

Ball's Food Stores  
Hen House and Price Chopper  
(Balls Food Stores operate in the Kansas City area only)

Gluten Free Listing

Updated January 2008

The following list is partially from the *CSA Cooperative Gluten-Free Commercial Products Listing*, 12<sup>th</sup> edition, October 2007 and other product and manufacturer information. 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. The following stores have a GLUTEN FREE section within the H&N department, but not all gluten free items are found in this section. It is to help with locating the popular items. Those stores are the Price Chopper at Vivion and North Oak, Tremont Hen House, Olathe Hen House, Gladstone Hen House, Lee's Summit Hen House, Leawood Hen House.

Consumers are responsible for reading ALL PRODUCT LABELS. Ingredients may change at any time. This list is compiled from manufacturers and distributors. All questions or concerns regarding product information should be addressed to the manufacturer directly. You can call Jennifer Egeland, RD at 913- 573-1273 to get a manufacturer's contact information.

We cannot be held responsible for individual reactions to any product. This list is to aid you in your gluten free shopping. Brand names in this listing does not constitute endorsement of any product, but is solely for customer convenience. This listing is not to be considered medical advice. Seek a physician or health care provider if you believe you are gluten intolerant.

Manufacturers may not be using a zero tolerance definition of gluten-free. Some manufacturers have dedicated lines of production for items. Some lines of production are cleaned between batches. If in doubt of the contents of the item, do not use the product and recheck with the manufacturer who processes and developed the item.

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

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## **Baby Food**

**Gerber** (Gerber states that all ingredients are reflected in the label accurately in clear and easy to understand terms so parents will be able to choose the foods that are appropriate for their children)

### "Single Beginnings" First Foods

Applesauce, Bananas, Carrots, Green Beans, Peaches, Pears, Peas, Potatoes, Prunes  
Squash, Sweet Potatoes

### "Variety Building" Second Foods

Apple Blueberry, Apples and Chicken Dinner, Apples and Ham Dinner  
Applesauce, Applesauce Apricot, Apricots with Mixed Fruit  
Banana Mixed Berries, Banana Orange Medley, Banana Plum Grape  
Banana Yogurt Dessert, Bananas, Bananas with Apples and Pears  
Beef and Beef Gravy, Broccoli and Chicken Dinner, Carrots  
Carrots and Beef Dinner, Chicken and Chicken Gravy, Dutch Apple Dessert  
Garden Vegetables, Green Beans, Ham and Ham Gravy, Lamb and lamb Gravy  
Pears and Chicken, Pear Pineapple, Pears, Peaches, Peas, Plums with Apples  
Prunes with Apples, Rice Cereal with Applesauce, Squash, Sweet Potatoes  
Sweet Potatoes and Turkey, Turkey and Turkey Gravy, Veal and Veal Gravy  
Vegetable Beef Dinner, Vegetable Chicken Dinner, Vegetable and Ham Dinner  
Vegetable and Turkey Dinner

### "Nutritional Variety" Third Foods

Apple Banana Dessert, Applesauce, Apricots with Mixed Fruit  
Banana Pineapple, Banana Strawberry, Bananas, Broccoli and Carrots with Cheese  
Carrots, Dutch Apple Dessert, Fruit Medley Dessert, Fruit Salad  
Green Beans with Rice, Hawaiian Delight Dessert, Peaches  
Pears, Peas with Rice, Plums and Apples, Squash, Sweet Potatoes  
Turkey Rice and Garden Vegetable Dinner, Vanilla Custard Pudding Dessert  
Vegetable Beef Dinner, Vegetable Chicken Dinner, Vegetable Ham Dinner  
Vegetable Stew Dinner, Vegetable Turkey Dinner

### Cereals

#### Single Grain-

Rice Cereal

#### Mixed and with Fruit

Rice Cereal with Apples

Rice Cereal with Bananas

#### Cereal made with the ingredients of formula

Rice with Apples and Bananas

### 100 % Juices

Apple, Orange, Pear, White Grape, Apple Banana, Apple Cherry, Apple Cranberry  
Apple Prune, Banana Strawberry Medley, Mixed Fruit, Tropical Blend Juice  
Apple Carrot, Apple Sweet Potato

### Juice with yogurt

Banana, Mixed Fruit

## **Beech-Nut**

Per Beech-Nut, refer to ingredient listing on the label of each product.

## **Baking Products**

### **Baking Powders**

Clabber Girl

Rumford\*

Bob's Red Mill \*

Featherweight Low Sodium Baking Powder

### **Baking Chips**

Ghirardelli:

60% Bittersweet Chocolate Chips

Milk Chocolate Chips

Semi- Sweet Chocolate Chips

Enjoy Life\*

Semi- Sweet Chocolate Chips

Tropical Source\*

Semi Sweet Dairy Free Baking Chips

### **Baking Sodas**

Arm and Hammer

Bob's Red Mill \*

Clabber Girl

## **Chocolate, Bars and Cocoa**

Ghirardelli

Milk, White and Dark Broken Chocolate

100% Unsweetened Cocoa

Baking Bar- 100% Cacao Unsweetened, 60% and 70% Cacao Bittersweet, Milk, White Chocolate

Milk Chocolate Squares, with Almonds, with Carmel Filling, Double Chocolate Filling

## **Coconut**

Let's Do...Organics\*

## Sugars & Sweeteners

### **C & H Sugar**

All sugars, no caramel color in brown sugar

### **Domino Sugar**

All products

### **Lundberg Farms\***

Organic Sweet Dreams Brown Rice Syrup

### **Splenda**

### **Sweet N Low**

### **Wholesome Foods Organic Sugar\***

### **Wholesome Sweeteners\***

### **Florida Crystals Natural Milled Cane Sugar**

## Yeast

### **Red Star**

Active Dry Yeast

Bread Machine Yeast

Quick Rise Yeast

### **Bob's Red Mill\***

### **Hodgson Mill**

## Beans

### Canned

**Amy's \*** Baked and Refried Beans

### **Bush's**

All **EXCEPT** Bush's Best Chili Beans and Bush's Chili Magic Starter Line and Bush's Homestyle Chili

