

Keep this catalog for future orders.

2024 Grocery Catalog



Get groceries delivered to your doorstep at no additional cost!



Sonder
HEALTH PLANS

| **nations** benefits

Sonder.NationsBenefits.com

Personalize Your Grocery List with NationsBenefits®

Hello, Valued Member:

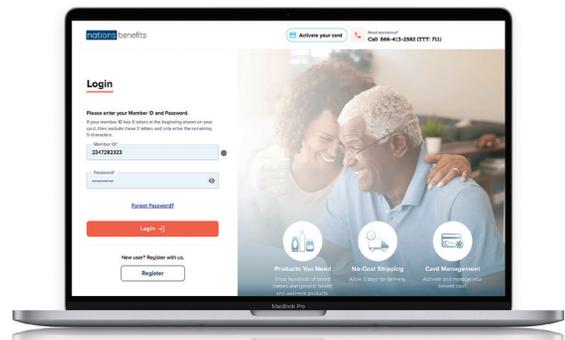
We would like to take this opportunity to welcome you and thank you for choosing **Sonder Health Plans** to participate in your health care. You have a grocery benefit through **NationsBenefits** that can help you get the nutrition you need for a well-balanced diet.

Using your benefit allowance is easy and we encourage you to keep this catalog where it is easily accessible. This booklet includes an order form and postage-paid envelope for your convenience.

You also have access to the personalized Benefits Pro Portal, making ordering even easier. Get started by visiting **Sonder.NationsBenefits.com** and log into your account. If this is your first time visiting the portal, please register by following the instructions on the webpage.

Once logged in, you can easily:

- **Search** by category, price, and more
- **View** product descriptions, images, and related condition information
- **Check** your available benefit allowance
- **Order** health and wellness products
- **Track** your order status in real-time



If you need help with account balance, the Benefits Pro Portal or placing an order, please call **(888) 428-4440**. Member Care Professionals are available:

April 1st – September 30th
Hours: 8.00 am – 8.00 pm
Monday to Friday

October 1st – March 31st
Hours: 8.00 am – 8.00 pm
7 days a week.

Language support services are available if needed, free of charge.

Sincerely,

Your NationsBenefits Team

Helpful Benefit Information



You can save time and money by using your grocery benefit allowance to order the items you need to personalize your nutrition. We encourage you to spend your full allowance before the end of your benefit period.

Additional information about your grocery benefit is outlined below:



Benefit Usage:

This benefit is only for you and cannot be used for your family or friends.



Availability:

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



Substitution:

If an item is out of stock, a similar product of equal or higher value will be shipped.



Delivery:

Please allow two business days for delivery.



Returns:

Due to the personal nature of these products, you do not have to ship products you wish to return back to NationsBenefits.



Disenrollment:

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

Ordering Groceries 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: **Sonder.NationsBenefits.com**



Benefits Pro App



To place an order through the Benefits Pro app, scan the QR code using your smartphone or search “**Benefits Pro**” in the App Store or Google Play.



Mail

To place an order by mail, send your completed order form using the postage-paid envelope to:

NationsBenefits
1700 N. University Drive
Plantation, FL 33322

Important: Due to the added time to receive your request by mail, we encourage you to allow extra time when placing your order. If your order is not received by the 20th of the month, it may be processed for the following benefit period. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.



Call

To place an order by phone, please call **888-428-4440 (TTY: 711)**. Member Care Professionals are available:

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Hours: 8:00 a.m. – 8:00 p.m.
Monday to Friday

October 1st – March 31st
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7 days a week.

