

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Jenkintown Store, Mid-Atlantic Region

Whole Foods Market is excited to bring you Celebrating Your Choices, a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product.

Baby & Child Products

California Baby

- Baby Powder, Non Talc
- Botanical Moisture Cream
- Calendula Diaper Cream
- Moisturizing Cream
- Super Sensitive Moisture Lotion

Baked Goods

Kinnikinnick

- Chocolate Dipped Donuts
- Cinnamon Sugar Donuts
- Vanilla Glazed Donuts

Udi's

- GF Cinnamon Rolls
- GF Double Chocolate Muffins

Baked Goods (Cont'd)

WFM Gluten Free Bakehouse

- Blueberry Muffins
- Cherry Almond Streusel Muffins
- Chocolate Chip Cookies
- Chocolate Cupcakes
- Cornbread
- Cranberry Orange Scones
- Cream Biscuits
- Peanut Butter Cookies
- Pie Shells
- Prairie Bread
- Sandwich Bread
- Sundried Tomato & Garlic Bread
- Vanilla Cupcakes

Baking Needs

Ancient Harvest

- Organic Quinoa Flour 18 oz

Baking Needs (Cont'd)

Arrowhead Mills

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- White Rice Flour
- Yellow Corn Meal

Bob's Red Mill

- Almond Flour
- Flaxseed Meal
- Gluten Free All Purpose Baking Flour
- Gluten Free Cornbread Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Pancake & Waffle Mix
- Ready To Spread Vanilla Frosting
- Vanilla Frosting Mix

Earth Balance

- Shortening

Ener-G

- Egg Replacement
- Rice Bran

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- All-Purpose GF Baking Flour Mix
- Brown Rice Pancake & Waffle Mix
- Chocolate Truffle Brownie Mix
- Favorite Sandwich Bread Mix
- Muffins & Scone Mix
- Yankee Cornbread & Muffin Mix

Baking Needs (Cont'd)

Hain

- Baking Powder

King Arthur Flour

- Gluten Free Brownie Mix
- Gluten Free Chocolate Cake Mix
- Gluten Free Cookie Mix
- Gluten Free Muffin Mix
- Gluten Free Multi-Purpose Flour
- Gluten Free Pancake Mix

Let's Do... Organic

- Organic Coconut Flakes
- Organic Cornstarch
- Organic Reduced Fat Shredded Coconut
- Organic Tapioca Granules

Namaste

- Brownie Mix
- Perfect Flour Blend
- Pizza Crust Mix
- Spice Cake Mix

Pamela's Products

- Baking & Pancake Mix
- Baking & Pancake Mix, 4 lb
- Chocolate Brownie Mix
- Chocolate Cake Mix
- Chocolate Chunk Cookie Mix
- Classic Vanilla Cake Mix
- Cornbread & Muffin Mix
- Gluten-Free Bread Mix

Simply Organic

- Golden Vanilla Cake Mix, Cert Org

WFM Gluten Free Bakehouse

- Pie Shells
- Vanilla Frosting

Bar Soap

Kiss My Face

- Olive & Aloe Bar Soap 8 oz
- Olive & Lavender Bar Soap 8 oz
- Pure Olive Oil Bar Soap 4 oz
- Pure Olive Oil Bar Soap 8 oz

Bath Salts/Sugars/Scrubs

Hugo Naturals

Lavender & Vanilla Fizzy Bath Bomb
Rose & Sandalwood Fizzy Bath Bomb
Sea Fennel & Passionflower Fizzy Bath Bomb

Beverages

So Delicious

Original (Plain) Coconut Milk Beverage
Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage

Bread

Against The Grain

Bagels, Sesame
Baguettes, Original
Rolls, Original

Ener-G

Brown Rice Loaf
Brown Rice Loaf Yeast Free
Tapioca Loaf

Food For Life

Brown Rice Bread, Wheat & Gluten Free
Millet Bread, Wheat & Gluten Free
Rice Almond Bread, Wheat & Gluten Free
White Rice Bread, Wheat & Gluten Free
Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Glutino

Bagels, Plain
Bagels, Poppy Seed
Premium Fiber Bread

Udi's

GF Cinnamon Raisin Bread
GF Pizza Crusts 9"
GF Plain Bagels
GF White Sandwich Bread
GF Whole Grain Bagels
GF Whole Grain Bread

WFM Gluten Free Bakehouse

Cornbread
Cream Biscuits
Prairie Bread

Bread (Cont'd)

WFM Gluten Free Bakehouse

Sandwich Bread
Sundried Tomato & Garlic Bread

Candy and Chocolate

Dagoba

CONACADO 73%, FTC Single origin Dominican
DARK 59% Semisweet
LAVENDER 59% Lavender/ blueberries
XOCOLATL 74% Chilies/cacao nibs

