

PRODUCTS FOR SPECIAL DIETS AT LINDEN HILLS CO-OP

W/F=wheat-free G/F=gluten-free Y/F=yeast-free

PRODUCT TYPE	BRAND	VARIETIES/FLAVORS	W/F	G/F	Y/F
BAKERY/FROZEN	Enjoy Life	Original, Cinnamon Raisin Bagels	Y	Y	
BAKERY/FROZEN	Gluten Free Pantry	Buckwheat Raisin, Chocolate Chunk Cookie Dough	Y	Y	Y
BAKERY/FROZEN	Kinnikinnick Foods	Blueberry Muffins & Chocolate Chip Muffins	Y	Y	Y
BAKERY/FROZEN	Kinnikinnick Foods	Tapioca Rice English Muffins	Y	Y	
BAKERY/FROZEN	Kinnikinnick Foods	Tapioca Rice New York Style Plain & Tapioca Rice Sesame Bagels	Y	Y	
BAKERY/FROZEN	Kinnikinnick Foods	Chocolate Dipped, Vanilla Dipped, Glazed Chocolate Donuts	Y	Y	
BAKERY/FROZEN	Kinnikinnick Foods	7" Gluten Free Pizza Crust	Y	Y	
BAKERY/FROZEN	Madwoman Foods	Gluten Free Flatbread/ Pizza Crusts	Y	Y	
BAKERY/FROZEN	Nature's Highlights	Brown Rice Pizza Crust	Y	Y	Y
BAKING	Bob's Red Mill	Brownie Mix	Y	Y	Y
BAKING	Bob's Red Mill	Corn meal – Course grind	Y	Y	Y
BAKING	Bob's Red Mill	Garbanzo bean flour (chickpea flour)	Y	Y	Y
BAKING	Bob's Red Mill	Garbanzo-fava bean flour	Y	Y	Y
BAKING	Bob's Red Mill	Potato starch/ Potato flour	Y	Y	Y
BAKING	Bob's Red Mill	Quinoa Flour	Y	Y	Y
BAKING	Bob's Red Mill	'sweet white' GF Sorghum flour	Y	Y	Y
BAKING	Bob's Red Mill	Tapioca flour	Y	Y	Y
BAKING	Bob's Red Mill	WF/GF all-purpose baking flour	Y	Y	Y
BAKING	Bob's Red Mill	WF/GF biscuit & baking mix	Y	Y	Y
BAKING	Bob's Red Mill	Organic Brown Rice Flour	Y	Y	Y
BAKING	Bob's Red Mill	Amaranth Flour	Y	Y	Y
BAKING	Bob's Red Mill	Organic Soy Flour	Y	Y	Y
BAKING	Bob's Red Mill	Hazelnut Meal/Flour	Y	Y	Y
BAKING	Bob's Red Mill	Almond Meal/Flour	Y	Y	Y
BAKING	Bob's Red Mill	Organic Coconut Flour	Y	Y	Y
BAKING	Bob's Red Mill	Hearty Whole Grain bread mix	Y	Y	
BAKING	Bob's Red Mill	Homemade Wonderful GF Bread Mix	Y	Y	
BAKING	Bob's Red Mill	Cornbread Mix	Y	Y	Y
BAKING	Bob's Red Mill	Chocolate Cake Mix	Y	Y	Y
BAKING	Bob's Red Mill	Chocolate Chip Cookie Mix	Y	Y	Y
BAKING	Bob's Red Mill	GF Pancake Mix	Y	Y	Y
BAKING	Bob's Red Mill	Xanthan gum	Y	Y	Y
BAKING	Bob's Red Mill	Sweet Dairy Whey	Y	Y	Y

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PRODUCT TYPE	BRAND	VARIETIES/FLAVORS	W/F	G/F	Y/F
BAKING	Bulk	Yellow corn meal, organic	Y	Y	Y
BAKING	Ener-G	Egg replacer	Y	Y	Y
BAKING	Featherweight	Baking Powder	Y	Y	Y
BAKING	Frontier	vanilla extract , alcohol-free	Y	Y	Y
BAKING	Ghirardelli	Bittersweet baking chocolate	Y	Y	Y
BAKING	Ghirardelli	Semisweet chocolate chips	Y	Y	Y
BAKING	Gluten Free Pantry	Angel Food Cake mix	Y	Y	Y