Product Categories



Top Selling Products	6
Food	11
Fresh Produce	14

Top Selling Products



Almond Milk, 32 oz.
Count: 1

Item #: 7143 \$7.00



Almonds, 5 oz.
Count: 1

Item #: 7002 \$7.00



Avocado Oil, 16 oz.
Count: 1

Item #: 7122 \$14.00



Baked Beans, 16 oz.
Count: 1

Item #: 7152 \$3.50



Beef Stew, 15 oz.
Count: 1

Item #: 7006 \$4.50



Beefaroni, 7 oz.
Count: 1

Item #: 7007 \$3.00



Beets, Sliced, 14.5 oz.
Count: 1

Item #: 7008 \$3.00



Black Beans, 15 oz.
Count: 1

Item #: 7111 \$2.50



Canola Oil, 16 oz.
Count: 1

Item #: 7010 \$7.50



Cheerios™, 8.9 oz.
Count: 1

Item #: 7011 \$7.00

Top Selling Products



Chewy Granola Bars, 8.4 oz.
Count: 8

Item #: 7012 \$5.75



Chicken Breast Chunk, 10 oz.
Count: 1

Item #: 7202 \$5.50



Chicken Noodle Soup, 10 oz.
Count: 1

Item #: 7225 \$4.50



Chunk Light Tuna in Water,
5 oz.
Count: 1

Item #: 7018 \$3.00



Chunky Vegetable Soup,
18 oz.
Count: 1

Item #: 7020 \$4.00



Clam Chowder, 18 oz.
Count: 1

Item #: 7021 \$4.50



Coconut Water, 16 oz.
Count: 1

Item #: 7144 \$3.25



Coffee Creamer, 16 oz.
Count: 1

Item #: 7098 \$5.50



Coffee, 11 oz.
Count: 1

Item #: 7022 \$9.50



Cooking Spray, 5 oz.
Count: 1

Item #: 7046 \$7.00

Top Selling Products



Corn, 14 oz.
Count: 1

Item #: 7150 \$3.50



Corn Oil, 16 oz.
Count: 1

Item #: 7131 \$5.50



Corned Beef, 12 oz.
Count: 1

Item #: 7160 \$7.00



Ensure® Chocolate Shake,
8 oz.
Count: 6

Item #: 7147 \$20.00



Ensure® Vanilla Shake, 8 oz.
Count: 6

Item #: 7146 \$20.00



Extra Virgin Olive Oil, 8 oz.
Count: 1

Item #: 7211 \$7.50



Fruit & Nut Mix, 6 oz.
Count: 1

Item #: 7208 \$6.00



Fruit Cocktail, 14.5 oz.
Count: 1

Item #: 7024 \$3.50



Glucerna® Vanilla Shake, 8 oz.
Count: 6

Item #: 7148 \$20.00



Green Beans, 14 oz.
Count: 1

Item #: 7151 \$3.50

Top Selling Products



Instant Mashed Potatoes,
13.75 oz.
Count: 1

Item #: 7032 \$4.50



Jelly, Grape, 20 oz.
Count: 1

Item #: 7033 \$4.50



Jelly, Strawberry, 20 oz.
Count: 1

Item #: 7034 \$4.50



Microwave Popcorn
Count: 3

Item #: 7183 \$4.00



Milk, Shelf Stable 2%, 32 oz.
Count: 1

Item #: 7121 \$5.00



Mixed Nuts, 5 oz.
Count: 1

Item #: 7041 \$6.00



Nature Valley™ Granola Bars
Count: 12

Item #: 7134 \$6.50



Peaches, Sliced, 8.5 oz.
Count: 1

Item #: 7056 \$3.25



Peanut Butter, Creamy, 16 oz.
Count: 1

Item #: 7057 \$5.50



Pear Halves, 15 oz.
Count: 1

Item #: 7059 \$3.50

Top Selling Products



Pineapple, Sliced, 8 oz.
Count: 1

Item #: 7061 \$3.75



Raisin Bran®, 16 oz.
Count: 1

Item #: 7066 \$6.50



Ramen Noodle Soup, 3 oz.
Count: 1

Item #: 7158 \$1.50



Sandwich Crackers, Cheddar
Count: 8 pack

Item #: 7141 \$6.00



Steak & Vegetable Soup,
18.8 oz.
Count: 1

Item #: 7109 \$4.50



Stuffing Mix, 6 oz.
Count: 1

Item #: 7016 \$4.50



Tomato Paste, 12 oz.
Count: 1

Item #: 7089 \$3.00



Tomatoes, Diced, 14.5 oz.
Count: 1

Item #: 7091 \$3.00



Trail Mix, 16 oz.
Count: 1

Item #: 7140 \$8.00



Vienna Sausage, 4.6 oz.
Count: 1

Item #: 7101 \$2.25

Please note that the prices shown do not include sales tax.

