

GLUTEN FREE SHOPPING GUIDE

Eating Gluten Free at Good Harvest Market

It is estimated that over three million Americans currently suffer from gluten intolerance, although estimates also suggest that 97 percent of celiac sufferers remain undiagnosed and go untreated. An increased diagnosis of the disease in recent years has led to a consequent surge in demand for gluten-free foods. A gluten free diet means avoiding all foods that contain wheat, rye, barley and most oats. Despite these restrictions, people with celiac disease can eat a well-balanced diet with a variety of foods, including bread and pasta. Best of all, GLUTEN FREE foods are not only nutritious, but tasty as well!

Good Harvest Market offers hundreds of gluten free products, including fresh bakery goods. This guide list covers *manufacturer labeled GLUTEN FREE foods* and indicates where you will find them in the store. The number of Gluten Free products we carry is growing all the time!

Product Name	Description	Location
<u>Apple Sauce</u>		
Leroux Creek	Organic Berry Apple	aisle 3
	Organic Apricot Apple	aisle 3
	Organic Cherry Apple	aisle 3
	Organic Cinnamon Apple	aisle 3
	Organic Golden Apple	aisle 3
<u>Bars/Snacks</u>		
Bakery On Main	Peanut Butter Chocolate Chip Granola Bar	aisle 5
	Cranberry Maple Nut Granola Bar	aisle 5
	Extreme Trail Mix Granola Bar	aisle 5
Bora Bora	Pacific Mango Macadamia Bar	register 3
	Native Acai Walnut Bar	register 3
Bumble Bar	Organic Lushus Lemon	register 3
	Organic Chocolate Crisp	register 3
	Organic Almond	register 3
	Organic Original	register 3
	Organic Chai	register 3
	Organic Cherry	register 3
	Organic Cashew	register 3
Enjoy Life	Very Berry	aisle 5
	Caramel Apple	aisle 5
	Cocoa Loco	aisle 5
	Sunbutter Crunch	aisle 5
EnviroKidz	Organic Crispy Rice	aisle 5

Eden	Edenblend Rice & Soymilk	aisle 5
Good Karma	Organic Vanilla Rice Milk	aisle 5
	Organic Original Rice Milk	aisle 5
Lakefront Brewery	New Grist Beer	beer/wine
Lakewood	Fruit Juices	aisle 4
	Organic Fruit Garden	aisle 4
Manitoba Harvest	Hemp Bliss Chocolate Milk	aisle 5
	Hemp Bliss Original Unsweetened Milk	aisle 5
	Hemp Bliss Original Milk	aisle 5
	Hemp Bliss Vanilla Milk	aisle 5
Organic Valley	Soymilks	dairy cooler
Pacific Natural Foods	Almond Milk, low fat and unsweetened	aisle 5
	Hazelnut Milk	aisle 5
	Organic Oat Milk	aisle 5
Red Bridge	Sorghum Beer	beer/wine
Rice Dream	Horchata	aisle 5
	Rice Drinks - variety	aisle 5
Silk	Soy Milk	aisle 5
So Delicious	Coconut Milk	dairy cooler
Soy Dream	Enriched Vanilla Soymilk	aisle 5
Teeccino	Herbal Coffee's	aisle 5
Virgil's	Root Beer	aisle 4
West Soy	Organic Plain Soymilk	aisle 5
	Organic Unsweetened Soymilk	aisle 5
	Unsweetened Chocolate Soymilk	aisle 5
Wildwood	Probiotic Soymilks	dairy cooler

Breads/Biscuits/Buns/Muffins

Against the Grain	Original Rolls	frozen
	Sesame Bagels	frozen
	Baguettes	frozen
Ener-G	Tapioca Hamburger Buns	aisle 1
	Light Tapioca Loaf	aisle 1
	Brown Rice Yeast-Free Loaf	aisle 1
	White Rice Loaf	aisle 1
	Tapioca Loaf	aisle 1
	Tapioca Hot Dog Buns	aisle 1
Food For Life	Brown Rice Tortillas	refrig bread
	White Rice Bread	refrig bread
	Raisin Pecan Bread	refrig bread
	Brown Rice Bread	refrig bread
	Millet Bread	refrig bread
	Rice Pecan Bread	refrig bread
	Brown Rice English Muffins	refrig bread
	Multi-Grain English Muffins	refrig bread
French Meadows	Tortillas	refrig bread
Glutino	Flaxseed Bread	refrig bread
	Cinnamon Raisin Bread	refrig bread
	Fiber Bread	refrig bread

Grandma Ferdon's	Brown Rice Bread	refrig bread
	Cinnamon French Toast	frozen
	Bread Sticks	frozen
	Buttermilk Bread	frozen
	Egg Bread	frozen
	Pumpernickel Bread	frozen
	Bread Crumbs	frozen
	Cinnamon Raisin Biscuits	frozen
	Baking Powder Biscuits	frozen
	Corn Muffins	frozen
	English Muffins	frozen
	Plain Donuts	frozen
	Donut Holes	frozen
	Dinner Rolls	frozen
	Cinnamon Rolls	frozen
	Hamburger Buns	frozen
	Hot Dog Buns	frozen
	Banana Muffins	frozen
	Pumpkin Muffins	frozen
	Cinnamon Raisin Bread	frozen
Kinnickinick	Hamburger Buns	frozen
	Hot Dog Buns	frozen
	Raisin Tapioca Rice Bread	frozen
	Tapioca Rice Bread	frozen
	Many Wonder Multigrain Bread	frozen
	White Sandwich Bread	frozen
	Brown Sandwich Bread	frozen
	Italian White Tapioca Rice Bread	frozen
	Robin's Honey Brown Rice Bread	frozen
	Sunflower Flax Bread	frozen
	Cinnamon Raisin Bagels	frozen
	Plain Bagels	frozen
	Sesame Bagels	frozen
	Cinnamon Sugar Donuts	frozen
	Vanilla Glazed Donuts	frozen
	English Muffins	frozen
	Yellow Corn Tortillas	refrig bread
Sonoma		
Udi's	Blueberry Muffins	Frozen
	Lemon Streusel Muffins	Frozen
 <u>Candy</u>		
Candy Tree	Organic Cherry Vines	register 3
	Organic Strawberry Vines	register 3
	Organic Orange Lollipops	register 3
College Farm	Organic Hard Candy	
	-Strawberry Crème	register 3
	-Chocolate Mint	register 3
	-Vanilla Caramel	register 3
	-Vienna Roast	register 3
	Nature Pops	register 3