BAKING	Gluten Free Pantry	Decadent Chocolate Cake Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Spice Cake & Gingerbread Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Coffee Cake Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Old Fashioned Cake & Cookie Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Chocolate Chip Cookies & Cake Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Beth's Gluten Free All Purpose Flour	Y	Y	Y
BAKING	Gluten Free Pantry	Yankee Cornbread & Muffin Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Perfect Pie Crust Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Quick Baking Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Crisp & Crumble Topping Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Muffin & Scone Mix	Y	Y	Y
BAKING	Gluten Free Pantry	Favorite Sandwich Bread mix	Y	Y	
BAKING	Gluten Free Pantry	Chocolate Truffle Brownie Mix	Y	Y	Y
BAKING	Hain	Baking Powder (featherweight)	Y	Y	Y
BAKING	Karo	Corn syrup, light or dark	Y	Y	Y
BAKING	Kinnikinnick	All Purpose Mix, Pancake Waffle mix, Crispy Chicken Coating Mix	Y	Y	Y
BAKING	Lundberg Farms	Brown rice syrup, organic and conventional	Y	Y	Y
BAKING	Madhava	Raw Agave Nectar	Y	Y	Y
BAKING	Mori-Nu Pudding Mates	Lemon crème, chocolate	Y	Y	Y
BAKING	Pamela's mixes	Chocolate brownie mix, Chocolate Cake Mix, Chocolate Chunk Cookie Mix	Y	Y	Y
BAKING	Pamela's mixes	Wheat-free pancake & baking mix	Y	Y	Y
BAKING	Pamela's mixes	Wheat Free Bread Mix	Y	Y	
BAKING	Rapunzel	Organic Corn Starch	Y	Y	Y
BAKING	Sandhill	Organic Sorghum syrup	Y	Y	Y
BAKING	Spectrum	Organic All Vegetable Shortening	Y	Y	Y
BAKING	Tropical Source	Semi-sweet chocolate baking chips	Y	Y	Y

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BAKING	Wholesome Sweeteners	Unsulphured blackstrap molasses	Y	Y	Y
BREAD	Del Rey	Corn tortillas	Y	Y	Y
BREAD	Ener-G	Brown Rice Loaf	Y	Y	
BREAD	Ener-G	Tapioca Loaf	Y	Y	
BREAD	Ener-G	White Rice Loaf	Y	Y	Y
BREAD	Food for Life	Sprouted Corn, Brown Rice Tortillas	Y	Y	Y
BREAD	Food for Life	Rice Pecan, Rice Almond, White Rice breads	Y	Y	
BREAD/FROZEN	French Meadow	100% Rye w/ Sunflower Bread, 100% Rye w/ Whole Grain Bread	Y		Y
BREAD/FROZEN	French Meadow	100% Rye with Flax, 100% Rye Salt-Free	Y		Y
BREAD/FROZEN	French Meadow	European Sourdough Rye Bread	Y		Y
BREAD/FROZEN	Food For Life	Rice Pecan, White Rice, Rice Almond Breads	Y	Y	
BREAD/FROZEN	Kinnikinnick Foods	Tapioca Rice Hamburger Buns	Y	Y	