**Eden Foods\*** Refried Beans, Rice and Beans, Beans

### Beans- Dried

### **Fantastic Foods\***

Instant Black Beans and Instant Refried Beans

**Eden Foods\*** Aduki, Baby Lima, Black, Garbanzo, Great Northern, Kidney, Navy and Pinto Beans

**Bob's Red Mills\*** Flaxseed Meal

**Arrowhead Mills\*** Organic Flaxseeds, Green and Red Lentils, Soybeans and Split Green Peas

## Beverages

### Alcohol

**Anheuser-Busch-** Redbridge Beer

**Bartles and James:** Read Labels Carefully

Any wine cooler as long as it is **NOT** a malt based beverage

**Bacardi-** 151, Bahama Mama, Big Apple, Coco. Gold, Hurricane, Limon, O, Razz, Rum Island Ice Tea, Rum Runner, Select, Superior, Vanilla, Zombie

**Boone's Farm-** wine base only

**E & J Gallo-** wine and champagne only

**Baileys**  
**Captain Morgan**  
**Cuervo**  
**Guinness**  
**J&B**  
**Johnnie Walker**  
**Smirnoff**  
**Tangeray**

### **Cocoa Mixes**

#### **Carnation**

Instant Cocoa Mix  
Nesquik

#### **Ghirardelli**

Double Chocolate  
Mocha  
Hazelnut  
White Mocha

#### **Nestle**

Hot Chocolate

### **Coffee**

#### **Folgers**

**Nescafe-** Classic Instant and Ice Java Coffee Syrups  
**Taster's Choice**

### **Coffee Creamers/Flavoring**

**Nestles-** Carnation Coffee Mates- Liquid and Powdered  
**White Wave-** Silk Soymilk Creamer  
**International Delight**

### **Fruit Drinks, Powdered Mixes and Protein Drinks**

**Snapple-** all DIET products BUT NOT regular

**Sobe** juice drinks

**Naturade\*** 100% Whey Protein Booster, MEGA Whey, Milk and Egg Protein Booster, N-R-G Protein Booster

**Nesquick** Chocolate Powder

**Genisoy\*** Protein Shake Powder- Chocolate, Vanilla and Natural

### **Instant Breakfast**

#### **Carnation**

No Sugar Added- Rich Milk Chocolate and Vanilla Crème  
Powder Drink- Cappuccino, Classic and Rich Chocolate Milk, Strawberry Sensation  
Ready to Drink- Creamy Milk Chocolate, French Vanilla, Strawberry Crème

**Novartis- Resource,** Instant Breakfast Mix

## Juice

**Anderson Erickson Dairy**- all juice and juice drinks

**Campbell's**- Tomato, V8 Vegetable Juice, V8 Splash Juice, V8 Fusion Blends

**Del Monte**- All 100% fruit juice

**Dole**- All fruit juices

**Minute Maid**-all 100% juice products without added ingredients

**Motts Apple Juice**- Plus Light Apple Juice Beverage, Kids Plus Apple Grape and Punch

**Naked Juice**- all products **except** Green Machine

**Nestle**- Juicy Juice

**Ocean Spray**- Apple, Cranberry Juice Cocktail, 100% Orange Juice

100% White Grapefruit Juice

**Old Orchard Juice**

**Organic Valley**- Grapefruit Juice Pulp Free, Orange Juice-pulp added, free and with Calcium

**Welch's**- all Welch's products

**Zola Acai\***

**Roberts Dairy**-Orange Juice

**Tropicana** Pure Premium Orange Juice

## Miscellaneous Drinks

**Gatorade**- all products

**Minute Maid**- Light Lemonade

**Minute Maid** Barcardi Mixers

**Almond Breeze \* Non Dairy Beverage**, Original, Vanilla, Chocolate

**Eden Foods\*** Eden Blend and Eden Soy Unsweetened

**Pacific Foods Non Dairy Beverages\*** Almond, Rice and Soy Beverages-all, Original Hazelnut

**Dansani**

**Country Time Lemonade**, bottles and cans

**Special K209 protein water**

**White Wave Silk Soymilk**-Chai, Chocolate, Coffee SoyLatte, Enhanced, Mocha, Nog, Plain,

Spice SoyLatte, Unsweetened, Vanilla

## Soft Drinks

**A&W Cream Soda**-all flavors

**Barq's**- Regular, Caffeine Free and Diet, French Vanilla Crème, Red Crème and Root Beer

**Blue Sky\***- Natural and Organic Soda

**Canada Dry**-all flavors

**Coca-Cola**- Cherry Coke and Diet, Zero, Cherry Coke Zero, Coca-Cola Black and Diet, Black

Cherry Vanilla, Classic, Coke with Lime and Diet, C2, Diet Coke Plus, Diet sweetened with

Splenda, Vanilla Coke, Diet Vanilla

**Crush**- all flavors

**Diet Rite**- all flavors

**Dr Pepper**- all flavors

**Hansen's Natural Soda\***- all flavors

**Hawaiian Punch**- all flavors

**Mountain Dew**- all flavors

**Mug**- all varieties including root beer and cream

**Pepsi-Cola**-all Pepsi products are gluten free

**Powerade**

**RC Cola**- all flavors

**Reed's Ginger Brew\***-China Cola, Extra Ginger Brew, Original Ginger Brew, Premium Ginger Brew, Raspberry Ginger Brew, Virgil's Cream Soda and Root Beer

**Ruby Red Squirt**

**Schweppes** all flavors

**Seven Up** all flavors

**Sierra Mist**

**Sprite**- Sprite Zero, Diet Sprite, Sprite ReMix Berry Clear

**Sunkist Orange**, regular and diet

**Welch's**- all flavors

**Teas**- read label carefully on flavored teas

**Bigelow**-Decaffeinated: Bigelow Premium, Cinnamon stick, Constant Comment, Earl Grey, English Teatime, French Vanilla, Green, Green with Lemon, Lemon Lift, Plantation Mint, Raspberry Royale. Green Tea: Green with blueberry, chai, pomegranate, jasmine and organic green. Herbal: Apple Cider and Ginger Snappish. Loose: Apple and cinnamon, Black Currant, Constant Comment, Darjeeling, Earl Grey, English Breakfast, Green, Jasmine, Keemun, Peppermint, Red Raspberry, Wild Cherry. Regular: Bigelow Premium, Black Currant, Ceylon Estate Kenilworth, Chamomile Lemon Herb, Chamomile Mint Herb, Cozy Chamomile Herb, Cherry Vanilla, China Estate: Dragonwell, Jasmine, Keemun, Pai Mu Tan, Se Chung, Chinese Oolong, Cinnamon Apple Herb, Constant Comment: green and iced, Cranberry Apple Herb, Darjeeling Blend, Earl Grey and Green, English Breakfast, English Teatime, French Vanilla, Fruit and Almond Herb, Green: with lemon, mango, mango iced, mint and peach. Hibiscus and rosehips herb, I love lemon herb and with C, India Estate, Japan Estate, Lemon and C herb, Lemon Lift, Mint Medley, Orange and C Herb, Orange and Spice, Peach Iced, Peppermint Herb, Perfect Peach herb and iced, Plantation Mint, Premium Blend iced, Raspberry iced and royale, Red Raspberry Herb and iced, Vanilla almond, caramel, chai tea and hazelnut.

