

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Fremont Store, Pacific Northwest 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

- Body Wash & Shampoo - Large
- Super Sensitive Moisture Lotion

### Baked Goods

#### Katz Gluten Free

- Chocolate Rugelech
- Cinnamon Rugelech
- Honey Muffins
- Sliced Challah Bread

#### Kinnikinnick

- Chocolate Dipped Donuts

#### Mary's Gone Crackers love Cookies

- Ginger Snaps love Cookies

### Baked Goods (Cont'd)

#### Udi's

- GF Blueberry Muffins
- GF Double Chocolate Muffins
- GF Lemon Streusel Muffins

#### WFM Gluten Free Bakehouse

- Chocolate Cupcakes
- Cornbread
- Cream Biscuits
- Pie Shells
- Prairie Bread

### Baking Needs

#### Ancient Harvest

- Organic Quinoa Flour 18 oz

#### Arrowhead Mills

- Yellow Corn Meal

## Baking Needs (Cont'd)

### Bob's Red Mill

- Active Dry Yeast
- Almond Flour
- Arrowroot Starch Flour
- Baking Powder
- Brown Rice Flour
- Flaxseed Meal
- Flaxseeds
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cornbread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Guar Gum
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Potato Starch
- Sweet White Rice Flour
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen Gluten Free Dreams

- Ready To Spread Vanilla Frosting
- Vanilla Frosting Mix

### Dagoba

- Cacao Powder

### Earth Balance

- Shortening

### Ener-G

- Egg Replacement
- Rice Bran

## Baking Needs (Cont'd)

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Brown Rice Pancake & Waffle Mix
- Chocolate Chip Cookie & Cake Mix
- Decadent Chocolate Cake Mix
- Old Fashioned Cake & Cookie Mix
- Perfect Pie Crust Mix
- Yankee Cornbread & Muffin Mix

### Let's Do...

- Confetti Sprinkelz

### Let's Do... Organic

- Organic Coconut Flakes
- Organic Cornstarch
- Organic Shredded Coconut

### Namaste

- Spice Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Baking & Pancake Mix
- Baking & Pancake Mix, 4 lb
- Chocolate Brownie Mix
- Chocolate Chunk Cookie Mix
- Dark Chocolate Frosting Mix
- Vanilla Frosting Mix

### Simply Organic

- Carrot Cake Mix, Cert. Org.
- Cocoa Brownie 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 4 oz
- Pure Olive Oil Bar Soap 4 oz

## Bath Salts/Sugars/Scrubs

### Hugo Naturals

Guaiacwood & Bergamot Fizzy Bath Bomb  
Lavender & Chamomile Fizzy Bath Bomb  
Rose & Sandalwood Fizzy Bath Bomb  
Sea Fennel & Passionflower Fizzy Bath Bomb

## Beverages

### Bard's Beer

Bard's Gold, 6-Pack

### Dagoba

Unsweetened Hot Chocolate - FTC, 8 oz  
Xocolatl Hot Chocolate - FTC, 12 oz

### Estrella Damm

Estrella Damm Daura

### Lakefront Brewery

New Grist Sorghum Brewed Beer

### So Delicious

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

## Bread

### Food For Life

Brown Rice Bread, Wheat & Gluten Free  
Millet Bread, Wheat & Gluten Free  
Raisin Pecan Bread, Wheat & Gluten Free  
Rice Pecan Bread, Wheat & Gluten Free  
Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### Kinnikinnick

Personal Size Pizza Crusts

### 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

## Bread (Cont'd)

### Udi's

GF Whole Grain Bagels  
GF Whole Grain Bread  
GF Whole Grain Hamburger Buns

### WFM Gluten Free Bakehouse

Cornbread  
Cream Biscuits  
Light White Sandwich Bread  
Prairie Bread

## Candy and Chocolate

### Dagoba

Beaucoup Berries  
DARK 59% Semisweet  
LEMON GINGER 68% Crystallized ginger/Lemon  
MILK 37% Pure Milk Chocolate - 2 oz  
XOCOLATL 74% Chilies/cacao nibs

### Endangered Species Chocolate

Bite Size Supreme Dark Chocolate  
Dark Chocolate with Blueberries - Sea Turtle  
Dark Chocolate with Cranberries & Almonds - Wolf  
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  
Organic Health Dark Chocolate with Goji Berry, Pecans & Maca - Spider Monkey  
Smooth Organic Dark Chocolate - Butterfly  
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