BREAD/FROZEN	Kinnikinnick Foods	Robins Honey Brown Rice, Brown Sandwich, White Sandwich, Tapioca Rice, Cheese Tapioca Rice, Sunflower Flax Rice, Many Wonder Multigrain Rice, Breads	Y	Y	
BREAKFAST CEREALS	Arrowhead Mills	Organic Rice & Shine	Y	Y	Y
BREAKFAST CEREALS	Bakery on Main	Nutty Cranberry Maple, Extreme Fruit & Nut, Apple Raisin Walnut, Cranberry Orange Cashew, & Rainforest Granola's	Y	Y	Y
BREAKFAST CEREALS	Barbara's	Puffins, Cinnamon Puffins	Y		Y
BREAKFAST CEREALS	Bob's Red Mill	8-grain wheatless cereal	Y		Y
BREAKFAST CEREALS	Bob's Red Mill	Creamy Buckwheat hot cereal	Y	Y	Y
BREAKFAST CEREALS	Bob's Red Mill	Creamy Rice cereal	Y	Y	Y
BREAKFAST CEREALS	Bob's Red Mill	Mighty Tasty hot cereal	Y	Y	Y
BREAKFAST CEREALS	Breadshops	Triple Berry Crunch, Pralines & Cream	Y		Y
BREAKFAST CEREALS	Enviro-Kidz	Gorilla Munch, Koala Crisp, Peanut Butter Panda Puffs	Y	Y	Y
BREAKFAST CEREALS	Erehon	Crispy Brown Rice	Y		Y
BREAKFAST CEREALS	Lundberg	Hot & Creamy Organic Brown Rice Cereal	Y	Y	Y
BREAKFAST CEREALS	Natural Ovens	Great Granola	Y		Y
BREAKFAST CEREALS	Nature's Path	Rice Puffs, Corn Puffs Cereal	Y	Y	Y
BREAKFAST CEREALS	Nature's Path	Kamut Puffs Cereal	Y		Y
BREAKFAST CEREALS	Nature's Path	Corn Flakes, Mesa Sunrise	Y	Y	Y
BREAKFAST CEREALS	Nature's Path	Millet Rice Oatbran Flakes	Y		Y
BREAKFAST CEREALS	Nature's Path	Corn Puffs, Rice Puffs	Y	Y	Y
BREAKFAST CEREALS	Nature's Path	Honey'd Corn Flakes	Y	Y	Y

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BREAKFAST CEREALS	Nature's Path Eco-Paks	Corn flakes	Y	Y	Y
BREAKFAST CEREALS	Nature's Path Eco-Paks	Mesa Sunrise	Y	Y	Y
BREAKFAST CEREALS	Pacific Grain	Perky's Nutty Rice, Perky's Nutty Flax	Y	Y	Y
BREAKFAST/FROZEN	Lifestream	Buckwheat waffles	Y	Y	Y
BREAKFAST/FROZEN	Ians	French Toast Sticks	Y	Y	
BREAKFAST/FROZEN	Ians	Original & Blueberry Waffles	Y	Y	Y
BREAKFAST/FROZEN	Vans	Wheat-free waffles, Original & Blueberry	Y	Y	Y
CONDIMENTS	Annie's Naturals	Organic Mustards: Honey, Dijon, Horseradish, Yellow	Y	Y	Y
CONDIMENTS	Annie's Naturals	Ketchup	Y	Y	Y
CONDIMENTS	Bragg's	Liquid Aminos	Y	Y	Y
CONDIMENTS	Daddy Sam's	Original & Medium Bar-B-Que Sauce	Y	Y	Y
CONDIMENTS	Daddy Sam's	Salmon Glaze	Y	Y	Y
CONDIMENTS	Eden Foods	Organic Brown Mustard	Y	Y	Y
CONDIMENTS	Eden Foods	Sauerkraut, organic	Y	Y	Y
CONDIMENTS	Gedney's	Sauerkraut	Y	Y	Y
CONDIMENTS	Hellman's	Real Mayonnaise & Light Mayo	Y	Y	Y
CONDIMENTS	Lea & Perrins	Worcestershire Sauce			Y
CONDIMENTS	Muir Glen	Organic tomato ketchup	Y	Y	Y
CONDIMENTS	Spectrum	Mayonnaise, organic, Canola, Light Canola	Y	Y	Y
CONDIMENTS	The Wizard	Worcestershire sauce, organic vegetarian			Y
CONDIMENTS	Westbrae ketchup	Fruit-sweetened, unsweetened un-ketchup			Y
DINNER/BOXED MEALS	Annie's Naturals	Rice Pasta & Cheddar	Y	Y	
DINNER/BOXED MEALS	Mrs. Leepers	Cheeseburger Mac, Beef Lasagna, Beef Stroganoff	Y	Y	
DINNER/BOXED MEALS	Mrs. Leepers	Chicken Alfredo, Creamy Tuna	Y	Y	Y
DINNER/FROZEN	Amy's	Asian Noodle Stir Fry	Y	Y	Y
DINNER/FROZEN	Amy's	Cheese Pizza with Rice Crust	Y	Y	Y
DINNER/FROZEN	Amy's	Garden Veggie Lasagna with Rice Pasta	Y	Y	Y
DINNER/FROZEN	Amy's	Mattar Paneer	Y	Y	Y
DINNER/FROZEN	Amy's	Mexican Tamale Pie	Y	Y	Y
DINNER/FROZEN	Amy's	Thai Stir Fry	Y	Y	Y
DINNER/FROZEN	Amy's	Rice Mac & Cheese	Y	Y	Y
DINNER/FROZEN	Ians	Chicken Nuggets (Labeled WF/GF)	Y	Y	Y
DINNER/FROZEN	Ians	SuperTots – Alphabets	Y	Y	Y

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DINNER/FROZEN	Ians	Fish Sticks (Labeled WF/GF)	Y	Y	Y
DINNER/FROZEN	Kinnikinnick Foods	7" Gluten Free Pizza Crust	Y	Y	
DINNER/FROZEN	Madwoman Foods	Gluten Free Flatbread/ Pizza Crusts	Y	Y	
DINNER/FROZEN	Madwoman Foods	Vegan Cheezie Pizza, Veggie Cheese Pizza	Y	Y	
DINNER/FROZEN	Nature's Highlights	Brown Rice Pizza Crust	Y	Y	Y
DINNER/FROZEN	Omega Foods	Wild Salmon Burgers	Y	Y	Y
DINNER/MISC	Ancient Harvest	Quinoa	Y	Y	Y
DINNER/MISC	Arrowhead Mills	Whole Grain Amaranth	Y	Y	Y
DINNER/MISC	Bulk Commodity	Yellow cornmeal	Y	Y	Y
DINNER/MISC	Food Merchants	Polenta, Traditional, Italian & Basil Garlic	Y	Y	Y
DINNER/MISC	Now Foods	Textured vegetable protein	Y	Y	Y
DINNER/MISC.	Moretti	Polenta Bergamasca	Y	Y	Y
DINNER/MIX	Arora Creations	Gobi (Cauliflower), Rajmah (Kidney Beans), Bhini Masala (okra asparagus string beans), Punjabi Chhole (Chickpeas), Chicken Tikka Masala, Tandon Chicken, Goan Fish Curry, Spice Packets	Y	Y	Y
DINNER MIX	Near East	Lentil Rice Pilaf Mix & Nutted Pilaf	Y	Y	
DINNER/SAUCES	Amy's Pasta Sauce	Family Marinara, Tomato Basil Pasta Sauce	Y	Y	Y
DINNER/SAUCES	Amy's Pasta Sauce	Garlic Mushroom Pasta Sauce, Low Sodium Marinara	Y	Y	Y
DINNER/SAUCES	Enrico's Pasta Sauce	Traditional Italian Original and No Salt	Y	Y	Y
DINNER/SAUCES	Muir Glen Pasta Sauce	Garlic & Onion, Tomato & Herb, Sundried Tomato, Garden Vegetable, Italian Mushroom, Balsamic Roasted Onion, Italian Herb, Roasted Garlic, Four Cheese, Fire Roasted Tomato, Spicy Tomato, Cabernet Marinara Pasta Sauces	Y	Y	Y
DINNER/SAUCES	Muir Glen	Pizza Sauce	Y	Y	Y
