

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Sebastopol Store, Northern California 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
- Body Wash & Shampoo - Large
- Super Sensitive Baby Shampoo

#### Hugo Naturals

- Shea Butter Baby Powder

### Baked Goods

#### Mariposa Baking

- Sour cream Coffeecake

#### WFM Gluten Free Bakehouse

- Almond Scones
- Cheddar Biscuits
- Chocolate Chip Cookies
- Chocolate Cupcakes
- Cornbread
- Cranberry Orange Scones

### Baked Goods (Cont'd)

#### WFM Gluten Free Bakehouse

- Cream Biscuits
- Molasses Ginger Cookies
- Pie Shells
- Prairie Bread
- Sandwich Bread
- Vanilla Cupcakes

### Baking Needs

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Long Grain Brown Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Baking Powder
- Baking Soda

## **Baking Needs (Cont'd)**

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

- Brown Rice Flour
- Cornstarch
- Flaxseed Meal
- Gluten Free All Purpose Baking Flour
- Gluten Free Cornbread Mix
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Millet Flour
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Potato Starch
- Tapioca Flour
- Teff Flour
- Xanthan Gum

### **Cherrybrook Kitchen Gluten Free Dreams**

- Ready To Spread Vanilla Frosting

### **Earth Balance**

- Shortening

### **Ener-G**

- Egg Replacement

### **Enjoy Life**

- Semi-Sweet Chocolate Chips

### **Gluten Free Pantry**

- All-Purpose GF Baking Flour Mix
- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix
- Yankee Cornbread & Muffin Mix

### **King Arthur Flour**

- Gluten Free Chocolate Cake Mix

### **Kinnikinnick**

- Panko Style Bread Crumbs

## **Baking Needs (Cont'd)**

### **Let's Do...**

- Confetti Sprinkelz

### **Let's Do... Organic**

- Organic Shredded Coconut

### **Namaste**

- Chocolate Cake Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin 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
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

### **Simply Organic**

- Golden Vanilla Cake Mix, Cert Org
- Pancake/Waffle Mix, Cert. Org.

### **Simply Organic**

- Devil's Food Cake Mix, Cert Org.

### **WFM Gluten Free Bakehouse**

- Pie Shells

## **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**

- Grapefruit Himalayan Pink Salt Body Scrub

## Beverages

### Bard's Beer

Bard's Gold, 6-Pack

### Dagoba

Unsweetened Hot Chocolate - FTC, 8 oz

### So Delicious

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Kefir

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

## Bread

### Canyon Bakehouse

7-Grain Gluten Free Bread

Mountain White Gluten Free Bread

### Ener-G

Tapioca Loaf

### Food For Life

Brown Rice Bread, Wheat & Gluten Free

Millet Bread, Wheat & Gluten Free

Raisin Pecan Bread, Wheat & Gluten Free

Rice Almond Bread, Wheat & Gluten Free

Rice Pecan Bread, Wheat & Gluten Free

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### Glutino

Premium Flax Seed Bread

### Kinnikinnick

Candadi Yeast Free Multigrain Rice Bread

### Udi's

GF Cinnamon Raisin Bagels

GF Cinnamon Raisin Bread

GF Classic Hamburger Buns

GF Classic Hot Dog Buns

GF Millet-Chia Bread

GF Pizza Crusts 9"

GF Plain Bagels

GF White Sandwich Bread

GF Whole Grain Bagels

GF Whole Grain Bread

## Bread (Cont'd)

### WFM Gluten Free Bakehouse

Cheddar Biscuits

Cornbread

Cream Biscuits

Light White Sandwich Bread

Prairie Bread

Sandwich Bread

## Candy and Chocolate

### Dagoba

DARK 59% Semisweet

ECLIPSE 87% Extra bittersweet

LAVENDER 59% Lavender/ blueberries

LEMON GINGER 68% Crystallized ginger/Lemon

MILK 37% Pure Milk Chocolate - 2 oz

ROSEBERRY 59% Raspberries/Rosehips

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 Smooth Milk 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 Almonds - Crane

