

Keep this catalog for future orders.

Senior Healthy Food Value-Added Benefit 2026 Catalog



Get products delivered to your doorstep!

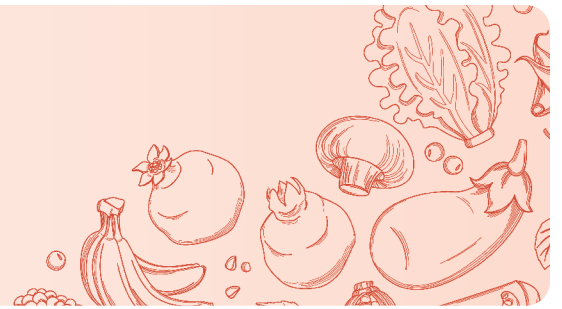


delaware
first health.

nations
benefits

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**



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

1. Visit the Benefits Pro Portal at:
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

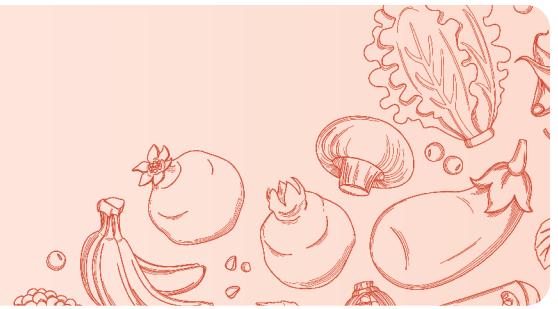
- View your shopping history
- Shop online anytime, anywhere



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.

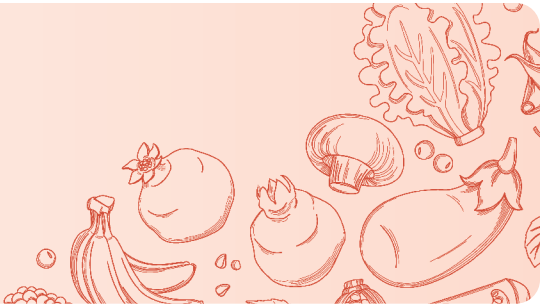
Q: What is the return or exchange policy?

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 |
|--------|--|-------|---------|
| Food | | | |
| 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 |

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| Item # | Description | Count | Price |
|--------|---|-------|---------|
| Food | | | |
| 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 |

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| Item # | Description | Count | Price |
|--------|---|-------|---------|
| Food | | | |
| 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 |

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| Item # | Description | Count | Price |
|--------|---|--------|--------|
| Food | | | |
| 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 |

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| Item # | Description | Count | Price |
|--------|---|--------|---------|
| Food | | | |
| 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 |

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| Item # | Description | Count | Price |
|--------|---|---------|---------|
| Food | | | |
| 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 |

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| 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 |



Pureed: 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 |

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

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 fòm 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 કૉલ 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 mǐràn, tàbí o nílò àwọn ìrànwó arannilówó àti àwọn isẹ, létà kíkọsílẹ̀ títóbi, ìtumò-èdè aláfenusọ, tàbí àwọn ọ̀nà ìkọsílẹ̀ àfirópò mǐràn, a leè pèsè wọn fún ọ̀ lẹ̀fẹ́ láàisan 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 شفوية أو تنسيقات بديلة أخرى، فيمكننا تزويدك بذلك مجانًا. اتصل بـ **Delaware First Health** على الرقم: **1-877-236-1341** (TTY: **711**).

తెలుగు (Telugu): మీకు ఇది మరొక భాషలో కావాలంటే లేదా సహాయక టూల్స్ మరియు సేవలు, పెద్ద ఫాంట్, మౌఖిక అనువాదం లేదా ఇతర ప్రత్యామ్నాయ ఫార్మాట్లు అవసరమైతే, 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**).

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