Endangered Species Chocolate

Bite Size Dark Chocolate with Cranberries & Almonds
Bite Size Dark Chocolate with Deep Forest Mint
Bite Size Extreme Dark Chocolate
Bite Size Supreme Dark Chocolate
Dark Chocolate with Blueberries - Sea Turtle
Dark Chocolate with Cranberries & Almonds - Wolf
Dark Chocolate with Deep Forest Mint
Dark Chocolate with Espresso Beans - Tiger
Dark Chocolate with Hazelnut Toffee - Rhino
Dark Chocolate with Raspberries - Grizzly Bear
Extreme Dark Chocolate - Panther
Milk Chocolate with Cherries - Dolphin
Supreme Dark Chocolate - Chimpanzee

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
Boom Choco Boom Dark Chocolate Bar

Glee Gum

Glee Bubblegum Flavor Gum
Glee Cinnamon Gum
Glee Spearmint Gum
Glee Tangerine Gum

Candy and Chocolate (Cont'd)

Glee Gum

Glee Triple Berry Gum

Canned Goods

Native Forest

Artichoke Hearts, Whole
Green Asparagus Cuts & Tips
Organic Baby Corn
Organic Hearts of Palm
Organic Mango Chunks

Canned/Jarred Goods

Amy's Kitchen

Black Bean Chili
Light in Sodium - Medium Chili
Light in Sodium - Refried Black Beans
Light in Sodium - Spicy Chili
Light in Sodium - Traditional Refried Beans
Medium Chili
Medium Chili with Vegetables
Refried Beans with Green Chiles
Southwestern Black Bean Chili
Spicy Chili
Thai Coconut Soup (Tom Kha Phak)
Vegetarian Baked Beans

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Rice & Shine Hot Cereal

Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal
GlutenFree Rolled Oats

Enjoy Life

Cinnamon Crunch Granola

Cereal (Cont'd)

EnviroKidz

Amazon Frosted Flakes Organic Cereal
Gorilla Munch Organic Cereal
Koala Crisp Organic Cereal
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
Peanut Butter Panda Puffs Organic Cereal

Erewhon

Crispy Brown Rice - Gluten Free
Rice Twice

Glutino

Apple & Cinnamon Cereal
Berry Sensible Beginnings
Honey & Nut O Cereal

Nature's Path

Organic Crispy Rice Cereal
Organic Fruit Juice Sweetened Corn Flakes
Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
Organic Honey'd Corn Flakes, 26.4 oz
Organic Honey'd Cornflakes
Organic Mesa Sunrise Cereal
Organic Mesa Sunrise Cereal, 26.4 oz
Organic Whole O's Cereal

Udi's

GF Au Naturel Granola
GF Cranberry Granola
GF Original Granola
GF Vanilla Granola

Cheese

Applegate Farms

Sliced Emmentaler Swiss Cheese
Sliced Havarti Cheese
Sliced Organic Mild Cheddar Cheese
Sliced Organic Muenster Cheese
Sliced Pepperjack Cheese

Follow Your Heart

Vegan Gourmet Cheddar
Vegan Gourmet Monterey Jack
Vegan Gourmet Mozzarella Cheese

Chips/Pretzels/Snacks

Blue Diamond

Almond Nut Thins
Barbeque Nut Thins
Cheddar Cheese Nut Thins
Hazelnut Nut Thins
Hint of Sea Salt Nut Thins
Nacho Nut Chips
Pecan Nut Thins
Sea Salt Nut Chips
Smokehouse Nut Thins
Sour Cream & Chive Nut Chips

Food Should Taste Good

Blue Corn Tortilla Chips
Lime Tortilla Chips
Sweet Potato Tortilla Chips
The Works! Tortilla Chips

Food Should Taste Good

Jalapeno Tortilla Chips
Multigrain Tortilla Chips
Olive Tortilla Chips

Glutino

Pretzel Sticks, Family Bag
Pretzels, Family Bag
Table Cracker

Green Mountain Gringo

Organic Blue Tortilla Strips
Organic White Tortilla Strips
Original Tortilla Strips

Kettle Brand

Baked Potato Chips, Hickory Honey BBQ 4 oz
Baked Potato Chips, Lightly Salted 4 oz
Baked Potato Chips, Salt & Fresh Ground Pepper 4 oz
Baked Potato Chips, Sea Salt & Vinegar 4 oz
Krinkle Cut Potato Chips, Buffalo Bleu 5 oz
Krinkle Cut Potato Chips, Classic BBQ 14 oz
Krinkle Cut Potato Chips, Lightly Salted 14 oz
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 2 oz
Potato Chips, Backyard Barbeque 5 oz

Chips/Pretzels/Snacks (Cont'd)

Kettle Brand

Potato Chips, Honey Dijon 5 oz
Potato Chips, Jalapeno 5 oz
Potato Chips, Lightly Salted 2 oz
Potato Chips, Lightly Salted 5 oz
Potato Chips, Lightly Salted 9 oz
Potato Chips, New York Cheddar w/ Herbs 5 oz
Potato Chips, Organic Lightly Salted 5 oz
Potato Chips, Sea Salt & Vinegar 2 oz
Potato Chips, Sea Salt & Vinegar 5 oz
Potato Chips, Sea Salt & Vinegar 9 oz
Potato Chips, Sour Cream, Onion & Chive 5 oz
Potato Chips, Spicy Thai 5 oz
Potato Chips, Unsalted 5 oz