**Celestial Seasonings**- if gluten is in an ingredient it is listed separately and not under "natural flavor or spice"

**Enviga**- Berry Sparkling Tea and Sparkling Green Tea

**Lipton**-read label carefully, products may change at any time

**Lipton Brisk**

**Snapple Tea**- Caffeine Free Lemon, Diet- lemon, lemonade iced, lime green, peach, plum-agranate iced, raspberry. Just plain tea unsweetened, kiwi teawi, lemon, lime green, Mint, peach, raspberry

**SoBe Tea**

**Stash Teas**- plain tea with no flavorings

**Nestea**- Diet Nestea: Lemon, Peach Green Tea and White Tea Berry Honey. Nestea Lemon Sweet (hot fill), Peach Green Tea and Unsweetened Lemon

**Pacific Beverage\***- all chai teas

**Yogi Tea\***- African Redbush Peach, Bedtime, Black Chai, Breathe Deep, Chamomile, Classic Indian Spice, Cold Season, Cold Season Tea Sampler, Darjeeling Green, DeTox, Echinacea Immune Support, Egyptian Licorice and mint, Get Regular, Ginger, Ginkgo IQ, Green Chai, Honey Lemon Throat, Imperial Earl Grey, Joint Comfort, Lemon Ginger, Peach DeTox, Throat Comfort, Green-Energy, Kombucha, Decaf Kobucha, Lemon Ginger, Super

Antioxidant, Triple Echinacea, Women's Moon Cycle, Mother to Be, Nursing Mother and Raspberry Leaf

## **Breads and Crackers**

### **Breads**

**Ener-G Foods\*** bread crumbs

**Kinnikinnick Foods\*** crispy chicken mix, coating mix and graham style crumbs

### **Ener-G Foods\* (frozen)**

Brown Rice Bread

Rice Starch Bread

White Rice Bread and buns

Yeast Free White Rice Loaf

Light Tapioca Loaf, buns

Light White Rice Loaf

### **Food For Life Bread\* (frozen)**

White Rice Bread

Brown Rice Bread

Raisin Pecan Bread

Rice Almond Bread

Rice Pecan Bread

### **Crackers**

#### **Blue Diamond**

Nut Thins- Almond, Hazelnut, Pecan

#### **Edwards and Sons\***

Brown Rice Snaps- Cheddar, Onion Garlic, Tamari Sesame

Tamari Seaweed, Unsalted Sesame,

**Orgran Crispbreads\***- Corn, Corn & Salsa, Rice with Black Pepper and Garden Herb

**Mary's Gone Crackers\***- Black Pepper, Caraway, Herb, Onion, Original Seed

**Health Valley\*** -Rice Bran Crackers

## **Candy and Gum**

### **Nestle**

Baby Ruth, Chunky, Oh Henry!, Butterfinger, Nestles Milk Chocolate, Chunky, Nestle Treasure (EXCEPT Crunch), Butterfinger BB's, Goobers, Nestle Turtles, Raisinets, Sno Caps, Bit O Honey, Nips, SPrez Wonka Candy

### **Charleston Chews**

**Just Born Candy-** Hot Tamales, Marshmallow Peeps, Mike and Ikes, Zours

**Tootsie Roll-** Carmel Apple Pops, Dots, Tootsie Pops and Rolls, Junior Mints

### **Andes Mints**

**Edward and Son\*** Let's Do..Organic Gummi Bears

**Newman's Own Organics \*** (all but crisp rice)

Sweet Dark Chocolate, Espresso Sweet Dark Chocolate, Milk Chocolate, Orange

Sweet Dark Chocolate, Milk Chocolate & Toffee Crunch, Peanut Butter/Milk

Chocolate Cups, Peanut Butter/Dark Chocolate Cups, Peppermint/Dark Chocolate

Cups

**Arm and Hammer** Baking Soda Gum

**Wrigley's Gum**- Big Red, Doublemint, Eclipse, Extra, Freedent, Juice Fruit, Orbit, Orbit White, Spearmint, Winterfresh

## **Cold Cereals**

### **Barbara's\***

Brown Rice Crisp, Corn Flakes, Honey Rice Puffins

### **Erewhon\***

Crispy Brown Rice, Rice Twice, Corn Flakes

### **Health Valley\***

These products are produced on lines that may produce other gluten items

Blue Corn Flakes, Corn Crunch-ems, Rice Crunch-ems

### **Natures Path\***

Honey Corn Flakes, Amazon Forest Flakes, Mesa Sunrise, Gorilla Munch, Panda Puffs, Kola Crisps, Crispy Rice

### **New Morning\***

Cocoa Crispy Rice,

### **Arrowhead Mills \***

Maple Buckwheat Flakes

### **Nu World Foods \***

Amaranth Cereal Snaps, Puffed Amaranth Cereal, Amaranth-O's

**Perky's\***- Apple Cinnamon, Frosted, Nutty Flax

**Enjoy Life\*** Granolas

## **Hot Cereals**

**Arrowhead Mills\***- Corn Grits White and Yellow, Rice and Shine

**Bob's Red Mill\***- GF Mighty Tasty Hot Cereal, Gluten Free Hot Cereal

**Erewhon\***-Brown Rice Cream

## **Cheese**

**Be cautious of Roquefort and Blue Cheese. Watch Cottage cheese for ingredients such as wheat flour, wheat starch or modified food starch**

### **Boar's Head- Review Ingredients**

American (white and yellow), Gold Label Swiss, Monterey Jack, Monterey Jack with Jalapenos, Vermont Cheddar, Edam, Gouda, Mozzarella, Canadian Cheddar, Feta, Havarti, Lacey Swiss, Longhorn Colby, Mozzaralla, Muenster, Provolone, Sharp Cheddar (yellow and white)

### **Borden**

All Borden Processed Cheese Slices, Natural Cheese Shreds and Chunks and String Cheese are gluten free.