Milk Chocolate with Cherries - Dolphin

Smooth Milk Chocolate - Sea Otter

Smooth Organic Dark Chocolate - Butterfly

Smooth Organic Dark Chocolate with Cherry - Koala

## Candy and Chocolate (Cont'd)

### Endangered Species Chocolate

- Smooth Organic Milk Chocolate - Lion
- Smooth Organic Milk Chocolate with Peanut Butter - Giraffe
- Supreme Dark Chocolate - Chimpanzee

### Glee Gum

- Glee Cinnamon Gum
- Glee Peppermint Gum
- Glee Spearmint Gum
- Glee Tangerine Gum

### Let's Do...

- Confetti Sprinkelz

### Scharffen Berger

- 62% SemiSweet Bars
- 62% Nibby Bars
- 62% Semisweet Bars
- 70% Bittersweet bars
- Bittersweet Chocolate Bar, 70% Cacao
- Dark Mocha Chocolate Bar, 62% Cacao
- Extra Dark Chocolate Bar, 82% Cacao
- Milk Chocolate Nibby Bar, 41% Cacao
- Milk Chocolate, 41% Cacao, 1 oz
- Mocha Dark Chocolate Bar
- Nibby Dark Chocolate Bar

## Canned Goods

### Native Forest

- Artichoke Hearts, Whole
- Organic Hearts of Palm
- Organic Pineapple Chunks
- Organic Pineapple, Crushed
- Organic Tropical Fruit Salad

## 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

## Canned/Jarred Goods (Cont'd)

### Amy's Kitchen

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

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Organic Rice & Shine Hot Cereal

### Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Brown Rice Farina Creamy Rice Hot Cereal

### EnviroKidz

- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal

### Erewhon

- Cocoa Crispy Brown Rice
- Crispy Brown Rice - Gluten Free
- Strawberry Crisp

### Nature's Path

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

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese

## Cheese (Cont'd)

### Follow Your Heart

Vegan Gourmet Nacho Cheese

## Chips/Pretzels/Snacks

### Blue Diamond

Almond Nut Thins

Cheddar Cheese Nut Thins

Hazelnut Nut Thins

Hint of Sea Salt Nut Thins

Pecan Nut Thins

### Food Should Taste Good

Sweet Potato Tortilla Chips

The Works! Tortilla Chips

### Food Should Taste Good

Multigrain Tortilla Chips

Olive Tortilla Chips

### Glutino

Pretzels, Sticks

Table Cracker

### Kettle Brand

Baked Potato Chips, Aged White Cheddar 4 oz

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 14 oz

Potato Chips, Backyard Barbeque 5 oz

Potato Chips, Honey Dijon 2 oz

Potato Chips, Honey Dijon 5 oz

Potato Chips, Jalapeno 5 oz

Potato Chips, Lightly Salted 5 oz

## Chips/Pretzels/Snacks (Cont'd)

### Kettle Brand

Potato Chips, Organic Chipotle Chili BBQ 5 oz

Potato Chips, Organic Lightly Salted 5 oz

Potato Chips, Organic Sea Salt & Black Pepper 5 oz

Potato Chips, Sea Salt & Vinegar 5 oz

Potato Chips, Sour Cream, Onion & Chive 5 oz

Potato Chips, Sweet Onion 5 oz

Potato Chips, Unsalted 5 oz

### Late July

Late July Dude Ranch Multigrain

Late July Mild Green Mojo

Late July Multigrain Sea Salt

### Lundberg Family Farms

Organic Brown Rice Cakes

Organic Koku Seaweed Rice Cakes

Organic Sea Salt Rice Chips

Organic Sesame Tamari Rice Cakes

Organic Tamari Seaweed Rice Cakes

Organic Unsalted Brown Rice Cakes

Organic Wild Rice Cakes

Pico de Gallo Rice Chips

Sante Fe BBQ Rice Chips

Sesame Seaweed Rice Chips

### Mary's Gone Crackers

Sticks & Twigs, Sea Salt

### Mauk Family Farms

Raw Breakfast Crusts

Raw Mineral Rich Crusts

### Pirate Brands

Pirate's Booty Veggie

### Real Foods

Tasty Cheese Flavoured Corn Thins

## Condiments

### Follow Your Heart

Organic Balsamic Vinaigrette Dressing

Organic Chipotle Lime Ranch Dressing

Organic Chunky Bleu Cheese Dressing

Organic Creamy Caesar Dressing

## Condiments (Cont'd)

### Follow Your Heart

- Organic Creamy Ranch Dressing
- Organic Italian Vinaigrette Dressing
- Organic Vegenaïse
- Vegenaïse, High Omega-3 w/ Expeller-Pressed Canola Oil
- Vegenaïse, Original