Dagoba	Chocolate Candy Bars - Variety	register 2
Enjoy Life	Boom Choco Boom Rice Milk Bars	aisle 4
Let's Do...Organic	Gummi Bears	register 3
PeelU	Dental Chewing Gum	register 1
Pure Fun	Organic Candies	register 3
Tropical Sources	Mind Crunch Dark Chocolate	register 2
Yummy Earth	Organic Vitamin C Pops	register 3
	Road Side Root Beer Candy Drops	register 3
	Organic Fruit Lollipops	register 3

Cereals

Ancient Harvest	Quinoa Flakes	aisles 5&6
Arrowhead Mills	Organic Maple Buckwheat Flakes	aisle 5
Bakery On Main	Extreme Fruit & Nut Granola	aisle 5
	Apple Raisin Walnut Granola	aisle 5
	Nutty Maple Cranberry Granola	aisle 5
	Triple Berry Granola	aisle 5
Bob's Red Mill	Oatmeal - Rolled Oats	aisle 5
	Steel Cut Oats	aisle 5
	Mighty Tasty Hot Cereal	aisle 5
	Creamy Rice Hot Cereal	aisle 5
Eco Planet	Maple & Brown Sugar Hot Cereal	aisle 5
	Original Hot Cereal	aisle 5
	Apple & Cinnamon Hot Cereal	aisle 5
Enjoy Life	Cranapple Crunchy Granola	aisle 5
	Very Berry Crunch	aisle 5
	Cinnamon Crunch	aisle 5
	Perky's Crunchy Rice	aisle 5
	Perky's Crunchy Flax	aisle 5
EnviroKidz	Peanut Butter Panda Puffs	aisle 5
	Gorilla Munch	aisle 5
	Leapin' Lemurs	aisle 5
	Koala Crisp	aisle 5
	Amazon Frosted Flakes	aisle 5
Erewhon	Organic Corn Flakes	aisle 5
	Crispy Brown Rice	aisle 5
	Crispy Brown Rice w/ Berries	aisle 5
	Rice Twice	aisle 5
	Cocoa Crispy Brown Rice	aisle 5
	Strawberry Crisp	aisle 5
Glutenfreeda	Natural Instant Oatmeal	aisle 5
	Apple Cinnamon w/ Flax Instant Oatmeal	aisle 5
	Instant Oatmeal Variety Pack	aisle 5
	Maple Raisin Instant Oatmeal	aisle 5
Glutino	Apple & Cinnamon	aisle 6
	Honey Nut	aisle 6
Lundberg	Purely Organic Rice Cereal	aisle 5
Nature's Path	Whole O's	aisle 5
	Crispy Rice	aisle 5
	Organic Corn Flakes	aisle 5

	Organic Mesa Sunrise	aisle 5
	Organic Honey'd Corn Flakes	aisle 5
	Crunchy Maple Sunrise	aisle 5
New England Natural	Fruity Granola	aisle 5
New Morning	Organic Cocoa Crispy Rice	aisle 5
Pocono	Cream of Buckwheat Cereal	aisle 5

Condiments

Amy's	Organic Mild Salsa	chips
	Organic Medium Salsa	chips
	Organic Black Bean & Corn Salsa	chips
	Organic Spicy Chipotle Salsa	chips
Annie's Naturals	Organic Ketchup	aisle 1
	Organic Horseradish Mustard	aisle 1
	Organic Yellow Mustard	aisle 1
	Organic Honey Mustard	aisle 1
	Organic Dijon Mustard	aisle 1
	Organic Sweet & Spicy BBQ Sauce	aisle 1
Arrowhead Mills	Organic Peanut Butter	aisle 3
Bragg's	Liquid Aminos	aisle 1
Bubbies	Sauerkraut	dairy cooler
	Bread & Butter Chips	dairy cooler
	Pure Kosher Dills	dairy cooler
Daddy Sam's	BBQ Sawce	aisle 1
Drew's	Organic Mild Thick & Chunky Salsa	chips
	Organic Medium Chipotle Lime Salsa	chips
	Organic Hot Thick & Chunky Salsa	chips
Follow Your Heart	Organic Veganaise	dairy cooler
	Original Veganaise	dairy cooler
	Grapeseed Oil Veganaise	dairy cooler
I.M. Healthy	Soynut Butter	aisle 3
	Soynut Butter with Honey	aisle 3
Justin's Organics	Organic Peanut Butter	aisle 3
	Organic Maple Almond Butter	aisle 3
	Organic Peanut Butter with Honey	aisle 3
Nasoya	Original Veggie Sandwich Spread	aisle 1
OrganicVille	Organic Ketchup	aisle 1
	Organic Pineapple Salsa	chips
Premier Japan	Organic Hoisin Sauce	aisle 1
San-J	Organic Tamari	aisle 1
	Sweet & Tangy Polynesian Sauce	aisle 1
	Teriyaki Sauce	aisle 1
Spectrum	Light Canola Mayonnaise	aisle 1
	Regular Mayonnaise	aisle 1
	Omega 3 Mayonnaise	aisle 1
	Canola Mayonnaise	aisle 1
	Mayonnaise with Olive Oil	aisle 1
	Organic Mayonnaise	aisle 1