**Cabot's Creamery**- all cheese products

**Organic Valley\***- Baby Swiss, Cheddar, Colby, Feta, Monterey Jack, Mozzarella, Muenster, Pepper Jack, Provolone, Low fat and Regular Cottage Cheese, Cream Cheese, Sliced: Mild Cheddar, Reduced Fat Monterey Jack

**Anderson Erickson-** Cottage Cheese

**Robert's Dairy-** Fat Free, Large Curd, Low Fat and Small Curd Cottage Cheese

**Horizon\*** Cottage Cheese, Reduced Fat and Regular Cream Cheese, Colby Cheese Sticks, Mozzarella Sting Cheese, Shredded: Cheddar, Mexican, Monterey Jack, Mozzarella, Parmesan, Thick Shredded Cheddar, Sliced: American, Cheddar, Provolone

**Hickory Farms-** Big Barn, Chedd'R, Cheddy, Smokey Bar, Smooth and Sharp

**Sargento-** Cheese Snacks: Colby Jack, Colby Jack Cubes, Light String, Mild Cheddar, Mild Cheddar Cheese Cubes, String, Twirls, Grated Parmesan and Romano, Grated Parmesan, Ricotta: Fat Free, Light, Part Skim and Whole Milk, Shredded: Blends, Chefstyle, Fancy, Reduced Fat, Sliced Deli Style.

## **Condiments and Dips**

**Heinz Ketchup-** Regular, Kick'rs- Hot and Spicy, No Sodium Added, One Carb,

\*\*\*Heinz Organic Ketchup DOES have gluten

**Arrowhead Mills\*-** Almond Butter, Cashew Butter, Peanut Butter- creamy and crunchy  
Sesame Tahini

**Soy Wonder\*** Spread

**Jif-** Peanut Butter & Honey, Regular Creamy and Crunchy and Extra Crunchy, Simply Jif

**Maranatha\*** Organic Peanut Butter, Peanut Butter

**IM Healthy-** Soy Nut Butter

**Nasoya\*** Fat Free Nayoanaise, Nayoanaise

**Miracle Whip**

**Fantastic Foods\***

Hummus, Instant Refried and Black Beans

**Follow Your Heart** Vegenaise

**Hormel-** Bacon Bits and Pieces

**Lundberg Family Farms\*-** Sweet Dreams Brown Rice Syrup

**Green Mountain Gringo Salsa \***

**Annie's Naturals\*** Honey Mustard, Dijon Mustard, Yellow Mustard, Catsups

**Westbrae\*-** Fruit Sweetened Catsup

**Emeril's -**Dijon Mustard, Kicked Up Horseradish Mustard, NY Deli Style Mustard, Smooth Honey Mustard

**French's Mustard-** Classic Yellow, Deli Style, Dijon B and M. Honey Mustard, Salad Style

**Lea & Perrins Mustard-** all varieties

**Mt Olive's -**No Sugar Added Sweet Gherkin Pickles, Hot Dog Relish

**Vlasic** Pickles

**Eggo-** Waffle Syrup

**Karo-** all syrups

**Maple Groves Farms of Vermont** syrups

**Aunt Jemima**

**Log Cabin** Country Kitchen Syrup

**Marshmallow Fluff**

## Desserts

**Midel \*** Ginger Snaps, Arrowroot Animal Cookies, Mini Pecan Cookies

**Pamela's \***

Butter Shortbread, Chunky Chocolate Chip, Peanut Butter,  
Shortbread Swirl, Lemon Shortbread, Pecan Shortbread,  
Lemon Almond Biscotti, Brownie Mix

**Jennies \*** Coconut Macaroons

**Kinnikinnick \* Cookies**

Double Chocolate Almond, Gingersnap, Lemon Cranberry, Chocolate Chip, Kinnitoos  
Vanilla Sandwich

**Enjoy Life\***- Cookies and Snack Bars

**Orgran\*** Fruit Bars

**Nature's Path Envirokids\***- Berry Crisp Bar, Chocolate Crisp, Peanut Butter Bar

**Health Valley\***- Rice Bran Graham Crackers

## Entrees and Main Dishes

Boxed/ Dry

**Fantastic Foods \***

Hummus, Instant Refried Beans, Instant Black Beans, Risotto Classico,  
Jamaican Black Bean, Arborio Rice, Basmati Rice, Jasmine Rice,

**Mrs. Leepers \***

Beef Stroganoff, Chicken Alfredo, Cheeseburger Mac, Beef Lasagna

**Thai Kitchen** -Rice Noodle Bowls Hot and Sour, Thai Ginger, Lemongrass Chili, Pad Thai,  
Roasted Garlic, Thai Peanut. Curry Rice Noodles, Pad Thai, Thai Curry Noodles, Thai Ginger  
and Vegetable Noodles, Thai Hot & Sour Noodles, Garlic and Vegetable Instant Noodles

**Taste of Thai-** Quick Meals: Coconut Ginger Noodles, Peanut Noodles, Red Curry Noodles

**Lundberg Family Farms\***- Creamy Parmesan Risotto, Tomato Basil Risotto

**Annie Chun-** Original Pad Thai Noodles

Breakfast

**Lifestream \***

Buckwheat Wildberry Waffles, Mesa Sunrise Waffles

**Van's Waffles \***

Flax, Apple Cinnamon, Blueberry, Original, Soy Flax, Wheat Free Mini's

Canned

**Dinty Moore** Beef or Chicken Stew, Microwave Meals: Beef Stew, Rice with Chicken,  
Scalloped Potatoes and Ham

**Hormel** Tamales- Beef and Chicken, Vienna Sausage, Microwave Meals: BBQ Beef and Beans,  
Bean and Ham Soup, Chicken and Rice, Fiesta Rice with Chicken Cups, Southwest  
Style Rice, SW Style Black Beans and Rice, Sweet & Sour Rice

**Kid's Kitchen** Beans and Wieners

**Spam** Luncheon Meat- Regular, Lite, Less Sodium, Smoked

**Spam** Oven Roasted Turkey

**Starkist** All Tuna EXCEPT Herb and Garlic Creations, Teriyaki Tuna Fillet, Crackers in  
Lunch-to-Go Kits

## Frozen

### **Amy's Kitchen \***

Vegetarian Meals- Asian Noodle Stir Fry, Black Bean Enchilada Whole Meals, Black Bean Vegetable Enchilada ( Family Size), Brown Rice and Vegetable Bowl, Cheese Enchilada (Whole Meals and Family Size), Enchilada Dinner, Mexican Tamale Pie, Rice Mac N Cheese, Santa Fe Enchilada Bowl, Thai Stir Fry, Teriyaki Stir Fry, Shepard's Pie, Teriyaki Bowl, Rice Crust Cheese Pizza Mediterranean Pizza, Brown Rice and Black Eye Pea Bowl, Mexican Casserole Bowl, Stuffed Pasta Bowl, Lasagna with Garden Vegetable, Indian Matter Paneer, Indian Vegetable Korma, Indian Palak Paneer , Tofu Scramble, Rancheros Breakfast, Baked Ziti Bowl,