Late July

Late July Dude Ranch Multigrain
Late July Mild Green Mojo
Late July Multigrain Sea Salt
Late July Sweet Potato

Lundberg Family Farms

Brown Rice Cakes
Buttery Caramel Rice Cakes
Honey Nut Rice Cakes
Organic Brown Rice Cakes
Organic Koku Seaweed Rice Cakes
Organic Sea Salt Rice Chips
Organic Wild Rice Cakes
Sante Fe BBQ Rice Chips
Sesame Seaweed Rice Chips
Unsalted Brown Rice Cakes

Lundberg Farms

Fiesta Lime Rice Chips

Mary's Gone Crackers

Sticks & Twigs, Curry

Pirate Brands

Pirate's Booty Chocolate
Pirate's Booty New York Pizza
Pirate's Booty Veggie

Condiments

Follow Your Heart

- Organic Vegenaïse
- Vegenaïse, High Omega-3 w/ Expeller-Pressed Canola Oil
- Vegenaïse, Original

Organicville

- Organic Chili Sauce
- Organic Dijon Mustard
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Non-Dairy Caesar Dressing
- Organic Non-Dairy Coleslaw Dressing
- Organic Non-Dairy Thousand Island Dressing
- Organic Original BBQ Sauce
- Organic Stone Ground Mustard
- Organic Yellow Mustard

San-J

- Szechuan Hot & Spicy Marinade/Stir Fry Sauce
Gluten Free
- Tamari Peanut Asian Dressing GF
- Teriyaki Sauce

San-J

- Asian BBQ Sweet & Smoky fusion BBQ Sauce GF
- Sweet and Sour Sauce

Cookies and Snack Bars

Andean Dream

- Chocolate Chip Cookies
- Cocoa Orange Cookies

Enjoy Life

- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Snickerdoodle Cookies

Cookies and Snack Bars (Cont'd)

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

Glow Gluten Free

- Chocolate Chip Cookies
- Gingersnap Cookies

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry
- Chocolate Coated Chocolate Wafers
- Chocolate Coated Vanilla Wafers
- Lemon Wafers
- Organic Bar, Chocolate-Banana

Hail Merry

- Choco Macaroons

Ian's Natural Foods

- Chocolate Chip Cookie Buttons, Wheat Free Gluten Free
- Crunchy Cinnamon Cookie Buttons, Wheat Free Gluten Free

Kinnikinnick

- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

Let's Do...

- Gluten Free Ice Cream Cones

Mi-Del

- Arrowroot Animal Cookies
- Chocolate Chip Cookies
- Ginger Snaps
- Pecan Cookies

Pamela's Products

- Butter Shortbread Cookies
- Chunky Chocolate Chip Cookies
- Ginger Cookies with Sliced Almonds
- Organic Dark Chocolate Chunk Cookies

Cookies and Snack Bars (Cont'd)

Pamela's Products

Simplebites Chocolate Chip Mini Cookies
Simplebites Ginger Mini Snapz

Schar

Chocolate Hazelnut Bars
Cocoa Wafers
Shortbread Cookies
Vanilla Wafers

WFM Gluten Free Bakehouse

Chocolate Chip Cookies
Peanut Butter Cookies

Crackers

Edward & Sons

Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Glutino

Crackers, Cheddar
Crackers, Multigrain
Crackers, Original
Crackers, Vegetable

Mary's Gone Crackers

Crackers, Caraway
Crackers, Herb
Crackers, Onion
Crackers, Original

Schar

Crispbread
Snack Crackers
Table Crackers

Dairy

Brown Cow Yogurt

CT Blueberry FOB
CT Cherry-Vanilla FOB
CT Chocolate
CT Coffee
CT Peach FOB
CT Plain
CT Strawberry FOB

Dairy (Cont'd)

Brown Cow Yogurt

CT Vanilla
LF Vanilla
LF Vanilla Bean FOB
NF Plain
NF Vanilla
Plain Whole Milk Yogurt, 6 oz

Earth Balance

Buttery Spread with Olive Oil
Buttery Sticks
Organic Whipped Buttery Spread
Original Buttery Spread
Soy Free Buttery Spread

Fage Total

Total 0% 17.6oz (500g)
Total 0% 35.3 oz (1kg)
Total 0% 6oz (170g)
Total 0% Blueberry Acai 5.3oz (150g)
Total 0% Cherry Pomegranate 5.3oz (150g)
Total 0% Honey 5.3oz (150g)
Total 0% Mango Guanabana 5.3oz (150g)
Total 0% Strawberry Goji 5.3oz (150g)
Total 10% 17.6oz (500g)
Total 10% 7oz (200g)
Total 2% 17.6oz (500g)
Total 2% 35.3oz (1kg)
Total 2% 7oz (200g)
Total 2% Blueberry 5.3oz (150g)
Total 2% Cherry 5.3oz (150g)
Total 2% Honey 5.3oz (150g)
Total 2% Peach 5.3oz (150g)
Total 2% Strawberry 5.3oz (150g)
Total Blueberry 5.3oz (150g)
Total Cherry 5.3oz (150g)
Total Honey 5.3oz (150g)

