

Keep this catalog for future orders.

# Senior Healthy Food Value-Added Benefit 2026 Catalog



Get products delivered to your doorstep!



[DFH.NationsBenefits.com](http://DFH.NationsBenefits.com)

# Helpful Information



You can save time and money by using your Senior Healthy Food Value-Added Benefit. Make sure to spend your benefit before the end of the year.



## Benefit Usage:

This Value-Added Benefit provides \$150 a year in selected healthy food products to every Delaware First Health Medicaid Member age 65 and older.



## Availability:

Items, amounts, sizes, and values are subject to change depending on availability.



## Substitution:

If an item is out of stock, we'll ship you an item of similar or higher value.



## Delivery:

Please allow three business days for delivery.



## Returns:

You do not have to ship products you wish to return back to NationsBenefits.



## Disenrollment:

If you disenroll from your health plan, your benefits will automatically end.

Card balances under \$2.00 are treated as fully used.

# Ordering Has Never Been Easier



Choose the best ordering option for you.



## Benefits Pro® Portal

To place an order through the Benefits Pro® Portal, scan the QR code using your smartphone camera or visit: [DFH.NationsBenefits.com](http://DFH.NationsBenefits.com)



**New to the Portal? No problem. Follow these easy steps to get started:**

1. Visit the Benefits Pro Portal at: [DFH.NationsBenefits.com](http://DFH.NationsBenefits.com)
2. Tap “Register”
3. Enter your **Member ID**, **Date of Birth**, and any other requested information
4. Create your **Username** and **Password**
5. Verify your **email** or **phone number**
6. Log in and **start shopping**

## What You Can Do on the Portal

The Benefits Pro Portal is designed to make shopping smooth, simple, and stress-free. You can:

- See eligible products
- Add items to your cart
- Review your order before checking out
- Receive order confirmations and track your shipments

## Helpful Portal Features

- View your shopping history
- Shop online anytime, anywhere



## Call

To order by phone, please call **877-407-0305 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time.

# Frequently Asked Questions



## Q: How does NationsBenefits® work with my health plan?

A: **Delaware First Health** has partnered with NationsBenefits to manage your Senior Healthy Food Value-Added Benefit which includes a variety of healthy food products, produce boxes and prepared meals.

## Q: How can I use my grocery benefit?

A: There are three ways you can use your grocery benefit:

- Visit **DFH.NationsBenefits.com**
- Call **877-407-0305 (TTY: 711)**
- Place an order through **Benefits Pro® App**

## Q: How do I download the Benefits Pro® App?

A: Scan this QR code to download the Benefits Pro® App to your mobile device from the App Store® or Google Play®.



## Q When will my order be delivered?

A: We deliver orders in three business days. Delivery time depends on where you live.

## Q: Can I cancel my order?

A: Yes, you can cancel your order any time prior to shipping by calling NationsBenefits at **877-407-0305 (TTY: 711)**. You can also cancel your order in your Benefits Pro Portal within one hour after your order is placed.

## Q: How do I track my order?

A: You can track your order by logging into the Benefits Pro Portal or, through the Benefits Pro App. Go to **My Account > Order History > Order Details** to access your tracking ID and get real-time updates.

## Q: What is the return or exchange policy?

A: You don't have to ship back food items you wish to return. If you receive a damaged or incorrect product we will re-ship to you at no extra cost.

## Q: Who do I contact with questions?

A: If you have questions about your order, please call NationsBenefits at **877-407-0305 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time. Language support services are available free of charge.

# Product Categories



## Grocery Products

Food	7
Prepared Meals	14
Fresh Produce	16

Please note that any orders shipped to addresses outside of Delaware will be charged sales tax.

