

Keep this catalog for future orders.

2025 Grocery Catalog



Get groceries delivered to your doorstep at no additional cost!



nations benefits

Sonder.NationsBenefits.com

Personalize Your Shopping with NationsBenefits®

Hello, Valued Member:

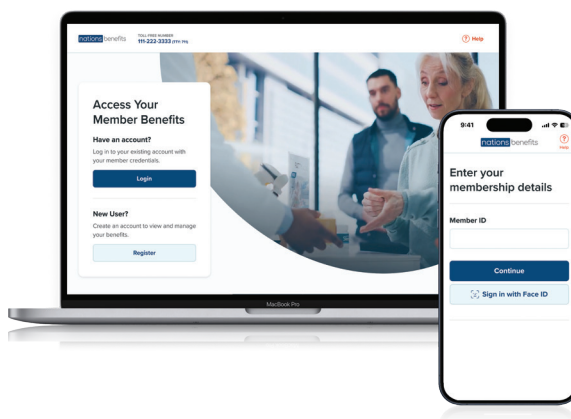
We would like to take this opportunity to welcome you and thank you for choosing **Sonder Health Plans** to participate in your health care. You have a grocery benefit through **NationsBenefits®** that can help you get the nutrition you need for a well-balanced diet through a variety of brand-name and generic healthy food products, produce boxes and always fresh, never frozen prepared meals.

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 and App**, making ordering even easier. Get started by either downloading the App or visiting **Sonder.NationsBenefits.com** and log into your account. If this is your first time using Benefits Pro, follow the prompts to register your account and log in.

Once logged in, you can easily:

- **Search** by category, price and more
- **Order** health and wellness products
- **Track** your order status in real time
- **View** transactions
- **Check** eligible products
- **Access** store locator
- **Request** a new card



If you need help with the Benefits Pro™ Portal or placing an order, please call **(888) 428-4440 (TTY: 711)**. Member Care Professionals are available:

April 1st – September 30th
Hours: 8.00 a.m. – 8.00 p.m.
Monday to Friday

October 1st – March 31st
Hours: 8.00 a.m. – 8.00 p.m.
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 monthly benefit period.

When using your NationBenefits card for over-the-counter products, it is recommended that you make your purchases at CVS, Rite Aid, and Walgreens.

Additional information about your grocery benefit is outlined below:



Benefit Usage:

This monthly benefit is only for you and cannot be used for your family or friends. Please use your grocery benefits prior to OTC



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:

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



Disenrollment:

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

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:
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)**.
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Product Categories