Helios Nutrition

Organic Plain Kefir
Organic Reduced Fat Raspberry Ke
Organic Vanilla Kefir

Lifeway Foods

Bio Kefir Blackberry
Bio Kefir Pomegranate Blueberry
Bio Kefir Vanilla

Dairy (Cont'd)

Lifeway Foods

- Fat Free Strawberry Kefir
- Green Kefir Pomegranate Acai Blueberry
- Lassi Mango Indian Style Yogurt
- Low Fat Peach Kefir
- Low Fat Raspberry Kefir
- Low Fat Strawberry Kefir
- Lowfat Plain Kefir
- Lowfat Pomegranate Kefir
- Organic Lowfat Plain Kefir
- Organic Lowfat Strawberry Kefir
- Organic Whole Milk Wildberries Kefir
- Probugs Orange Creamy Crawler
- Probugs Strawnana Split
- Probuugs Sublime Slime Lime

Stonyfield Organic Yogurt

- 0% Fat Black Cherry
- 0% Fat Blueberry FOB
- 0% Fat Chocolate Underground FOB
- 0% Fat French Vanilla
- 0% Fat Key Lime
- 0% Fat Lotsa Lemon
- 0% Fat Peach
- 0% Fat Plain
- 0% Fat Pom Raspberry Acai FOB
- 0% Fat Strawberry
- 0% Fat French Vanilla
- 0% Fat Plain
- Fat Free French Vanilla
- Fat Free Strawberry
- Low Fat BaNilla
- Low Fat Blueberry
- Low Fat Blueberry FOB
- Low Fat Cherry Vanilla
- Low Fat French Vanilla
- Low Fat Just Peachy FOB
- Low Fat Plain
- Low Fat Strawberry
- Low Fat Strawberry FOB
- Oikos: 0% Fat Blueberry FOB
- Oikos: 0% Fat Honey FOB
- Oikos: 0% Fat Plain
- Oikos: 0% Fat Strawberry FOB
- Oikos: 0% Fat Vanilla

Dairy (Cont'd)

Stonyfield Organic Yogurt

- Oikos: 0% Fat Caramel 4oz FOB
- Oikos: 0% Fat Chocolate 4oz FOB
- Oikos: 0% Fat Plain 4oz
- Oikos: 0% Fat Vanilla 4oz
- Peach Super Smoothie
- Raspberry Super Smoothie
- Strawberry Banana Super Smoothie
- Strawberry Super Smoothie
- Strawberry Super Smoothies 6oz
- Whole Milk Chocolate Underground FOB
- Whole Milk French Vanilla
- Whole Milk Plain
- Whole Milk Strawberries & Cream FOB
- Wild Berry Super Smoothie
- Wild Berry Super Smoothies 6oz
- YoBaby Banana
- YoBaby Banana Drinkable Yogurt
- YoBaby Blueberry
- YoBaby Peach
- YoBaby Peach Drinkable Yogurt
- YoBaby Simple Plain
- YoBaby Vanilla
- YoKids Squeezers Cherry/Berry
- YoKids Squeezers Strawberry
- YoKids: Blueberry Straw/Van
- YoKids: Strawberry Ban/Straw

Dairy Alternatives

BLUE DIAMOND

- ALMOND BREEZE CHOCOLATE
- ALMOND BREEZE ORIGINAL
- ALMOND BREEZE UNSWEETENED CHOCOLATE
- ALMOND BREEZE UNSWEETENED ORIGINAL
- ALMOND BREEZE UNSWEETENED VANILLA
- ALMOND BREEZE VANILLA

Blue Diamond

- Almond Breeze, Chocolate
- Almond Breeze, Original
- Almond Breeze, Unsweetened Vanilla
- Almond Breeze, Vanilla

Dairy Alternatives (Cont'd)

Daiya Foods

Cheddar Style Shreds
Mozzarella Style Shreds
Pepperjack Style Shreds

Follow Your Heart

Vegan Gourmet Cheddar
Vegan Gourmet Monterey Jack
Vegan Gourmet Mozzarella Cheese

So Delicious

Blueberry Cultured Coconut Milk Yogurt
Chocolate Cultured Coconut Milk Yogurt
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
French Vanilla Coconut Milk Creamer
Hazelnut Coconut Milk Creamer
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Passionate Mango Cultured Coconut Milk Yogurt
Pina Colada Cultured Coconut Milk Yogurt
Plain Cultured Coconut Milk Yogurt
Raspberry Cultured Coconut Milk Yogurt
Strawberry Cultured Coconut Milk Yogurt
Unsweetened Coconut Milk Beverage
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
Vanilla Coconut Milk Beverage
Vanilla Cultured Coconut Milk Yogurt