### Organicville

- Non-Dairy Mayo
- Organic Chili Sauce
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Ketchup
- Organic Non-Dairy Coleslaw Dressing
- Organic Non-Dairy Thousand Island Dressing
- Organic Original BBQ Sauce

### San-J

- Szechuan Hot & Spicy Marinade/Stir Fry Sauce
- Gluten Free
- Teriyaki Sauce

### San-J

- Sweet and Sour Sauce

## Cookies and Snack Bars

### Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Happy Apple Cookies
- Soft Baked Snickerdoodle Cookies

### 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

## Cookies and Snack Bars (Cont'd)

### EnviroKidz

- Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

- Chocolate Coated Chocolate Wafers
- Chocolate Coated Vanilla Wafers
- Lemon Wafers

### Hail Merry

- Choco Macaroons

### Immaculate Baking Company

- Gluten Free Chocolate Chunk Cookie Dough

### Jennie's

- Coconut Macaroons

### Kinnikinnick

- S'moreables Graham Style Crackers

### Mi-Del

- Ginger Snaps

### Pamela's Products

- Chunky Chocolate Chip Cookies
- Ginger Cookies with Sliced Almonds
- Organic Dark Chocolate Chunk Cookies
- Organic Peanut Butter Chocolate Chip Cookies
- Peanut Butter Cookies
- Pecan Shortbread Cookies
- Simplebites Chocolate Chip Mini Cookies
- Simplebites Extreme Chocolate Mini Cookies
- Simplebites Ginger Mini Snapz

### Udi's

- GF Chocolate Chip Cookies
- GF Oatmeal Raisin Cookies
- GF Snickerdoodle Cookies

### WFM Gluten Free Bakehouse

- Chocolate Chip Cookies
- Molasses Ginger Cookies

## Crackers

### Edward & Sons

- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Tamari Sesame
- Organic Brown Rice Snaps, Black Sesame

## Crackers (Cont'd)

### Edward & Sons

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, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Onion  
Crackers, Original

## Dairy

### Brown Cow Yogurt

CT Apricot-Mango FOB  
CT Blueberry  
CT Blueberry FOB  
CT Chocolate  
CT Coffee  
CT Maple  
CT Plain  
CT Raspberry FOB  
CT Strawberry FOB  
CT Vanilla  
LF Black Cherry FOB  
LF Blueberry FOB  
LF Boysenberry FOB  
LF Lemon Twist FOB  
LF Peach  
LF Plain  
LF Strawberry FOB  
LF Vanilla  
LF Vanilla Bean FOB  
NF Plain  
NF Vanilla  
Plain Whole Milk Yogurt, 6 oz

### Chobani Greek Yogurt

0 %Strawberry Strained Yogurt  
0% Blueberry Strained Yogurt

## Dairy (Cont'd)

### Chobani Greek Yogurt

0% Pomegranate Strained Yogurt  
0% Vanilla Strained Yogurt

### Earth Balance

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

### Page Total

Total 0% 17.6oz (500g)  
Total 0% 35.3 oz (1kg)  
Total 0% 6oz (170g)  
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% Honey 5.3oz (150g)  
Total 2% Peach 5.3oz (150g)  
Total 2% Strawberry 5.3oz (150g)

### Helios Nutrition

Organic Plain Kefir  
Organic Reduced Fat Raspberry Ke  
Organic Reduced Fat Strawberry Kefir  
Organic Vanilla Kefir

### Lifeway Foods

Lowfat Plain Kefir  
Lowfat Pomegranate Kefir  
Organic Lowfat Peach Kefir  
Organic Lowfat Plain Kefir  
Organic Lowfat Strawberry Kefir  
Organic Whole Milk Plain Kefir  
Probugs Goo Berry Pie  
Probugs Strawnana Split