## Candy and Chocolate (Cont'd)

### Glee Gum

- Glee Bubblegum Flavor Gum
- Glee Peppermint Gum
- Glee Spearmint Gum
- Glee Tangerine Gum
- Glee Triple Berry Gum

### Let's Do...

- Confetti Sprinkelz

### Let's Do... Organic

- Organic Classic Gummi Bears

### Scharffen Berger

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

## Canned Goods

### Native Forest

- Organic Baby Corn

## Canned/Jarred Goods

### Amy's Kitchen

- Black Bean Chili
- Light in Sodium - Medium Chili
- Light in Sodium - Spicy Chili
- Light in Sodium - Traditional Refried Beans
- Medium Chili
- Medium Chili with Vegetables
- Refried Beans with Green Chiles
- Refried Black Beans
- 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

### Bakery On Main

- Rainforest Gluten Free Granola

### Bob's Red Mill

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

### Enjoy Life

- Crunchy Flax Cereal
- Very Berry Crunch Granola

### EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Koala Crisp Organic Cereal, 26 oz
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal, 25 oz

### Erewhon

- Crispy Brown Rice - Gluten Free
- Crispy Brown Rice w/ Mixed Berries
- Rice Twice

### Nature's Path

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

### Udi's

- GF Au Naturel Granola
- GF Cranberry Granola
- GF Vanilla Granola

## Cheese

### Follow Your Heart

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

## Chips/Pretzels/Snacks

### Beanitos

- Black Bean Chips
- Black Bean Chips Chipotle BBQ

### Blue Diamond

- Almond Nut Thins
- Cheddar Cheese Nut Thins
- Hazelnut Nut Thins
- Hint of Sea Salt Nut Thins
- Pecan Nut Thins
- Smokehouse Nut Thins

### Food Should Taste Good

- Blue Corn Tortilla Chips
- Cheddar Tortilla Chips
- Hemp Tortilla Chips
- Lime Tortilla Chips
- Sweet Potato Tortilla Chips
- The Works! Tortilla Chips

### Food Should Taste Good

- Chocolate Tortilla Chips
- Jalapeno Tortilla Chips
- Multigrain Tortilla Chips
- Olive Tortilla Chips

### Glutino

- Pretzels, Family Bag

### 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

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

### Kettle Brand

- 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
- Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 2 oz
- Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 5 oz
- Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 9 oz
- Potato Chips, Backyard Barbeque 5 oz
- Potato Chips, Honey Dijon 2 oz
- Potato Chips, Honey Dijon 5 oz
- Potato Chips, Jalapeno 2 oz
- Potato Chips, Jalapeno 5 oz
- Potato Chips, Lightly Salted 14 oz
- Potato Chips, Lightly Salted 2 oz
- Potato Chips, Lightly Salted 5 oz
- Potato Chips, New York Cheddar w/ Herbs 2 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, Sea Salt & Vinegar 9 oz
- Potato Chips, Sour Cream, Onion & Chive 5 oz
- Potato Chips, Spicy Thai 5 oz
- Potato Chips, Sweet Onion 2 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
- Late July Summertime Blues
- Late July Sweet Potato

### Lundberg Family Farms

- Apple Cinnamon Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Caramel Corn Rice Cakes

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

### **Lundberg Family Farms**

- Organic Cinnamon Toast Rice Cake
- Organic Mochi Sweet Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Sante Fe BBQ Rice Chips
- Sesame Seaweed Rice Chips
- Unsalted Brown Rice Cakes

### **Mary's Gone Crackers**

- Sticks & Twigs, Curry

### **Michael Season's**

- Baked Cheddar Cheese Curls

### **Pirate Brands**

- Pirate's Booty Aged White Cheddar
- Pirate's Booty Sour Cream and Onion
- Pirate's Booty Veggie
- Smart Puffs Real Wisconsin Cheddar

## **Condiments**

### **Follow Your Heart**

- Vegenaise, Original

### **Organicville**

- Non-Dairy Mayo
- Organic Chili Sauce
- Organic Dijon Mustard
- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup

## **Condiments (Cont'd)**

### **Organicville**

- 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 Tangy BBQ Sauce

### **San-J**

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

### **San-J**

- Sweet and Sour Sauce

## **Cookies and Snack Bars**

### **Amy's Kitchen**

- Gluten Free Chocolate Chip Shortbread Cookies

### **Bakery On Main**

- Extreme Trail Mix Granola Bars

### **Enjoy Life**

- Soft Baked Chewy Chocolate Chip Cookies
- Sunbutter Crunch Snack Bars

### **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

### **Glutino**

- Chocolate Coated Chocolate Wafers
- Chocolate Coated Vanilla Wafers
- Lemon Wafers
- Vanilla Crème Sandwich Dream Cookies

### **Hail Merry**

- Blonde Macaroons
- Choco Macaroons

## Cookies and Snack Bars (Cont'd)

### Jennie's

Coconut Macaroons

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

### Let's Do...

Gluten Free Ice Cream Cones

### Lucy's

Chocolate Chip Cookies

Cinnamon Thin Cookies

Oatmeal Cookies

### Mary's Gone Crackers love Cookies

Ginger Snaps love Cookies

### Mi-Del

Arrowroot Animal Cookies

Ginger Snaps

### Pamela's Products

Chunky Chocolate Chip Cookies

Ginger Cookies with Sliced Almonds

Lemon Shortbread Cookies

Organic Dark Chocolate Chunk Cookies

Organic Peanut Butter Chocolate Chip Cookies

Peanut Butter Cookies

Shortbread Swirl Cookies

Simplebites Extreme Chocolate Mini Cookies

Simplebites Ginger Mini Snapz

### Udi's

GF Chocolate Chip Cookies

GF Oatmeal Raisin Cookies

GF Snickerdoodle Cookies

## Crackers

### Glutino

Crackers, Cheddar

Crackers, Multigrain

Crackers, Original

### Mary's Gone Crackers

Crackers, Black Pepper

Crackers, Caraway

Crackers, Herb

## Crackers (Cont'd)

### Mary's Gone Crackers

Crackers, Onion

Crackers, Original

## Dairy

### Brown Cow Yogurt

CT Apricot-Mango FOB

CT Blueberry

CT Blueberry FOB

CT Cherry-Vanilla FOB

CT Chocolate

CT Coffee

CT Maple

CT Peach FOB

CT Plain

CT Raspberry FOB

CT Strawberry FOB

CT Vanilla

LF Blueberry FOB

LF Boysenberry FOB

LF Vanilla Bean FOB

NF Plain

NF Vanilla

### Chobani Greek Yogurt

0 % Strawberry Strained Yogurt

0% Blueberry Strained Yogurt

0% Peach Strained Yogurt

0% Pomegranate Strained Yogurt

0% Raspberry 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

### Fage Total

Total 0% 17.6oz (500g)

Total 0% 35.3 oz (1kg)

Total 0% 6oz (170g)

Total 10% 17.6oz (500g)

Total 2% 17.6oz (500g)

## Dairy (Cont'd)

### Fage Total

- Total 2% 35.3oz (1kg)
- Total 2% 7oz (200g)
- Total 2% Blueberry 5.3oz (150g)
- Total 2% Honey 5.3oz (150g)
- Total 2% Strawberry 5.3oz (150g)
- Total Peach 5.3oz (150g)

### Helios Nutrition

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

### Lifeway Foods

- Lowfat Vanilla Kefir
- Organic Lowfat Blueberry Kefir
- Organic Lowfat Pomegranate Acai Kefir
- Probugs Goo Berry Pie
- Probugs Orange Creamy Crawler
- Probugs Strawnana Split

### Noosa Yoghurt

- Noosa Yoghurt - Blueberry
- Noosa Yoghurt - Honey
- Noosa Yoghurt - Mango
- Noosa Yoghurt - Raspberry

### Stonyfield Organic Yogurt

- Fat Free Strawberry
- Oikos: 0% Fat Blueberry FOB
- Oikos: 0% Fat Honey FOB
- Oikos: 0% Fat Plain
- Oikos: 0% Fat Vanilla
- Strawberry Super Smoothies 6oz
- YoBaby Banana
- YoBaby Blueberry
- YoBaby Peach
- YoBaby Peach Drinkable Yogurt
- 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, Original
- Almond Breeze, Unsweetened Vanilla
- Almond Breeze, Vanilla

### 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
- 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
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 OZ

