



# Gluten Free Guide

The goal of this publication is to make it easier for our customers with Gluten dietary restrictions. As a reference point, gluten is a protein found in rye, barley and wheat (including atta, bulgur, couscous, durum, einkorn, emmer, farina, kamut, seitan, semolina, spelt, and triticale). Some products on our list do not state that they are gluten free, even though they appear to be appropriate for gluten free diets.

As a general rule of thumb the following products DO NOT contain gluten: dairy (including aged cheeses, eggs, ice cream), all fruit juices, meat, poultry, seafood, pork, dried fruit, raw nuts, produce, frozen or fresh fruits and vegetables, vegetable oil, olive oils, peanut butter, dried beans and rices, brown and white sugar, gelatin, jelly/jam, honey, molasses, pure cocoa, condiments, vinegar (EXCEPTION MALT VINEGAR), coffee, chocolate, and spices .

We encourage you to **always read the label as ingredients in products change.** The information below is provided to our valued customers as a helpful guide. Please note, if you are allergic to other foods other than gluten, they may be represented on this list.

## **Aisle One**

### ***Salad Dressings***

- Organicville Dressings
- Spectrum Dressings
- Hendrickson's Dressings
- Braggs Dressings
- Annie's Naturals
- Comforts Dressings
- Kozlowski Farm Dressings
- Teresa's Select Recipes

On the end of Aisle One by the produce, there is a whole rack of Gluten free products, including several varieties of cereals, crackers, and cookies.

## **Aisle Two**

### ***Granola Bars***

- Bakery on Main Granola Bars
- Envirokidz Granola Bars

### **Teas**

- Republic of Teas
- Celestial Seasons Teas

### **Other**

- There is no gluten in honey, jams and jellies. All organic jams are safe. Some are made with cane sugar which is also ok.

## **Aisle Three**

### ***Cereals***

- Nature's Path Mesa Sunrise, corn flakes
- Barbara's Organic Brown Rice Crisp
- Erewhon Organic
- Envirokidz Cereals – 4 varieties
- Puffins

## **Aisle Four**

### ***Cakes, Cookies, Baking, Flours, Seasonings***

- Gluten Free Pantry chocolate cake mix
- Full Circle spice cake mix
- Hodgson Mill cookie mix, brownie mix, yellow & white cake mix
- Arrowhead Mills chocolate chip cookie mix
- 1-2-3 Cookie Mix
- Betty Crocker GF cookie and brownie mix
- Full Circle GF cookie mix
- Royal puddings & gelatins
- Cherrybrook Vanilla Frosting Mix
- Bob's Red Mill Flours – a wide variety of flours including pancake mix, cornbread mix, bread mix, Brownie and chocolate chip cookie mix
- Aromatica seasonings
- Molasses
- Tapioca
- All organic or 100% pure maple syrups are gluten free.

## **Aisle Five**

### ***Rices, Pasta, Beans, Ethnic, Pasta Sauces***

- Corn tortillas
- Schar Bread Crumbs
- Full Circle Pizza Crust Mix

### ***Pastas***

- De Boles Rice Pastas (10 varieties)
- Quinoa pasta

- Hodgson Mill pastas (6 varieties)
- Tinkyada pastas (8 varieties)
- Bionature Pastas (4 varieties)

### ***Pasta Sauce***

- Oganicville Pasta Sauce
- Muir Glen Organic Pasta Sauces
- Walnut Acres Tomato Sauce
- Newman's Own Tomato Sauce
- Full Circle Organic Tomato Sauce
- Amy's Pasta Sauce
- Comforts Tomato Sauce
- Rao's Homemade Tomato Sauce
- Monte Bene Tomato Sauce
- Prego Italian Sauce
- Most pasta sauces do not contain Glutens but please read the label.

### ***Salsas***

- Pace Salsas
- Mrs. Renfro's Salsa
- Drew's Organic Salsa
- Full Circle Organic Salsa
- O'Gomezzy All Natural Salsa
- Amy's Salsa
- Frontera Salsa

## **Aisle Six**

### ***Chips and Snacks***

- Food That Tastes Good Multigrain Chips (4 varieties)
- Tortilla corn chips
- Potato Flyers Baked Potato Chips
- Pirates Booty Corn Puffs
- Lundberg Rice Chips

## **Aisle Seven**

### ***Bakery, Breads, Cookies (Frozen) & Frozen Entrees***

- Ian's Fish Sticks
- Ian's Chicken Nuggets
- Dr. Praegus Fish Sticks & Fish Fillets
- Caesars Manicotti & Lasagna
- Full Plate Risotto (2 varieties)
- Gluten Freades Burritos (3 varieties)
- Glutino Frozen Pizza
- Vans GF waffles

- At the end of Aisle 7, by the dairy back wall in the freezer, there is a complete section of gluten free breads, muffins, donuts, cookie dough, bagels, English muffins. Brands include Kinikinnick, Udi's, Glutino, Food for Life, WOW, Ezekiel, and French Meadow.

### **Aisle 11**

#### ***Candy & Energy/Snack Bars***

- Kind Fruit & Nut Bars
- Bora Bora Feel Great Bars
- Boomi Bars
- Prano Bar
- Oskri Sesame Bars
- Harvest Roost Pumpkin Seeds
- 3 musketeers, Snickers, Hershey's Kisses, Starburst chews, Tootsie Rolls

#### ***Crackers/Cookies***

- Blue Diamond Nut Thins
- Edward & Son's Brown Rice Snaps
- Wow Cookies
- Full Circle Popcorn (contains soy)
- Newman's Own Popcorn

### **Aisle 12**

#### ***Soups, Canned Meats, Condiments***

- Canned broths
- Annie's Organic BBQ Sauce
- Organicville BBQ Sauce
- Grand Teton BBQ Sauce
- Kozlowski Farm Grilling & Dipping Sauce (3 varieties)
- Wright's Liquid Smoke
- Organicville Dijon Mustard
- Full Circle Organic Mustard
- Annie's Natural's Organic Mustard
- Spectrum Mayonnaise
- Smart Balance Mayonnaise
- Noyo Reserve Mustards

### **Aisle 13**

***Wine*** - Generally, all wine is gluten free. Wine Coolers are NOT Gluten Free, because they contain barely malt. Redbridge beer is gluten free.

***Deli*** - Dietz & Watson deli meats are gluten free.

If there is an inadvertent error or items we have missed, please let us know so we can keep our list updated. While we have made every effort to minimize any inaccuracies, the customer is ultimately responsible for checking labels and ingredients.