Item #	Description	Count	Price
<b>Food</b>			
7218	Allspice, 1 oz.	1 ct.	\$4.50
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$13.00
7143	Almond Milk, 32 oz.	1 ct.	\$7.00
7002	Almonds, 5 oz.	1 ct.	\$7.00
7207	Apricots, 15 oz.	1 ct.	\$5.00
7122	Avocado Oil, 16 oz.	1 ct.	\$15.00
7176	Baby Corn, 15 oz.	1 ct.	\$3.50
7152	Baked Beans, 16 oz.	1 ct.	\$3.50
7194	Baking Powder, 7 oz.	1 ct.	\$5.50
7195	Baking Soda, 16 oz.	1 ct.	\$3.00
7231	Balsamic Vinegar, 8 oz.	1 ct.	\$5.00
7006	Beef Stew, 15 oz.	1 ct.	\$5.00
7007	Beefaroni, 7 oz.	1 ct.	\$3.75
7008	Beets, Sliced, 14.5 oz.	1 ct.	\$3.25
7111	Black Beans, 15 oz.	1 ct.	\$2.75
7240	Blackeye Peas, 15 oz.	1 ct.	\$2.50
4477	Boost® Chocolate Shake, 8 oz.	6 ct.	\$20.00
4478	Boost® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7164	Bread Crumbs, 15 oz.	1 ct.	\$4.00
7266	Bush's® Best Baked Beans, 16 oz.	1 ct.	\$4.25
7267	Campbell's® Chicken Noodle Soup, 10.75 oz.	1 ct.	\$4.75
7268	Campbell's® Tomato Soup, 10.75 oz.	1 ct.	\$4.75
7010	Canola Oil, 16 oz.	1 ct.	\$7.50
7127	Carrots, 14.5 oz.	1 ct.	\$3.50
7223	Cayenne Pepper, 1.5 oz.	1 ct.	\$3.50
7011	Cheerios™, 8.9 oz.	1 ct.	\$7.50
7269	Cheerios™, Honey Nut, 10 oz.	1 ct.	\$8.50
7270	Chef Boyardee® Beef Ravioli, 15 oz.	1 ct.	\$3.50
7012	Chewy Granola Bars, 8.4 oz.	8 ct.	\$5.75
7229	Chia Seed, 1.5 oz.	1 ct.	\$2.00
7202	Chicken Breast Chunk, 10 oz.	1 ct.	\$5.50
7225	Chicken Noodle Soup, 10 oz.	1 ct.	\$4.50

Please note that any orders shipped to addresses outside of Delaware will be charged sales tax.

Item #	Description	Count	Price
<b>Food</b>			
7271	Chicken of the Sea® in Spring Water Tuna Pouch, 2.5 oz.	1 ct.	\$2.50
7272	Chicken of the Sea® McCormick® Dill Tuna Pouch, 2.5 oz.	1 ct.	\$2.50
7273	Chicken of the Sea® McCormick® Lemon Garlic Tuna Pouch, 2.5 oz.	1 ct.	\$2.50
7188	Chili, 15 oz.	1 ct.	\$4.50
7217	Chili Powder, 2 oz.	1 ct.	\$4.50
7018	Chunk Light Tuna in Water, 5 oz.	1 ct.	\$3.00
7020	Chunky Vegetable Soup, 18 oz.	1 ct.	\$4.00
7216	Cinnamon, Ground, 2 oz.	1 ct.	\$4.50
7021	Clam Chowder, 18 oz.	1 ct.	\$4.50
7144	Coconut Water, 16 oz.	1 ct.	\$3.25
7098	Coffee Creamer, 16 oz.	1 ct.	\$5.50
7022	Coffee, 11 oz.	1 ct.	\$9.50
7023	Coffee, Decaf, 11 oz.	1 ct.	\$9.50
7129	Coffee, Decaf Instant, 8 oz.	1 ct.	\$12.00
7128	Coffee, Instant, 8 oz.	1 ct.	\$10.50
4443	Collard Greens, 14 oz.	1 ct.	\$4.50
7205	Condensed Milk, 14 oz.	1 ct.	\$4.50
7046	Cooking Spray, 5 oz.	1 ct.	\$7.00
7150	Corn, 14 oz.	1 ct.	\$3.50
7130	Corn Flakes, 18 oz.	1 ct.	\$7.00
7131	Corn Oil, 16 oz.	1 ct.	\$5.50
7160	Corned Beef, 12 oz.	1 ct.	\$8.00
7222	Cranberry Sauce, Jellied, 14 oz.	1 ct.	\$4.50
7192	Cream of Chicken Soup, 10 oz.	1 ct.	\$3.25
7191	Cream of Mushroom Soup, 10 oz.	1 ct.	\$3.25
7226	Cream of Potato Soup, 10 oz.	1 ct.	\$4.00
7190	Cream of Wheat, 12 oz.	1 ct.	\$5.00
7274	Del Monte® Cut Green Beans, 14.5 oz.	1 ct.	\$4.00
7275	Del Monte® Sweet Peas, 15 oz.	1 ct.	\$4.00
7276	Del Monte® Whole Kernel Corn, 15 oz.	1 ct.	\$4.00
7277	Dole® Fruit Cups, Diced Peaches, 4 oz.	4 ct.	\$6.50
7278	Dole® Fruit Cups, Diced Pears, 4 oz.	4 ct.	\$6.50