### **Kinnikinnick Bagels\***

Palin, Cinnamon, Tapioca Rice

**Alexia Frozen Potatoes\***- Oven baked and Fries

**Ian's\*** -Chicken Nuggets, Fish Sticks, Alphantots

## Fats and Oils

**Butter Buds**, Butter Buds and Pan Spray

**Land O'Lakes** All varieties

**Crisco** All products including sprays

### **Spectrum Organic Products \***

Super Canola Skillet Spray, Organic Olive and Canola Oil Skillet Spray

### **Spectrum Naturals \***

Culinary Oils Refined- Almond, Avocado, Coconut, Sesame, Walnut, Apricot, Canola, Safflower, Super Canola

Culinary Oils Unrefined- Corn, Olive EX Virgin, Sesame, Peanut

Blended Oils- Refined Oil Canola and Olive

**Earth Balance \*** Non GMO All Natural Buttery Spread

**Smart Balance** All products

**Arrowhead Mills \*** Essential Balance Oil, Flax Seed Oil, Flax Borage Oil Capsules

**Organic Valley\***- Unsalted and Salted Butter

**Benecol**

**Molly Mc Butter**

**Parkay**

## Flours and Baking Mixes

### **Arrowhead Mills \*** Suggest reading all labels

All purpose Baking Mix- Wheat/Gluten Free, Brownie Mix Wheat Free,

Cookie Mix- Wheat Free Chocolate Chip, Pancake Mix- Gluten Free and

Wild Rice, Corn Meal (Blue and Yellow), Soy Flour, Brown Rice Flour,

White Rice Flour, Millet Flour, Buckwheat Flour, Wild Rice Pancake and Waffle Mix,

### **Ener G Foods \***

Egg Replacer, Potato Mix, Brown Rice Baking Mix

**Pamela's** Pancake and Baking Mix, Brownie Mix

**Bob's Red Mill \***  
 Pea and Lentil Flours, Flax Seed Meal (brown), Garbanzo Bean flour,  
 Gluten Free Bread Mix, Amaranth Grain and flour, Buckwheat flour, Millet flour,  
 Wheat free Biscuit Mix, Potato flour and starch, Brown and White Rice Flour,  
 Tapioca flour, TVP, GF All Purpose Baking Mix, Brownie Mix, Chocolate Cake Mix,  
 Chocolate Chip Cookie Mix, Spice Cake Mix, Pancake Mix, Homemade Bread Mix

**Nu World Foods \*-** Toasted Amaranth Bran Flour, Amaranth Flour, Amaranth Bread  
 Crumbs and Puffed Amaranth

**Gluten Free Pantry \*-** Angel Food Cake Mix, Sandwich Bread Mix, Pancake Mix, Brownie,  
 Spice Cake, Chocolate Cake, Chocolate Chip Cookie Mix, Muffin and Scone Mix,  
 French Bread and Pizza Mix, Cornbread, Perfect Pie Crust Mix

**Kinnikinnick \***  
 Kinni-Kwik, Candadi Bread, Tapioca Bread, All Purpose Mix, Crispy Coating, Pancake  
 and Waffle Mix, Chocolate Cake Mix, White Cake Mix

**Pamela's \*-** Bread Mix, Brownie Mix, Chocolate Cake Mix, Pancake/Baking Mix

**Namaste Foods\*-** Blondies Mix, Carrot Cake Mix, Chocolate and Vanilla Cake Mix, Muffin  
 Mix, Cookie Mix, Pizza Crust Mix, Waffle and Pancake Mix

**Cherrybrook Kitchens\*-** Chocolate Cake Mix, Chocolate Chip Cookie Mix, Sugar Cookie Mix,  
 Chocolate and Vanilla Frosting Mix

**Fearn\* -**Brown Rice Baking Mix, Rice Baking Mix

## **Fruits**

**Del Monte** All canned and jarred fruits, fruit chillers, fruit snack cups

**Dole** All canned and jarred fruits

**Mott's** Applesauce- Original and Unsweetened

**Ocean Spray** Jellied and Whole Cranberry Sauce, Sweetened Dried Cranberries

**Dole** All dried fruits

**Stretch Island Original Fruit Leather \***

## **Ice Cream and Frozen Desserts**

### **Blue Bell Creameries**

**Frozen Snacks-** Banana Fudge Bars, Big Shot, Bullets (Regular/Sugar Free)  
 Frostbite, Frosty Fruit Cups, Frozen yogurt Cups, Homemade Vanilla Cups,  
 Megabites, Mini- Citrus Rainbows, Mini Rainbows, Moo Bars, Mini Moo Rainbow  
 Freeze

**Sherbet** (Quart)- Cherry Limeade, Lemon, Orange, Rainbow, Citrus Swirl,  
 Lime, Raspberry, Pineapple

**Frozen Yogurt-**Banana Split, Country Vanilla, Strawberry, Strawberry Cheesecake,  
 Vanilla Bean

**Ice Cream-** Black Walnut, Banana Nut, Banana Split (regular and no sugar added),  
 Buttered Pecan, Choc Covr'd Cherries, Cherry Vanilla, Caramel Pecan Fudge,  
 Chocolate Chip, Chocolate Sundae, Cinnamon, Coffee, Country Vanilla (Regular and no  
 sugar added), French Vanilla, Fudge Divinity, Homemade Vanilla, Lemon, Mocha

Almond Fudge, White Choc Almond, Mint Choc Chip, Natural Vanilla Bean, Nutty Coconut, Peppermint, Pistachio Almond, Rocky Road (No sugar added), Strawberry, Tin Roof, Strawberry Cheesecake, Peaches and Homemade Vanilla, Pineapples and Homemade Vanilla, Pecan Pralines and Cream, Strawberry and Homemade Vanilla, Vanilla Bean (no sugar added)