Stonyfield Organic Yogurt

Blueberry O'Soy
Chocolate O'Soy
Strawberry/Peach O'Soy
Vanilla O'Soy

WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz
Soy Beverage, Unsweetened Chocolate 32 oz

Dairy Alternatives (Cont'd)

truwhip

All Natural Frozen Whip Topping

Deli Style Meats and Cheeses

Applegate Farms

Organic Sliced Oven Roasted Chicken
Sliced Black Forest Ham
Sliced Honey Ham
Sliced Honey Maple Turkey
Sliced Organic Herb Turkey
Sliced Organic Oven Roasted Turkey
Sliced Organic Roast Beef
Sliced Organic Smoked Chicken
Sliced Organic Smoked Turkey
Sliced Organic Uncured Ham
Sliced Oven Roasted Sliced Turkey
Sliced Smoked Turkey
Sliced Turkey Bologna

Dental Care Products

Kiss My Face

Berry Smart Toothpaste w/ Fluoride 4 oz
Sensitive Toothpaste 3.4 oz

Tom's of Maine

Spearmint Flat Floss
Unflavored Round Floss

Deodorant

Kiss My Face

Liquid Rock Fragrance Free Deodorant 3 oz
Liquid Rock Patchouli Deodorant 3 oz

Desserts

Glutino

Chocolate Glazed Donuts
Original Glazed Donuts

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

Desserts (Cont'd)

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

WFM Gluten Free Bakehouse

Chocolate Cupcakes
Vanilla Cupcakes

truwhip

All Natural Frozen Whip Topping

Energy and Nutrition Bars/Drinks

Function Drinks

98886-00100
Alternative Energy Acai Grape
Alternative Energy Strawberry Guava
Urban Detox Goji Berry
Urban Detox Pom Cherry

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Bob's Red Mill

TVP (Textured Vegetable Protein)

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Chocolate Frosting Mix
Pancake & Waffle Mix
Vanilla Frosting Mix

Edward & Sons

Organic Roasted Garlic Mashed Potato Mix

Ener-G

Rice Bran

Lundberg Family Farms

Organic Alfredo Risotto
Organic Florentine Risotto

Entrees and Mixes (Cont'd)

Lundberg Family Farms

Organic Tuscan Risotto

Namaste

Brownie Mix
Pizza Crust Mix
Spice Cake Mix

Road's End Organics

Dairy Free Cheddar Style Penne & Cheese

Tasty Bite

Agra Peas
Aloo Palak
Bengal Lentils
Bombay Potatoes
Channa Masala
Jaipur Vegetables
Kashmir Spinach
Malaysian Lodeh
Spinach Dal
Vegetable Korma

Ethnic Foods

Annie Chun's

Maifun Rice Noodles
Pad Thai Rice Noodles

Edward & Sons

Miso-Cup, Organic Reduced Sodium
Miso-Cup, Organic Traditional with Tofu

Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Sundried Tomato & Garlic
Organic Polenta, Traditional

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

San-J

Sweet and Sour Sauce

Ethnic Foods (Cont'd)

Tasty Bite

- Agra Peas
- Aloo Palak
- Bengal Lentils
- Bombay Potatoes
- Channa Masala
- Jaipur Vegetables
- Kashmir Spinach
- Malaysian Lodeh
- Spinach Dal
- Tandoori Pilaf
- Vegetable Korma

World Foods

- Thai Coconut Galangal Stir Fry Sauce
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Yellow Curry Ready to Pour Sauce

Facial Care Products

MyChelle

- Fruit Enzyme Cleanser
- Honeydew Cleanser Unscented

Frozen Foods

Against The Grain

- Pizza, 3-Cheese
- Pizza, Pesto

Amy's Kitchen

- Asian Noodle Stir-Fry
- Bistro Veggie Burger
- Black Bean Enchilada Whole Meal
- Black Bean Tamale Verde
- Brown Rice, Black-Eyed Peas & Veggies Bowl
- Cheese Enchilada
- Cheese Enchilada Whole Meal
- Cheese Tamale Verde
- Garden Vegetable Lasagna
- Gluten Free Chocolate Cake
- Indian Palak Paneer
- Indian Paneer Tikka
- Indian Vegetable Korma
- Light & Lean Black Bean & Cheese Enchilada
- Light & Lean Soft Taco Fiesta Bowl

Frozen Foods (Cont'd)

Amy's Kitchen

- Light in Sodium - Black Bean Vegetable Enchilada
- Light in Sodium - Brown Rice & Vegetables Bowl
- Light in Sodium - Indian Mattar Paneer
- Light in Sodium - Mexican Casserole Bowl
- Light in Sodium - Shepherd's Pie
- Mexican Tofu Scramble
- Non-Dairy Rice Macaroni & Cheese
- Rice Crust Cheese Pizza
- Rice Mac & Cheese
- Roasted Vegetable Tamale
- Single Serve Non-Dairy Rice Crust Cheese Pizza
- Single Serve Rice Crust Roasted Vegetable Pizza
- Teriyaki Bowl
- Thai Stir-Fry
- Tofu Scramble
- Tortilla Casserole & Black Beans Bowl