Please note that any orders shipped to addresses outside of Delaware will be charged sales tax.

Item #	Description	Count	Price
<b>Food</b>			
7279	Dole® Fruit Cups, Mandarin Oranges, 4 oz.	4 ct.	\$6.50
7280	Dole® Fruit Cups, Mixed Fruit, 4 oz.	4 ct.	\$6.50
7233	Dried Apples, 3 oz.	1 ct.	\$8.00
7232	Dried Apricots, 6 oz.	1 ct.	\$8.00
7234	Dried Bananas, 4 oz.	1 ct.	\$8.00
7235	Dried Mangos, 3 oz.	1 ct.	\$10.00
7281	Dunkin'® Coffee, 12 oz.	1 ct.	\$17.50
7282	Dunkin'® Decaf Coffee, 12 oz.	1 ct.	\$17.50
7147	Ensure® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7146	Ensure® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7211	Extra Virgin Olive Oil, 8 oz.	1 ct.	\$12.00
7283	Fiber One® Cereal, 19 oz.	1 ct.	\$11.50
7212	Flour, All Purpose, 32 oz.	1 ct.	\$5.00
7208	Fruit & Nut Mix, 6 oz.	1 ct.	\$6.00
7024	Fruit Cocktail, 14.5 oz.	1 ct.	\$3.50
7159	Garbanzo Beans, 15 oz.	1 ct.	\$2.50
7168	Garlic Powder, 3 oz.	1 ct.	\$3.50
7177	Gelatin, Cherry, 1.4 oz.	1 ct.	\$2.25
7178	Gelatin, Orange, 1.4 oz.	1 ct.	\$2.25
7179	Gelatin, Strawberry, 1.4 oz.	1 ct.	\$2.25
7153	Glucerna® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7148	Glucerna® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7241	Great Northern Beans, 15 oz.	1 ct.	\$2.50
7151	Green Beans, 14 oz.	1 ct.	\$3.50
7242	Green Chiles, 4 oz.	1 ct.	\$3.50
7206	Grits, 16 oz.	1 ct.	\$3.50
7220	Ham, Cooked, 16 oz.	1 ct.	\$8.00
7290	Heinz® Sweet Relish, 12 oz.	1 ct.	\$5.50
7291	Heinz® Tomato Ketchup, 20 oz.	1 ct.	\$5.50
7292	Heinz® Yellow Mustard, 8 oz.	1 ct.	\$5.00
7293	Hellmann's® Mayonnaise, 15 oz.	1 ct.	\$8.75
7185	Honey, 12 oz.	1 ct.	\$7.00

Please note that any orders shipped to addresses outside of Delaware will be charged sales tax.