### Stonyfield Organic Yogurt

Low Fat French Vanilla  
Low Fat Plain  
Oikos: 0% Fat Plain  
Peach Super Smoothie  
Strawberry Super Smoothie

## Dairy (Cont'd)

### Stonyfield Organic Yogurt

Vanilla Super Smoothie  
Whole Milk French Vanilla  
Whole Milk Plain  
Wild Berry Super Smoothie  
YoKids Squeezers Cherry/Berry  
YoKids Squeezers Strawberry

## 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, Unsweetened Vanilla

### Daiya Foods

Cheddar Style Shreds  
Mozzarella Style Shreds  
Pepperjack Style Shreds

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Cream Cheese  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Nacho Cheese

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Chocolate 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  
Original (Plain) Coconut Milk Kefir  
Passionate Mango Cultured Coconut Milk Yogurt

## Dairy Alternatives (Cont'd)

### So Delicious

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 Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### WestSoy

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

## Deli Style Meats and Cheeses

### Applegate Farms

Organic Sliced Oven Roasted Chicken  
Salametti  
Sliced Authentic Prosciutto  
Sliced Genoa Salami  
Sliced Organic Oven Roasted Turkey  
Sliced Organic Smoked Chicken  
Sliced Organic Smoked Turkey  
Sliced Organic Uncured Ham  
Sliced Soppressata

## 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

## Desserts

### Earth Cafe

Gluten Free (Wheat-free), Dairy-free (Vegan),  
Living(Raw) Cheesecake - Blueberry  
Gluten Free (Wheat-free), Dairy-free (Vegan),  
Living(Raw) Cheesecake - Car

## Desserts (Cont'd)

### Earth Cafe

Gluten Free (Wheat-free), Dairy-free (Vegan),  
Living(Raw) Cheesecake - Raspberry

### Hail Merry

Chocolate Almond Butter Tart  
Chocolate Mint Tart  
Chocolate Tart  
Meyer Lemon Tart  
Persian Lime Tart

### Mariposa Baking

Penguin Cupcakes - 4pk  
Polar Bear Cupcakes - 4pk

### Organicville

Organic Chocolate Ice Cream  
Organic Mint Chocolate Chip Ice Cream  
Organic Strawberry Ice Cream

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert

### So Delicious

Chocolate 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

## Energy and Nutrition Bars/Drinks

### Bumble Bar

Chocolate Crisp  
Chunky Cherry  
Original with Peanut

### MacroBar

Cashew Butter  
Chocolate Crunch  
Granola with Coconut  
Peanut Butter Chocolate Chip

## Energy and Nutrition Bars/Drinks (Cont'd)

### Zing Bars

Chocolate Coconut  
Chocolate Peanut Butter  
Cranberry Orange  
Oatmeal Chocolate Chip  
Peanut Butter Chocolate Chip

## Entrees and Mixes

### Namaste

Chocolate Cake Mix  
Cookie Mix  
Pizza Crust Mix  
Spice Cake Mix  
Sugar-Free Muffin Mix

### Pamela's Products

Dark Chocolate Frosting Mix  
Vanilla Frosting Mix

### Road's End Organics

Dairy Free Cheddar Style Penne & Cheese

### Tasty Bite

Jaipur Vegetables  
Kashmir Spinach  
Madras Lentils  
Punjab Eggplant

## Ethnic Foods

### Annie Chun's

Maifun Rice Noodles  
Pad Thai Rice Noodles

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame  
Miso-Cup, Organic Traditional with Tofu  
Miso-Cup, Original Golden Vegetable

### Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten  
Free

## Ethnic Foods (Cont'd)

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Traditional  
Organic Quinoa Polenta, Heirloom Red & Black

### Native Forest

Organic Coconut Milk

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

### San-J

Sweet and Sour Sauce

### Spicely

Curry Powder, Salt Free  
Organic Chinese Five Spice  
Organic Mexican Seasoning  
Thai Spice, Salt Free

### Tasty Bite

Jaipur Vegetables  
Kashmir Spinach  
Madras Lentils  
Punjab Eggplant

## Facial Care Products

### MyChelle

Fruit Enzyme Cleanser  
Fruit Enzyme Mist  
Fruit Enzyme Scrub  
Fruit Fiesta Peel trial size  
Honeydew Cleanser Unscented  
Incredible Pumpkin Peel  
Oil Free Grapefruit Cream  
Ultra Hyaluronic Hydrating Serum