Cookies

Annie's	Cocoa & Vanilla Bunny Cookies	aisle 4
Arico	Chocolate Chunk Cookies	aisle 4
	Peanut Butter Cookies	aisle 4
Barbara's	Vanilla Animal Cookies	aisle 4
	Wheat Free Oatmeal Animal Cookies	aisle 4
	Chocolate Chip Animal Cookies	aisle 4
Cherrybrook Kitchen	Mini Chocolate Chip Cookies	aisle 4
	Mini Vanilla Graham Cookies	aisle 4
Enjoy Life	Snickerdoodle	aisle 4
	Gingerbread Spice	aisle 4
	Double Chocolate Brownie	aisle 4
	Chewy Chocolate Chip	aisle 4
Enviro-Kidz	Animal Cookies	aisle 4
Go-Raw	Original Supercookies	aisle 4
	Chocolate Supercookies	aisle 4
	Ginger Snaps	aisle 4
Glenny's	Oatmeal Cookies	aisle 4
	Oatmeal Chocolate Chip Cookies	aisle 4
Glutino	Chocolate Wafer Cookies	aisle 6
	Strawberry Wafer Cookies	aisle 6
	Vanilla Wafer Cookies	aisle 6
	Dark Chocolate Wafer Bars	aisle 6
	Chocolate Wafer Bars	aisle 6
	Peanut Butter Wafer Bars	aisle 6
	Chocolate Vanilla Crème Cookies	aisle 6
	Vanilla Crème	aisle 6
	Chocolate Chip Cookies	aisle 6
Grandma Ferdon's	Gingersnap Cookies	frozen
	Chocolate Grande Cookies	frozen
	Cut-Out Cookie Dough	frozen
Ian's	Cookie Buttons - Crunchy Cinnamon	aisle 4
	Cookie Buttons - Chocolate Chip	aisle 4
Jennie's	Coconut Macaroons	aisle 4
	Chocolate Macaroons	aisle 4
	Almond Macaroons	aisle 4
Jo-sef	Cinnamon O's	aisle 4
	Chocolate Sandwich O's	aisle 4
	Cinnamon Cookies	aisle 4
	Vanilla Cookies	aisle 4
	Chocolate Cookies	aisle 4
Kinnickinick	Montana's Chocolate Chip Cookies	aisle 4
	Animal Cookies	aisle 4
	K-Too's Vanilla Sandwich Crème Cookies	aisle 4
	K-Too's Chocolate Sandwich Crème Cookies	aisle 4
Mi-Del	Gingersnaps	aisle 4
	Chocolate Chip Cookies	aisle 4
	Arrowroot Cookies	aisle 4
Nana's	Chocolate Munch Cookie Bars	aisle 4
	Berry Vanilla Cookie Bars	aisle 4

	Chocolate	register 3
	Lemon	register 3
	Chocolate Crunch	register 3
	Chocolate Chip	register 3
Pamela's	Dark Chocolate Chunk Cookies	aisle 6
	Chocolate Chunk Pecan Shortbread	aisle 6
	Peanut Butter Cookies	aisle 6
	Butter Shortbread Cookies	aisle 6
	Simplebites Ginger Mini-Snapz	aisle 4
	Simplebites - Extreme Chocolate Mini Cookies	aisles 4 & 6
	Simplebites - Chocolate Chip Mini Cookies	aisles 4 & 6
Schar	Cocoa Wafers	aisle 4
	Shortbread Cookies	aisle 4
	Chocolate Dipped Cookies	aisle 4

Crackers/Chips/Snacks

Arico	Cassava Chips	chips
	Sea Salt Mist Cassava Chips	chips
Back To Nature	Sesame Seed Rice Thins	aisle 4
	Multi-Seed Crackers	aisle 4
Beanitos	Pinto Bean & Flax Chips	chips
	Black Bean Chips	chips
Blue Diamond	Pecan Nut Thins	aisles 4 & 6
	Almond Nut Thins	aisles 4 & 6
	Almond Nut Thins - Country Ranch	aisles 4 & 6
	Cheddar Cheese Nut Thins	aisles 4 & 6
Boulder	Totally Natural Potato Chips	chips
	Parmesan & Garlic Potato Chips	chips
Dr. In The Kitchen	Flackers Flax Crackers - Savory	aisle 4
	Flackers Flax Crackers - Dill	aisle 4
Edward & Sons	Brown Rice Snaps - Unsalted, Plain	aisle 4
	Brown Rice Snaps - Cheddar	aisle 4
	Brown Rice Snaps - Vegetable	aisle 4
	Brown Rice Snaps - Toasted Onion	aisle 4
	Exotic Rice Toast - Rice & Sesame	aisle 4
EnerG	Wheat-Free Pretzels	aisle 6
	Sesame Pretzel Rings	aisle 6
Enjoy Life	Mountain Mambo Trail Mix	snack rack
	Beach Bash - No Nuts Mix	snack rack
Food Should Taste Good	Sweet Potato Chips	chips
	Jalapeno Tortilla Chips	chips
	Multigrain Tortilla Chips	chips
	Chocolate Tortilla Chips	chips
	Olive Tortilla Chips	chips
	The Works Tortilla Chips	chips
	Yellow Corn Tortilla Chips	chips
Go Raw	"Sunflower" Flax Snax	aisle 4
	"Simply" Flax Snax	aisle 4
	"Spicy" Flax Snax	aisle 4
	Sprouted Pumpkin Seeds	snack rack

Glutino	Sprouted Sunflower Seeds	snack rack
	Sesame Breadsticks Regular	aisle 6
	Original Crackers	aisle 6
	Multi-Grain Crackers	aisle 6
	Vegetable Crackers	aisle 6
	Cheddar Crackers	aisle 6
	Sesame Pretzel Rings	aisle 6
	Unsalted Pretzel Twists	aisle 6
	Pretzel Sticks	aisle 6
	Pretzel Twists	aisle 6
	Pizza Breadsticks	aisle 6
Grandma Ferdon's	Tortilla Chips	aisle 6
Green Mountain Gringo	Tortilla Strips	chips
	Blue Corn Tortilla Strips	chips
Health Valley	Rice Bran Crackers	aisle 4
Hol-Grain Crackers	Brown Rice with Light Salt	aisle 4
Kettle	Baked Potato Chips - Hickory Honey BBQ	chips
	Baked Potato Chips - Lightly Salted	chips
	Baked Potato Chips - Sea Salt & Vinegar	chips
	Baked Potato Chips - Aged White Cheddar	chips
	Baked Potato Chips - Salt & Fresh Pepper	chips
	Sour Cream & Onion Potato Chips	chips
	Buffalo Blue Potato Chips	chips
	Sea Salt Potato Chips	chips
	Fully Loaded Baked Potato Chips	chips
	Cheddar & Sour Cream Potato Chips	chips
	Organic Salt & Fresh Pepper Potato Chips	chips
	Organic Chipotle Barbeque Potato Chips	chips
	Organic Lightly Salted Potato Chips	chips
	New York Cheddar Potato Chips	chips
	Classic Barbeque Potato Chips	chips
Lundberg	Rice Cakes - Popcorn	aisle 4
	Rice Cakes - Koku Seaweed	aisle 4
	Rice Cakes - Sesame Tamari	aisle 4
	Rice Cakes - Brown Rice, Salt Free	aisle 4
	Rice Cakes - Mochi Sweet	aisle 4
	Rice Cakes - Tamari w/Seaweed	aisle 4
	Rice Cakes - Brown Rice, Light Salt	aisle 4
	Rice Cakes - Wild Rice	aisle 4
Mary's Gone Crackers	Original	aisle 4
	Caraway	aisle 4
	Herb	aisle 4
	Black Pepper	aisle 4
	Onion	aisle 4
	Sticks & Twigs - Chipotle Tomato	chips
	Sticks & Twigs - Curry	chips
	Sticks & Twigs - Sea Salt	chips
Michael Season's	Baked Cheese Puffs	chips
	Baked Cheese Curls	chips
	Baked Potato Crisps - Original	chips