Applegate Farms

- Maple Breakfast Sausage
- Organic Beef Burgers
- Organic Turkey Burgers

Caesar's

- Manicotti, Gluten-Free Wheat-Free
- Vegetable Lasagna, Gluten-Free Wheat-Free

EVOL Foods

- Bean & Cheese Enchilada Bowl
- Chicken Enchilada Bowl
- Fire Grilled Steak Bowl
- Teriyaki Chicken Bowl

Gluten Free Cafe

- Lemon Basil Chicken

Glutino

- Duo Cheese Pizza Multipack
- Pizza, Spinach Feta

Ian's Natural Foods

- Alpha Tots
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free

Frozen Foods (Cont'd)

Ian's Natural Foods

Ian's Fish Sticks, Allergen Free

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Julian's Recipe

Gluten Free Pancakes - Belgian Chocolate
Gluten Free Pancakes - Buttermilk
Gluten Free Pancakes - Wild Blueberry

Julie's Organic Ice Cream

Glutenfreea's Organic Gluten Free Vanilla Ice Cream Sandwich

Kettle Cuisine

Angus Beef Steak Chili with Beans

Kinnikinnick

Chocolate Dipped Donuts
Cinnamon Sugar Donuts
Vanilla Glazed Donuts

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

Mocha Almond Fudge Non-Dairy Frozen Dessert
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Pomegranate Chip Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert

Saffron Road

Chicken Tikka Masala with Basmati Rice
Lamb Saag with Basmati Rice
Lamb Vindaloo with Basmati Rice
Lemongrass Basil Chicken

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Almond Bar, Made with Coconut Milk
Coconut Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bar, Made with Coconut Milk
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock
Crispy Battered Gluten Free Halibut

Sweet Nothings

Non-Dairy Fudge Bar

Van's

Wheat Free Blueberry Waffles
Wheat Free Flax Waffles
Wheat Free Homestyle Waffles
Wheat Free Mini Homestyle Waffles

Grains and Rice

Annie Chun's

Rice Express Black Pearl Rice
Rice Express Multi Grain Rice
Rice Express Sprouted Brown Rice
Rice Express Sticky White Rice

Grains and Rice (Cont'd)

Lundberg Family Farms

- Eco-Farmed Black Japonica Field Gourmet Blend
- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed California White Jasmine Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Short Grain Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic Alfredo Risotto
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic Wild Rice

Tasty Bite

- Tandoori Pilaf

Hair Care Products

365 Every Day Value™

- Conditioner Fragrance Free
- Conditioner Herbal Mint
- Conditioner Lavender Blend
- Shampoo for Dry and Normal Herbal Mint
- Shampoo for Dry and Normal Lavender Blend
- Shampoo for Normal and Oily Herbal Mint

Kiss My Face

- Upper Management Styling Gel 8 oz

Hand & Body Lotions

365 Every Day Value™

- Body Lotion Herbal Mint
- Body Lotion Lavender Blend

Kiss My Face

- Grapefruit & Bergamot Hand Crème 4 oz
- Vitamin A&E Moisturizer 16 oz

Hand & Body Washes

365 Every Day Value™

- Shower Gel Fragrance Free
- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

Kiss My Face

- Olive & Aloe Liquid Moisture Soap 9 oz
- Cold & Flu Shower Gel 16 oz
- GermsAside Liquid Moisture Soap 9 oz
- Grapefruit & Bergamot Foaming Soap 8.75 oz
- Patchouli Liquid Moisture Soap 9 oz
- Silky Soft Shower Gel 16 oz

Jams and Nut Butters

Barney Butter

- Barney Butter Crunchy - 10 oz / 6 pk
- Barney Butter Smooth - 10 oz / 6 pk

Justin's

- Chocolate Peanut Butter Jars
- Honey Almond Butter 1.15 oz Squeeze Packs
- Milk Chocolate Peanut Butter Cups

Lip Balms

Badger

- Cool Mint Lip Balm Stick
- Creamy Cocoa Lip Balm Stick
- Sweet Orange Cocoa Butter Lip Balm

Meat Alternatives

Asherah's Gourmet

- Vegan Burgers - Chipotle

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Meat and Poultry

Applegate Farms

- Maple Breakfast Sausage
- Organic Beef Burgers
- Organic Beef Hot Dogs
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Sliced Sunday Bacon

Meat and Poultry (Cont'd)

Applegate Farms

- Organic Turkey Burgers
- Organic Turkey Hot Dogs

Nutritional Supplements

Amazing Grass

- Amazing Meal Pomegranate Mango
- Green SuperFood Chocolate
- Green SuperFood Original
- Green SuperFood capsules
- Wheat Grass

BioChem

- 100% Berries and Whey Protein Powder
- 100% Greens & Whey Protein Powder
- 100% Whey Protein Chocolate Fudge
- 100% Whey Protein Chocolate Fudge 1.9lb
- 100% Whey Protein Vanilla 1.9lb
- 100% Whey Protein Vanilla 13.9oz
- Ultimate Fat Metabolizer 90ct
- Vegan Protein Powder 12 serving Chocolate
- Vegan Protein Powder 12 serving Vanilla