### truwhip

- All Natural Frozen Whip Topping

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham

## Dental Care Products

### Kiss My Face

- Berry Smart Toothpaste Fluoride Free 4 oz

### Tom's of Maine

- Spearmint Flat Floss
- Unflavored Round Floss

## Deodorant

### Kiss My Face

- Liquid Rock Patchouli Deodorant 3 oz

## Desserts

### Hail Merry

- Chocolate Mint Tart
- Meyer Lemon Tart

### Purely Decadent

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

### So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert

### WFM Gluten Free Bakehouse

- Chocolate Cupcakes

### truwhip

- All Natural Frozen Whip Topping

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chai with Almonds
- Lushus Lemon
- Original with Almond
- Original with Cashew
- Original with Peanut

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

### Bumble Bar

- Tasty Tropical

### Zing Bars

- Almond Blueberry
- Chocolate Coconut
- Chocolate Peanut Butter
- Cranberry Orange
- Oatmeal Chocolate Chip
- Peanut Butter Chocolate Chip

## Entrees and Mixes

### Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Frosting Mix

### Ener-G

- Rice Bran

### Lundberg Family Farms

- Garlic Primavera Risotto
- Organic Alfredo Risotto
- Organic Porcini Wild Mushroom Risotto
- Organic Tuscan Risotto

### Namaste

- Spice Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Dark Chocolate Frosting Mix
- Vanilla Frosting Mix

### Tasty Bite

- Aloo Palak
- Bengal Lentils
- Bombay Potatoes
- Channa Masala
- Jodhpur Lentils
- Kashmir Spinach
- Kerala Vegetables
- Madras Lentils
- Spinach Dal
- Vegetable Korma

## **Ethnic Foods**

### **Annie Chun's**

Maifun Rice Noodles  
Pad Thai Rice Noodles

### **Food For Life**

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### **Food Merchants**

Organic Polenta, Basil & Garlic  
Organic Polenta, Traditional

### **Native Forest**

Organic Coconut Milk

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

### **San-J**

Sweet and Sour Sauce

### **Tasty Bite**

Aloo Palak  
Bengal Lentils  
Bombay Potatoes  
Channa Masala  
Good Korma Simmer Sauce  
Jodhpur Lentils  
Kashmir Spinach  
Kerala Vegetables  
Madras Lentils  
Pad Thai Simmer Sauce  
Spinach Dal  
Vegetable Korma

## **Facial Care Products**

### **MyChelle**

Incredible Pumpkin Peel

## **Fragrances & Perfumes**

### **Hugo Naturals**

French Lavender Essential Mist

## **Frozen Foods**

### **Against The Grain**

Pizza, 3-Cheese  
Pizza, Pesto

### **Amy's Kitchen**

Baked Ziti Bowl  
Bistro Veggie Burger  
Black Bean Enchilada Whole Meal  
Black Bean Tamale Verde  
Black Bean Vegetable Enchilada  
Brown Rice & Vegetables Bowl  
Cheese Enchilada  
Cheese Enchilada Whole Meal  
Cheese Tamale Verde  
Gluten Free Bean & Cheese Burrito  
Gluten Free Bean & Rice Burrito (Dairy Free)  
Light & Lean Black Bean & Cheese Enchilada  
Light & Lean Soft Taco Fiesta Bowl  
Light in Sodium - Mexican Casserole Bowl  
Mexican Casserole Bowl  
Mexican Tamale Pie  
Mexican Tofu Scramble  
Non-Dairy Rice Macaroni & Cheeze  
Rice Crust Cheese Pizza  
Rice Crust Spinach Pizza  
Rice Mac & Cheese  
Roasted Vegetable Tamale  
Shepherd's Pie  
Single Serve Non-Dairy Rice Crust Cheeze Pizza  
Single Serve Rice Crust Margherita Pizza  
Single Serve Rice Crust Roasted Vegetable Pizza  
Tofu Scramble  
Tortilla Casserole & Black Beans Bowl

### **Applegate Farms**

Maple Breakfast Sausage  
Sage Breakfast Sausage

### **EVOL Foods**

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

## Frozen Foods (Cont'd)

### Glutino

BBQ Chicken Pizza Brown Rice Crust Pizza  
Duo Cheese Pizza Multipack  
Pepperoni Brown Rice Crust Pizza  
Pizza, Spinach Feta

