

# GLUTEN FREE PRODUCT LIST

We've placed items together by brand, category, and aisle. Follow this guide around the store and shop in the order that each category is listed. Look for the **GLUTEN FREE** channel tag next to the price.

## AISLE 1

### Ethnic Foods

#### Thai Kitchen

- Rice noodles
- Curry Paste
- Peanut Sauce
- Pad Thai Sauce
- Coconut Milk
- Fish Sauce
- Yellow Curry Sauce

#### SanJ

- Tamari
- Thai Peanut
- Szechuan Sauce
- Organic Tamari
- Teriyaki Sauce

#### Eden Tamari

#### Ohsawa Tamari

#### Bragg Liquid Aminos

#### Joyti Heat and Serve Entrees

#### Native Forest Coconut Milk

#### Simply Asia Rice Noodle Soup Bowl

#### Tasty Bites Heat and Serve Entrees

#### Sharwoods Puppodums

## AISLE 2

### Soups and Dinner Mixes

**Amy's Soup** (excluding those with pasta or barley, Check label for "gluten free")

**Imagine** Aseptic Soups and broths (excluding chicken stock and beef broth)

**Pacific** Aseptic Soups and Broths

**Eden** Organic Chili

**Annie's** Rice Pasta and Cheddar Dinner

**Lundberg** Risotto all varieties

**Eden** Rice and bean entrée

**Food Merchants** Polenta



## Pasta

**Ancient Harvest** Quinoa Pasta

**Bionature** G/F Spaghetti and Rigatoni

**Lundberg** Brown Rice pasta

**Mrs. Leeper's** Corn Elbows and Spaghetti

**Tinkyada** Brown Rice pasta- various types

## Baking Mixes/Flours / Ingredients

### Bob's Red Mill

- GF All Purpose Baking Flour
- GF Biscuit and Baking Mix.
- GF Corn Bread Mix
- GF Homemade Bread Mix
- GF Pancake mix
- GF Pizza Crust Mix
- GF Chocolate Cake Mix
- GF Quinoa Flour
- Amaranth Flour
- Almond Meal Flour
- Garbanzo Bean Flour
- Potato Starch
- Sorghum Flour
- Tapioca Flour
- Arrowroot
- Teff Flour
- White Rice Flour

**Cherrybrook** Kitchen mixes

**Coconut** Secret Flour

**Ener-G** Egg Replacer

Gluten Free Pantry Products

**Elyon** Marshmallows

### Arrowhead Mills

- All Purpose GF Baking Mix
- GF Vanilla Cake mix
- GF Brownie Mix

**Lundberg** Brown Rice Syrup

**Pamela's** Mixes all varieties

## Cookies

**Mary's Gone Crackers** GF Cookies

**Midel** GF Ginger Snaps

**Jennies** Macaroons

**Go Raw** Chocolate Super Cookies

**Kinnikinnick** all varieties

**Pamela's** all varieties

## AISLE 3

### Snack Bars

**EnviroKidz** Crispy Rice Bars

**Oskri**

**Kind** Bars

**Larabars** all varieties

**GoMacro** Bars

**Raw Revolution** bars

**Organic Food** Bars

### Cereal

**Arrowhead Mills** Rice and Shine

**Bob's Red Mill**

Creamy Buckwheat, Gluten Free Oats

Creamy Rice Cereal

**Enjoy Life** Perkys Rice or Flax

**Enjoy Life** Granola

**Kaia Foods** Buckwheat Granola

**Bakery on Main** Granola

**EnviroKidz** all varieties

**Nature's Path**

Whole O's, Mesa Sunrise, & Corn Flakes

**Glutino** all varieties

**Ancient Harvest** Quinoa Flakes

**Eco-Planet** instant hot cereal

### Non-Dairy Beverages

**Blue Diamond** Almond Milk all varieties

**EdenBlend**

**Imagine Rice Dream** all varieties

**Pacific Foods** Almond milk

**Living Harvest** Tempt Hemp Milk

**Westsoy** Plus

## AISLE 4

### Crackers

**Back to Nature** Sesame Rice Thins

**Edward and Sons** Rice Snaps

**Mary's Gone** Crackers

**Blue Diamond** Nut Thins

**Sesmark** Rice

**Go Raw**

**Living Spoonful** Raw Crackers

**Glutino**

### Chips and Snacks

**Boulder** Bean and Rice Chips

**Food Should Taste Good** Chips

**Glutino** Pretzel Rings

**Kettle** Potato Chips

Lundberg Rice Chips  
Mary's Gone Crackers Sticks and Twigs  
Robert's Booty  
SeaSnax  
RW Garcia Tortilla Chips  
Green Mountain Gringo Chips  
QuePasa tortilla Chips  
Xochitl Chips

