugar Added Reduced Fat Triple Chocolate
No Sugar Added Ice Cream – Chocolate Caramel Swirl, Coffee, Fudge Tracks, or Light Fudge Tracks varieties
Slow Churned Light Ice Cream – Butter Pecan, Caramel Delight, Chocolate Fudge Chunk, Coffee, Cookie Dough, Cookies 'n Cream, Double Fudge Brownie, French Silk, French Vanilla, Mocha Almond Fudge, Peanut Butter Cup, Rocky Road, Strawberry, or Vanilla Bean varieties
No Sugar Added Ice Cream – Mint Chocolate Chip, Neapolitan, Reduced Fat Vanilla, or Vanilla Bean varieties

Publix

Low Fat Ice Cream – Chocolate, Fudge Royale, Neapolitan, or Vanilla Flavored varieties
Premium Light Ice Cream – Butter Pecan, Cookies 'n Cream, Tiramisu, or Vanilla varieties
Premium No Sugar Added Ice Cream – Moose Tracks or Peanut Brittle varieties

- **Sherbet**

Publix

Cool Lime
Pineapple Orange Lime Rainbow Dream
Raspberry Blush
Sunny Orange
Tropic Pineapple

- **Sorbet**

Häagen-Dazs

Lemon
Mango
Raspberry
Strawberry

- **Yogurt**

Ben & Jerry's

Cherry Garcia Low Fat Frozen

Edy's

Yogurt Blends – Black Cherry Vanilla Swirl, Caramel Praline Crunch, Chocolate Fudge Brownie, Chocolate Vanilla Swirls, Strawberry, or Vanilla varieties

Häagen-Dazs

Frozen Vanilla

Publix

Premium Frozen Yogurt – Blackjack Cherry, Butter Pecan, Chocolate, Cookies 'n Cream, Denali White Thunder, Heath Candy, Low Fat Road Runner Raspberry, Low Fat Vanilla, Moose Tracks, Peach, Peanut Butter Cup, or Strawberry varieties

- **Water Novelties**

Popsicle

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

Publix

Banana Pops
Orange Cherry Grape Assorted Junior Pops

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

- Publix**

- Red, White, & Blue Pops
 - Sugar Free Orange Cherry Grape
 - Assorted Junior Pops

JUICE

- **Blended Juices**

- Minute Maid**

- 5 Alive Frozen Citrus Beverage
 - Fruit Punch Frozen Concentrate

- Welch's**

- Cranberry Raspberry Frozen Concentrate Juice Cocktail
 - Orange Pineapple & Apple Orchard Frozen Concentrate
 - Passion Fruit Frozen Concentrate Flavored Juice Cocktail

- **Citrus Juice**

- Minute Maid**

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

- Publix**

- Frozen Concentrate Orange Juice

- **Cocktail Mixes**

- Bacardi**

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

- **Grape Juice**

- Welch's**

- 100% Regular Grape Juice Concentrate

- **Lime / Lemonades**

- Minute Maid**

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

ORGANICS

- **Breads**

- Food for Life**

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

- **Soybeans**

- Seaside Farms**

- Edamame Blanched Shelled Soybeans
 - Edamame Blanched Soybeans in Pods

POTATOES

- **Hash Browns**

- Publix**

- Hash Brown Potatoes

- **Potatoes**

- Alexia**

- Sweet Potato Fries with Sea Salt

VEGETABLES

- Green Giant**

- Asparagus Cuts, No Sauce Simply Steam
 - Broccoli Spears
 - Broccoli Florets, Select
 - Corn Niblets, No Sauce Simply Steam
 - Green Beans and Almonds, No Sauce Simply Steam
 - Mixed Vegetables, Steam
 - Select LeSuer Baby Sweet Peas
 - Select Sugar Snap Peas
 - Simply Steam No Sauce Sugar Snap Peas
 - Simply Steam No Sauce Sweet Peas and Pearl Onions
 - Steam Sweet Peas

- La Choy**

- Snow Pea Pods

- Publix**

- Baby Okra, Whole
 - Blackeye Peas
 - Broccoli – Chopped, Cuts, or Spears varieties

- **Vegetables (Cont'd)**

- Publix**

- Brussel Sprouts
 - Butter Beans, Speckled
 - Butter Peas
 - Carrots, Baby Whole and Crinkle Cut
 - Collard Greens, Chopped
 - Green Beans – Cut or French Cut varieties
 - Green Peppers, Diced Grade A Fancy
 - Gumbo Vegetable Mix
 - International Blend Mixed Vegetables – Alpine, Italian, Japanese, or Oriental varieties
 - Lima Beans, Fordhook
 - Mixed Vegetables – California Blend, Del Oro Blend, or Roma Blend varieties
 - Okra – Cooked or Cut varieties
 - Onions, Diced Grade A Fancy
 - Peas & Carrots
 - Peas Filled With Snaps
 - Peas, Family Size
 - Squash, Cooked
 - Succotash
 - Turnip Greens – Chopped or Chopped With Diced Turnips varieties
 - Vegetable Soup Mix with Tomatoes
 - Yellow Squash, Sliced

GROCERY**BAKING PRODUCTS**

- **Brownies / Cookies**

- Betty Crocker**

- Dark Fudge Brownie Mix
 - Supreme Brownie Mix – Original, California Walnut, Special Dark Chocolate, Triple Chunk, Turtle With Caramel & Pecans, or Walnut Chunk varieties
 - Cookie Mix – Chocolate Chip, Oatmeal, Oatmeal Chocolate Chip, Peanut Butter, or Sugar Cookies varieties