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free

### Julian's Recipe

Gluten Free Pancakes - Belgian Chocolate

### Julie's Organic Ice Cream

Glutenfreea's Organic Gluten Free Vanilla Ice Cream Sandwich

### Kettle Cuisine

Chicken Chili with White Beans  
Chicken Soup with Rice Noodles

### Kinnikinnick

Chocolate Dipped Donuts

### Lifeway Foods

Frozen Mango Kefir  
Frozen Original Kefir  
Frozen Strawberry Kefir

### Nature's Path

Organic Buckwheat Wildberry Waffles

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert  
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Pomegranate Chip Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Saffron Road

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

### Starfish

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

### Van's

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

## Grains and Rice

### Ancient Harvest

Traditional Organic Quinoa 12 oz

### Annie Chun's

Rice Express Sticky White Rice

### Lundberg Family Farms

Eco-Farmed California White Arborio Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic Alfredo Risotto  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb  
Organic Porcini Wild Mushroom Risotto  
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

## Hair Care Products (Cont'd)

### 365 Every Day Value™

Shampoo for Normal and Oily Herbal Mint  
Shampoo for Normal and Oily Lavender Blend

### Hugo Naturals

Medium Hold Styling Gel  
Smoothing & Defining Shampoo (Coconut)

### 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

Peppermint Foot Crème 4 oz  
Vitamin A&E Moisturizer 4 oz

## Hand & Body Washes

### 365 Every Day Value™

Shower Gel Herbal Mint  
Shower Gel Lavender Blend

### Hugo Naturals

French Lavender Liquid Hand Soap

### Kiss My Face

Almond Liquid Moisture Soap 9 oz  
Anti-Stress Shower Gel 16 oz  
Early to Rise Shower Gel 16 oz  
Orange U Smart Whale Soap Duo 2-3.5 oz

## Jams and Nut Butters

### Barney Butter

Barney Butter Smooth - 16 oz / 6 pk

### Justin's

Chocolate Almond Butter 1.15 oz Squeeze Packs  
Chocolate Almond Butter Jars  
Chocolate Hazelnut Butter 1.15 oz Squeeze Packs  
Chocolate Hazelnut Jars

## Jams and Nut Butters (Cont'd)

### Justin's

Chocolate Peanut Butter 1.15 oz Squeeze Packs  
Chocolate Peanut Butter Jars  
Classic Almond Butter 1.15 oz Squeeze Packs  
Classic Almond Butter Jars  
Dark Chocolate Peanut Butter Cups  
Honey Almond Butter Jars  
Maple Almond Butter 1.15 oz Squeeze Packs  
Milk Chocolate Peanut Butter Cups

## Lip Balms

### Badger

Creamy Cocoa Lip Balm Stick

### Hugo Naturals

Pineapple Coconut Lip Balm  
Vanilla & Sweet Orange Lip Balm

### Kiss My Face

Strawberry Lip Balm w / SPF 15 .15 oz

## Meat and Poultry

### Applegate Farms

Big Apple Hot Dogs  
Chicken Apple Breakfast Sausage  
Greatest Little Organic Smokey Cocktail Frank  
Maple Breakfast Sausage  
Organic Hot Dogs  
Organic Turkey Hot Dogs  
Sage Breakfast Sausage

## Miscellaneous Grocery

### Smart Grains

Italian Bread Crumbs  
Seasoned Croutons

## Nutritional Supplements

### Amazing Grass

Amazing Meal Pomegranate Mango  
Green SuperFood Chocolate  
Green SuperFood capsules

## Nutritional Supplements (Cont'd)

### Amazing Grass

Wheat Grass

### BioChem

100% Greens & Whey Protein Powder  
100% Greens & Whey Protein Powder Chocolate  
100% Whey Protein Chocolate Fudge  
100% Whey Protein Chocolate Fudge 1.9lb  
100% Whey Protein Natural Flavor  
100% Whey Protein Natural Flavor  
100% Whey Protein Vanilla 13.9oz  
Vegan Protein Powder 12 serving Vanilla

### Country Life

Acerola Vitamin C 500mg Chewable 90ct  
Biotin 1000mcg 100ct  
Charcoal Capsules 100 ct  
Charcoal Capsules 40 ct  
DHEA 10mg Capsules, 50 ct  
DHEA 25mg Capsules, 30 ct  
DHEA 25mg Capsules, 90 ct  
Power-dophilus Capsules, 100 ct  
Target-Mins Calcium-Magnesium Complex Tablets, 90 ct  
Target-Mins Calcium-Magnesium-Potassium Tablets, 90 ct  
Target-Mins Calcium-Magnesium-Zinc Tablets, 90 ct  
Vitamin D3 1000 IU 200ct  
Zinc Lozenges with Vitamin C Tablets, 60 ct

