



Gluten Free Offerings

At Linden Hills Co-op, we carry hundreds of gluten-free products. The list below contains only products that are specifically labeled “gluten-free” by the manufacturer. Some manufacturers produce both gluten-free and gluten-containing products. In this case, products are designated as “select,” meaning not all items in the manufacturer’s line are gluten-free. Always double-check ingredient labels!

Produce

Generally speaking, whole, unprocessed fruits and vegetables are gluten-free. However, it’s possible that they may come into contact with gluten ingredients during transport or storage.

Bulk

Some of the products we carry in our bulk department are free of gluten ingredients. However, since bulk products are not protected by packaging, they are highly susceptible to cross-contamination with gluten ingredients. If you’re allergic to gluten, avoid bulk products.

Wellness Department

Gluten-sensitive people may find that they cannot tolerate gluten in personal care products. Many personal care companies are now formulating gluten-free products. Ask a wellness staff person for help determining which products are best for you. If you take supplements, read the label carefully to ensure they are gluten-free.

Aisle 2: Condiments

Annie’s	Ketchup
Annie’s	Select Dressings
Drew’s	Select Dressings
Lucky’s	Honey Mustard Sauce
Organicville	BBQ Sauce
Organicville	Ketchup
Organicville	Non-Dairy Mayo
San-J	Asian Sauces
San-J	Select Soy Sauces
Spectrum	Mayonnaise
The Ojai Cook	Lemonaise Light
Triple Crown	BBQ Sauce

Aisle 2: World Cuisine

Annie Chun’s	Rice Noodles
Jyoti	Indian Meals
Tasty Bite	Indian Meals
Thai Kitchen	Rice Noodle Soups

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Aisle 3: Convenience Meals

Annie's	Rice Mac n' Cheese
Food Merchant's	Polenta
Lundberg	Risotto
Mrs. Leeper's	Pasta & Sauce Meals
Namaste Foods	Pasta Meals

Aisle 3: Grains & Pasta

Ancient Harvest	Quinoa
Ancient Harvest	Quinoa Pasta
DeBoles	Pasta
Explore Asian	Bean Pasta
Lundberg	Pasta
Tinkyada	Brown Rice Pasta
Tru Roots	Rice

Aisle 3: Pizza Crust & Mixes

Bob's Red Mill	Pizza Crust Mix
Chebe	Pizza Crust Mix
King Arthur	Pizza Crust Mix
Namaste Foods	Pizza Crust Mix
Wanda's	Pizza Crust Mix
Rustic Crust	Premade Pizza Crust

Aisle 3: Baking Mixes

Arrowhead Mills	All Purpose Baking, Brownie
Beyond the Grain	Chocolate Chip Cookie, Sugar Cookie & White Cake
Black Barn	Pumpkin Cookies, Chocolate Doughnuts
Bob's Red Mill	Bread, Whole Grain Bread, Brownies, Biscuit/Baking, Vanilla Cake, Chocolate Cake, Shortbread Cookie, Chocolate Chip Cookie, All Purpose Baking, Pancake, Cornbread
Gluten Free Pantry	Brownie, Pie Crust, Chocolate Chip Cookie, Muffin/Scone, Sandwich Bread, AP Flour
Namaste Foods	Muffin, Waffle/Pancake, Chocolate Cake, Brownie, Cookie, Perfect Flour
Pamela's	Baking/Pancake, Cornbread, Chocolate Chunk Cookie, Bread, Brownie, Choc/Van Cake, Vanilla Frosting

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Aisle 3: Baking Ingredients

Arrowhead Mills	Buckwheat Flour
Bob's Red Mill	Almond Meal
Bob's Red Mill	Brown Rice Flour
Bob's Red Mill	Coconut Flour
Bob's Red Mill	Corn Flour
Bob's Red Mill	Garbanzo Bean Flour
Bob's Red Mill	Guar Gum
Bob's Red Mill	Potato Starch
Bob's Red Mill	Quinoa Flour
Bob's Red Mill	Tapioca Flour
Bob's Red Mill	White Rice Flour
Bob's Red Mill	Zanthan Gum
Ener-G	Egg Replacer