Item #	Description	Count	Price
Food			
7063	Potatoes, Diced, 15 oz.	1 ct.	\$3.50
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7053	Pasta, Spaghetti, 16 oz.	1 ct.	\$3.50
7154	Ketchup, 20 oz.	1 ct.	\$4.50
7135	Oatmeal, Instant Packets	10 ct.	\$7.00
7192	Cream of Chicken Soup, 10 oz.	1 ct.	\$3.25
7188	Chili, 15 oz.	1 ct.	\$4.50
7220	Ham, Cooked, 16 oz.	1 ct.	\$8.00
7185	Honey, 12 oz.	1 ct.	\$7.00
7153	Glucerna® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7128	Coffee, Instant, 8 oz.	1 ct.	\$10.50
7191	Cream of Mushroom Soup, 10 oz.	1 ct.	\$3.25
7138	Rice Krispies, 12 oz.	1 ct.	\$6.00
7044	Oats, Old Fashioned, 42 oz.	1 ct.	\$9.00
7078	Sardines, 4.4 oz.	1 ct.	\$4.00
7087	Tea Bags	100 ct.	\$6.00
7193	Muffin Mix, Corn, 8 oz.	1 ct.	\$3.00
7062	Pinto Beans, 16 oz.	1 ct.	\$2.50
7127	Carrots, 14.5 oz.	1 ct.	\$3.50
7205	Condensed Milk, 14 oz.	1 ct.	\$4.50
7207	Apricots, 15 oz.	1 ct.	\$4.00
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$13.00
7107	Spaghetti Sauce, 24 oz.	1 ct.	\$5.00
7081	Splenda®, 1.75 oz.	1 ct.	\$6.50
7054	Pasta, Spaghetti, Gluten Free, 12 oz.	1 ct.	\$4.50
7224	Spam®, 12 oz.	1 ct.	\$6.50
7077	Salmon, Canned, 14.75 oz.	1 ct.	\$10.00
7072	Rice, White, 28 oz.	1 ct.	\$5.50
7230	Muffin Mix, Blueberry, 7 oz.	1 ct.	\$2.50
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$4.00
7095	Yams, 29 oz.	1 ct.	\$5.00
7195	Baking Soda, 16 oz.	1 ct.	\$3.00

Please note that the prices shown do not include sales tax.

Item #	Description	Count	Price
Food			
7130	Corn Flakes, 18 oz.	1 ct.	\$7.00
7076	Salad Dressing, Ranch, 16 oz.	1 ct.	\$4.50
7096	Yellow Mustard, 8 oz.	1 ct.	\$3.00
7228	Nutella®, 7 oz.	1 ct.	\$4.50
7186	Mayonnaise, 12 oz.	1 ct.	\$5.00
7080	Special K® Cereal, 18 oz.	1 ct.	\$7.00
7201	Mushrooms, 4.5 oz.	1 ct.	\$3.50
7168	Garlic Powder, 3 oz.	1 ct.	\$3.50
7068	Red Kidney Beans, 15 oz.	1 ct.	\$3.50
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7009	Rice, Brown, 28 oz.	1 ct.	\$5.50
7074	Salad Dressing, Italian, 16 oz.	1 ct.	\$4.50
7190	Cream of Wheat, 12 oz.	1 ct.	\$5.00
7173	Raisins, 9 oz.	1 ct.	\$4.50
7167	Soup Bouillon, Chicken	6 ct.	\$2.50
7164	Bread Crumbs, 15 oz.	1 ct.	\$4.00
7055	Pasta, Ziti, 16 oz.	1 ct.	\$3.00
7204	Parmesan Cheese, 8 oz.	1 ct.	\$5.00
7142	Wheat Crackers, 9 oz.	1 ct.	\$4.50
7174	Lima Beans, 15 oz.	1 ct.	\$3.00
7175	Prunes, 10 oz.	1 ct.	\$5.50
7234	Dried Bananas, 4 oz.	1 ct.	\$8.00
7210	Soda Crackers, 8 oz.	1 ct.	\$3.50
7023	Coffee, Decaf, 11 oz.	1 ct.	\$9.50
7212	Flour, All Purpose, 32 oz.	1 ct.	\$4.00
7176	Baby Corn, 15 oz.	1 ct.	\$3.50
7222	Cranberry Sauce, Jellied, 14 oz.	1 ct.	\$3.50
7231	Balsamic Vinegar, 8 oz.	1 ct.	\$5.00
7214	Hot Sauce, 3 oz.	1 ct.	\$2.00
7229	Chia Seed, 1.5 oz.	1 ct.	\$2.00
7232	Dried Apricots, 6 oz.	1 ct.	\$8.00
7179	Gelatin, Strawberry, 1.4 oz.	1 ct.	\$2.25