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

- Betty Crocker**

- Fudge Brownie Mix
 - Sweet Rewards Fudge Brownie Mix

- **Frosting**

- Betty Crocker**

- Deluxe Creamy Coconut Pecan
 - Creamy White Rich & Creamy Whipped Cream Whipped
 - Rich & Creamy Frosting – Chocolate, Cream cheese, Lemon, Milk Chocolate, Triple Chocolate Chip, or Vanilla varieties
 - Whipped Butter Cream
 - Soft Whipped Frosting – Chocolate, Cream Cheese, Fluffy White, Milk Chocolate, Strawberry, or Vanilla varieties

- Pillsbury**

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

- **Gelatin**

- Hunt's**

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

- Kool-Aid**

- Gel Snacks – Cherry Tropical Punch, Ice Blue Raspberry, Oh Yeah Orange, or Soarin' Strawberry varieties

- **Miscellaneous Desserts**

- Dolci**

- Fruitta Chocolate Dessert

- Durkee**

- Marshmallow Fluff
 - Regular Marshmallow Fluff

- Odense**

- Marzipan Roll

- **Muffins / Breads**

- Pillsbury**

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

- **Pie Crust**

- Betty Crocker**

- Pie Crust Mix

- **Puddings**

- Hunt's**

- Dessert Favorites Snack Pack – Chocolate Mud Pie or Lemon Meringue varieties
 - Snack Pack – Chocolate, Light Chocolate, No Sugar Added Chocolate, No Sugar Added Vanilla, Pudding for Chocolate Lovers, Swirl S'Mores, Tapioca, or Vanilla varieties
 - Triples Snack Pack – Chocolate Daredevil, Chocolate Vanilla, or Ice Cream Sandwich varieties

- Kraft**

- Handisnacks – Fat Free Chocolate or Tapioca varieties

- Minute Tapioca**

- Quick Cooking Tapioca for Pudding & Pies

BREAD

- **English Muffins / Bagels**

- Pepperidge Farms**

- Cinnamon French Toast Brown Sugar Bread Swirl
 - Cinnamon Whole Grain with Raisins Bread Swirl

- Sun-Maid**

- Cinnamon Raisin Bread Swirl

- **Hard Breads**

- Kavli**

- 5 Grain Crispbread
 - Whole Grain Hearty Thick Crispbread
 - Whole Grain Crispy Thin Crispbread

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

- Reese Holland Rusk**

- Imported Original Light Crisp Toast

- Ryvita**

- Plain Hardbread
 - Tasty Dark Rye Crisp Bread
 - Toasted Sesame Rye Crisp Bread

- Wasa**

- Hearty Rye Crackerbread
 - Crisp 'N Light Crackerbread
 - Original Fiber Rye Crispbread
 - Original Light Rye Crispbread
 - Multi Grain Hardbread
 - Oats Hardbread
 - Sesame Crispbread
 - Original Sourdough Rye Crispbread

- **Tortillas**

- La Banderita**

- Flat Corn
 - White Flour Factory Wraps
 - Plain Low Fat La Tortilla

BREAKFAST FOODS

- **Breakfast Bars**

- Barbara's Nature's Choice**

- Fat Free Blueberry Filled Cereal Bars

- Cascadian Farm**

- Chewy Organic Granola Bars – Chocolate Chip, Fruit & Nut, Harvest Berry Bars, or Multi Grain varieties

- General Mills**

- Milk 'N Cereal Bars – Cinnamon Toast Crunch, Cocoa Puffs, Honey Nut Cheerios, and Variety Pack varieties

- Kashi**

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

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

Kellogg's

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

Nature Valley

Chewy Trail Mix Bars – Fruit & Nut or Mixed Berry varieties

Chewy Yogurt Granola Bars – Strawberry or Vanilla varieties

Healthy Heart Chewy Granola Bars – Honey Nut or Oatmeal Raisin varieties

Publix

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

Fruit & Nut Trail Mix Bars

Quaker

Baked Breakfast Bars – Apple Crisp, Apple Crisp With Icing, Baked Blueberry, Banana Muffin, Mixed Berry Crisp, Strawberry Crisp, or Strawberry Crisp With Icing varieties

- **Cereals**

Cascadian Farm

Organic Multi Grain Squares
Organic Oat & Honey Granola

General Mills

Apple Cinnamon Cheerios
Fiber One
Maple Brown Sugar Whole Grain Oatmeal Crisp
Sweetened Whole Grain Double Chocolate Cookie Crisp

Kellogg's

Corn Pops
Eggo Cinnamon Toast
Frosted Mini-Wheats, Bite Size – Original, Organic, Maple & Brown Sugar, Strawberry Delight, or Vanilla Crème varieties
Low Fat Crunchy Blends Granola Without Raisins
Original All-Bran

- **Cereals (Cont'd)**

Kellogg's

Smart Start Healthy Heart
Smart Start Healthy Heart, Maple Brown & Sugar
Special K, Fruit & Yogurt

Post

Great Grains Raisin, Dates, & Pecans Cereal Selects
Healthy Classics Shredded Wheat – Original or Cinnamon With A Touch Of Brown Sugar
Healthy Classics Spoon Size Shredded Frosted Wheat Cereal
Healthy Classics Spoon Size Shredded Wheat – Original or Wheat 'N Bran
Healthy Classics Spoon Size Shredded Wheat Honey Nut
Honey Bunches of Oats Cereal with Real Peaches
Honey Bunches of Oats Cereal with Real Strawberries
Honeycomb

Publix

Sweetened Multi Grain Fruitings
Sweetened Shredded Frosted Wheats

Publix GreenWise Market

All Natural Flax Flakes
Organic Honey Crunch Oats

Quaker

100% Natural Honey Oats Raisin

Weetabix

Wheat

- **Hot Cereal**

Jim Dandy

Quick Grits

McCann

Irish Oatmeal
Steel Cut Irish Oatmeal

Nabisco

Hot Cream of Wheat Cereal
Cream of Wheat Cereal

Publix

Old Fashioned Oats
Quick Oats

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

Quaker

Organic Maple & Brown Sugar Natural Flavors Instant Oatmeal
Take Heart Blueberry Instant Oatmeal
Oat Bran Hot Cereal
Oats Old Fashioned Oatmeal
Old Fashioned Oats
Quick Grits
Quick Oats
Oats Quick 1 Minute Oatmeal
Quick Grits

- **Toaster Pastries**

Kellogg's

Go Tarts! Frosted Strawberry Snack Bars Pop-Tarts
Go Tarts! Frosted Cinnamon Brown Sugar Snack Bars Pop-Tarts

CANNED AND DRIED FRUITS

Del Monte

All Natural Mandarin Oranges in Light Syrup
All Natural Pineapple Chunks in Pineapple Juice
All Natural Sliced Peaches in Light Syrup
All Natural Tropical Fruit in Light Syrup
Bartlett Pear Halves in Heavy Syrup
Elberta Freestone Sliced Peaches
Freestone Lite Sliced Peaches
Light Syrup Citrus Salad
Lite Bartlett Pear Halves in Pear Juice
Lite Sliced Peaches
Lite Yellow Cling Sliced Peaches
Mandarin Oranges Fruit Cup
Mandarin Oranges Whole Segments in Light Syrup
No Sugar Added Sweetened Peach Chunks with Splenda
No Sugar Added Sweetened Peaches Sliced with Splenda
Peach Chunks
Peach Halves

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

- Del Monte**

- Peach Segments in Light Syrup
 - Pineapple Tidbits Fruit Cup
 - Raspberry Flavored Sliced Peaches
 - Sliced Peach Fruit Naturals
 - Sliced Peaches Harvest Spice
 - Sunfresh Red Grapefruit Sections
 - Sunfresh Red Grapefruit Sections in Light Syrup
 - Tropical Fruit Salad
 - Tropical Fruit Salad Juice
 - Tropical Mixed Fruit in Passion Fruit Nectar
 - Unpeeled Lite Apricot Halves
 - Yellow Cling Peach Halves in Heavy Syrup
 - Yellow Cling Sliced Peaches

- Dole**

- Crushed Pineapple in Unsweetened Pineapple Juice
 - Diced Fruit Bowls
 - High in Antioxidant Vitamin C Sweetened Pineapple Chunks in Heavy Syrup
 - No Sugar Added Crushed Pineapple in 100% Pineapple Juice
 - No Sugar Added Pineapple Chunks in 100% Pineapple Juice
 - No Sugar Added Pineapple Chunks in Unsweetened Pineapple Juice
 - No Sugar Added Pineapple Slices in 100% Pineapple Juice
 - No Sugar Added Pineapple Tidbits in 100% Pineapple Juice
 - Peaches in Strawberry Gel Fruitngel Bowls
 - Pineapple in Lime Gel Fruit And Gel Bowls
 - Pineapple Slices in Unsweetened Pineapple Juice
 - Pineapple Tidbits in Unsweetened Pineapple Juice
 - Pineapple Tidbits Fruit Bowls

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

- Libby Red Carb**

- Crushed Pineapple
 - Pineapple Chunks

- Ocean Spray**

- Orange Crushed Cran Fruit Cranberry
 - Jellied Cranberry Sauce
 - Whole Berry Cranberry Sauce

- Osage**

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

- Publix**

- Cranberry Sauce
 - Cranberry Jellied Sauce
 - Crushed Pineapple in Heavy Syrup
 - Crushed Pineapple in Pineapple Juice
 - Diced Peaches in Natural Peach Flavored Light Syrup
 - Diced Peaches in Strawberry Gel
 - Light Syrup Mandarin Orange
 - Lite Yellow Cling Peach Halves in Pear Juice
 - Lite Yellow Cling Peach Slices in Pear Juice
 - Mandarin Orange in Orange Gel
 - Pineapple Chunks in Heavy Syrup
 - Pineapple Chunks in Pineapple Juice
 - Pineapple Tidbits in Juice
 - Pineapple Tidbits in Lime Gel
 - Pineapple Tidbits in Pineapple Juice
 - Sliced Pineapple in Heavy Syrup
 - Sliced Pineapple in Pineapple Juice
 - Unpeeled Apricot Halves in Heavy Syrup
 - Whole Berry Cranberry Sauce

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

- Publix**

- Yellow Cling Peach Halves in Heavy Syrup
 - Yellow Cling Peach Slices in Heavy Syrup