Item #	Description	Count	Price
<b>Food</b>			
7214	Hot Sauce, 3 oz.	1 ct.	\$2.00
7032	Instant Mashed Potatoes, 13.75 oz.	1 ct.	\$4.50
7033	Jelly, Grape, 20 oz.	1 ct.	\$4.50
7034	Jelly, Strawberry, 20 oz.	1 ct.	\$4.50
7294	Jif® Creamy Peanut Butter, 16 oz.	1 ct.	\$6.75
7295	Jif® Crunchy Peanut Butter, 16 oz.	1 ct.	\$6.75
7296	Kellogg's® Corn Flakes, 18 oz.	1 ct.	\$8.50
7154	Ketchup, 20 oz.	1 ct.	\$4.50
7298	Kraft® Macaroni & Cheese, 7.5 oz.	1 ct.	\$3.00
7174	Lima Beans, 15 oz.	1 ct.	\$3.00
7257	Macaroni & Cheese, 7 oz.	1 ct.	\$2.50
7186	Mayonnaise, 12 oz.	1 ct.	\$5.50
7183	Microwave Popcorn	3 ct.	\$4.00
7121	Milk, Shelf Stable 2%, 32 oz.	1 ct.	\$5.00
7260	Miss Olive's Cheese Ravioli with Tomato Basil Sauce Shelf Stable Meal, 7 oz.	1 ct.	\$6.50
7261	Miss Olive's Chicken Pasta Parmesan with Tomato Sauce Shelf Stable Meal, 7 oz.	1 ct.	\$6.50
7262	Miss Olive's Creole Style Chicken with Brown Rice Shelf Stable Meal, 7 oz.	1 ct.	\$6.50
7263	Miss Olive's Lentils & Beef with Vegetables Shelf Stable Meal, 7 oz.	1 ct.	\$6.50
7264	Miss Olive's Pasta Fagioli with Beans Shelf Stable Meal, 7 oz.	1 ct.	\$6.50
7265	Miss Olive's Southwest Style Bean & Grain Bowl Shelf Stable Meal, 7 oz.	1 ct.	\$6.50
7041	Mixed Nuts, 5 oz.	1 ct.	\$7.00
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.50
7299	Mott's® Applesauce, 24 oz.	1 ct.	\$5.00
7230	Muffin Mix, Blueberry, 7 oz.	1 ct.	\$3.00
7193	Muffin Mix, Corn, 8 oz.	1 ct.	\$3.00
7201	Mushrooms, 4.5 oz.	1 ct.	\$3.50
7300	Nabisco Ritz Crackers, 13 oz.	1 ct.	\$8.00
7301	Nabisco Wheat Thins Crackers, 8.5 oz.	1 ct.	\$8.75
7134	Nature Valley™ Granola Bars	12 ct.	\$7.50
7228	Nutella®, 7 oz.	1 ct.	\$4.50

Please note that any orders shipped to addresses outside of Delaware will be charged sales tax.

Item #	Description	Count	Price
<b>Food</b>			
7258	Nutritional Shake, Chocolate, 8 oz.	24 ct.	\$75.00
7259	Nutritional Shake, Vanilla, 8 oz.	24 ct.	\$75.00
7135	Oatmeal, Instant Packets	10 ct.	\$8.00
7044	Oats, Old Fashioned, 42 oz.	1 ct.	\$9.00
7181	Olives, 6 oz.	1 ct.	\$4.50
7169	Onion Powder, 2.75 oz.	1 ct.	\$3.00
7219	Oregano, 1 oz.	1 ct.	\$4.50
7182	Pancake Mix, 16 oz.	1 ct.	\$5.00
7187	Pancake Syrup, 12 oz.	1 ct.	\$5.00
7215	Paprika, 2 oz.	1 ct.	\$4.50
7204	Parmesan Cheese, 8 oz.	1 ct.	\$5.00
7053	Pasta, Spaghetti, 16 oz.	1 ct.	\$3.50
7054	Pasta, Spaghetti, Gluten Free, 12 oz.	1 ct.	\$6.00
7055	Pasta, Ziti, 16 oz.	1 ct.	\$3.00
7056	Peaches, Sliced, 8.5 oz.	1 ct.	\$3.50
7057	Peanut Butter, Creamy, 16 oz.	1 ct.	\$5.50
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7059	Pear Halves, 15 oz.	1 ct.	\$4.50
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7061	Pineapple, Sliced, 8 oz.	1 ct.	\$3.75
7062	Pinto Beans, 16 oz.	1 ct.	\$2.50
7302	Planters® Cashew Halves & Pieces, 8 oz.	1 ct.	\$12.00
7063	Potatoes, Diced, 15 oz.	1 ct.	\$3.50
7175	Prunes, 16 oz.	1 ct.	\$11.00
7065	Pumpkin, Canned, 15 oz.	1 ct.	\$4.50
7066	Raisin Bran®, 16 oz.	1 ct.	\$6.50
7173	Raisins, 9 oz.	1 ct.	\$4.50
7158	Ramen Noodle Soup, 3 oz.	1 ct.	\$1.75
7068	Red Kidney Beans, 15 oz.	1 ct.	\$3.50
7138	Rice Krispies, 12 oz.	1 ct.	\$7.00
7009	Rice, Brown, 28 oz.	1 ct.	\$5.50
7072	Rice, White, 28 oz.	1 ct.	\$5.50

Please note that any orders shipped to addresses outside of Delaware will be charged sales tax.