Country Life

- Buffered C 1000mg w/Rose Hips 100ct
- Acerola Vitamin C 500mg Chewable 180ct
- Acerola Vitamin C 500mg Chewable 90ct
- Acidophilus with Pectin Capsules, 100 ct
- Acidophilus with Pectin Capsules, 250 ct
- Active Lipoic Acid, 60 ct
- B-12 1000mcg Time Release 60ct
- Biotin 1000mcg 100ct
- Biotin 500mcg 100ct
- Bromelain 500mg 30ct
- Buffer C pH Controlled 500mg 60ct Capsule
- Calcium Citrate with D Tablets, 120 ct
- Charcoal Capsules 40 ct
- Chewable Multivitamin 60ct
- CoQ10 60mg - 60 capsules
- DHEA 25mg Capsules, 90 ct
- Daily Total One-a-Day 60ct Capsule
- Grape Seed Extract 200mg 30ct Capsule
- Iron Aid Tablets, 60 ct
- Lecithin Granules 8oz Powder
- Liquid Multivitamin

Nutritional Supplements (Cont'd)

Country Life

- Maxi Baby-dophilus Powder, 2 oz
- Maxi Hair 90ct
- Maxi-Baby Care Liquid 6oz
- Maxi-Sorb Cal/Mag Citrate with Vitamin D Softgels, 100 ct
- Melatonin 1mg Tablets, 60 ct
- Melatonin 3mg Tablets, 30 ct
- Power-dophilus Capsules, 100 ct
- Power-dophilus Capsules, 200 ct
- Prosta-Max For Men, 50 ct
- Pycogenol 50mg Capsules, 24 ct
- R-Lipoic Acid
- Resveratrol Plus 60ct Capsule
- Saw Palmetto & Pygeum Capsules, 90 ct
- Selenium 100mcg Yeast Free Tablets, 90 ct
- Sharp Thought 30ct
- Super Potency Biotin 5mg 60ct
- Superior B-12, 50 ct
- Target-Mins Calcium-Magnesium Capsules, 90 ct
- Target-Mins Calcium-Magnesium-Potassium Tablets, 180 ct
- Target-Mins Calcium-Magnesium-Potassium Tablets, 90 ct
- Target-Mins Calcium-Magnesium-Veg Capsules, 120 ct
- Target-Mins Magnesium Capsules, 60 ct
- Target-Mins Total Mins Iron-Free Tablets, 60 ct
- Target-Mins Zinc 50mg Tablets, 90 ct
- Ultra Omega 3-6-9 90ct softgel
- Vitamin C 250mg Chewable 90ct
- Vitamin C 500mg Chewable 90ct
- Vitamin C 500mg with Rose Hips and TR 100ct
- Vitamin D 400 IU 100ct Softgels
- Vitamin D3 1000 IU 200ct
- Vitamin E 1000IU 60ct Softgels
- Vitamin E Complex 400IU 90ct Softgels
- Zinc Lozenges with Vitamin C Tablets, 60 ct

Nutritional Supplements (Cont'd)

Country Life

CoQ10 - 30 mg - 30 capsules
Omega-3 Fish Oils 1000mg 200ct

Garden of Life

Extra Ordinary Beauty Lovely Legs
fucoTHIN

Iron Tek

Essential CLA 1000mg 180ct Softgel
Essential Liquid Amino Complex Orange 16oz
Liquid

Nature's Way

Vegetarian capsules (box) / 100

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive!® / 60 Tb

Nature's Way Primadophilus

Primadophilus® Bifidus / 90 Vcaps®
Primadophilus® Junior / 90 Vcaps®
Primadophilus® Optima / 30 Vcaps®
Primadophilus® Optima / 60 Vcaps®
Primadophilus® for Children / 5 oz Pwdr
Primadophilus® for Kids Cherry / 30 Chw
Primadophilus® for Kids Orange / 30 Chw

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Immune Syrup / 8 oz
Sambucus Lozenge / 30
Sambucus Syrup / 4 oz
Sambucus for Kids / 4 oz
Sambucus for Kids / 8 oz

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Original Liquid / 1 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Pioneer Nutrition

Chewable Vitamins / Minerals- 90 tab

Nutritional Supplements (Cont'd)

Pioneer Nutrition

Supertonic Energy Formula - 60 tab
Veg Cal Mag- 180 tab

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
ACTIVE SENIOR MULTIVITAMIN 90
B-COMPLETE 45
BUSY BRAIN RELEASE 60
COMPLETE PRENATAL SYSTEM 60
ENERGIZER ONE MULTIVITAMIN 30
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY CALCIUM WITH ENZYMES 240
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
KID'S ONE MULTISTARS 30
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 30
NUTRISTART MULTIVITAMIN POWDER 30
OSTEO - BUILD 120
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL PETITE MULTIVITAMIN 180
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