## AISLE 7

Earths Balance Buttery Spread  
Let's Do GF Ice Cream Cones  
Ener-g White Rice Bread  
Lundberg Rice Cakes  
Real Foods Corn Cakes  
Glutino GF Bread Crumbs

## IN THE FREEZER

### Entrees

Select Amy's Dinners (labeled GF)  
Caesars Manicotti or Veggie Lasagna  
Sunshine Burgers  
GlutenFreeda Burritos  
Glutinos Pizza  
Amy's Rice Crust GF Pizza (labeled GF)  
Nature's Hilights Rice pizza Crust  
Against the Grain GF Pizza crust  
Against the Grain nut-free Pesto Pizza  
Juile's GF ice cream sandwiches  
Bell and Evans GF Chicken Tenders

### Breads

Van's GF Waffles  
Nature's Path GF waffles  
Food for Life Bread select GF varieties  
Udi's Breads and Blue berry muffins  
Rudi's GF Bread varieties  
French Meadow GF bread  
Against the Grain Bagels  
Kinnikinnick Bagels and Vanilla Glazed donuts  
Food for Life Rice Tortillas

### Beer

New Grist

*Look for gluten-free (GF) foods in the grab-n-go case and bakery.*

### Why Bulk Isn't Included

It's true that lots of items in our Bulk Department are Gluten-Free, including rice, grains, beans, dried fruit, etc. However, we have chosen to keep those items off of this list, because anyone with a severe gluten allergy should NEVER buy out of any bulk bins anywhere. We can't assure you that at some point in processing an item hasn't been cross-contaminated, as we don't see what happens at the processing facility. Our bulk staff is extremely diligent in their safe stocking protocols, but we don't have an allergy-free warehouse. Generally speaking, bulk is totally safe for those with mild allergies, but that's a choice that is up to you.

**Please Read Labels.** If you have a food allergy, you should ALWAYS read labels. Some of the items included on this list may be processed/packaged in a facility that processes items that contain traces of wheat or gluten. If you have a severe allergy, take the extra step to verify that something is as allergy-free as you need it to be.

### What's Not on this List

Anything that's obviously gluten-free is not included, such as herbs & spices, nut butters, jams, fresh produce, dairy, meat or juice. If a company has some items that are GF and some that aren't, you can identify which is which by looking for the gold **GLUTEN FREE** tag in the channel next to the price.



**VIROQUA FOOD COOPERATIVE**

609 N. Main Street, Viroqua, WI 54665  
PH: 608.637.7511 FAX: 608.637.8894  
<http://viroquafood.coop>

**VIROQUA  
FOOD  
COOP**



# Gluten-free Food Guide

*The Viroqua Food Co-op offers foods and products for those on special diets. We simplify your shopping experience by labeling foods that are gluten-free*

### What is Gluten?

Glutens are the proteins found in high levels of wheat and in smaller amounts in rye, oats, barley, triticale, spelt, and kamut.

### What is Gluten Sensitivity?

Also called Celiac-Sprue, gluten sensitivity is a malabsorption syndrome, not an allergy, in which the absorptive surface of the small intestine is damaged by gliadin, a fraction of the protein gluten.

### What should I do if I think I have Gluten Sensitivity?

Please visit your trusted health practitioner for a simple allergy test. You may also eliminate gluten from your diet as a test. Elimination diets are a good way to determine if you have sensitivity to a specific category of foods.

### What should be avoided in my diet?

Proteins from wheat, barley, rye, oats, spelt, semolina, kamut, and triticale must not be consumed by people with Celiac Sprue. Depending on the severity of your gluten sensitivity, a reaction may also occur from quinoa, millet, buckwheat, and amaranth. Many people who have gluten sensitivity don't have full-blown Celiac Sprue, and you should visit your health practitioner for a simple allergy test to determine what diet will best work for you.