DINNER/SAUCES	Newman's Own	Fra Diavolo, Tomato, Pepper & Spices, Five Cheese, Tomato Basil, Sockarooni Pasta Sauce	Y	Y	Y
DINNER/SAUCES	Seeds of Change	Traditional Marinara, Summer Tomato basil, Three Cheese Marinara, Porcini Mushroom, Fire Roasted Tomato and Garlic, Garden Veggie, Balsamic and Onion Marinara	Y	Y	Y
DIPS	Holyland	Original Homos Tahini, Roasted Red Pepper, Garlicky Homos, Egyptian Homos, Garlic Basil & Tomato Homos, Jalapeno, Artichoke & Garlic, Greek Style, Olive, Organic Chick Pea, Spinach, Hummus	Y	Y	Y

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DIPS	Holyland	Baba Ghanoug – Eggplant Dip, Olive Tapenade – Bruschetta, Cucumber Sauce, Imam Bayeldi – Eggplant Appetizer	Y	Y	Y
DIPS	Mediterranean Cuisine	Baba Ghannouj, Spinach, Roasted Garlic, Hot Jalapeno Hummus	Y	Y	Y
DIPS	Oasis	Zero Fat Hummus, Black Bean Dip, Mediterranean Medley, Roasted Red Pepper Hummus	Y	Y	Y
DIPS	Phoenician	Org. Roasted Red Pepper, Org. Tuscan Dip, Org. Traditional Hummus, Org. Basil, Org. Red Pepper, Org. Kalamata Olive, Org. Spinach Hummus & Org. Black Bean Dip	Y	Y	Y
ETHNIC/ASIAN	Amy's	Asian Noodle Stir Fry	Y	Y	Y
ETHNIC/ASIAN	Amy's	Mattar Paneer	Y	Y	Y
ETHNIC/ASIAN	Amy's	Thai Stir Fry	Y	Y	Y
ETHNIC/ASIAN	Annie Chun's	Pad Thai Noodles	Y	Y	Y
ETHNIC/ASIAN	Annie Chun's	Rice Noodles	Y	Y	Y
ETHNIC/ASIAN	Deep Foods	Navrattan Korma frozen entrée	Y	Y	Y
ETHNIC/ASIAN	Eden Organic	Gomasio seasoning, plain, garlic & seaweed	Y	Y	Y
ETHNIC/ASIAN	Eden Organic	Hot Pepper Sesame Oil, Toasted Sesame Oil	Y	Y	Y
ETHNIC/ASIAN	Eden Organic	Mirin	Y	Y	Y
ETHNIC/ASIAN	Eden Organic	Ume plum vinegar, brown rice vinegar	Y	Y	Y
ETHNIC/ASIAN	Edward & Sons	Golden Vegetable Soup, Traditional Miso W/Tofu, Reduced Sodium Soups	Y	Y	Y
ETHNIC/ASIAN	Eden Selected	100% Soba (buckwheat) Noodles	Y	Y	Y
ETHNIC/ASIAN	Spectrum	Toasted sesame oil	Y	Y	Y
ETHNIC/ASIAN	Taj Ethnic Gourmet sauces	Bombay curry & Delhi Korma	Y	Y	Y
ETHNIC/ASIAN	Taj Ethnic Gourmet sauces	Calcutta Masala & Punjab Saag/ spinach sauce	Y	Y	Y
ETHNIC/ASIAN	Thai Kitchen	Instant Rice Noodles – Garlic Vegetable, Thai Ginger, Bangkok Curry	Y	Y	
ETHNIC/ASIAN	Thai Kitchen	Instant Rice Noodles w/sauce – Pad Thai/Thai Peanut	Y	Y	
ETHNIC/ASIAN	Thai Kitchen	Stir Fry Rice Noodles – Original Pad Thai, Pad Thai W/Chili	Y	Y	Y
ETHNIC/ASIAN	Thai Kitchen	Stir Fry Rice Noodles – Thai Peanut	Y	Y	
ETHNIC/ASIAN	Thai Kitchen curry	Green curry paste, red curry paste	Y	Y	Y
ETHNIC/ASIAN	Thai Kitchen sauces	Roasted Red Chili Paste	Y	Y	Y