Top Selling Products	6
Food	11
Prepared Meals	15
Fresh Produce	16

Top Selling Products



Almond Milk, 32 oz.
Count: 1

Item #: 7143 \$7.00



Apricots, 15 oz.
Count: 1

Item #: 7207 \$4.00



Baked Beans, 16 oz.
Count: 1

Item #: 7152 \$3.50



Beef Stew, 15 oz.
Count: 1

Item #: 7006 \$4.50



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 \$7.50



Chewy Granola Bars, 8.4 oz.
Count: 8

Item #: 7012 \$5.75



Chicken Noodle Soup, 10 oz.
Count: 1

Item #: 7225 \$4.50

Top Selling Products



Chili, 15 oz.
Count: 1

Item #: 7188 \$4.50



Chunky Vegetable Soup,
18 oz.
Count: 1

Item #: 7020 \$4.00



Clam Chowder, 18 oz.
Count: 1

Item #: 7021 \$4.50



Coffee Creamer, 16 oz.
Count: 1

Item #: 7098 \$5.50



Coffee, 11 oz.
Count: 1

Item #: 7022 \$9.50



Condensed Milk, 14 oz.
Count: 1

Item #: 7205 \$4.50



Cooking Spray, 5 oz.
Count: 1

Item #: 7046 \$7.00



Corn, 14 oz.
Count: 1

Item #: 7150 \$3.50



Corned Beef, 12 oz.
Count: 1

Item #: 7160 \$8.00



Cream of Chicken Soup, 10
oz.
Count: 1

Item #: 7192 \$3.25

Top Selling Products



Cream of Mushroom Soup,
10 oz.
Count: 1

Item #: 7191 \$3.25



Fruit Cocktail, 14.5 oz.
Count: 1

Item #: 7024 \$3.50



Fruit & Nut Mix, 6 oz.
Count: 1

Item #: 7208 \$6.00



Glucerna® Chocolate Shake,
8 oz.
Count: 6

Item #: 7153 \$20.00



Glucerna® Vanilla Shake, 8 oz.
Count: 6

Item #: 7148 \$20.00



Green Beans, 14 oz.
Count: 1

Item #: 7151 \$3.50



Ham, Cooked, 16 oz.
Count: 1

Item #: 7220 \$8.00



Honey, 12 oz.
Count: 1

Item #: 7185 \$7.00



Instant Mashed Potatoes,
13.75 oz.
Count: 1

Item #: 7032 \$4.50



Jelly, Strawberry, 20 oz.
Count: 1

Item #: 7034 \$4.50

Top Selling Products



Mayonnaise, 12 oz.
Count: 1

Item #: 7186 \$5.50



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 \$7.00



Muffin Mix, Blueberry, 7 oz.
Count: 1

Item #: 7230 \$3.00



Muffin Mix, Corn, 8 oz.
Count: 1

Item #: 7193 \$3.00



Mushrooms, 4.5 oz.
Count: 1

Item #: 7201 \$3.50



Nature Valley™ Granola Bars
Count: 12

Item #: 7134 \$7.50



Nutella®, 7 oz.
Count: 1

Item #: 7228 \$4.50



Oatmeal, Instant Packets
Count: 10

Item #: 7135 \$8.00

Top Selling Products



Peanut Butter, Creamy, 16 oz.
Count: 1

Item #: 7057 \$5.50



Pear Halves, 15 oz.
Count: 1

Item #: 7059 \$4.50



Pineapple, Sliced, 8 oz.
Count: 1

Item #: 7061 \$3.75



Ramen Noodle Soup, 3 oz.
Count: 1

Item #: 7158 \$1.75



Sandwich Crackers, Cheddar
Count: 8 pack

Item #: 7141 \$6.00



Soda Crackers, 8 oz.
Count: 1

Item #: 7210 \$3.50



Spam®, 12 oz.
Count: 1

Item #: 7224 \$6.50



Steak & Vegetable Soup,
18.8 oz.
Count: 1

Item #: 7109 \$4.50



Tomatoes, Diced, 14.5 oz.
Count: 1

Item #: 7091 \$3.00



Trail Mix, 16 oz.
Count: 1

Item #: 7140 \$9.00

Please note that the prices shown do not include 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
7002	Almonds, 5 oz.	1 ct.	\$7.00
7122	Avocado Oil, 16 oz.	1 ct.	\$14.00
7176	Baby Corn, 15 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
7007	Beefaroni, 7 oz.	1 ct.	\$3.50
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
7127	Carrots, 14.5 oz.	1 ct.	\$3.50
7223	Cayenne Pepper, 1.5 oz.	1 ct.	\$3.50
7229	Chia Seed, 1.5 oz.	1 ct.	\$2.00
7202	Chicken Breast Chunk, 10 oz.	1 ct.	\$5.50
7217	Chili Powder, 2 oz.	1 ct.	\$4.50
7018	Chunk Light Tuna in Water, 5 oz.	1 ct.	\$3.00
7216	Cinnamon, Ground, 2 oz.	1 ct.	\$4.50
7144	Coconut Water, 16 oz.	1 ct.	\$3.25
7128	Coffee, Instant, 8 oz.	1 ct.	\$10.50
4443	Collard Greens, 14 oz.	1 ct.	\$4.50
7023	Coffee, Decaf, 11 oz.	1 ct.	\$9.50
7129	Coffee, Decaf Instant, 8 oz.	1 ct.	\$12.00
7130	Corn Flakes, 18 oz.	1 ct.	\$7.00
7131	Corn Oil, 16 oz.	1 ct.	\$5.50
7222	Cranberry Sauce, Jellied, 14 oz.	1 ct.	\$4.50
7226	Cream of Potato Soup, 10 oz.	1 ct.	\$4.00
7190	Cream of Wheat, 12 oz.	1 ct.	\$5.00
7233	Dried Apples, 3 oz.	1 ct.	\$8.00
7232	Dried Apricots, 6 oz.	1 ct.	\$8.00