Lite Flavors- Buttered Pecan, Homemade Vanilla, Chocolate Sundae, Natural Vanilla Bean, Peaches and Homemade Vanilla

### **Edy's (Dreyer's)**

Fruit Bars- Creamy Banana, Lemonade, Strawberry, Variety Pack, Lime, Tangerine, Creamy Strawberry

Frozen Pops- Scooby Doo Mystery Pops, Scaredy Pops, Shrek Sludge Pops, Shrek Swamp Pops, Superman Sticks, Triple Blast

Frozen Yogurt- Fat Free No Sugar Added Chocolate Fudge and Vanilla Chocolate Swirl

Fat Free/ No Sugar Added Ice Cream- Choc Fudge, Vanilla, Vanilla n Caramel, Raspberry Vanilla Cream, Vanilla Choc Swirl

Grand Ice Cream- Black Cherry Vanilla, Blackberry Swirl, Butter Pecan, Cherry Choc Chip, Chocolate, Choc Caramel Swirl, Choc Chips!, Choc Fudge Mousse, Choc Fudge Sundae, Coffee, Espresso Chip, French Vanilla, Mint Choc Chip, Pecan Praline Sundae, Fudge n chips, Neapolitan, Real Strawberry, Rocky Road, Spumoni, Vanilla, Vanilla Caramel Fudge, Vanilla Bean, Vanilla Chocolate

Slow Churned Light

Classic Limited Edition- Eggnog, Baby Ruth, Peppermint, Pumpkin, Root Beer Float

Slow Churned Light Limited Edition- American Idol- Choc N Roll Caramel, Triple Talent, Eggnog, Peppermint, Pumpkin, Winning Idol Flavor

Grand Lite- Butter Pecan, !, Choc Fudge Mousse, Chocolate Raspberry Escape, Crazy for Caramel, French Silk, Mint Choc Chips!, Peanut Butter Cups!, Rocky Road Vanilla

Homemade Ice Cream- All Natural Vanilla, Chocolate Cream Pie, Double Chunk Chocolate, Eggnog and Cream, Grovestand Peach, Mint Chocolate Chunk, Old Fashioned Butter Pecan, Strawberries and Cream, Vanilla Custard

Sherbet- Berry Rainbow, Raspberry Choc Swirl, Swiss Orange, Orange Vanilla Swirl, Tropical Rainbow

Whole Fruit Sorbet- Boysenberry, Lemon, Peach, Strawberry, Mango, Raspberry, Chocolate

Dibs

Pushups

### **Rice Dream (Imagine) \***

Chocolate, Vanilla, Plain Carob

### **Soy Dream (Imagine) \***

All flavors EXCEPT Chocolate Fudge Brownie

### **Good Karma\*** Frozen Rice Desserts

**Haagen-Daz** Ice Cream Bars, Frozen Yogurts, Sherbets, Sorbets

**Ben and Jerry's**- Cherry Garcia, Phish Food, Butter Pecan, Chocolate for a Change, Chunky Monkey, Coffee for a Change, Fudge Central, Karamel Sutra, NY Super Fudge Chunk, One Sweet Whirled, Peanut Butter Me Up, Pistachio, Uncanny Cashew, Vanilla for a Change

**Turtle Mountain\*** Organic So Delicious Dairy Free Novelties, Purely Decadent Dairy Free Pints

## **Meats and Meatless Alternatives**

### **Boar's Head**

Bacon-1/2 lb. Imported, 1 lb. Imported, Canadian Bacon, Penchetta Bacon

Cold Cuts- Bologna (pork and beef), Ham, Turkey Ham

All Franks - kielbasa and smoked sausage

### **Hillshire Farms**

Bacon

Deli Select- EXCEPT- Fresh Beer Brats and Corn Dogs

### **Hormel**

Fully Cooked Entrée- Beef Roast Au Jus, Pork Roast, Bacon Bits and Pieces,

Bacon-Canadian Style Bacon, Fully Cooked Bacon, Microwave Bacon

Canned meats- Breast of Chicken, Chicken, Turkey, Ham

Beef Jerky- Regular and Low Fat Pepperoni, Pillow Pack Pepperoni and Turkey

**Swanson**- Mixin Chicken, Premium Chunk Chicken, Premium Chunk White Chicken

**Ball Park**- All products except corn dogs

**White Wave** \*Tempeh- Original Soy, Sea Veggie, Soy Rice, Wild Rice

Tofu- Extra Firm, Fat Reduced Tofu, Hard Tofu

**Chicken of the Sea**- all products are Gluten Free EXCEPT Ahi Tuna Steak in Grilled Herb Marinade, Ahi Tuna Steak in Teriyaki Sauce, Salmon Steak in a Mandarin Orange Glaze, Mandarin Orange Salmon Cups, Teriyaki Tuna Cups, Crabtastic and Tuna Salad Kits

**Spam** Luncheon Meat- Regular, Lite, Less Sodium, Smoked

**Spam** Oven Roasted Turkey

**Starkist** -All Tuna EXCEPT Herb and Garlic Creations, Teriyaki Tuna Fillet, Crackers in Lunch-to-Go Kits

**Ian's\*** Chicken Nuggets

**Carl Budding**- States none of the products use rye, barley, oats, wheat or wheat Products

**Hillshire Farm Deli Select**- all products EXCEPT fresh Beerwurst and Cheddarwurst

**Jennie-O Turkey Store, Jennie-O Grand Champion, Jennie-O Natural Choice**

**Horizon\*** Eggs

**Organic Valley\*** Eggs

**Jimmie Dean**- must be fresh or raw sausage (all deli and bacon must be avoided)

**Johnsonville Sausage** -Breakfast Sausage: Heat n Serve Maple and Original Links, Homestyle Patties, Original Breakfast Link and Patty, Beef and Original Ring Bologna, Ground Italian Sausage, Little Smokies, Premium Pork Sausage, Fresh Grilling Links: Bratwurst Patties, Cheddar Bratwurst, Chorizo, Honey and Garlic, Hot N Spicy, Original Bratwurst, Smoked/Cooked Links: Beddar with Cheddar, Beef Hot Links, Heat and Serve Brat and Italian, Smoked Beef Brat, Brat, Hot Link, Polish Sausage, Stadium Style Brats and Franks