- Dried Fruit**

- Tropical Nut**

- Dried Turkish Apricots

- Dry Mixed**

- Ocean Spray**

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

- Planters**

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

- Welch's**

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

- **Fruit Cocktail**

- Del Monte**

- Cherry Mixed Fruit in Natural Cherry Flavored Light Fruit Syrup
 - Chunky Fruit Naturals Mixed Fruit
 - Chunky Lite Mixed Fruit
 - Chunky Mixed Fruit in Syrup
 - Fruit Naturals Fruit Cocktails
 - Fruit Cocktail in Heavy Syrup
 - Fruit Cocktail
 - Lite Fruit Cocktail
 - Lite Mandarin Orange Segments in Orange Flavored Gel Fruit & Gel
 - Lite Peaches in Strawberry Banana Flavored Gel Fruit & Gel
 - Mandarin Orange Segments in Light Fruit Syrup
 - Mixed Fruit Cherry Fruit Pleasures

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

Del Monte

Mixed Fruit in Light Fruit Syrup
Mixed Fruit in Cherry Flavored Gel Fruit & Gel
Mixed Fruit FruitRageous Crazy Cherry Fruit Cup
Mixed Fruit in Extra Light Fruit Cup Syrup
Mixed Fruit in Heavy Fruit Cup Syrup
Mixed Fruit in Peach Flavored Gel Fruit & Gel
Mixed Fruit in Raspberry Flavored Gel Fruit & Gel
No Sugar Added Sweetened Fruit Cocktail with Splenda
Pineapple Tidbits in 100% Pineapple Fruit Juice from Concentrate
Strawberry Banana Flavored Yellow Cling Peaches in Lightly Flavored Fruit Syrup
Tropical Fruit in Lightly Sweetened Fruit Juices from Concentrate Fruit
Very Cherry Mixed Fruit
Yellow Cling Diced Peaches in Light Fruit Syrup

Dole

Apple Caramel Fruit Parfait
Fruit Bowls
Mixed Cherry in Light Fruit Syrup with Other Natural Flavors
Diced Pears Fruit Bowls
Mandarin Oranges Fruit Bowls
Mandarin Oranges in Orange Gel Bowls
Mixed Fruit in Black Cherry Gel Fruit Bowls
Mixed Fruit in Peach Gel Fruit Bowls
Mixed Fruit Bowls
Pineapple Fruit Parfait Fruit Bowls
Peach Fruit Parfait Fruit Bowls
Sugar Reduced Pears in Kiwiberry Gel Bowls
Fruit Tropical Fruit Bowls

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

Publix

Fruit Cocktail in Heavy Syrup
Chunky Lite Mixed Fruit in Pear Juice
Lite Cocktail Fruit in Pear Juice

- **Fruit Snacks**

Betty Crocker

Fruit By The Foot Fruit Snacks – Berry Berry Twist, Rainbow Punch, Razzle Blue Blitz-Strawberry, Berry Tie-Dye, or Variety Pack varieties
Fruit Gushers – Flavor Shock Variety Pack, Rockin' Blue Raspberry, Strawberry Splash, Tropical Flavors, or Variety Pack varieties
Fruit Roll-Ups – Electric Blue Raspberry, Fruity Island Flavor Wave Cooler, Strawberry, Strawberry Kiwi Kick, or Variety Pack varieties
Fruit Snacks – Mixed Fruit With Calcium, Scooby Doo!, or Shark Bites varieties