VEGA

Berry Small
Bodacious Berry
Vanilla Chai Small

Vibrant Health

Vibrant Cleanse 24 servings

Nuts/Seeds/Dried Fruits

Bob's Red Mill

Organic Golden Flaxseeds

Gerbs Pumpkin Seeds

Roasted Red Pepper Pumpkin Seed Kernels
Toasted Onion & Garlic Pumpkin Seed Kernels
Touch of Salt Pumpkin Seed Kernels

Nuts/Seeds/Dried Fruits (Cont'd)

Gerbs Pumpkin Seeds

Whole Roasted Lightly Salted Pumpkin Seeds

Hail Merry

Lemon Thyme Pecans

Orange Rosemary Pecans

Salt N Pepper Sunflower Seeds

Ointments/Salves/Gels/Antiseptics

Badger

Baby Balm

Cuticle Care Tin

Night Night Balm Tin

Winter Wonder Rub

Pasta

RP's Pasta Fresh Pasta

RP's Fresh Gluten Free Fusilli

Schar

Tagliatelle

Pasta Sauce

Organicville

Organic Italian Herb Pasta Sauce

Organic Marinara Pasta Sauce

Organic Mushroom Pasta Sauce

Organic Tomato Basil Pasta Sauce

Personal Care

Kiss My Face

Triple Action Toothpaste 3.4 oz

Whitening Toothpaste 3.4 oz

Natracare

Breathable Panty Liners - 30 CT

Night-Time Pads - 10 CT

Regular Pads - 14 CT

Slender Pads - 20 CT

Super Pads - 12 CT

Tanga Panty Liners - 30 CT

Personal Care (Cont'd)

Tom's of Maine

Apricot Long Lasting Stick Deodorant

Calendula Stick Deodorant

Fragrance-Free Sensitive Stick Deodorant

Honeysuckle Rose Stick Deodorant

Lemongrass Long Lasting Stick Deodorant

Unscented Long Lasting Roll-on Deodorant

Wintermint Sensitive Toothpaste

Woodspice Stick Deodorant

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

Sauces/Salsas/Dips

Amy's Kitchen

Black Bean & Corn Salsa

Family Marinara Pasta Sauce

Light in Sodium - Tomato Basil Pasta Sauce

Mild Salsa

Organicville

Organic Island Teriyaki

Organic Pizza Sauce

Organic Sesame Teriyaki

Sriracha Sauce

Simply Organic

Alfredo Sauce Mix, Cert. Org.

Brown Gravy Mix Cert. Org.

French Onion Dip Mix, Cert. Org.

Guacamole Dip Mix, Cert. Org.

Ranch Dip Mix, Cert. Org.

Ranch Salad Dressing Mix, Cert. Org.

Roasted Chicken Gravy Mix Cert. Org.

Roasted Turkey Gravy Mix Cert. Org.

World Foods

Thai Coconut Galangal Stir Fry Sauce

Thai Galangal Lemon Grass Stir Fry Sauce

Thai Yellow Curry Ready to Pour Sauce

Seafood

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock
Crispy Battered Gluten Free Halibut

Shaving Aids

Kiss My Face

Cool Mint Moisture Shave 11 oz
Fragrance Free Moisture Shave 11 oz
Patchouli Moisture Shave 11 oz

Soups

Amy's Kitchen

Black Bean Vegetable Soup
Chunky Tomato Bisque
Chunky Vegetable Soup
Cream of Tomato Soup
Curried Lentil Soup
Fire Roasted Southwestern Vegetable Soup
Hearty Spanish Rice & Red Bean Soup
Lentil Soup
Lentil Vegetable Soup
Light in Sodium - Chunky Tomato Bisque
Light in Sodium - Cream of Tomato Soup
Light in Sodium - Lentil Soup
Light in Sodium - Lentil Vegetable Soup
Light in Sodium - Split Pea Soup
Split Pea Soup
Summer Corn & Vegetable Soup
Tuscan Bean & Rice Soup

Dr. McDougall's Right Foods

Organic Lower Sodium Black Bean Soup
Organic Lower Sodium Chunky Tomato Soup
RTS Black Bean Soup
RTS Chunky Tomato Soup
RTS Lentil Soup
RTS Light Sodium Garden Vegetable Soup
RTS Light Sodium Lentil Soup
RTS Vegetable Soup

Edward & Sons

Miso-Cup, Organic Reduced Sodium
Miso-Cup, Organic Traditional with Tofu

Soups (Cont'd)

Kettle Cuisine

Angus Beef Steak Chili with Beans

Spices and Seasonings

Edward & Sons

Bouillon Cubes, Low Sodium Veggie
Bouillon Cubes, Not-Chick'n

Simply Organic

Gumbo Base Seasoning Mix, Cert Org.
Sloppy Joe Mix Cert. Org.
Vegetarian Chili Mix, Cert. Org.

Sweeteners

Lundberg Family Farms

Brown Rice Syrup
Organic Brown Rice Syrup