Item #	Description	Count	Price
<b>Food</b>			
7162	Rice, Yellow, 16 oz.	1 ct.	\$4.50
7227	Rosemary, 1 oz.	1 ct.	\$3.50
7209	Salad Dressing, French, 16 oz.	1 ct.	\$5.50
7074	Salad Dressing, Italian, 16 oz.	1 ct.	\$4.50
7076	Salad Dressing, Ranch, 16 oz.	1 ct.	\$4.50
7077	Salmon, Canned, 14.75 oz.	1 ct.	\$10.00
7184	Salt & Pepper	1 ct.	\$5.50
7165	Salt Substitute, 3 oz.	1 ct.	\$5.50
7141	Sandwich Crackers, Cheddar	8 pack	\$6.00
7078	Sardines, 4.4 oz.	1 ct.	\$4.00
7239	Seasoning Blend, Salt-Free, 2.5 oz.	1 ct.	\$5.50
7303	Snack Pack® Pudding Cup Chocolate, 3.5 oz.	4 ct.	\$4.50
7304	Snack Pack® Pudding Cup Tapioca, 3.5 oz.	4 ct.	\$4.50
7305	Snack Pack® Pudding Cup Vanilla, 3.5 oz.	4 ct.	\$4.50
7210	Soda Crackers, 8 oz.	1 ct.	\$3.50
7166	Soup Bouillon, Beef	6 ct.	\$2.50
7167	Soup Bouillon, Chicken	6 ct.	\$2.50
7163	Soy Sauce, 10 oz.	1 ct.	\$3.50
7107	Spaghetti Sauce, 24 oz.	1 ct.	\$5.00
7224	Spam®, 12 oz.	1 ct.	\$6.50
7238	Spinach, 13 oz.	1 ct.	\$4.00
7081	Splenda®, 1.75 oz.	1 ct.	\$6.50
7306	StarKist® Chunk Light Tuna in Water, 5 oz.	1 ct.	\$3.75
7109	Steak & Vegetable Soup, 18.8 oz.	1 ct.	\$4.50
7236	Steak Sauce, 5 oz.	1 ct.	\$4.75
7085	Stevia In The Raw®, 3.5 oz.	1 ct.	\$8.00
7016	Stuffing Mix, 6 oz.	1 ct.	\$4.50
7087	Tea Bags	100 ct.	\$6.00
7088	Tea Bags, Decaf	48 ct.	\$10.00
4470	Thick-It® Food and Beverage Thickener, 10 oz.	1 ct.	\$11.00
7089	Tomato Paste, 12 oz.	1 ct.	\$3.00
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$4.00

Please note that any orders shipped to addresses outside of Delaware will be charged sales tax.

Item #	Description	Count	Price
Food			
7091	Tomatoes, Diced, 14.5 oz.	1 ct.	\$3.00
7140	Trail Mix, 16 oz.	1 ct.	\$9.00
7307	Triscuit Crackers, 8.5 oz.	1 ct.	\$7.50
4444	Turnip Greens, 14 oz.	1 ct.	\$4.50
7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7308	Velveeta® Shells & Cheese, 12 oz.	1 ct.	\$5.25
7101	Vienna Sausage, 4.6 oz.	1 ct.	\$2.50
7142	Wheat Crackers, 9 oz.	1 ct.	\$5.50
7309	Wish-Bone® Italian Salad Dressing, 15 oz.	1 ct.	\$6.75
7310	Wish-Bone® Ranch Salad Dressing, 15 oz.	1 ct.	\$6.75
7095	Yams, 29 oz.	1 ct.	\$6.00
7096	Yellow Mustard, 8 oz.	1 ct.	\$3.00

## Prepared Meals



**Diabetic Friendly:** Meals that provide a steady source of carbohydrates throughout the day for regulated glucose control

6 Meal Bundle	Item: 30127	\$55.00
8 Meal Bundle	Item: 30128	\$70.00
10 Meal Bundle	Item: 30125	\$82.50
14 Meal Bundle	Item: 30125	\$115.00