- **Variety Snacks**

Tropical Nut

Yogurt Pretzels
Yogurt Raisins

CANNED MEATS

- **Poultry**

Hormel

No Salt Breast of Chicken Chunk

- **Sardines**

King Oscar

Brisling Sardines in Spring Water

- **Shrimp / Clams / Oysters / Caviar / Anchovies**

Doxsee

Clam Juice

- **Tuna**

Bumble Bee

Diet Low Salt Chunk White Tuna in Water

CANNED VEGETABLES

- **Beans**

Eden

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

- **Beets**

Aunt Nellie's

Ruby Red Pickled Whole

- **Corn**

Del Monte

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

Green Giant

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

- **Green Beans**

Del Monte

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

Publix

No Salt

- **Mushrooms / Artichoke**

Penndutch

No Salt Mushroom Stems & Pieces

- **Peas**

- **Del Monte**

- No Salt Added Fresh Cut Sweet Peas

- No Salt Added Early Garden Sweet Peas

- **Publix**

- No Salt Sweet Green Peas

- **Potatoes, Canned**

- **Bruce's**

- Cut Sweet Potatoes in Heavy Syrup

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

- **Contadina**

- Tomato Paste

- **Hunt's**

- All Natural Tomato Paste

- No Salt Added Tomato Sauce

- **Muir Glen**

- Premium Organic Fire Roasted Diced Tomatoes

- **Progresso**

- Tomato Puree

- **Publix**

- Tomato Paste

- Tomato Puree

- **Publix GreenWise Market**

- Organic Crushed Tomatoes in

- Organic Tomato Paste

- Organic Tomato Puree

- **Tomatoes**

- **Del Monte**

- Cut Petite

- No Salt Added Fresh Cut Diced

- **Hunt's**

- Organic Whole Tomatoes

- **Pomi**

- Tomatoes – Chopped or Strained varieties

- **Progresso**

- Recipe Ready Crushed Tomatoes

- **Publix**

- Crushed Tomatoes

CONDIMENTS

- **Gravy**

- **Franco-American**

- Slow Roast Chicken Gravy

- **Mustards**

- **Billy Bee**

- Honey Mustard

- **Pickles**

- **Howard's**

- Sweet Pepper Relish

- **Nance's**

- Corn Relish

- **Publix**

- Sweet Relish

- **Salsas**

- **Eatsmart**

- All Natural Snacks Garden Style

- Sweet Salsa

- **Publix**

- Black Bean & Corn Medium

- Southwestern Salsa

- **Zapata**

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

- **Specialty Sauces**

- **Crosse & Blackwell**

- Ham Glaze

- **McIlhenny Bull**

- Hot Sauce

- **Stubb's**

- Chicken Marinade

- Pork Marinade

- Original Wicked Chicken Wing

- **Vinegar**

- **Gia Russa**

- Balsamic Glaze, Imported from Modena, Italy

- Balsamic Vinegar of Modena, Imported from Italy

- White Wine Vinegar, Imported from Italy

COOKIES / CRACKERS

- **Cookies**

- **Annas**

- All Other Ginger Cookies

- **Archway**

- Crispy Sandwich – Key Lime or Raspberry varieties

- Gingersnaps Cookies

- Gingersnaps Reduced Fat Cookies

- **Bahlsen**

- Deloba Wafer Rolls

- Chocolate Sandwich

- Plain Shortbread

- Vanilla Crème Cookie Sandwich

- **Debeuella**

- Tin Chocolate Wafers

- **Entenmann's**

- Amos Sandwich Cookies

- – Chocolate, Oatmeal Macaroon, Peanut Butter, or Vanilla varieties

- **Gamesa**

- Strawberry Sugar Wafers

- **Health Valley**

- Cereal Bars – Apple Cobbler,

- Blueberry Cobbler, or

- Strawberry Cobbler varieties

- **Keebler**

- Animal Shortbread Cookies

- Reduced Fat Vienna Fingers

- Crème Filled Vienna Fingers

- Fudge Stripes Fudge Shoppe

- **Koala**

- Chocolate Yummie

- **Murray**

- Sugar Free Cookies – Chewy

- Double Fudge, Chocolate Chip,

- Chocolate Chip & Pecan,

- Fudge Dipped Shortbread,

- Gingersnap, Oatmeal, or

- Pecan Shortbread varieties

- Sugar Free Wafers – Vanilla or

- Fudge Dipped Vanilla varieties

- **Newman's Own**

- Organics Cream Filled Chocolate

- Organics Fat Free Fig Newmans

- **Cookies (Cont'd)**

- Pepperidge Farms**

- Soft Baked Cookies – Chocolate Chunk Dark Chocolate Brownie, Santa Cruz Oatmeal Raisin, Sausalito Chocolate Chunk, Snickerdoodle, or Sugar varieties
 - Distinctive Cookies – Geneva, Milano, Milano Milk Chocolate, Milano Black And White, or Verona Strawberry varieties

- Peter Debeukelaer**

- Double Chocolate Crème De Pirouline

- Publix**

- Vanilla Wafers
 - Fig Fruit Bars
 - Marshmallows Fudge Selections Cookies
 - Sandwich Cookies – Chocolate Cremes, Duplex Cremes, or Vanilla Cremes varieties

- Walkers**

- Shortbread Fingers

- **Crackers**

- Blue Diamond**

- Natural Nutthins Snacks – Nut & Rice Almond or Nut & Rice Pecan varieties

- Breton**

- Crackers
 - Low Salt Crackers

- Cabaret**

- Crackers

- Date**

- Vinta Crackers

- Publix**

- Honey Graham Crackers

- Ry Krisp**

- Seasoned Cracker

DRIED BEANS

- Goya**

- Black Beans

- Publix**

- Baby Lima Beans

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

- Publix**

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

- Quaker Scotch Brand**

- Quick Barley

JUICES

- **Apple**

- Apple & Eve**

- 100% Organic Juice

- Martinelli**

- Apple

- Minute Maid**

- Apple Juice To Go

- Publix**

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

- Publix GreenWise Market**

- 100% Organic Apple Juice, Pasteurized From Concentrate

- White House**

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

- **Blends**

- Campbell's**

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

- **Blends (Cont'd)**

- Crystal Light**

- Sweetened With Splenda – Sunrise Classic Orange, Lemonade, or Raspberry Ice varieties
 - Sugar Free Drink – Classic Orange, Lemon Tea, Lemonade, Pink Lemonade, or Raspberry Ice varieties

- Ocean Spray**

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

- Welch's**

- Cocktail Fruit Juice – Grape, Mountain Berry, or Orange
 - Pineapple & Apple varieties
 - Fruit Punch Juice Drink

- **Boxed Juices / Juice Drinks**

- Capri Sun**

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

- Hi-C**

- Flashin' Fruit Punch
 - Orange Lavaburst

- Kool-Aid**

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

- **Boxed Juices / Juice Drinks (Cont'd)**

- **Minute Maid**

- 100% Juice – Apple, Fruit Punch, Grape, Mixed Berry, or Orange varieties

- All Natural Minute Maid Coolers – Berry Punch, Fruit Punch, Pink Lemonade, or Tropical Punch varieties