ETHNIC/ASIAN	Thai Kitchen soup	Hot & sour soup mix	Y	Y	Y

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ETHNIC/ASIAN	Thai Kitchen sauces	Original Pad Thai, Peanut Satay Sauce	Y	Y	
ETHNIC/INDIAN	Jyoti	Chickpeas with Potatoes and onions	Y	Y	Y
ETHNIC/INDIAN	Jyoti	Classic Masala, Onion Garlic, Tomato & Spices Simmer Sauces	Y	Y	Y
ETHNIC/INDIAN	Jyoti	Dal Makhani - Aromatic Lentils & Beans	Y	Y	Y
ETHNIC/INDIAN	Jyoti	Jaipur Karhi – Organic Potato Dumplings	Y	Y	Y
ETHNIC/INDIAN	Jyoti	Matar paneer – Peas and Indian Home Style Cheese	Y	Y	Y
ETHNIC/INDIAN	Jyoti	Rogan Josh simmer sauce – Onions, Buttermilk & Spices	Y	Y	Y
ETHNIC/INDIAN	Jyoti	Delhi Saag – Spinach and Mustard Greens	Y	Y	Y
ETHNIC/INDIAN	Jyoti	Madras Sambar – Lentils with fresh vegetables	Y	Y	Y
ETHNIC/INDIAN	Patak’s Chutneys	Major Grey’s, Sweet Mango, Hot Mango	Y	Y	Y
ETHNIC/INDIAN	Patak’s relish	Mango relish medium heat	Y	Y	Y
ETHNIC/INDIAN	Patak’s Curry’s	Mild Cilantro & Cumin, Hot Garam Masala Cinnamon & Ginger, Medium Biryani Cilantro & Cumin	Y	Y	Y
ETHNIC/MEXICAN	Amy’s frozen entrees	Black Bean Enchiladas with Beans & Spanish Rice	Y	Y	Y
ETHNIC/MEXICAN	Amy’s frozen entrees	Cheese Enchiladas with Black Beans & Corn	Y	Y	Y
ETHNIC/MEXICAN	Amy’s frozen entrees	Mexican Tamale Pie	Y	Y	Y
ETHNIC/MEXICAN	Bearitos	Bean Dips: Fat-Free Black Bean, Fat-Free Regular			Y
ETHNIC/MEXICAN	Bearitos	Chili seasoning	Y	Y	Y
ETHNIC/MEXICAN	Bearitos	Refried Beans: LF Vegetarian Black Bean, LF Spicy Vegetarian Black Bean, NS Refried, FF Traditional, LF Traditional	Y	Y	Y
ETHNIC/MEXICAN	Bearitos	Taco seasoning	Y	Y	
ETHNIC/MEXICAN	Frontera	Salsas: Chipotle, Tomatillo, Jalapeno Cilantro, Roasted Tomato, Habanero, Two Chili, Roasted Red Pepper And Garlic	Y	Y	Y
ETHNIC/MEXICAN	Green Mountain Gringo	Salsas: mild, medium, hot	Y	Y	Y
ETHNIC/MEXICAN	Melinda’s Hot Sauce	Hot, extra hot, XX hot			Y
ETHNIC/MEXICAN	Muir Glen salsas	Mild, Medium, Garlic Cilantro, Black Bean & Corn, Chipotle Medium, Fire-Roasted Tomato, Hot Salsa	Y	Y	Y
ETHNIC/MEXICAN	Salpica salsas	Rustic Tomato, Cilantro Green Olive, Roasted Corn and Bean, Tomato Jalapeno, Garlic Chipotle	Y	Y	Y
ETHNIC/MEXICAN	The Wizard’s	Organic Hot Stuff Sauce	Y	Y	Y
PASTA/NOODLES	Ancient Harvest Quinoa	Quinoa spaghetti, quinoa elbows, quinoa shells, quinoa veggie curls	Y	Y	Y
PASTA/NOODLES	Annie Chun’s	Pad Thai Noodles	Y	Y	Y
PASTA/NOODLES	Annie Chun’s	Rice Noodles	Y	Y	Y

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PASTA/NOODLES	DeBole's	Rice lasagna, rice spaghetti, rice penne	Y	Y	Y