## Frozen Foods

### Amy's Kitchen

Bistro Veggie Burger  
Black Bean Tamale Verde  
Black Bean Vegetable Enchilada  
Brown Rice, Black-Eyed Peas & Veggies Bowl  
Cheese Enchilada

## Frozen Foods (Cont'd)

### Amy's Kitchen

Cheese Tamale Verde  
Garden Vegetable Lasagna  
Gluten Free Sandwich Rounds  
Indian Palak Paneer  
Indian Paneer Tikka  
Indian Vegetable Korma  
Light & Lean Soft Taco Fiesta Bowl  
Light in Sodium - Black Bean Vegetable Enchilada  
Light in Sodium - Indian Mattar Paneer  
Non-Dairy Rice Macaroni & Cheeze  
Rice Crust Cheese Pizza  
Rice Mac & Cheese  
Roasted Vegetable Tamale  
Shepherd's Pie  
Sonoma Veggie Burger  
Teriyaki Bowl  
Tofu Scramble  
Tortilla Casserole & Black Beans Bowl

### Glutino

Pizza, Spinach Feta

### Ian's Natural Foods

Popcorn Turkey Corn Dogs

### It's Soy Delicious

Green Tea Non-Dairy Frozen Dessert

### Julie's Organic Ice Cream

Glutenfreeda's Organic Gluten Free Vanilla Ice Cream Sandwich

### Kinnikinnick

Candadi Yeast Free Multigrain Rice Bread

### Nature's Path

Organic Buckwheat Wildberry Waffles

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert  
Mocha Fudge Non-Dairy Frozen Dessert

### Organicville

Organic Chocolate Ice Cream  
Organic Mint Chocolate Chip Ice Cream  
Organic Strawberry Ice Cream

## Frozen Foods (Cont'd)

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert

### Saffron Road

Chicken Biryani  
Lamb Saag with Basmati Rice  
Lamb Vindaloo with Basmati Rice

### So Delicious

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

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Halibut

### Sweet Nothings

Non-Dairy Fudge Bar  
Non-Dairy Fudge Bar, 6-pack

### Van's

Wheat Free Buckwheat Waffles  
Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Traditional Organic Quinoa 12 oz

### Eden

Organic Red Quinoa, Whole Grain

### Lundberg Family Farms

Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb  
Organic California White Basmati Rice  
Organic California White Jasmine Rice  
Organic Golden Rose Medium Grain Brown Rice

## Grains and Rice (Cont'd)

### Lundberg Family Farms

Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice

## 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 Fragrance Free  
Shampoo for Normal and Oily Herbal Mint  
Shampoo for Normal and Oily Lavender Blend

### Hugo Naturals

Moisturizing & Restoring Conditioner (Red Tea & Ylang Ylang)  
Moisturizing & Restoring Shampoo (Red Tea & Ylang Ylang)  
Volumizing Shampoo (Vanilla & Sweet Orange)

## Hand & Body Lotions

### 365 Every Day Value™

Body Lotion Lavender Blend

### Hugo Naturals

Vanilla & Sweet Orange All Over Lotion

### Kiss My Face

Honey & Calendula Moisturizer 16 oz

## Hand & Body Washes

### 365 Every Day Value™

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

### Kiss My Face

Olive & Aloe Liquid Moisture Soap 9 oz  
Almond Liquid Moisture Soap 9 oz  
Peaceful Patchouli Shower Gel 16 oz