Aisle 4: Snack Bars

Bakery on Main	Granola Bars
Enjoy Life	Chewy Bars
Envirokids	Crispy Rice Bars

Aisle 4: Cereal

Arrowhead Mills	Rice & Shine
Bakery on Main	Granola Bars
Bob's Red Mill	Mighty Tasty Hot Cereal
Bob's Red Mill	Select Steel Cut Oats
Eco Planet	Hot Cereal
Ener-G	Rice Bran
EnviroKids	Peant Butter Panda Puffs
Gluten Freeda	Granola
Gluten Freeda	Oatmeal
Lydia's Organics	Cereals
Nature's Path	Mesa Sunrise, Honey'd Corn
	Flakes
Udi's	Granola

Aisle 4: Soups & Broths

Gluten-Free Café	Soups
Imagine	Gravy
Imagine	Select Soups
Imagine	Select Stocks & Broths
Organic Gourmet	Vegetable Bouillon
Pacific	Select Soups

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Aisle 4: Cookies

Annie's
Enjoy Life
Glutino
Go Raw
Jennie's
Kinnikinnick
Kinnikinnick
KinniToos
Lucy's
Mary's Gone Crackers
Midel
Pamela's

Select Bunny Cookies
Cookies
Yogurt/Chocolate Pretzels
Super Cookies
Macaroons
"Graham" Crackers
Animal Cookies
Sandwich Cremes
Cookies
Cookies
Select Cookies
Biscotti & Cookies

Aisle 4: Crackers

Back to Nature
Blue Diamond
Crunch Master
Edward & Sons
Flackers
Glutino
Mary's Gone...
Sesmark

Rice Thin Crackers
Nut Thins
Crackers
Brown Rice Snaps
Flaxseed Crackers
Crackers
Crackers
Select Rice Thins

Aisle 5: Chips & Munchies

Beanitos
Boulder Canyon
Boulder Canyon
Crisp Root
Food Shd Taste Good
Glutino
Green Mtn Gringo
Kettle Brand
Lundberg
Lundberg
Michael Season's
Pirate's Booty
Popcorn Indiana
Rhythm
Whole Grain Milling
Xochitl

Chips
Select Cheddar Puffs
Select Potato Chips
Cassava Chips
Select Chips
Pretzels
Tortilla Strips
Select Potato Chips
Rice Cakes
Rice Chips
Select Cheese Curls
Puffs
Popcorn
Kale Chips
Tortilla Chips
Tortilla Chips

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Dairy Aisle

Food for Life	Tortillas
French Meadow	Tortillas
Kalona SuperNatural	Cottage Cheese
Kalona SuperNatural	Sour Cream
Kozy Shack	Pudding
Vegan Brand	Cream Cheese
Vegan Gourmet	Sour Cream
Wayware	Vegan Pudding
Zen	Soymilk Pudding

Frozen Bread

Bittersweet	Sandwich Bread
Down in the Valley	Mini Baguette, Burger Buns, Banana Bread, Pumpkin Raisin Bread, Dinner Rolls, Rosemary Garlic Breadsticks
Food for Life	English Muffins
Food for Life	Sandwich Bread
French Meadow	Sandwich Bread
Green Bakery	Sandwich Bread
Kinnikinnick	Donuts

Frozen Bread (Con't)

Rudi's	Sandwich Bread
Thuro Bread	Select Energy Bars
Udi's	Burger/Hot Dog Buns
Udi's	Muffins
Udi's	Sandwich Bread
Van's	French Toast
Van's	Waffles

Frozen Meals

Amy's	Rice Mac n' Cheese
Amy's	Select "Bowls"
Amy's	Select Indian, Mexican, Italian Meals
Caesar's	Gnocchi
Caesar's	Italian Meals
Evol	"Bowls"
Glutino	Pasta Meals
Kettle Cuisine	Soups
Organic Bistro	Frozen Meals
Sunshine	Veggie Burgers

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Frozen Pizza

Amy's	Select Pizzas
Foods by George	Pizza
Glutino	Pizza
Gourmet Parlor	Pizza
Kinnikinnick	Pizza Crust
Udi's	Pizza Crust