	Baked Hot Chili Pepper Cheese Curls	chips
	Baked Cheddar & Sour Cream Potato Crisps	chips
Miguel's	Organic 3 Pepper Tortilla Dippers	chips
	Organic Everything Tortilla Dippers	chips
Mr. Krispers	Baked Rice Krisps	chips
Natural Nectar	Cracklebread - Original	aisle 4
	Cracklebread - Sun-dried Tomato & Oregano	aisle 4
Pirate's Booty	Sea Salt & Vinegar Puffs	chips
	Veggie Puffs	chips
	Aged White Cheddar Puffs	chips
	Real Aged Wisconsin Cheddar Puffs	chips
Popcorn, Indiana	Movie Theater Popcorn	chips
	Aged White Cheddar Kettle Corn	chips
	Touch of Sea Salt Kettle Corn	chips
Real Foods	Organic Sesame Corn Thins	aisle 4
	Organic Original Corn Thins	aisle 4
Schar	Table Crackers	aisle 4
Snikiddy	Cheddar Cheese Baked Fries	aisle 4
	Original Baked Fries	aisle 4
	Classic Ketchup Baked Fries	aisle 4
	Parmesan Garlic Baked Fries	aisle 4
Suzie's	Whole Grain Puffed Corn Thins	aisle 4
Xochitl	White Corn Chips	chips

Crusts

Against The Grain	Pizza Shells	frozen
Arrowhead Mills	Pizza Crust Mix	aisle 3
Bob's Red Mill	Pizza Crust Mix	aisle 3
Glutino	Pizza Crust	frozen
Grandma Ferdon's	Pie Crust	frozen
	Pizza Crust	frozen
Kinnikinnick	Pizza Crust	frozen
Namaste	Pizza Crust Mix	aisle 3
Nature's HiLights	Brown Rice Pizza Crust	frozen
Udi's	Pizza Crust	frozen

Dairy/Cheese

Brown Cow	Yogurt - All varieties	dairy
Cascade Fresh	Yogurt - 2 varieties	dairy
Coconut Bliss	Coconut Bar	frozen
	Chocolate Coconut Bar	frozen
Earth Balance	Natural Buttery Spread	dairy
Follow Your Heart	Cheddar	cheeses
	Monterey Jack	cheeses
	Mozzarella	cheeses
Galaxy	Rice Cheese - Mozzarella	cheeses
	Rice Cheese - Cheddar Flavor	cheeses
	Vegan Topping - Parmesan Flavor	cheeses
	American Cheese Slices	cheeses
	Cheddar Cheese Slices	cheeses

	Veggy Singles - 3 varieties	cheeses
	Vegan Slices - 2 varieties	cheeses
Good Karma	Rice Divine - Very Vanilla Ice Cream	frozen
	Rice Divine - Mudd Pie Ice Cream	frozen
Helios	Strawberry Kefir	dairy
	Vanilla Kefir	dairy
	Peach Kefir	dairy
	Plain Kefir	dairy
	Raspberry Kefir	dairy
Kozy Shack	Chocolate Pudding	dairy
Lifeway	Raspberry Kefir	dairy
	Blueberry Kefir	dairy
	Plain Kefir	dairy
	Strawberry and Cream Kefir	dairy
	Pomegranate Acai Kefir	dairy
Lisantti	Soy-Sation Shredded Cheddar	cheeses
	Soy-Sation Shredded Mozzarella	cheeses
	Rice Cheese - Mozzarella	cheeses
	Almond Cheese - Mozzarella	cheeses
	Almond Cheese - Cheddar	cheeses
Nasoya	Tofu	dairy
Rice Dream	Strawberry Frozen Dessert	frozen
	Vanilla Frozen Dessert	frozen
	Cocoa Marble Fudge Frozen Dessert	frozen
Silk	Original Creamer	dairy
	Hazelnut Creamer	dairy
	French Vanilla Creamer	dairy
So Delicious	Coconut Yogurts - All Varieties	dairy
	Coconut Milk Kefirs - All Varieties	dairy
Stonyfield Farm	Yogurt - All Varieties	dairy
Wildwood	Soyogurt Probiotic Vanilla Yogurt	dairy
	Soyogurt Probiotic Plain Yogurt	
Zen Soy	Chocolate Soy Pudding	dairy
	Vanilla Soy Pudding	dairy
	Banana Pudding	dairy

Desserts

Ah!Laska	Chocolate Syrup	aisle 3
French Meadow Bakery	Chocolate Chip Cookie Dough	frozen
	Fudge Brownies	frozen
Grandma Ferdon's	Carrot Cake	frozen
	Brownies	frozen
	Apple Pie	frozen
	Pumpkin Pie	frozen
	Lemon Bars	frozen
	Pumpkin Bars	frozen
Kozy Shack	Chocolate Pudding	dairy
Let's Do...	Ice Cream Cones	aisle 3
Natural Desserts	Raspberry Jello	aisle 3
	Strawberry Jello	aisle 3