**General Wellness:** Meals designed to meet the daily nutritional needs of seniors.

6 Meal Bundle	Item: 30039	\$55.00
8 Meal Bundle	Item: 30040	\$70.00
10 Meal Bundle	Item: 30037	\$82.50
14 Meal Bundle	Item: 30038	\$115.00



**Kosher:** Meals that adhere to strict Jewish dietary standards.

6 Meal Bundle	Item: 30171	\$55.00
8 Meal Bundle	Item: 30172	\$70.00
10 Meal Bundle	Item: 30169	\$82.50
14 Meal Bundle	Item: 30170	\$115.00



**Low Sodium:** Meals with less than 2,000mg of sodium per day to support heart health and stable blood pressure.

6 Meal Bundle	Item: 30083	\$55.00
8 Meal Bundle	Item: 30084	\$70.00
10 Meal Bundle	Item: 30081	\$82.50
14 Meal Bundle	Item: 30082	\$115.00



**Puréed:** Easy-to-eat and digest, highly nutritious meals that don't sacrifice flavor.

6 Meal Bundle	Item: 30199	\$55.00
8 Meal Bundle	Item: 30200	\$70.00
10 Meal Bundle	Item: 30197	\$82.50
14 Meal Bundle	Item: 30198	\$115.00



**Vegetarian:** Free of meat, poultry, pork, fish, and shellfish, with plenty of protein. Contains eggs and dairy.

6 Meal Bundle	Item: 30235	\$55.00
8 Meal Bundle	Item: 30236	\$70.00
10 Meal Bundle	Item: 30233	\$82.50
14 Meal Bundle	Item: 30234	\$115.00

# What to Expect with Meal Delivery

## Dietary Needs and Allergens

- ✓ USDA nutrition fact panels are printed on each meal label

## Packaging

- ✓ Meals are vacuum-sealed so they can stay fresh in the refrigerator for up to 14 days

## Delivery

- ✓ Meals are kept cold at food-safe temperatures at all times during transit and delivered in a thermally-insulated cooler box with ice packs
- ✓ Meals are shipped directly to your home via two-day FedEx service nationwide

## Meal Storage

- ✓ Our fresh meals are perishable and should be refrigerated as soon as they arrive
- ✓ Meals can be stored in the refrigerator for up to 14 days
- ✓ Eat meals by the 'Best By' date on the bottom of each meal label
- ✓ Meals can be frozen for up to 6-months

## Heating Instructions

- ✓ All meals arrive fully cooked and ready-to-heat
- ✓ Heat according to instructions on each meal label
- ✓ Do not put the containers in a regular oven or a toaster oven



## Fresh Produce



### All Fruit

Sample Contents: Apple; Plum; Orange; Pear

Approximately 3 lb.	Item: 10078	\$25.00
Approximately 5 lb.	Item: 10071	\$28.00
Approximately 10 lb.	Item: 10007	\$45.00



### All Veggie

Sample Contents: Carrot; Green Pepper; Iceberg Lettuce; Onion; Potato; Snow Pea; Zucchini

Approximately 3 lb.	Item: 10077	\$25.00
Approximately 5 lb.	Item: 10070	\$28.00
Approximately 10 lb.	Item: 10006	\$45.00



### Asian-Inspired Cuisine

Sample Contents: Ginger Root; Chinese Eggplant; Napa Cabbage; Onion; Squash; Bok Choy

Approximately 3 lb.	Item: 10080	\$28.00
Approximately 5 lb.	Item: 10073	\$30.00
Approximately 10 lb.	Item: 10009	\$60.00



### Healthy Snacking

Sample Contents: Apple; Celery; Cucumber; Green Pepper; Orange; Pear; Snow Pea

Approximately 3 lb.	Item: 10081	\$28.00
Approximately 5 lb.	Item: 10074	\$30.00
Approximately 10 lb.	Item: 10012	\$45.00



### Latin-Inspired Cuisine

Sample Contents: Avocado; Carrot; Chile; Cucumber; Green Pepper; Lime; Onion; Potato; Tomato

Approximately 3 lb.	Item: 10082	\$28.00
Approximately 5 lb.	Item: 10075	\$30.00
Approximately 10 lb.	Item: 10014	\$50.00