- Just 10 Fruit Punch Flavored Fruit Drink

- **Cherry**

- **Knudsen**

- Black Cherry Juice

- **Citrus**

- **Ocean Spray**

- 100% Ruby Red Grapefruit Juice Blend

- 100% White Grapefruit Juice, Unsweetened

- Ruby Red Grapefruit

- Ruby Red Grapefruit & Tangerine

- Ruby Red Light Grapefruit

- **Publix**

- Ruby Red Grapefruit Juice Cocktail

- Ruby Red Grapefruit & Tangerine Juice Cocktail

- White Grapefruit Juice

- **Cranberry**

- **Apple & Eve**

- No Sugar Added 100% Cranberry Juice – Grape, Raspberry, Wildberry, or Naturally Cranberry varieties

- Vintage Concord Organics Juice

- **Knudsen**

- Cranberry

- **Northland**

- No Sugar Added Juice – Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Grape, Cranberry Pomegranate, or Cranberry Raspberry varieties

- **Ocean Spray**

- 100% Juice Cranberry Blueberry Organic Juice

- **Cranberry (Cont'd)**

- **Ocean Spray**

- 100% Pure Cranberry Juice, Unsweetened

- Cran–Raspberry Juice Drink From Concentrate

- Concentrate Cran–Raspberry Juice Blend With Two Other Juices

- Juice Cocktail – Calcium Cranberry, Cran–Apple, Cranberry, Cran–Cherry, Cran–Grape, Cran–Raspberry, Light Cran–Apple, Light Cranberry, Light Cran–Grape, Light Cran–Raspberry, Light Cranberry Sweetened With Splenda, Light White Cranberry, Light Style Cranberry, Light Style Cran–Raspberry, White Cranberry

- Peach, or White Cranberry Strawberry varieties

- Premium 100% Cranberry Juice blend

- White Cranberry Juice

- **Publix**

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

- **Publix GreenWise Market**

- Organic Cranberry Juice

- **Freeze Pops**

- **Fla-Vor-Ice**

- Six Flavors 10% Fruit Juice Giant Pops

- **Kool-Aid**

- Variety Kool Pops

- **Fruit Drink**

- **Apple & Eve**

- 100% Organic Fruit Punch

- **Publix**

- Fruit Punch

- Fruit Punch Drink

- Lemon Drink

- Orange Drink

- **Welch's**

- Strawberry / Kiwi

- **Grape**

- **Apple & Eve**

- 100% Organic Juice

- **Ocean Spray**

- Cran–Grape Juice Drink

- Cranberry Cocktail Juice

- Light Cranberry Cocktail Juice

- **Publix**

- Grape Juice 6–PK 10–OZ Bottle

- Purple Grape Juice

- White Grape Juice

- **Publix GreenWise Market**

- Organic Grape Juice

- White Grape Juice

- **Lemonade**

- **Apple & Eve**

- Lemonade Organics Juice

- **Minute Maid**

- All Natural Lemonade

- **Publix GreenWise Market**

- Organic Lemonade

- **Nectars**

- **Looz**

- Mango Nectar

- Pear Nectar

- **Pineapple**

- **Dole**

- 100% Pineapple Juice Not From Concentrate

- 100% Pure Pineapple Juice, Unsweetened, Not From Concentrate

- **Publix**

- 100% Pure Pineapple Juice

- **Pomegranate**

- **Knudsen**

- Pomegranate Juice

- **Vegetable**

- **Campbell's**

- Low Sodium Tomato Juice

- V8 100% Tomato Vegetable Juice, Low Sodium

- V8 100% Vegetable Juice, Low Sodium

MILK AND ADDITIVES, SHELF-STABLE

• Coffee Creamers

Farmland Dairies

Grade A Special Request Half
And Half

International Delight

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

• Milk

Eden Soy

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

Goya

Coconut
Coco Cream of Coconut

Hershey's

Low Fat Chocolate
Low Fat White

La Lechera

Dulce de Leche

Nestle

Milo Nutritional Energy Drink

Parmalat

2% Low Fat
2% Low Fat Chocolate
2% Low Fat White

Parmalat

Skim
Vitamin D Natural
White Whole

Pet

Vitamin D Added Evaporated

• Milk (Cont'd)

Publix

Condensed Sweetened (Dulce
Leche Condensada)
Evaporated

Rice Dream

Organic Chocolate Enriched
Beverage
Organic Original Beverage
Organic Original Enriched
Beverage
Organic Vanilla Beverage
Organic Vanilla Enriched
Beverage

Silk

Organic Plain Soymilk
Organic Unsweetened Soymilk
Organic Vanilla Soymilk

Soy Dream

Original Beverage
Original Enriched Beverage
Vanilla Beverage
Vanilla Enriched Beverage