	Cherry Jello	aisle 3
	Orange Jello	aisle 3
Pamela's	White Chocolate & Raspberry Cheesecake	frozen
	New York Cheesecake	frozen
Santa Cruz	Mint Chocolate Flavored Syrup	aisle 3
	Raspberry Chocolate Flavored Syrup	aisle 3
	Chocolate Flavored Syrup	aisle 3
ZenSoy	Chocolate Soy Pudding	dairy
	Vanilla Soy Pudding	dairy
	Banana Pudding	

Ethnic Food

Amy's	Organic Refried Beans - Traditional	aisle 2
	Organic Refried Beans - Black Beans	aisle 2
Annie Chun's	Original Mai Fun Rice Noodles	aisle 1
	Pad Thai Rice Noodles	aisle 1
Fantastic World Foods	Black Beans	aisle 2
	Refried Beans	aisle 2
Jyoti	Matar - Paneer	aisle 1
	Jaipur Karhi	aisle 1
	Madras Sambar	aisle 1
	Punjabi Chhole	aisle 1
	Delhi Saag	aisle 1
	Dal Makhani	aisle 1
Native Forest	Organic Coconut Milk	aisle 1
	Organic Light Coconut Milk	aisle 1
Storehouse 27	Tomato & Chilies Sauce	aisle 1
	Dates & Tamarind Sauce	aisle 1
	Cashews & Crème Sauce	aisle 1
	Tamarind & Garlic Sauce	aisle 1
	Cilantro & Coconut Sauce	aisle 1
Tasty Bites	Kashmir Spinach	aisle 1
	Jaipur Vegetables	aisle 1
	Kerala Vegetables	aisle 1
	Spinach Dal	aisle 1
	Punjab Eggplant	aisle 1
	Aloo Palak	aisle 1
	Bombay Potatoes	aisle 1
	Tehari Herb Rice	aisle 1
	Paneer Makhani	aisle 1
	Bangkok Beans	aisle 1
	Ginger Lentil Rice	aisle 1
	Snappy Soya	aisle 1
	Lentil Magic	aisle 1
	Zesty Lentils and Peas	aisle 1
	Chunky Chickpeas	aisle 1
	Spinach Channa	aisle 1
Thai Kitchen	Most varieties of Rice Noodle	
	Bowls; Read Individual Packages	aisle 1
	Most Varieties of Instant Noodle	

Bowls; Read Individual Packages	aisle 1
Stir Fry Rice Noodles;	
Read Individual Packages	aisle 1
Organic Coconut Milk	aisle 1
Organic Lite Coconut Milk	aisle 1
Thin Rice Noodles	aisle 1

Flour/Baking/Mixes

1-2-3 Gluten Free

Chocolate Cake Mix	aisle 6
Yellow Cake Mix	aisle 6
Sugar and Spice Bar Mix	aisle 6
Brownie Mix	aisle 6
Scrumdelicious Cookie Mix	aisle 6
Sugar Cookie Mix	aisle 6
Muffin/Quickbread Mix	aisle 6
Biscuit Mix	aisle 6
Cornbread Mix	aisle 6
Dinner Roll Mix	aisle 6

Ah!Laska
Ancient Harvest
Arrowhead Mills

Bakers Cocoa Powder	aisle 3
Quinoa Flour	aisle 3
Gluten Free Pancake & Baking Mix	aisles 3 & 6
Organic Buckwheat Flour	aisle 3
Organic Millet Flour	aisle 3
Organic Yellow Corn Meal	aisle 3
Chocolate Chip Cookie Mix	aisle 3
Brownie Mix	aisle 3
Brown Rice Flour	aisle 3
Organic White Rice Flour	aisle 3
All Purpose Baking Mix	aisle 3

Authentic Foods

Vanilla Cake Mix	aisle 3
Vanilla Powder	aisle 3
Guar Gum	aisle 3
Dough Enhancer	aisle 3
Sweet Rice Flour	aisle 3
Chocolate Cake Mix	aisle 3
Blueberry Muffin Mix	aisle 3
Maple Sugar	aisle 3
Falafel Mix	aisle 3
Classical Blend	aisle 3
Brown Rice Flour	aisle 3
Devil's Food Cake Mix	aisle 3
Pie Crust Mix	aisle 3

Bob's Red Mill

Almond Meal Flour	aisle 3
Golden Flaxseed Meal	aisle 3
Flaxseed Meal	aisle 3
Baking Soda	aisle 3
Baking Powder	aisle 3
Arrowroot Flour	aisle 3
Garbanzo & Fava Bean Flour	aisle 3
Xanthan Gum	aisle 3

	Teff Flour	aisle 3
	All Purpose Flour	aisle 3
	Brownie Mix	aisle 3
	Pancake Mix	aisle 3
	Semolina Flour	aisle 3
	Sweet White Sorghum Flour	aisle 3
	Coconut Flour	aisle 3
	Biscuit & Baking Mix	aisle 3
	Cornbread Mix	aisle 3
	Hearty Whole Grain Bread Mix	aisle 3
	Homemade Wonderful Bread Mix	aisle 3
	Textured Vegetable Protein	aisle 3
	Potato Starch	aisle 3
	Cornstarch	aisle 3
	Buttermilk Pancake and Waffle Mix	aisle 3
	Chocolate Cake Mix	aisle 3
	Shortbread Cookie Mix	aisle 3
	Vanilla Cake Mix	aisle 3
	Chocolate Chip Cookie Mix	aisle 3
	Cinnamon Raisin Bread Mix	aisle 3
	Amaranth Flour	aisle 3
	Garbanzo Bean Flour	aisle 3
	Corn Flour	aisle 3
	Cornmeal	aisle 3
	High Fiber Pancake and Waffle Mix	aisle 3
	Buckwheat Pancake and Waffle Mix	aisle 3
	7 Grain Pancake and Waffle Mix	aisle 3
	Cornmeal Pancake and Waffle Mix	aisle 3
Breads from Anna	Bread Machine Mixes	aisle 3
Chebe	Cinnamon Roll Mix	aisle 3
	Pizza Crust Mix	aisle 3
	Cheesebread Mix	aisle 3
Cherrybrook Farms	Pancake and Waffle Mix	aisle 3
	Sugar Cookie Mix	aisle 3
	Fudge Brownie Mix	aisle 3
	Chocolate Chip Cookie Mix	aisle 3
	Chocolate Cake Mix	aisle 3
	Chocolate Frosting Mix	aisle 3
	Vanilla Frosting Mix	aisle 3
EnerG	Pure Rice Bran	aisles 3 & 6
	Potato Starch Flour	aisles 3 & 6
	Egg Replacer	aisles 3 & 6
	Tapioca Flour	aisles 3 & 6
Enjoy Life	Semi-Sweet Chocolate Chips	aisle 3
Fearn	Brown Rice Baking Mix	aisle 3
Gluten-Free Pantry	Brown Rice Pancake & Waffle Mix	aisle 3
	Chocolate Truffle Brownie Mix	aisle 3
	Favorite Sandwich Bread	aisle 3
	Old Fashioned Cake & Cookie Mix	aisle 3
	Decadent Chocolate Cake Mix	aisle 6

	Chocolate Chip Cookie & Cake Mix	aisle 6
	Muffin & Scone Mix	aisle 6
	French Bread & Pizza Mix	aisle 6
Glutino	Bread Crumbs	aisle 6
Grandma Ferdon's	Potato Flour	aisle 6
	White Rice Flour	aisle 6
	Pancake/Waffle Mix	aisle 6
	Baking Powder Mix	aisle 6
	Cornbread Mix	aisle 6
	Potato Starch	aisle 6
	Flour Mix	aisle 6
	Pumpkin Bar Mix	aisle 6
	Banana Muffin/Bread Mix	aisle 6
	Tapioca Starch	aisle 6
	Corn Starch	aisle 6
	Bread Crumbs	frozen
	Angel Food Cake Mix	aisle 6
Hol-Grain	Pancake and Waffle Mix	aisle 3
	Chocolate Brownie Mix	aisle 3
Kinnikinnick	Pancake & Waffle Mix	aisle 3
	Angel Food Cake Mix	aisle 3
Let's Do...Organic	Tapioca - Granulated	aisle 3
	Tapioca - Small Pearl	aisle 3
Namaste	Muffin Mix	aisle 3
	Blondies	aisle 3
	Spice Cake	aisle 3
	Vanilla Cake	aisle 3
	Brownies	aisle 3
	Cookie Mix	aisle 3
	Chocolate Cake	aisle 3
	Taco Pasta	aisle 3
	Pasta Pisavera	aisle 3
	Pizza Crust	aisle 3
	Say Cheez	aisle 3
	Waffle & Pancake Mix	aisle 3
	No Sugar Added Muffin Mix	aisle 3
	Perfect Flour Blend	aisle 3
	Bread Mix	aisle 3
Pamela's	Chocolate Brownies	aisle 3
	All Purpose Baking & Pancake Mix	aisle 3
	Dark Chocolate Frosting	aisle 3
	Vanilla Cake	aisle 3
	Vanilla Frosting	aisle 3
	Confetti Frosting Mix	aisle 3
	Bread Mix	aisle 3
	Chocolate Chunk Cookie Mix	aisle 3
	Chocolate Cake Mix	aisle 3
Rumford	Baking Powder	aisle 3
Simply Organic	Banana Bread Mix	aisle 3
	Carrot Cake Mix	aisle 3

Spectrum	Organic Shortening	aisle 3
Susanne's	Ricemellow Crème	aisle 3
Tropical Source	Semi-Sweet Chocolate Chips	aisle 3

Frozen Foods

Amy's	Black Bean Veggie and Cheese Enchilada	frozen
	Mexican Tamale Pie	frozen
	Shepherd's Pie	frozen
	Thai Stir Fry	frozen
	Asian Noodle Stir Fry	frozen
	Mexican Casserole	frozen
	Santa Fe Enchilada Bowl	frozen
	Rice Mac & Cheese	frozen
	Teriyaki Bowl	frozen
	Baked Ziti Bowl	frozen
	Spinach Pizza - Rice Crust	frozen
	Cheese Pizza - Rice Crust	frozen
	Bistro Burgers	frozen
Bahama	Rice Burgers	frozen
Caesar's	Vegetable Lasagna	frozen
	Stuffed Shells with Cheese	frozen
Cedarlane	Egg White Omelettes	
	- Spinach & Mushroom	frozen
	- Green Chile, Cheese & Ranchero Sauce	frozen
	- Turkey Bacon, Vegetable & Cheese	frozen
	Three Layer Enchilada Pie	frozen
Gillian's	Pizza Dough	frozen
Gluten-Free Café	Asian Noodles	frozen
	Fettuccini Alfredo	frozen
	Pasta Primavera	frozen
	Lemon Basil Chicken	frozen
	Savory Chicken Pilaf	frozen
Glutino	Pizza Crusts	frozen
	Chicken Pizza with Barbeque Sauce	frozen
	Spinach Soy Cheese Pizza	frozen
	3 Cheese Pizza	frozen
	Spinach & Feta Pizza	frozen
	Duo Cheese Pizza	frozen
Grandma Ferdon's	Cheese Pizza	frozen
	Waffles	frozen
	Sage Dressing	frozen
Ian's	Alpha-Tots Potato Fries	frozen
	Popcorn Turkey Corn Dogs	frozen
	Chicken Nuggets	frozen
	Chicken Patties	frozen
	Fish Sticks	frozen
	Mac & Cheese	frozen
	Chicken Fingers Kid's Meal	frozen
	French Toast Sticks	frozen
	Egg & Maple Cheddar Wafflewich	frozen

Kettle Cuisine	Tomato with Garden Vegetable Soup	frozen
	Chicken with Rice Noodle Soup	frozen
Kinnickinick	Pizza Crusts	frozen
Nature's HiLights	Soy Style Cheese Pizza	frozen
Nature's Path	Buckwheat Wildberry Waffles	frozen
Organic Bistro	Chicken Citron	frozen
	Wild Salmon	frozen
	Ginger Chicken	frozen
PJ's	Organic Chicken Enchilada Meal	frozen
	Organic Beef Enchilada Meal	frozen
	Chicken Taquitos	frozen
Rice Expressions	Organic Brown Rice	frozen
Sunshine	Garden Herb Burgers	frozen
	Southwest Burgers	frozen
	Falafel Patties	frozen
	Barbeque Burgers	frozen
	Breakfast Burgers	frozen
TruWhip	Whipped Topping	frozen
Van's	Buckwheat Waffles	frozen
	Wheat Free Original Waffles	frozen
	Blueberry Waffles	frozen

Grains/Rice/Packaged Dinners

Ancient Harvest	Traditional Quinoa	aisle 2
	Inca Red Quinoa	aisle 2
Annie's	Rice Pasta & Cheddar	aisle 2
	Rice Pasta & Extra Cheesy Cheddar Sauce	aisle 2
Arrowhead Mills	Organic Yellow Corn Grits	aisle 2
Bob's Red Mill	Corn Grits	aisle 2
	Polenta Corn Grits	aisle 2
Edward & Sons	Organic Mashed Potatoes	aisle 2
	Dairy-Free Chressy Mashed Potatoes	aisle 2
Food Merchants	Polenta	aisle 2
Lundberg	White Jasmine Rice	aisle 2
	White Basmati	aisle 2
	Brown Basmati	aisle 2
	Golden Rose Brown Rice	aisle 2
	Brown Jasmine Rice	aisle 2
	Long Grain Brown Rice	aisle 2
	Long Grain White Rice	aisle 2
	Short Grain Brown Rice	aisle 2
Lundberg Organic	Risotto - Florentine	aisle 2
	Risotto - Tuscan	aisle 2
	Risotto - Alfredo	aisle 2
	Risotto - Porcini	aisle 2
	Risotto - Creamy Parmesan	aisle 2
	Risotto - Italian Herb	aisle 2
	Risotto - Garlic Primavera	aisle 2
	Short Grain Brown Rice	aisle 2
	Country Wild Brown Rice	aisle 2

Mrs. Leeper's	Long Grain Brown Rice	aisle 2
	Beef Stroganoff	aisle 2
	Creamy Tuna	aisle 2
	Cheeseburger Mac	aisle 2
	Beef Lasagna	aisle 2
Road's End Organics	Chicken Alfredo	aisle 2
	Mac & Chreese	aisle 2
	Penne & Chreese	aisle 2
Texas Best	Organic Brown Jasmine Rice	aisle 2
	Organic Long Grain Brown Rice	aisle 2
	Organic Long Grain White Rice	aisle 2
Tru Roots	Organic Quinoa	aisle 2
	Organic Germinated Brown Rice	aisle 2
	Organic Sprouted Mung Beans	aisle 2

Meats

Applegate Farms	Luncheon Meats	meat
	-Herb Turkey Breast	
	-Roasted Turkey Breast	
	-Smoked Turkey Breast	
	-Honey Ham	
	-Honey & Maple Turkey Breast	
	-Uncured Black Forest Brand Ham	
	-Organic Roasted Chicken Breast	
	-Organic Smoked Chicken Breast	
	-Uncured Turkey Bologna	
	-Slow Cooked Ham	
	Uncured Chicken Hot Dogs	meat
	Uncured Turkey Hot Dogs	meat
	Uncured Beef Hot Dogs	meat
	Chicken & Apple Breakfast Sausage	frozen
	Uncured Big Apple Hot Dogs	meat
	Turkey Sausage Patties	frozen
	Buffalo Polish Sausage	frozen
	Black Angus Pastrami Round	meat
	Capless Roast Beef	meat
Golden Roasted Gourmet Turkey	meat	
Oven Roasted Chicken Breast	meat	
Black Forest Brand Ham	meat	
Oven Roasted Hickory Smoked Turkey Breast	meat	
Black Angus Corned Beef	meat	
Buffalo Style Oven Roasted Chicken Breast	meat	
Oven Roasted Black Angus Top Round	meat	

Pasta

Ancient Harvest	Quinoa Garden Pagoda Pasta	aisle 2
	Quinoa Spaghetti	aisle 2
	Elbows	aisle 2
	Organic Veggie Curls	aisle 2
	Organic Pasta Shells	aisle 2

	Organic Rotelle Pasta	aisle 2
	Organic Quinoa Linguine	aisle 2
Annie Chun's	Original Pad Thai	aisle 1
	Original Mai Fun Noodles	aisle 1
DeBole's	Multi-Grain Spaghetti	aisle 2
	Rice Spaghetti Style	aisle 2
	Rice Lasagna Pasta	aisle 2
	Multi-Grain Penne Pasta	aisle 2
	Rice plus Golden Flax Spiral Pasta	aisle 2
	Rice plus Golden Flax Angel Hair Pasta	aisle 2
	Corn Elbow Pasta	aisle 2
Gillian's	Wheat Free, Egg Free Fusilli	aisle 2
	Fettuccini	aisle 2
Grandma Ferdon's	Brown Rice Elbow	aisle 6
	Brown Rice Spaghetti	aisle 6
	Brown Rice Lasagna	aisle 6
	Brown Rice Fettuccini	aisle 6
Lundberg	Brown Rice Spaghetti	aisle 2
	Rotini	aisle 2
	Organic Brown Rice Pasta	aisle 2
Mrs. Leeper's	Corn Spaghetti Pasta	aisle 2
	Corn Elbow Pasta	aisle 2
Schar	Spaghetti Pasta	aisle 2
	Penne Pasta	aisle 2
Shirataki	Tofu Angel Hair Pasta	dairy
	Tofu Fettuccine Pasta	dairy
	Tofu Spaghetti Pasta	dairy
Tinkyada	Organic Brown Rice Spaghetti Style	aisle 2
	Brown Rice Spaghetti Style Pasta	aisle 2
	Spinach Spaghetti Style Pasta	aisle 2
	Fettuccini Style Pasta w/ Rice Bran	aisle 2
	Organic Brown Rice Spirals	aisle 2
	Brown Rice Shells	aisle 2
	Brown Rice Spirals	aisle 2
	Brown Rice Elbows	aisle 2
	Organic Brown Rice Penne	aisle 2
	Brown Rice Penne	aisle 2
	Brown Rice Fusilli	aisle 2
	Vegetable Spirals	aisle 2
	Brown Rice Lasagna	aisle 2
	Grand Shells	aisle 2

