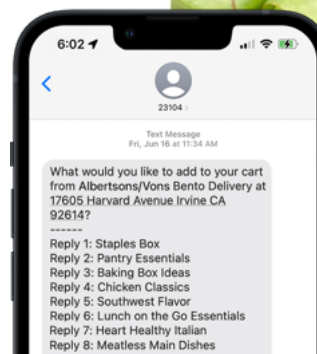




## Free, delicious, healthy groceries delivered weekly to eligible CenCal Health members with health conditions!

Bento partners with Medicaid health plans in California to provide members like you with nutritious, medically tailored groceries. No hidden catches. No cost to you. Seriously.



## Ready to enroll?

Follow these easy steps



Scan the QR code

Or visit:  
[gobento.com/enroll/jg](https://gobento.com/enroll/jg)



Fill out sign up form and look out for a confirmation text message within 2 weeks confirming your eligibility

## Sample Grocery Orders

With over 20+ Grocery Orders available, choose the best food options for you. Grocery Orders are tailored to you by our Registered Dietitians based on your unique disease risk factors, nutritional requirements and cultural preferences.

### Chicken Classics

#### What's Included:

- Boneless, Skinless Chicken Breasts/ Tofu (V)
- Low Sodium Soy Sauce/Tamari (GF)
- Frozen Stir Fry Vegetables
- Fresh Green Beans
- Red Potatoes
- Italian Dressing Mix
- Brown Rice

### Back to Basics

#### What's Included:

- Boneless, Skinless Chicken Breast, 4 Breasts/Tofu (V)
- Eggs, 12 ct/Flaxseed + Applesauce (V)
- 1% Milk/Soy Milk (V)
- Apples, 4
- Whole Wheat Bread/Gluten Free Bread (GF)
- Natural Peanut Butter/Nut-free Butter (NF)
- Broccoli
- Carrots
- Pasta Sauce
- Whole Wheat Pasta/Gluten Free Pasta (GF)

### Non-Perishable Basics

#### What's Included:

- No Added Salt Green Beans
- Low Sodium Lentil Vegetable Soup
- Low Sodium Chicken Noodle Canned Soup (V)
- Vegetable Soup (V)
- Raisins
- Canned Tuna, in water/Black beans (V)
- Bananas
- Apples
- Natural Peanut Butter/Soy Butter (V)
- Triscuit Thin Crackers
- Kind Granola Bars/(GF)
- Whole Wheat Sandwich Thins/Gluten Free Bread (GF)

*\*Sample orders listed are not guaranteed for every health condition. Orders available to you will be determined by the nutritional assessment done by our Registered Dietitians.*

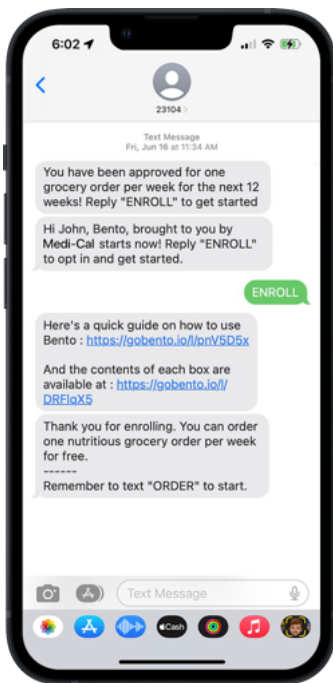


**Any questions?**

Call (800) 936-3022 or  
support@gobento.com

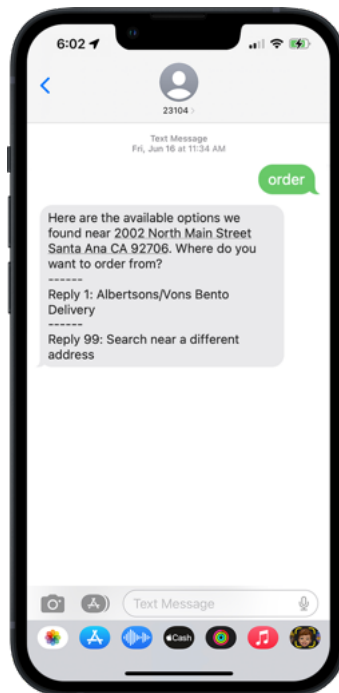
# How to Order

## STEP 1



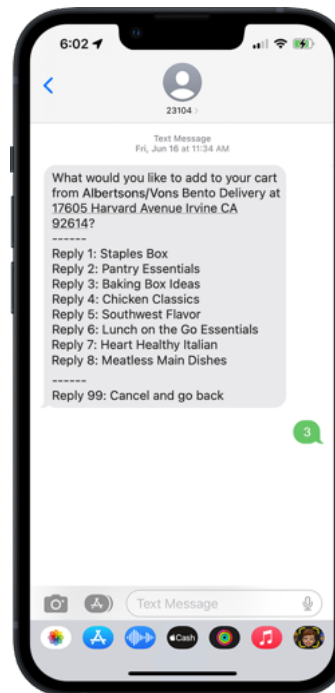
Reply **"ENROLL"** when you receive a text message from the Bento number 23104

## STEP 2



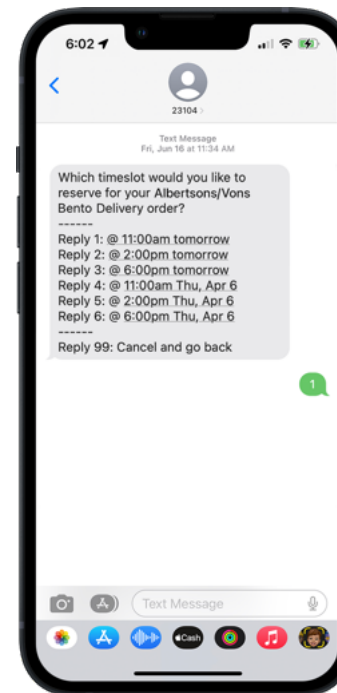
Reply **"ORDER"** to 23104 and then reply with the number that matches your preferred grocery store

## STEP 3



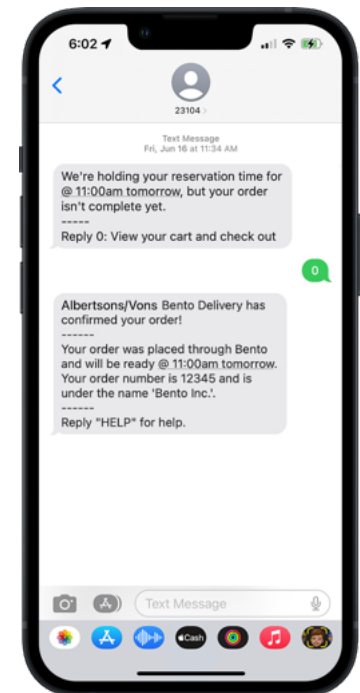
Reply with the number matching your chosen grocery order

## STEP 4



Reply with the number matching your preferred delivery date/time

## STEP 5



Reply **"0"** to review and **"1"** to submit your order