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Item #	Description	Count	Price
Food			
7129	Coffee, Decaf Instant, 8 oz.	1 ct.	\$12.00
7235	Dried Mangos, 3 oz.	1 ct.	\$10.00
7226	Cream of Potato Soup, 10 oz.	1 ct.	\$4.00
7169	Onion Powder, 2.75 oz.	1 ct.	\$3.00
7159	Garbanzo Beans, 15 oz.	1 ct.	\$2.50
7182	Pancake Mix, 16 oz.	1 ct.	\$5.00
7085	Stevia In The Raw®, 3.5 oz.	1 ct.	\$8.00
7181	Olives, 6 oz.	1 ct.	\$4.50
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.50
7177	Gelatin, Cherry, 1.4 oz.	1 ct.	\$2.25
7206	Grits, 16 oz.	1 ct.	\$3.50
7162	Rice, Yellow, 16 oz.	1 ct.	\$4.50
7238	Spinach, 13 oz.	1 ct.	\$3.00
7236	Steak Sauce, 5 oz.	1 ct.	\$4.75
7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7240	Blackeye Peas, 15 oz.	1 ct.	\$2.50
7166	Soup Bouillon, Beef	6 ct.	\$2.50
7194	Baking Powder, 7 oz.	1 ct.	\$5.50
7187	Pancake Syrup, 12 oz.	1 ct.	\$5.00
7216	Cinnamon, Ground, 2 oz.	1 ct.	\$4.50
7239	Seasoning Blend, Salt-Free, 2.5 oz.	1 ct.	\$5.50
7223	Cayenne Pepper, 1.5 oz.	1 ct.	\$3.50
7171	Bean Sprouts, 14 oz.	1 ct.	\$3.50
7178	Gelatin, Orange, 1.4 oz.	1 ct.	\$2.25
7242	Green Chiles, 4 oz.	1 ct.	\$2.50
7189	Water Chestnuts, 8 oz.	1 ct.	\$3.00
7170	Bamboo Shoots, 8 oz.	1 ct.	\$3.50
7065	Pumpkin, Canned, 15 oz.	1 ct.	\$4.50
7045	Oats, Steel Cut, 24 oz.	1 ct.	\$8.00
7088	Tea Bags, Decaf	48 ct.	\$10.00
7184	Salt & Pepper	1 ct.	\$5.50
7241	Great Northern Beans, 15 oz.	1 ct.	\$2.50

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Item #	Description	Count	Price
Food			
7163	Soy Sauce, 10 oz.	1 ct.	\$3.50
7243	Lentils, 15 oz.	1 ct.	\$2.50
7233	Dried Apples, 3 oz.	1 ct.	\$8.00
7217	Chili Powder, 2 oz.	1 ct.	\$4.50
7227	Rosemary, 1 oz.	1 ct.	\$3.50
7165	Salt Substitute, 3 oz.	1 ct.	\$5.50
7245	Quinoa, 12 oz.	1 ct.	\$8.50
7219	Oregano, 1 oz.	1 ct.	\$4.50
7209	Salad Dressing, French, 16 oz.	1 ct.	\$4.50
7215	Paprika, 2 oz.	1 ct.	\$4.50
7218	All Spice, 1 oz.	1 ct.	\$4.50
7244	Hominy, 15 oz.	1 ct.	\$2.50
Fresh Produce			
10007	All Fruit	1 ct.	\$45.00
10006	All Veggie	1 ct.	\$45.00
10009	Asian-Inspired Cuisine	1 ct.	\$60.00
10012	Healthy Snacking	1 ct.	\$45.00
10014	Latin-Inspired Cuisine	1 ct.	\$50.00
10005	Mixed Fruit & Veggie	1 ct.	\$45.00
10008	Mixed Fruit & Veggie 2	1 ct.	\$45.00

This grocery 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. Consult with your primary care provider (PCP) about which grocery items you should use to better manage your health and/or chronic illness.



FASTEST Delivery Method

Order your grocery products online through your **Benefits Pro Portal** at **Sonder.NationsBenefits.com** or scan this QR code with your smartphone camera.



Download the **Benefits Pro app** to your mobile device



To Order by Mail – Fill Out Your Personal Information

For orders by mail, fill out the information below and use the back of this form to order products. *Mail orders will be processed in 5-7 days.*

Only this form will be used for orders. Alternate or non-standard forms are not acceptable and will result in an order not being placed. To ensure your order is processed correctly please write **LEGIBLY** and use **BLACK INK ONLY**.

Member ID	Date of Birth	
First Name	Last Name	
Street #	Street Name	Apt./Suite #
City	State	Zip Code
Phone	Email	

Send the completed order form using the postage-paid envelope to:

NationsBenefits
1700 N. University Drive
Plantation, FL 33322

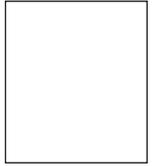
I understand that the phone numbers and/or emails I provided on this form may be used by NationsBenefits or any of its contracted parties to contact me about my account, my health benefit plan or related programs, or services provided to me.

Important: Due to the added time to receive your request by mail, we encourage you to allow extra time when mailing your order. Your order will be processed in the benefit period that it is received. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.



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