Frozen Burritos

Amy's	Select Burritos
Gluten Freeda's	Burritos

Frozen Meat

Applegate Organics	Breakfast Sausage
Applegate Organics	Chicken Nuggets
Applegate Organics	Turkey Burgers
Beeler's	Bacon Ends
Beeler's	Sausage
Blue Horizon	Select Fish Sticks & Bites
Ferndale Market	Turkey Sausage
Happy Bites	Chicken Sausage

Frozen Meat (Con't)

Henry & Lisa's	Select Fish Nuggets
Ian's	Popcorn Turkey Dogs
Shelton's	Breakfast Sausage
Shelton's	Turkey Burgers
Starfish	Crispy Battered Haddock
Starfish	Italian Breaded Sole

Refrigerated Meat

Applegate	Bacon
Applegate	Chicken Sausage
Applegate Naturals	Prosciutto, Uncured
	Pepperoni, Genoa Salami,
	Soppressata, Pancetta,
	Turkey Bologna, Turkey
	Salami, Turkey Breast,
	Chicken Breast, Ham &
	Roast Beef
Beeler's	Bacon
Beeler's	Ham & Ham Shanks
Bilinski's	Chicken Sausage
Garrett County	Ham
Garrett County	Kielbasa

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Refrigerated Meat (Con't)

Grass Run Farms	Beef Hot Dogs
Thousand Hills	Beef Hot Dogs
Thousand Hills	Beef Sticks
Thousand Hills	Cocktail Weiners
Thousand Hills	Summer Sausage

Frozen Desserts

Amy's	Chocolate Cake
Bittersweet	Pie Crust
Coconut Bliss	Frozen Desserts
French Meadow	Brownies
French Meadow	Choc Chip Cookie Dough
French Meadow	Yellow Cupcakes
Gluten Freeda	Ice Cream Sandwiches
Good Karma	Rice Divine
Rice Dream	Frozen Desserts

Fresh Bakery

Bittersweet	Cookies
Bittersweet	Muffins
Bittersweet	Stuffing/Bread Cubes
Down in the Valley	Muffins, Pound Cake Slices, Bars, Brownies
Down in the Valley	Stuffing/Bread Cubes
EnerG	Dinner Rolls
Glutino	Bread Crumbs
Liz Lovely	Select Cookies
Toast to Bread	Select Baked Goods
Looking for gluten-free tortillas? You'll find them on the dairy aisle.	

This guide provides some examples of gluten-free products available at Linden Hills Co-op. While we make every effort to ensure that this information is accurate and up-to-date, it is only intended to provide general guidance; some of the foods listed may not be appropriate for your diet. Please consult with your health care provider to ensure that you are following a diet that is appropriate to your personal needs.

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These Foods Are Naturally Gluten Free In Their Unprocessed, Unadulterated State:

Beans, Seeds, Nuts, Eggs, Meat, Fish, Poultry, Fruits, Vegetables and Most Dairy

These Grains DO NOT Contain Gluten:

Rice, Corn (Maize), Soy, Potato, Tapioca, Beans, Garfava, Sorghum, Quinoa, Millet, Buckwheat, Arrowroot, Amaranth, Teff, Montina, Flax and Nut Flours.

These Grains DO CONTAIN Gluten:

Wheat (Einkorn, Durum, Faro, Graham, Kamut, Semolina, Spelt), Rye, Barley and Triticale.

These Products May Contain Gluten:

Beers, Ales, Lager, Breeding & Coating Mixes, Brown Rice Syrup, Communion Wafers, Croutons, Dressings, Drugs & Over-the-Counter Medications, Energy Bars, Flour & Cereal Products, Herbal Supplements, Imitation Bacon, Imitation Seafood, Marinades, Nutritional Supplements, Pastas, Processed Luncheon Meats, Sauces & Gravies, Self-basting Poultry, Soy Sauce or Soy Sauce Solids, Soup Bases, Stuffings, Dressings, Thickeners (Roux), Vitamins & Mineral Supplements. Read the label and always called the manufacturer when in doubt.

Recommended Resources:

- *Living Without Magazine* (usually available on our magazine racks)
- The Savvy Celiac Blog (<http://thesavvyceliac.com>)
- The Mayo Clinic's Website (<http://www.mayoclinic.com/health/gluten-free-diet/my01140>)

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