PASTA/NOODLES	Eden Selected	Rye spirals	Y		Y
PASTA/NOODLES	Eden Selected	100% Whole Buckwheat Soba Noodles	Y	Y	Y
PASTA/NOODLES	Lundberg	Brown rice penne, brown rice spaghetti, brown rice rotini	Y	Y	Y
PASTA/NOODLES	Mrs Leepers	Corn elbows pasta	Y	Y	Y
PASTA/NOODLES	Tinkyada	Org. Brown Rice Spaghetti Style, Spinach Spaghetti, Spirals, Penne, Lasagna noodles	Y	Y	Y
RICE	Bulk	Basmati rice	Y	Y	Y
RICE	Bulk	Brown rice	Y	Y	Y
RICE	Bulk	White rice	Y	Y	Y
RICE	Bulk	Wild rice	Y	Y	Y
RICE	Lundberg	White Basmati, Brown Basmati, White Jasmine, Short Grain Brown, Long Grain Brown	Y	Y	Y
RICE	Lundberg	Rice Blends	Y	Y	Y
SALAD DRESSING	Annie's Naturals	French, Balsamic Vinaigrette, Raspberry Vinaigrette, Org. Oil & Vinegar w/Balsamic, Caesar, Org. Buttermilk, Org. Green Goddess, Org. Green Garlic, Org. Papaya Poppy, Cowgirl Ranch, Roasted Red Pepper Vinaigrette, Honey Mustard Vinaigrette, Lemon Chive Dressings	Y	Y	Y
SALAD DRESSING	Any brand	Balsamic vinegar	Y	Y	Y
SALAD DRESSING	Any brand	Red wine vinegar	Y	Y	Y
SALAD DRESSING	Any brand	White wine vinegar	Y	Y	Y
SALAD DRESSING	Drew's	Rosemary Balsamic, Romano Caesar, Kalamata Olive & Caper, Smoked Tomato, Roasted Garlic & Peppercorn, Poppyseed Dressings	Y	Y	Y
SALAD DRESSING	Organic Ville	Org. Olive Oil & Balsamic Vinaigrette, Org. Pomegranate Vinaigrette, Org. Sundried Tomato & Garlic Vinaigrette	Y	Y	Y
SNACKS/BARS	Boomi Bars	Fruit & Nut, Cashew Almond, Cranberry Apple, Perfect Pumpkin, Macadamia Paradise, Walnut Date Bars	Y	Y	Y
SNACKS/BARS	EnviroKidz Rice Cereal Bars	Berry, Peanut Butter, Chocolate	Y	Y	Y
SNACKS/BARS	LaraBars	Banana Cookie, Cherry Pie, Cashew Cookie, Apple Pie, Pecan pie, Cocoa Mole, Lemon, GingerSnap, Chocolate Coconut Bars	Y	Y	Y
SNACKS/BARS	Macrobars	Peanut Protein, Cashew Butter, Tahini Date	Y	Y	Y

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SNACKS/BARS	Oskri Organics Bars	Sesame with Date Syrup, Sesame with Black Cumin, Sesame with Fennel, Sesame Molasses	Y	Y	Y
SNACKS/CHIPS	Bearitos	White Cheddar Popcorn, Light Organic Popcorn	Y	Y	
SNACKS/CHIPS	Bearitos chips	Blue Corn Chips, Tortilla Chips	Y	Y	
SNACKS/CHIPS	Eden	Brown Rice chips	Y	Y	Y
SNACKS/CHIPS	Eden	Sea Vegetable Rice, Vegetable Rice, Wasabi Rice Chips	Y		Y
SNACKS/CHIPS	Ener-G	Pretzels original, Sesame Pretzel Rings	Y	Y	
SNACKS/CHIPS	Frontera chips	Corn tortilla chips, blue or yellow, Lime w/ sea salt, Restaurant style	Y	Y	Y
SNACKS/CHIPS	Garden of Eatin' chips	Blue Corn Chips, Sunny Blues, Sesame Blues	Y	Y	Y