Westsoy

Vanilla Soymilk

• Milk Flavoring

Nestle

Milo Fortified Chocolate Flavored
Drink Mix

OILS

• Canola Oil

Wesson

Pure Canola Oil

• Corn Oil

Wesson

Pure Oil Corn

• Olive Oil

Alessi

Xtra Virgin

Bella

Xtra Virgin

Bellino

Xtra Virgin

Colavita

Xtra Virgin

Da Vinci

Xtra Virgin
Premium Reserve 100% Italian
Extra Virgin

Enova

Cooking and Salad Oil

Filippo Berio

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

Gia Russa

Extra Virgin Oil, Imported from
Italy

Goya

Spanish Extra Virgin

Italica

Premium Omega-3 All Natural
Spanish Extra Virgin

Lucini Estate

Xtra Virgin

Publix

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

Tera

Extra Virgin

• Specialty Oil

Hollywood

100% Pure Safflower Oil

Wesson

Best Blend Pure Oil

• Vegetable Oil

Publix

100% Pure

Wesson

100% Pure
100% Pure Natural

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

Wesson

- Pure
- Vegetable Oil

PASTA**Alma's**

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

Bionature

- Gluten Free Fusilli

Gia Russa

- Whole Wheat Macaroni Product – Angel Hair, Linguine, Penne Rigate, Roman Rigatoni, Rotini, and Thin Spaghetti varieties
- Whole Wheat Spaghetti

Hodgson Mill

- Whole Wheat Spaghetti

Light'n Fluffy

- Egg Noodles – Wide or Extra Wide varieties

Mueller's

- Angel Hair Pasta
- Bowties
- Corkscrews
- Egg Noodles – Fine, Medium Wide, or Extra Wide varieties
- Elbow Macaroni
- Fettucine Pasta
- Linguine Pasta
- Jumbo Shells

Mueller's

- Multi Grain Penne Rigate Made with Whole Grains
- Multi Grain Rotini Made with Whole Grains

- **Pasta (Cont'd)**

Mueller's

- Multi Grain Spaghetti made with Whole Grains
- Pasta Lasagne
- Penne Rigate
- Ready Cut
- Sea Shells
- Spaghetti Pasta
- Tricolor Twists
- Thin Spaghetti Pasta
- Vermicelli Pasta
- Ziti Pasta

Publix

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

Ronzoni

- Angel Hair Pasta
- Bow Tie
- Curly Edge Pasta Lasagne
- Elbows
- Extra Fancy Jumbo Shells
- Extra Fancy Manicotti
- Healthy Harvest Extra Wide Noodles
- Healthy Harvest Whole Wheat Penne Rigate Pasta Blend

- **Pasta (Cont'd)**

Ronzoni

- Healthy Harvest Whole Wheat Rotini Pasta Blend
- Healthy Harvest Whole Wheat Spaghetti Style Pasta Blend
- Healthy Harvest Whole Wheat Thin Spaghetti Pasta Blend
- Healthy Harvest Wide Noodle Style Whole Wheat Pasta Blend
- Linguine
- Noodle Style Whole Wheat Pasta Blend
- Orzo
- Oven Ready Pasta Lasagne
- Pastina
- Penne Rigate
- Rigatoni
- Rigati Mostaccioli
- Rotelle
- Rotini
- Ziti
- Ziti Rigati

Tinkyada

- Brown Rice Elbows
- Brown Rice Penne
- Brown Rice Spirals

PASTA SAUCE

- **Pasta sauce**

Roselli's

- Spaghetti

- **Pizza / Clam Sauces**

Flora

- Tomato

POTATOES

- **Instant Potatoes**

Betty Crocker

- 100% Russet Mashed Potatoes

RICE / STUFFING / BREADING

- **Crumbs / Breadings**

Ian's

- Panko Breadcrumbs – Original Style or Whole Wheat varieties
- Potato Buds

- **Rice**

- Jasmati**

- Indian Style
 - Long Grain

- Minute Rice**

- Instant White
 - Instant Whole Grain Brown

- Publix**

- Boiling Rice Bag
 - Enriched Long Grain
 - Enriched Extra Long Grain
 - Enriched Precooked Boiling Bag Long Grain
 - Instant Brown
 - Instant White
 - Long Grain Brown

- Rice Select**

- Select 100% Organic Whole Wheat Couscous
 - Rice Sushi
 - Enriched Medium Grain
 - Medium Grain

- Risotto**

- Rice

- Texmati**

- Brown
 - Organic Brown
 - Long Grain
 - Organic

- Uncle Ben's**

- Converted Long Grain Rice
 - Enriched Parboiled Converted Original Long Grain
 - Fast Cooking Whole Grain Brown
 - Four 2 Cup Bags Boiling Bag Rice

SALAD DRESSING

- **Non-Pourable**

- Kraft**

- Light Miracle Whip Dressing
 - Light Miracle Whip Salad Dressing
 - Real Mayonnaise Hot & Spicy
 - Super Easy Squeeze Mayo

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

- Publix**

- Real Mayonnaise
 - Squeeze Mayonnaise

- **Pourable**

- Ken's**

- Lite Raspberry Walnut Vinaigrette
 - Steak House Dressing
 - Lite Sweet Vidalia Onion Steak House Dressing
 - Sweet Vidalia Onion Steak House Dressing

- Maple Grove**

- Fat Free Poppy Seed Salad Dressing

- Publix**

- Lite Raspberry Walnut Vinaigrette Salad Dressing

SNACKS

- **Dips**

- Guiltless**

- Gourmet Black Bean Dip – Mild or Spicy varieties

- Wild Garden**

- Creamy Hummus Garbanzo Bean Dip – Roasted Garlic, Sundried Tomato With Olive Oil, or Traditional

- **Nuts**

- Beer Nuts Brand**

- Originals Peanuts Snacks

- Planters**

- 6-Pack Nutrition Healthy Heart Mix Lightly Salted Go Nuts
 - Pecan Chips
 - Sliced Almonds
 - Slivered Almonds