## Fresh Produce



### Mixed Fruit & Veggie

Sample Contents: Apple; Cucumber; Green Pepper; Orange; Pear; Romaine Lettuce

Approximately 3 lb.	Item: 10076	\$25.00
Approximately 5 lb.	Item: 10069	\$28.00
Approximately 10 lb.	Item: 10005	\$45.00



### Mixed Fruit & Veggie 2

Sample Contents: Apple; Carrot; Green Pepper; Pear; Potato

Approximately 3 lb.	Item: 10079	\$25.00
Approximately 5 lb.	Item: 10072	\$28.00
Approximately 10 lb.	Item: 10008	\$45.00

Produce items listed are just examples. Final items selected are based on seasonality and sustainability and are subject to change without notice.

Pricing may be adjusted to reflect changes in market conditions.

This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions. To see the most up-to-date version of the catalog, visit your Benefits Pro® Portal. NationsBenefits reserves the right to limit the quantities of items dispensed.

# Statement of Non-Discrimination

Delaware First Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). Delaware First Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

## **Delaware First Health:**

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Member Services at **1-877-236-1341** (TTY:711).

If you believe that Delaware First Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity) you can file a grievance with:

1557 Coordinator  
P.O. Box 31384  
Tampa, FL 33631  
Phone: **1-855-577-8234** (TTY: 711)  
Fax: **1-866-388-1769**  
Email: **SM\_Section1557Coord@centene.com**

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our **1557 Coordinator** is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

**U.S. Department of Health and Human Services**  
200 Independence Avenue SW., Room 509F, HHH Building  
Washington, DC 20201  
Phone: **1-800-368-1019, 1-800-537-7697** (TDD)

Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>.

This notice is available at Delaware First Health website:

<https://www.delawarefirsthealth.com/non-discrimination.html>.

**English:** If you need this in another language, or need auxiliary aids and services, large font, oral translation, or other alternative formats, we can provide them to you free of charge. Call **Delaware First Health: 1-877-236-1341 (TTY: 711)**.

**Español (Spanish):** Si necesita esta información en otro idioma o necesita ayudas y servicios auxiliares, letra grande, interpretación oral u otros formatos alternativos, podemos proporcionarlos para usted de manera gratuita. Llame a **Delaware First Health: 1-877-236-1341 (TTY: 711)**.

**中文 (Chinese):** 如您需要以其他語言，或需要輔助工具和服務、較大的字型、口譯服務或其他替代格式檢閱此資訊，我們可以免費提供給您。請致電 **Delaware First Health : 1-877-236-1341 (TTY : 711)**。

**Kreyòl Ayisyen (Haitian Creole):** Si ou bezwen sa nan yon lòt lang, oswa si ou bezwen aparèy ki bay asistans ak sèvis oksilyè, dokiman ki ekri ak gwo lèt, tradiksyon nan bouch, oswa lòt fòma altènatif, nou kapab ba ou yo gratis. Rele **Delaware First Health: 1-877-236-1341 (TTY: 711)**.

**ગુજરાતી (Gujarati):** જો તમને બીજી ભાષામાં આની જરૂર હોય અથવા સહાયક સહાય અને સેવાઓ, મોટા ફોન્ટ, મૌખિક અનુવાદ અથવા અન્ય વૈકલ્પિક ફોર્મેટની જરૂર હોય, તો અમે તમને તે મફતમાં પ્રદાન કરી શકીએ છીએ. **Delaware First Health**ને આના પર કોલ કરો: **1-877-236-1341 (TTY: 711)**.

**Français (French):** Si vous avez besoin de ce document dans une autre langue, d'aides et de services auxiliaires, de polices de caractères plus grandes, d'une traduction orale ou d'autres formats, nous pouvons vous les fournir gratuitement. Contactez **Delaware First Health : 1-877-236-1341 (TTY : 711)**.

**한국어 (Korean):** 다른 언어, 보조 도구 및 서비스, 큰 글씨, 구두 번역 또는 기타 대체 형식으로 필요한 경우 무료로 제공해 드릴 수 있습니다. **Delaware First Health: 1-877-236-1341 (TTY: 711)**로 전화해 주십시오.