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

Item #	Description	Count	Price
Food			
7234	Dried Bananas, 4 oz.	1 ct.	\$8.00
7235	Dried Mangos, 3 oz.	1 ct.	\$10.00
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
7212	Flour, All Purpose, 32 oz.	1 ct.	\$5.00
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
7241	Great Northern Beans, 15 oz.	1 ct.	\$2.50
7242	Green Chiles, 4 oz.	1 ct.	\$3.50
7206	Grits, 16 oz.	1 ct.	\$3.50
7214	Hot Sauce, 3 oz.	1 ct.	\$2.00
7033	Jelly, Grape, 20 oz.	1 ct.	\$4.50
7154	Ketchup, 20 oz.	1 ct.	\$4.50
7174	Lima Beans, 15 oz.	1 ct.	\$3.00
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.50
7044	Oats, Old Fashioned, 42 oz.	1 ct.	\$9.00
7045	Oats, Steel Cut, 24 oz.	1 ct.	\$8.00
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

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Item #	Description	Count	Price
Food			
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7062	Pinto Beans, 16 oz.	1 ct.	\$2.50
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
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
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
7078	Sardines, 4.4 oz.	1 ct.	\$4.00
7239	Seasoning Blend, Salt-Free, 2.5 oz.	1 ct.	\$5.50
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
7238	Spinach, 13 oz.	1 ct.	\$4.00
7081	Splenda®, 1.75 oz.	1 ct.	\$6.50
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

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Item #	Description	Count	Price
Food			
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
4444	Turnip Greens, 14 oz.	1 ct.	\$4.50
7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7101	Vienna Sausage, 4.6 oz.	1 ct.	\$2.50
7142	Wheat Crackers, 9 oz.	1 ct.	\$5.50
7095	Yams, 29 oz.	1 ct.	\$6.00
7096	Yellow Mustard, 8 oz.	1 ct.	\$3.00

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Item #	Description	Count	Price
Prepared Meals			
30125	Diabetic Friendly – Variety – 10 Meal Bundle	1 ct.	\$82.50
30037	General Wellness – Variety – 10 Meal Bundle	1 ct.	\$82.50
30169	Kosher – Variety – 10 Meal Bundle	1 ct.	\$82.50
30081	Low Sodium – Variety – 10 Meal Bundle	1 ct.	\$82.50
30197	Pureed – Variety – 10 Meal Bundle	1 ct.	\$82.50
30233	Vegetarian – Variety – 10 Meal Bundle	1 ct.	\$82.50

To learn more about prepared meals,
log in to **Sonder.NationsBenefits.com**

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

Item #	Description	Sample Contents		Price
Fresh Produce				
10007	All Fruit	Apple Plum	Orange Pear	\$45.00
10006	All Veggie	Carrot Green Pepper Iceberg Lettuce Onion	Potato Snow Pea Zucchini	\$45.00
10009	Asian-Inspired Cuisine	Ginger Root Chinese Eggplant Napa Cabbage	Onion Squash Bok Choy	\$60.00
10012	Healthy Snacking	Apple Celery Cucumber Green Pepper	Orange Pear Snow Pea	\$45.00
10014	Latin-Inspired Cuisine	Avocado Carrot Chile Cucumber Green Pepper	Lime Onion Potato Tomato	\$50.00
10005	Mixed Fruit & Veggie	Apple Cucumber Green Pepper	Orange Pear Romaine Lettuce	\$45.00
10008	Mixed Fruit & Veggie 2	Apple Carrots Green Pepper	Pear Potato	\$45.00

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

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. To see the most up-to-date version of this catalog, visit your Benefits Pro™ Portal.



FASTEST Delivery Method

Order 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.

Order Your Products

[illegible]

Applicable sales tax may be added to the order total and deducted from your available balance.

NOTE: Order forms will be processed during the benefit period in which they are received. If you have any questions or need assistance placing your order, please call NationsBenefits at **(888) 428-4440 (TTY: 711)**. Member Care Professionals are available:

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Language support services are available free of charge.

Notes:

You can use this page to write down helpful information for future orders such as item numbers, product descriptions, and any questions you may want to ask a Member Care Professional on your next call.

[illegible]

1700 N. University Drive
Plantation, FL 33322

Get started today!



Visit us online at
Sonder.NationsBenefits.com



Download the
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your mobile device



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