- Publix**

- Premium Deluxe Mixed Nuts

- **Popcorn**

- Poppycock**

- Chocolate Lovers Clusters
 - Covered Almonds, Pecans, and Popcorn
 - Pecan Almond Clusters Popcorn

- **Pretzels**

- Snyder's of Hanover**

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

- **Tortilla Chips**

- Snyder's of Hanover**

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

SOUP

- **Bouillon**

- Herb Ox**

- Low Sodium Bouillon – Beef or Chicken varieties

- **Condensed Soup**

- Campbell's**

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

SPREADS AND SYRUP

- **Dessert Topping**

- Hershey's**

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

- Milky Way**

- Chocolate Hazelnut Spread

- Reese's**

- Shell Topping

- Smucker's**

- Hot Fudge Chocolate Dessert Topping
 - Dove Ice Cream Topping – Dark Chocolate or Milk Chocolate varieties

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

- Smucker's**

- Magic Shell Ice Cream Topping – Caramel, Chocolate Flavor, Chocolate Fudge, Turtle, or Twix varieties

- Butterscotch Caramel Special Recipe

- Sundae Syrup – Butterscotch, Caramel, Chocolate, or Strawberry varieties

- Toppings – Hot Fudge, Walnut, Chocolate, Dulce De Leche, Sugar Free Hot Fudge, Sugar Free Caramel, Lite Hot Fudge, Pecans In Syrup, or Pineapple varieties

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

- **Jams and Jellies**

- Bonne Maman**

- Blueberry Preserves

- Cherry Preserves

- Raspberry Preserves

- Strawberry Preserves

- Braswell**

- Fig Preserves

- Red Pepper Jelly

- Cross & Blackwell**

- Mint Apple Jelly

- Currant Jelly

- Dickinson's**

- Apple Butter Spread

- Apricot Preserves

- Blackberry Spreadable Fruit Preserves

- Pure Bing Cherry Preserves

- Purely Fruit Spreadable Blueberry Fruit

- Purely Fruit Spreadable Raspberry Fruit

- Purely Fruit Spreadable Strawberry Fruit

- Pure Strawberry Mountain Preserves

- Seedless Pure Black Raspberry Preserves

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

- Dickinson's**

- Seedless Pure Cascade Mountain Red Raspberry

- Seedless Pure Marion Blackberry Preserves

- Hero**

- Apricot Preserves

- Black Currant Preserve

- Black Cherry Preserve

- Blackberry Preserve

- Raspberry Preserve

- Strawberry Preserves

- Publix**

- Apple Jelly

- Apricot Preserves

- Concord Grape Jam

- Currant Jelly

- Grape Jam

- Low Sugar Apricot Spread

- Low Sugar Orange Spread

- Low Sugar Strawberry Spread

- Mint Jelly

- Orange Marmalade

- Peach Preserves

- Pineapple Preserves

- Seedless Black Raspberry Preserves

- Seedless Blackberry Preserves

- Seedless Red Raspberry Jam

- Strawberry Jam

- Strawberry Preserves

- Strawberry Jelly

- Smucker's**

- Apple Jelly

- Jam – Concord Grape, Grape, Mango, or Strawberry varieties

- Jelly – Concord Grape, Grape, Organic Concord Grape, or Strawberry varieties

- Light Sugar Free Preserves – Apricot, Red Raspberry, or Strawberry varieties

- Low Sugar Spread – Apricot,

- Concord Grape, Orange Marmalade, Red Raspberry, or

- Strawberry varieties

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

- Smucker's**

- Marmalade – Orange or Light Sugar Free Orange varieties

- Preserves – Apricot, Apricot Pineapple, Blueberry,

- Boysenberry Cherry, Organic Strawberry, Peach, Red

- Raspberry, or Strawberry varieties

- Reduced Sugar Fruit Spread,

- Strawberry Seedless Jam – Blackberry, Red Raspberry, or Strawberry varieties

- Simply Fruit – Apricot, Blackberry, Cherry, Peach,

- Red Raspberry, Seedless Red Raspberry, Seedless Strawberry,

- or Strawberry varieties

- Sugar Free Light Jam – Concord Grape or Seedless Blackberry varieties

- Wide Spread Squeeze Cap – Jelly or Strawberry

- Welch's**

- Concord Grape – Jam or Jelly varieties

- Squeezable Concord Grape – Jam or Jelly varieties

- Squeezable Strawberry

- Strawberry Preserves

- **Peanut Butter**

- JIF**

- Crunchy

- Extra Crunchy

- Simply Creamy Low Salt Low Sugar

- Nutella**

- Hazelnut Spread

- Peter Pan**

- Crunchy

- Publix**

- Creamy

- Crunchy

- Old Fashioned Creamy

- Old Fashioned Crunchy

- Reese's**

- Creamy

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

- **Smucker's**

- Chunky
 - Creamy
 - Creamy & Honey
 - Goober – Grape Jelly or Special Order Strawberry varieties
 - Naturally Chunky
 - Naturally Creamy
 - Naturally Smooth

SWEET GOODS

- **Package Donuts**

- **Entenmann's**

- Donut Shoppe Mini Frosted
 - Donut Shoppe Holiday Popems

- **Snack Cakes, Pies, Rolls**

- **Entenmann's**

- Plain Baked Holiday Cupcakes