### Nature's Way Alive!

Alive!® (no iron added) / 180 Tb  
Alive!® / 180 Tb

### Nature's Way Primadophilus

Primadophilus® Bifidus / 90 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

## Nutritional Supplements (Cont'd)

### Nature's Way Thisilyn

Thisilyn® Herbal Cleansing Kit / 1 kit

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka® Cold+Flu Orange Syrup / 4 oz.

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY POWER SOURS 30  
JUST ONCE MULTIVITAMIN 30  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
VITAMIN D 1,000 IU GUMMIES 100  
VITAMIN D 1,000 IU GUMMIES 50  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

### VEGA

Choc-a-lot  
Chocolate Small  
Natural Large

### Vega

250ml

## Nuts/Seeds/Dried Fruits

### Bob's Red Mill

Flaxseeds  
Organic Golden Flaxseeds

## 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

- Curved Panty Liners - 30 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
- Regular Pads - 14 CT
- Slender Pads - 20 CT
- Tanga Panty Liners - 30 CT
- Ultra Thin Organic Cotton Panty Liner - 22 CT
- Ultra w/ Wings - Regular Pad - 14 CT
- Ultra w/ Wings - Super Pad - 12 CT

### Tom's of Maine

- Cucumber-Grapefruit Sensitive Stick Deodorant
- Fragrance-Free Sensitive Stick Deodorant
- Honeysuckle Rose Stick Deodorant
- Lavender Long Lasting Roll-on Deodorant
- Lavender Long Lasting Stick Deodorant
- Lemongrass Long Lasting Stick Deodorant
- Peppermint Antiplaque Tartar Control Plus Whitening Toothpaste
- Unscented Long Lasting Stick Deodorant
- Unscented Stick Deodorant
- Wintermint Sensitive Toothpaste
- Woodspice Stick Deodorant

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

## Sauces/Salsas/Dips

### Amy's Kitchen

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

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce
- Sriracha Sauce

### Simply Organic

- Alfredo Sauce Mix, Cert. Org.
- French Onion Dip Mix, Cert. Org.
- Guacamole Dip Mix, Cert. Org.
- Mushroom Sauce Mix Cert. Org.
- Ranch Dip Mix, Cert. Org.
- Sweet Basil Pesto Mix Cert. Org.
- Vegetarian Brown Gravy Mix Cert. Org.

### Tasty Bite

- Good Korma Simmer Sauce
- Pad Thai Simmer Sauce

## Seafood

### Starfish

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

## Shaving Aids

### Kiss My Face

- Key Lime Moisture Shave 11 oz

## Soups

### Amy's Kitchen

- Chunky Tomato Bisque
- Cream of Tomato Soup
- Curried Lentil Soup
- Fire Roasted Southwestern Vegetable Soup

## **Soups (Cont'd)**

### **Amy's Kitchen**

- Golden Lentil Soup
- Hearty French Country Vegetable Soup
- Hearty Rustic Italian Vegetable Soup
- Hearty Spanish Rice & Red Bean Soup
- Lentil 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

### **Boulder Soup Works**

- Carrot Coconut
- Garden Minestrone
- Green Pea with Dill
- Roasted Tomato Basil

### **Dr. McDougall's Right Foods**

- RTS Chunky Tomato Soup
- RTS Lentil Soup
- RTS Light Sodium Garden Vegetable Soup
- RTS Light Sodium Lentil Soup
- RTS Split Pea Soup
- RTS Vegetable Soup

### **Kettle Cuisine**

- Chicken Chili with White Beans
- Chicken Soup with Rice Noodles

## **Spices and Seasonings**

### **Simply Organic**

- Dirty Rice Seasoning Mix, Cert Org.
- Fish Taco Seasoning, Cert. Org.
- Sloppy Joe Mix Cert. Org.
- Southwest Taco Seasoning, Cert. Org.
- Vegetarian Chili Mix, Cert. Org.

## **Sweeteners**

### **Lundberg Family Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup