

## Dairy Free Items in Balls Hen House and Price Choppers

Not all items will be carried in all Balls Foods Stores, Hen House Markets and Price Choppers. Some items may only be carried in the Health and Naturals departments, which are not in all stores. In the product listing, \* denotes items located in the Health and Naturals department. The following stores have Health and Naturals departments, but may not carry all items listed. Price Chopper at Vivion and North Oak, Deer Creek Hen House, Tremont Hen House, Olathe Hen House, Gladstone Hen House, Lee's Summit Hen House, Leawood Hen House, and College Blvd. Hen House and Fairway Hen House.

Consumers are responsible for reading ALL PRODUCT LABELS. Ingredients may change at any time. All questions or concerns regarding product information should be addressed to the manufacturer directly.

We cannot be held responsible for individual reactions to any product. This list is to aid you in your dairy free shopping. This listing is not to be considered medical advice. Seek a physician or health care provider if you believe you need to be on a dairy free diet.

This may not be a complete list of dairy free products, as items are continually added.

Forms of dairy that may be listed in ingredients-

Acidophilus milk, casein, caseinate curds, galactose, ghee, lactalbumin, lactate, lactic acid (sometimes), lactoglobulin, lactose, malted milk, potassium caseinate, ready sponge, sodium caseinate, whey

Resources- [www.livingwithout.com](http://www.livingwithout.com), [www.nomilk.com](http://www.nomilk.com), [www.foodallergy.org](http://www.foodallergy.org)

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### Frozen Desserts-

Soy Delicious \*  
Rice Dream \*  
Soy Dream \*  
Tofutti and Tofutti Cuties \*  
Natural Choice Sorbets\*  
Fresh Fruit Sorbets and Smoothies

### Frozen Pizza-

Amy's No Cheese \* (not the soy cheese pizza), Roasted Veggie Pizza

Soy Milk \*- get a vitamin and mineral fortified product

Eden Soy\*, Soy Moo\*, Soy Dream\*, Vitasoy\*, Westsoy\*, White Wave Silk,  
Rice Milk \*- Rice Dream

Nut Milk \*- Blue Diamond Almond Breeze

Goats Milk

Soy Yogurt-

Whole Soy Yogurt\*

Cereal-

Uncle Sam's Cereal with Mixed Berries and Cereal Bars Oatmeal and Apple Berry  
Zoe\* Cereal- O Original, O Honey Nut, O Cinnamon  
Bear Naked Granola\*

Creamer-

White Wave Silk Creamer \*

Tofu-

White Wave Tofu and Tempeh \*

Candy-

Tropical Source 100% Dairy Free Chocolate Bars \*  
Endangered Species Chocolate Bars \*- Tiger, Rainforest, Wolf, Grizzly  
Stretch Island Fruit Leather \*

Bars-

Odwalla Bars- Super Protein, Peanut Crunch and Cranberry  
Kind Bars\*- Macadamia Apricot, Nut Delight, Almond Apricot, Nut in Yogurt, Almond  
Coconut  
Boomi Bar\*- Maple Pecan  
Clif Bar\*- cranberry Apple, Chocolate Chip, Chocolate Almond, Brownie, Peanut  
Butter, Nectar bars,  
Luna Bar\*- Chocolate Pecan, Nutz over Chocolate, Nut n Cranberry, Lemon Zest,  
Smores  
Larabar\* Apple Pie, Cashew Cookie, Banana Cookie, Cherry Pie

Cookies-

Newman's\* Fig WF DF, Chocolate Chip WF DF, Vanilla Crème WF DF, Alphabet WF  
DF  
Country Choice Cookies\* (are milk free but may be manufactured on the same lines  
as dairy foods)  
Barbara's GO GO Grahams \*  
Midel\* Honey Grahams, Ginger Snaps  
Jennies\* Macaroon Cookies

Crackers-

Orgran\*- Crispbreads

Entrees-

Amy's Soy Mac and Cheese \*  
Amy's \* California Burger, Texas Burger, Mexican Tamale Pot Pie, Shepherd's Pie,  
Vegetable Pot Pie, Breakfast Tofu Scramble, Bean and Rice Burrito, Breakfast  
Burrito, Black Bean Burrito, Stir Fry Thai, Brown Rice and Black Eye Pea Bowl,  
Black Mean Enchilada Meal, Vegetable Loaf Meal,  
Mrs. Leepers Corn Pasta, Brown Rice Pasta

Salad Dressing-

Annie's Naturals \*- Balsamic Vinaigrette, Cilantro and Lime Vinaigrette, Shiitake and Sesame Vinaigrette, Low Fat Honey Mustard Vinaigrette, Goddess Dressing, Organic Green Garlic, Roasted Red Pepper Vinaigrette.  
Drew's\* Garlic Italian Dressing/ Marinade

Cheese-

Soya Kaas \*  
Tofurella \*

Cream Cheese-

Tofutti Better Than Cream Cheese\*

Nut Butters-

IM Healthy Soy Nut Butter \*  
Peanut Wonder \*  
Tree of Life Peanut Butters\*

Protein Shake Mix-

Balanced Total Nutrition \*

Drink Mix and Powder-

Chatfield Carob Powder and Drink Mix \*

Baking Chips-

Chatfield Carob and Dairy Free Chocolate Morsels \*

Baking Mixes-

Cherrybrook Kitchens- chocolate cake mix, chocolate chip cookie mix, sugar cookie mix, vanilla frosting

Snacks-

Genisoy\* Soy Crisp, Soy Nuts

Frozen Waffles-

Lifestream Flaxplus, Buckwheat and Hemp Plus  
Vans Waffle- GF WF DF Original, Apple Cinnamon, Blueberry, Buckwheat, Flax

Breads-

Rudis Breads

Soup-

Amy's\* Black Bean Soup, Potato Leek Soup, Alphabet Soup, Lentil Vegetable, Butternut Squash, Tomato Bisque, Pasta 3 Bean, Corn Chowder, Lite Salt Minestrone  
Imagine Soups\*- Broccoli, Butternut Squash, Sweet Corn, Potato Leek, Tomato