Salad Dressings

Annie's Naturals	Lemon & Chive	aisle 1
	Raspberry Vinaigrette	aisle 1
	Cowgirl Ranch	aisle 1
	Organic French	aisle 1
	Lite Honey Mustard Vinaigrette	aisle 1
	Roasted Red Pepper Vinaigrette	aisle 1
Cindy's Kitchen	Raspberry Nectar Vinaigrette	produce

Living Harvest	Sundried Tomato	produce
Organicville	Wild Maine Blueberry	produce
	Hemp Oil	aisle 1
	Herbs De Provence	aisle 1
	Sundried Tomato & Garlic	aisle 1
	Orange Cranberry	aisle 1
	French	aisle 1
	Tarragon Dijon	aisle 1
	Miso Ginger	aisle 1
	Non-Dairy Ranch	aisle 1
	Pomegranate	aisle 1
Seeds of Change	Olive Oil & Balsamic	aisle 1
	Organic Greek Feta	aisle 1
	Roasted Red Pepper Vinaigrette	aisle 1
	Italian Herb	aisle 1
	French Tomato Vinaigrette	aisle 1

Sauces/Seasoning Mixes

Amy's	Low Sodium Marinara Sauce	aisle 2
	Organic Family Marinara Sauce	aisle 2
	Tomato Basil Pasta Sauce	aisle 2
Arora Creations Seasonings	Bhindi Masala	aisle 1
Bove's	Marinara Sauce	aisle 2
	Mushroom & Wine Pasta Sauce	aisle 2
	Basil Pasta Sauce	aisle 2
Imagine	Roasted Turkey Gravy	aisle 2
	Savory Beef Gravy	aisle 2
Premier Japan	Wheat-Free Hoisin Sauce	aisle 1
Road's End Organics	Savory Herb Gravy Sauce	aisle 2
	Golden Gravy Mix	aisle 2
Thai Kitchen	Red Sweet Chili	aisle 1
	Red Curry Paste	aisle 1
	Original Pad Thai Sauce	aisle 1
	Peanut Satay Sauce	aisle 1
	Green Curry Paste	aisle 1
	Premium Fish Sauce	aisle 1
	Spicy Thai Chili Sauce	aisle 1

Soups

Amy's	Cream of Tomato	aisle 2
	Lentil Vegetable	aisle 2
	Black Bean Vegetable	aisle 2
	Lentil	aisle 2
	Low Fat Split Pea	aisle 2
	Southwestern Vegetable Soup	aisle 2
	Split Pea Soup - Low Sodium	aisle 2
	Organic Spicy Chili	aisle 2
	Organic Medium Chili with Vegetables	aisle 2
	Medium Chili with Southwestern Black Beans	aisle 2
	Organic Medium Chili	aisle 2

	Organic Chunky Tomato Bisque	aisle 2
	Curried Lentil	aisle 2
Dr. McDougall's	Organic Low Sodium Lentil Vegetable	aisle 2
	Split Pea Soup - Low Sodium	aisle 2
	Vegetable Soup	aisle 2
	Chunky Tomato Soup	aisle 2
	Lentil Soup	aisle 2
	Black Bean Soup	aisle 2
Edward & Sons	Roasted Pepper Tomato Soup	aisle 2
	Miso Cup Reduced Sodium	aisle 2
	Low Sodium Veggie Bullion	aisle 2
	Not Beef Vegan Bullion	aisle 2
	Traditional Miso Cup	aisle 2
Grandma Ferdon's	Cream Soup Mix	aisle 2
Imagine	Organic Vegetable Broth	aisle 2
	Free Range Chicken Broth	aisle 2
	Organic No Chicken Broth	aisle 2
	Organic Low Sodium Free Range Chicken	aisle 2
	Organic Low Sodium Vegetable Broth	aisle 2
	Organic Sweet Potato Soup	aisle 2
	Organic Butternut Squash Soup	aisle 2
	Organic Red Bliss Potato & Roasted Garlic	aisle 2
	Organic Creamy Harvest Corn Soup	aisle 2
	Organic Creamy Garden Tomato Soup	aisle 2
	Organic Creamy Tomato Basil Soup	aisle 2
	Organic Creamy Corn & Lemongrass Soup	aisle 2
	Organic Potato Leek Soup	aisle 2
	Organic Creamy Tomato	aisle 2
	Creamy Portobello Mushroom Soup	aisle 2
	Creamy Broccoli Soup	aisle 2
	Creamy Portobello Leek	aisle 2
Organic Gourmet	Vegetable Bullion	aisle 2
Pacific	Organic Beef Broth	aisle 2
	Organic Vegetable Broth	aisle 2
	Organic Free Range Chicken Broth	aisle 2
	Organic Creamy Tomato	aisle 2
	Organic Roasted Red Pepper & Tomato	aisle 2
	Organic Creamy Butternut Squash	aisle 2
	Creamy Tomato, Low Sodium	aisle 2
	Organic Free Range Chicken Broth	aisle 2
	Organic Roasted Red Pepper & Tomato	aisle 2
	French Onion	aisle 2
Shelton's	Chicken Tortilla	aisle 2
	Chicken Rice	aisle 2
	Chicken Broth	aisle 2
	Low Sodium, Fat Free Chicken Broth	aisle 2
	Chicken Chili	aisle 2
	Turkey Chili	aisle 2
Thai Kitchen	Coconut Ginger	aisle 1
Wolfgang Puck	Organic Free Range Chicken Broth	aisle 2

Organic Vegetable Broth aisle 2

Sugars/Sweeteners

Lundberg

Sweet Cactus Farms

Wax Orchards

Wholesome Sweeteners

Brown Rice Syrup

Premium Agave Nectar

Fruit Sweet

Organic Turbinado Raw Cane Sugar

Organic Blue Agave

Organic Raw Blue Agave

aisle 3

aisle 3

aisle 3

aisle 3

aisle 3

aisle 3

As of 6/29/2010