## Jams and Nut Butters

### Barney Butter

Barney Butter Crunchy - 16 oz / 6 pk

### Justin's

Maple Almond Butter 1.15 oz Squeeze Packs

Maple Almond Butter Jars

## Lip Balms

### Kiss My Face

Sliced Peach Lip Balm w / SPF 15 .15 oz

### Pangea Organics

Lip Balm, Egyptian Fennel with Grapefruit & Sweet Orange

## Meat and Poultry

### Applegate Farms

Greatest Little Organic Smokey Cocktail Frank

Organic Chicken & Apple Sausage

Organic Fire Roasted Red Pepper Sausage

Organic Hot Dogs

Organic Spinach & Feta Sausage

Organic Sweet Italian Sausage

## Nutritional Supplements

### Amazing Grass

Amazing Meal chocolate

GSF chocolate coated Energy Bar

Green SuperFood Original

Kidz SuperFood chocolate

### BioChem

100% Whey Protein Chocolate Fudge

100% Whey Protein Vanilla 13.9oz

### Country Life

Buffered C 1000mg w/Rose Hips 100ct

Acerola Vinamin C 500mg Chewable 180ct

Biotin 1000mcg 100ct

Carotenoid Complex 60ct

Charcoal Capsules 100 ct

Charcoal Capsules 40 ct

Chelated Magnesium 250mg Tablets, 180 ct

Chewable Multivitamin 60ct

Coenzyme B Complex 120ct

## Nutritional Supplements (Cont'd)

### Country Life

Maxi Baby Liquid Vitamin C 4oz

Maxi Hair 60ct

Menopause Support

Niacinamide 500mg 100ct

Panthenic Acid 1000mg 60ct

Papaya Chewable 25mg 200ct

Papaya Chewable 25mg 500ct

Rutin 500mg 100ct

Target-Mins Calcium-Magnesium Complex Tablets, 180 ct

Target-Mins Calcium-Magnesium-Veg Capsules, 240 ct

Target-Mins Magnesium Capsules, 60 ct

Vitamin D Dry 1000 IU 100ct

Vitamin D3 1000 IU 200ct

Water Factors 90ct

### Garden of Life

fucoTHIN

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

### Nature's Way Primadophilus

Primadophilus® Optima / 30 Vcaps®

Primadophilus® Reuteri / 30 Vcaps®

Primadophilus® for Children / 5 oz Pwdr

Primadophilus® for Kids Orange / 30 Chw

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz

Sambucus Lozenge / 30

Sambucus Sugar-Free Syrup / 4 oz

Sambucus Syrup / 8 oz

Sambucus for Kids / 8 oz

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Umcka ColdCare® Menthol Syrup / 4 oz

Umcka ColdCare® Original Liquid / 1 oz

## Nutritional Supplements (Cont'd)

### Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90  
ALLERSTAN QUICK RESPONSE 30  
BUSY BRAIN RELEASE 60  
DEEP DEFENSE 90  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY VITAMIN C SLICES 30  
MAGNESIUM CALCIUM "+" 90  
MAGNESIUM CALCIUM "+" 180  
MEN'S ONE MULTIVITAMIN 90  
PAIN - EZE 30  
PRENATAL ONE MULTIVITAMIN 90  
SUPER C 1000 60  
SUPRACLEAR SINUS AND CHEST 30  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S NUTRITIONAL SYSTEM 120  
WOMEN'S NUTRITIONAL SYSTEM 180  
WOMEN'S ONE MULTIVITAMIN 90

### VEGA

Berry Small  
Chocolate Small

## Nuts/Seeds/Dried Fruits

### Spicely

Sesame Seed, Black

## Ointments/Salves/Gels/Antiseptics

### Badger

Healing Balm  
Winter Wonder Rub

## Pasta Sauce

### Organicville

Organic Italian Herb Pasta Sauce  
Organic Marinara Pasta Sauce  
Organic Mushroom Pasta Sauce  
Organic Tomato Basil Pasta Sauce

## Personal Care

### Hugo Naturals

Shea Butter Baby Powder

### Kiss My Face

Triple Action Toothpaste 3.4 oz  
Whitening Toothpaste 3.4 oz

### Natracare

Breathable Panty Liners - 30 CT  
Curved Panty Liners - 30 CT  
Night-Time Pads - 10 CT  
ORGANIC Regular Applicator Tampons - 16 CT  
ORGANIC Regular Non-Applicator Tampons - 20 CT  
ORGANIC Super Applicator Tampons - 16 CT  
ORGANIC Super Non-Applicator Tampons - 20 CT  
ORGANIC Super Plus Non-Applicator Tampons - 20 CT  
Slender Pads - 20 CT  
Super Pads - 12 CT  
Ultra Super Plus Pads - 12 CT  
Ultra Thin Organic Cotton Panty Liner - 22 CT  
Ultra w/ Wings - Long Pad - 10 CT  
Ultra w/ Wings - Regular Pad - 14 CT