## **Milk, Milk Products and Yogurt**

**Eagle Brand** - Sweetened Condensed Milk

**White Wave**- Silk Soy Milk (Chai, Mocha, Organic Plain, Chocolate, Vanilla, Nog)

**Stoneyfield Yogurt \***- Plain yogurts, Lowfat, Nonfat, whole Milk

**White Wave Yogurt\***-Cultured Soy Yogurt -all flavors

Whole Soy Yogurt

**Yoplait**-all yogurts without toppings (read ingredient listing)

**Anderson Erickson**- buttermilk, choc milk, egg nog, half & half, milk, whipping cream, sour cream, all yogurt

**Robert's Dairy**- Milk, sour cream, yogurt-all fat free, all low fat,

**Horizon \*** milk, sour cream, yogurt: fat free plain and vanilla, fruit on th bottom, lowfat blended, YoYo's

**Organic Valley\*** Milk, sour cream

**Daisy Sour Cream**- Light, no fat, regular

**Dannon**- plain low fat, natural and non fat yogurt

## **Nuts and Seeds**

**Blue Diamond** Almonds

**Fisher** Almonds, Cashews, Pecans, Pistachios, Fisher Favorites, Fisher Nuts and Fruits, Mixed Nuts, Peanuts, Sunflower Seeds, Walnuts

**Frito Lay** Nut Harvest Almonds, Cashews, Deluxe Mixed Nuts, Peanuts, Sunflower Seeds

**Bob's Red Mill\***- Brown and Golden Flaxseed

## **Pasta**

**Deboles\*** Rice Spirals, Lasagna

**Mrs. Leepers \*** Just for Kids Rice Pasta

**Ancient Harvest\***- Linguine, Spaghetti, Rotele, Elbow, Shells, Vegetable Curls

**Tinkyada\***- Brown Rice Pasta- Spirals, Penne and Shells

**Taste of Thai**- Rice Noodles

**Annie's Homegrown\***- Rice Pasta and Cheddar

**Namaste Foods\***- Pasta Pisavera, Say Cheez Pasta, Taco Shells Pasta

## **Rice**

**Taste of Thai**- Rice

**Thai Kitchen**- Rice

**Casbah\***- Nutted Pilaf, Spanish Pilaf

**Fantastic Foods \***-

Arborio, Jasmine, Basmati, Basmati Rice Pilaf

**Lundberg Family Farms \***-

All rice products EXCEPT- Garlic Primavera Risotto, Italian Herb Risotto, Organic Multigrain Rice Cakes, Savory Mushroom Quick Brown Pilaf

**Uncle Ben's**- Boil n the Bag Enriched Long Grain, Fast and Natural Whole Grain Instant Brown Rice, Instant Rice Enriched Long Grain Rice, Long Grain and Wild Rice (discard

seasoning pkt), Natural Whole Grain Brown Rice, Original Converted Parboiled Long Grain Rice, Ready Rice Long Grain Rice -white, Ready Whole Grain Brown Rice

## **Salad Dressings**

### **Annie's Naturals \***

Balsamic, Ceasar, Cilantro and Lime, Cowgirl Ranch, Low Fat Honey Mustard, Low Fat Raspberry, No Fat Yogurt with Dill, Roasted Red Pepper, Green Goddess, French, Thousand Island, Buttermilk

**Emeril's-** Balsamic Vinaigrette, Blush Wine Vinaigrette, Caesar, Dijon Vinaigrette, House Herb Vinaigrette, Italian Vinaigrette, Kicked Up French, Raspberry Balsamic

**Brianna's-** Blush Wine Vinaigrette, Dijon Honey Mustard, Poppy Seed, Real French Vinaigrette, Rich Santa Fe, New American, True Blue Cheese, Zesty French

**Drew's All Natural\*-** Buttermilk Ranch, Garlic Italian, Honey Dijon, Kalamata Olive And Caper, Poppy Seed, Raspberry, Roasted Garlic, Romano Caesar, Rosemary Balsamic, Smoked Tomato

**Newman's Own-** Balsamic Vinaigrette, Caesar, Creamy Caesar, Creamy Italian, Light Honey Mustard, Light Italian, Light Raspberry and Walnut, Light Red Wine and Vinegar, Olive Oil and Vinegar, Parmesan and Roasted Garlic, Parmesanio, Ranch, Two Thousand Island

**Seeds of Change\*-** Balsamic Vinaigrette, French Tomato. Greek Feta Vinaigrette, Italian Herb, Roasted Garlic Vinaigrette, Roasted Red Pepper Vinaigrette, Sweet Basil Vinaigrette, Sweet Dijon Mustard Vinaigrette

### **Litehouse Salad Dressings**

Bleu Cheese Vinaigrette, Caesar, Chunky Bleu Cheese, Coleslaw Dressing, Country Herb French, Country Ranch, Creamy Garlic Caesar, LITE (Salsa Ranch, Ranch, Bleu Cheese), Parmesan Garlic, Peppercorn Ranch, Poppyseed, Thousand Island, Ranch, Traditional Italian, Sweet Red French

## **Sauces and Mixes**

### **Jack Stack BBQ Sauce**

**Cattlemen's BBQ Sauce-**Classic, Original and Smokey

**Cookies BBQ Sauce-** Original, Sweet Hickory, Western Style

**Thai Kitchen-** Thai BBQ sauce

**Emeril's-** Herb Lemon Pepper, Hickory Maple Chipotle, Lemon Rosemary and Gaaahlic, Orange Herb with Poppy Seed, Roasted Vegetable

**Emeril's-** Kick it up Green Pepper sauce, Kick it up Red Pepper sauce, Wing Sauce

**Emeril's-** Home Style Marinara, Kicked Up Tomato, Mushroom and Onion, Puttanesca, Roasted Gaahlic, Roasted Red Pepper, Sicilian Gravy, Vodka

**Emeril's-** Gaahlic Lovers Medium Salsa, Kicked Up Chunky Hot Salsa, Original Recipe Medium Salsa, Southwest Style Medium Salsa