**Kiswahili (Swahili):** Ikiwa unahitaji hii katika lugha nyingine, au unahitaji usaidizi na huduma za usaidizi, fonti kubwa, ukalimani, au maumbizo mengine mbadala, tunaweza kuzitoa bila malipo. Pigia **Delaware First Health: 1-877-236-1341 (TTY: 711)**.

**Yorùbá (Yoruba):** Bí o bá nílò èyí ní èdè mìíràn, tábí o nílò àwọn ìrànwó arannilówó àti àwọn işé, létà kíkósílè títóbi, ìtumò-èdè aláfenusó, tábí àwọn ònà ìkósílè àfirópò mìíràn, a leè pèsè wọn fún o lòfèé láìsan owó rárá. Pe **Delaware First Health: 1-877-236-1341 (TTY: 711)**.

**Deutsch (German):** Wenn Sie diese Informationen in einer anderen Sprache oder zusätzliche Unterstützung und Dienstleistungen wie Großdruck, Verdolmetschung oder alternative Formate benötigen, stellen wir Ihnen dies kostenfrei zur Verfügung. Wenden Sie sich dazu an **Delaware First Health** unter: **1-877-236-1341 (TTY: 711)**.

**Tagalog (Tagalog):** Kung kailangan ninyo ito sa ibang wika, o kung kailangan ninyo ng mga karagdagang tulong at serbisyo, malalaking font, o iba pang alternatibong format, maibibigay namin sa inyo ang mga ito nang libre. Tawagan ang **Delaware First Health: 1-877-236-1341 (TTY: 711)**.

**हिंदी (Hindi):** अगर आपको यह किसी अन्य भाषा में चाहिए या सहायक साधन और सेवाओं, बड़े फ़ॉन्ट, मौखिक अनुवाद, या अन्य वैकल्पिक फ़ॉर्मेट की आवश्यकता है, तो हम उन्हें आपको निःशुल्क प्रदान कर सकते हैं। **Delaware First Health** को इस पर कॉल करें: **1-877-236-1341 (TTY: 711)**।

**اردو (Urdu):** اگر آپ کو یہ کسی دوسری زبان میں چاہیے، یا معاون امداد اور خدمات، بڑے فونٹ، زبانی ترجمہ، یا دیگر متبادل فارمیٹس کی ضرورت ہے، تو ہم انہیں آپ کو مفت فراہم کر سکتے ہیں۔ **Delaware First Health** کو اس پر کال کریں: **1-877-236-1341 (TTY: 711)**

**العربية (Arabic):** إذا كنت بحاجة إلى ذلك بلغة أخرى، أو إذا كنت بحاجة إلى مساعدات وخدمات إضافية أو ملف بخط كبير أو ترجمة شفهية أو تنسيقات بديلة أخرى، فيمكننا تزويدك بذلك مجاناً. اتصل بـ **Delaware First Health** على الرقم: **.(711 :TTY) 1-877-236-1341**

**తెలుగు (Telugu):** మీకు ఇది మరొక భాషలో కావాలంటే లేదా సహాయక టూల్సులు మరియు సేవలు, పెద్ద ఫాంట్, మౌఫిక అనువాదం లేదా ఇతర ప్రత్యామ్నాయ ఫారామ్యూట్లు అవేసరమైతే, మీకు ఎలాంటి ఛార్జీలు లేకుండా ఉచితంగా మేము వాటిని అందించగలము. ఈ నంబర్లో **Delaware First Health** కి కాల్ చేయండి: **1-877-236-1341** (TTY: **711**).

**Nederlands (Dutch):** Als u dit in een andere taal nodig hebt, of aanvullende hulpmiddelen en diensten, een groot lettertype, gesproken vertaling of een ander formaat nodig hebt, kunnen wij deze gratis leveren. Bel **Delaware First Health**: **1-877-236-1341** (TTY: **711**).

## Get Started Today!



Visit us online at  
**DFH.NationsBenefits.com**



Download the  
**Benefits Pro® App**  
to your mobile device



Call us at  
**877-407-0305**  
(TTY: 711)



If you have any questions or need help placing your order, we're here for you.  
Member Experience Advisors are available 8 a.m. - 8 p.m. local time.  
Language support services are available if needed, free of charge.