### Tom's of Maine

Apricot Long Lasting Stick Deodorant  
Calendula Stick Deodorant  
Fragrance-Free Sensitive Stick Deodorant  
Honeysuckle Rose Stick Deodorant  
Lavender Long Lasting Stick Deodorant  
Lemongrass Long Lasting Stick Deodorant  
Peppermint Antiplaque Tartar Control Plus  
Whitening Toothpaste  
Unscented Long Lasting Stick Deodorant  
Woodspice Stick Deodorant

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Traditional  
Organic Quinoa Polenta, Heirloom Red & Black

## Prepared Foods (Cont'd)

### Whole Foods Market

Gluten Free Pepperoni Calzone

## Sauces/Salsas/Dips

### Amy's Kitchen

Family Marinara Pasta Sauce  
Light in Sodium - Family Marinara Pasta Sauce  
Light in Sodium - Tomato Basil Pasta Sauce  
Medium Salsa  
Tomato Basil Pasta Sauce

### Organicville

Organic Island Teriyaki  
Organic Medium Salsa  
Organic Mild Salsa  
Organic Pineapple Salsa  
Organic Sesame Teriyaki  
Sriracha Sauce

### Simply Organic

French Onion Dip Mix, Cert. Org.

## Seafood

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Halibut

## Shaving Aids

### Kiss My Face

Lavender & Shea Moisture Shave 11 oz

## Soups

### Amy's Kitchen

Black Bean Vegetable Soup  
Chunky Tomato Bisque  
Chunky Vegetable Soup  
Fire Roasted Southwestern Vegetable Soup  
Golden Lentil Soup  
Hearty French Country Vegetable Soup  
Hearty Rustic Italian Vegetable Soup  
Lentil Soup  
Lentil Vegetable Soup

## Soups (Cont'd)

### Amy's Kitchen

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

### Dr. McDougall's Right Foods

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 Traditional with Tofu  
Miso-Cup, Original Golden Vegetable

## Spices and Seasonings

### Bob's Red Mill

Cornstarch

### Simply Organic

Fish Taco Seasoning, Cert. Org.  
Southwest Taco Seasoning, Cert. Org.

### Spicely

Allspice, Ground  
Annatto, Ground  
Arrowroot  
Barbecue Seasoning, Salt Free  
Basil  
Cardamom, Ground  
Chili Pepper, Crushed  
Coriander, Ground  
Curry Powder, Salt Free  
Fenugreek, Ground  
Garlic, Minced  
Lemon Grass  
Organic Anise, Star Whole  
Organic Basil  
Organic Bay Leaves  
Organic Cajun Seasoning  
Organic Cardamom, Green

## **Spices and Seasonings (Cont'd)**

### **Spicely**

- Organic Cayenne Pepper
- Organic Celery Seed
- Organic Chili Pepper, Crushed
- Organic Chili, Ancho, Ground
- Organic Chili, Chipotle, Ground
- Organic Chinese Five Spice
- Organic Cinnamon, Ground
- Organic Coriander Seeds
- Organic Cumin Seeds, Whole
- Organic Cumin, Ground
- Organic Curry Powder
- Organic Dill Weed
- Organic Fennel Seeds
- Organic Garlic Granulates
- Organic Ginger, Ground
- Organic Juniper Berries
- Organic Mexican Seasoning
- Organic Mustard Seeds, Brown
- Organic Mustard, Ground
- Organic Nutmeg, Ground
- Organic Onion Granulates
- Organic Oregano, Mediterranean
- Organic Paprika
- Organic Pepper, Black, Ground
- Organic Pepper, White, Ground
- Organic Saffron
- Organic Tarragon
- Organic Thyme
- Organic Turmeric
- Paprika
- Paprika, Smoked
- Poppy Seed
- Pumpkin Pie Spice
- Savory Leaves
- Sesame Seed, Black
- Sichuan (Szechuan) Peppercorn
- Thai Spice, Salt Free
- Tumeric

## **Sun Protection**

### **MyChelle**

- Sun Shield

### **Sweeteners**

#### **Lundberg Family Farms**

- Organic Brown Rice Syrup