**Jack Daniels EZ Marinader-** Garlic Herb and Teriyaki

### **Frank's Original Hot Sauce**

Tabasco

### **Braggs Liquid Amino\***

**San J\*-**Reduced Sodium Tamari Soy Sauce, Tamari Soy Sauce

**Amy's Kitchen Pasta Sauces \*-**Family Marinara, Garlic Mushroom, Puttanesca, Tomato

Basil

**Amy's Kitchen Salsa\***- Black Bean and Corn, Medium and Mild, Fire Roasted Vegetable

**Tostitos All Natural Salsa**- Hot, Medium Picante, Medium, Mild Picante, Mild,

**Tostitos**- Monterey Jack Queso, Restaurant Style Salsa, Salsa Con Queso

**Pace**- Organic Picante mild and medium, picante sauce, thick and chunky flavored salsa,  
Thick and chunky salsa

**Prego**- Traditional Sauce, Mushroom, Organic, Three Cheese,

**Muir Glen\***- Organic Chunky Style Pasta Sauce

**Heinz Classico Pasta Sauces**

**Contadina**- (Pasta Sauce in glass jars), Crushed, Stewed and Whole Tomatoes, Pizza Sauce  
(Basic, 3 cheese, Red Peppers, Italian, Original, Pepperoni, Tomato Sauce (Italian,  
Reg., Thick & Zesty)

**French's**- Worcestershire sauce

**Frito Lay Dips**- Bean dip, chili cheese dip, hot bean dip, jalapeno cheddar cheese dip,  
mild cheddar cheese dip

**Lay's Dips**- Creamy Ranch dip and dry mix, French Onion dip and dry mix,

**Ruffles Dip**- French Onion dip and dry mix, Ranch dip and dry mix

## Snacks

**Robert's American Gourmet \***

Pirate's Booty with Caramel

**Jolly Time Popcorn**

Microwave- Blast o Butter (Reg and Lite), ButterLicious (Reg and Lite), Healthy Pop  
American's Best, Crispy n White (Reg and Lite), White and Buttery, Mallow Magic

**Newman's Own Organic Popcorn\* (regular and microwave)**-94% Fat Free, Butter, Butter  
Boom, Light Butter, Natural, Regular, White Cheddar Cheese

**Ener-G\***- pretzels

**Enjoy Life Snack bars\***- Caramel Apple, Cocoa Loco, Very Berry

**Stretch Island Fruit Leather \***

**Envirokids\* Bars**- Berry, Chocolate Koala, Peanut Butter

**Larabar\***

**Think Bar\* Think Thin, Think Organic**

**Boomi Bar\***

**Clif Bar\***- Nectar bars

**Orgran\*** fruit bars

## Soups, Broths and Chili

**Amy's Kitchen \*-**

Vegetable Broth, Black Bean Vegetable Soup, Cream of Tomato Soup, Lentil Soup,  
Split Pea Soup, Black Bean Chili, Medium Chili, Medium Chili with Vegetables, Spicy  
Chili, Lentil Vegetable Soup, Chunky Tomato Bisque, Potato Leek, Corn Chowder, Pasta  
and 3 Bean, Lite Sodium Minestrone, Chunky Vegetable, Fire Roasted Southwestern  
Vegetable, Cream of Tomato-Light in Sodium and Lentil Vegetable-Light in Sodium,

**Imagine \*-** All Natural Organic Broths, No Chicken Broth

**Pacific Broth \*-** Chicken, Low Sodium Chicken, Natural Beef, Organic Chicken, Organic  
Mushroom, Organic Fat Free Chicken, Organic Vegetable

**Pacific Soups\***- Butternut Squash, Buttery Sweet Corn, Creamy Red Pepper and Tomato, French Onion, Roasted Carrot, Organic Creamy Tomato, Organic Creamy Broccoli

**Health Valley Broth \***- Fat Free Beef Flavored, Chicken and Vegetable

**Edward and Son's Bouillon\***- Garden Veggie, Not Beef, Not Chicken

**Kitchen Basics Stock-** Beef, Chicken, Seafood, Turkey, Vegetable

**Campbell Soup-**

Chicken Broccoli Cheese, Savory Lentil

**Swanson Broth-** Lower Sodium Beef, Natural Goodness Chicken, Organic, Vegetable

**Swanson Ready to Serve-** Beef and Chicken Broth

**Hormel-** Microwave Bean and Ham Soup

Chili with Beans- regular, chunky and hot

**Shelton's \***

Chicken Chili- Mild and Spicy

Turkey Chili- Mild and Spicy

**Thai Kitchen-** Mushroom Medley Rice Noodle Bowl, Roasted Garlic Rice Noodle Bowl, Spring

Onion Rice Noodle Bowl, Thai Claypot Soup, Stir Fry Noodles, Thin Rice Noodles,

Wide Rice Noodles, Curry Rice Noodle Soup, Hot and Sour Rice Noodle Soup

**Stagg's Chili-** Chunkero, Classic, Dynamite Hot, Ranch House Chicken, Silverado Beef, Steak House, Turkey Ranchero. Vegetable Garden, White Chicken

## **Canned Vegetables and Tomatoes**

**Del Monte-** All canned vegetables, Tomatoes and Tomato Products **EXCEPT-** Spaghetti Sauce flavored with Meat and Savory Sides Breen Bean Casserole

**Vlasic-** Peppers and Sauerkraut

**Contadina Tomatoes-** Crushed , Diced, Stewed, Puree, Whole Tomatoes, Tomato Paste- Except- Italian Tomato Paste with Italian Herbs

## **Processed Potatoes**

**Ore-Ida Potato Crunch Time Classics-** Crispy Crinkle Cut and Straight Cut (UPC 13120)

**Ore-Ida Potatoes-** Cottage Fries, Country Style Hash Browns, Deep Fries Crinkle, French

Fries, Golden Crinkles, Golden Patties, Hash Browns, Potato Wedge with Skin,

Potato O'Brien, Shoestrings, Snackin' Fries, Southern Style Hash Browns, Tator

Tots, Steak Fries

## **Vinegar**

**Heinz-** Apple Cider, Distilled and wine, Except Apple Cider **FLAVORED** Vinegar

**Newman's Own Organics-** Balsamic Vinegar

**Spectrum\***- Organic Brown Rice Vinegar, Organic Apple Cider Vinegars

## **Gluten Free Resources**

**Celiac Disease Foundation-** [www.celiac.org](http://www.celiac.org)

**Gluten Intolerance Group-** [www.gluten.net](http://www.gluten.net) , 206-246-6652

[www.glutenfreeda.com](http://www.glutenfreeda.com) - online cooking magazine

**Gluten Free Living Magazine-** [www.glutenfreeliving.com](http://www.glutenfreeliving.com)

**Gluten Free Diet- Resource Guide-** [www.glutenfreediet.com](http://www.glutenfreediet.com)

**CSA of Greater Kansas City Hotline 913-939-2400 or** [www.csakansascity.org](http://www.csakansascity.org)

**Celiac Sprue Association 1-877-272-4272, [www.csaceliacs.org](http://www.csaceliacs.org)**