SNACKS/CHIPS	Garden of Eatin' chips	Red Hot Blues	Y	Y	
SNACKS/CHIPS	Glad Corn	A-maizing Corn Snack, Original	Y	Y	Y
SNACKS/CHIPS	Guiltless Gourmet	Baked Corn Chips	Y	Y	Y
SNACKS/CHIPS	Kettle Chips	Krinkle Cut Lightly Salted, Salt & Fresh Ground Pepper	Y	Y	
SNACKS/CHIPS	Kettle Chips	New York Cheddar & Herbs, Yogurt & Green Onion, Sea Salt & Vinegar, Spicy Thai, Tuscan three cheese potato chips	Y	Y	Y
SNACKS/CHIPS	Kettle Chips	Lightly salted chips	Y	Y	Y
SNACKS/CHIPS	Little Bear chips	Corn chips, original or reduced fat	Y	Y	Y
SNACKS/CHIPS	Lundberg	Salt Free, Lightly Salted, Wild Rice, Sesame Tamari, Tamari w/Seaweed Rice Cakes	Y	Y	Y
SNACKS/CHIPS	Lundberg	Sea Salt, Fiesta Lime, Honey Dijon	Y	Y	Y
SNACKS/CHIPS	Lundberg	Sesame Seaweed, Pico De Gallo, Santa Fe Barbeque	Y	Y	
SNACKS/CHIPS	Masuya's Rice Sembei	Original lightly salted, Tamari (soy sauce)	Y	Y	
SNACKS/CHIPS	Michael Seasons chips	Reduced Fat Potato Chips, plain, Ripple, No Salt, Yogurt Green Onion, Honey Barbeque	Y	Y	
SNACKS/CHIPS	Terra Chips	Lemon Pepper Unsalted Potato Chips	Y	Y	
SNACKS/CHIPS	Terra Chips	Yukon Gold, Potpourri, Sweets & Beets, Gold Salt & Vinegar, Exotic Veggie Original, Krinkle White/Russet/Blue, Krinkle White/Russet/Sweet potato Chips	Y	Y	Y
SNACKS/CHIPS	Whole Grain Milling Co.	Tortilla Chips	Y	Y	Y
SNACKS/COOKIES	Barbara's Fig Bars	Regular fig	Y		Y
SNACKS/COOKIES	Barbara's	Oatmeal Snackimals	Y		Y
SNACKS/COOKIES	Enjoy Life Cookies	Snickerdoodle, Lively Lemon, Chocolate Chip, Double Chocolate	Y	Y	Y

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PRODUCTS FOR SPECIAL DIETS AT LINDEN HILLS CO-OP

W/F=wheat-free G/F=gluten-free Y/F=yeast-free

PRODUCT TYPE	BRAND	VARIETIES/FLAVORS	W/F	G/F	Y/F
SNACKS/COOKIES	Enviro-Kidz	Crispy Rice Bars: Berry, Peanut Butter, Chocolate	Y	Y	Y
SNACKS/COOKIES	Enviro-Kidz	Organic Vanilla Animal Cookies	Y	Y	Y
SNACKS/COOKIES	Jennie's	Coconut macaroons	Y	Y	Y
SNACKS/COOKIES	Kinnikinnick Foods	Chocolate Sandwich Crème, Vanilla Sandwich Crème, Lemon Cranberry, Montanas Chocolate Chip Cookies	Y	Y	Y
SNACKS/COOKIES	Mi-Del Cookies	Wheat-Free, Gluten-Free Chocolate Chip or Gingersnaps	Y	Y	Y
SNACKS/COOKIES	Newman's Own	Fig Newmans wheat-free fig bars ONLY (green label)	Y		Y
SNACKS/COOKIES	Pamela's biscotti	Chocolate Walnut, Almond Anise, Lemon Almond	Y	Y	Y
SNACKS/COOKIES	Pamela's cookies	Lemon Shortbread, Shortbread Swirl, Pecan Shortbread, Spicy Ginger Cookies, Peanut Butter, Chocolate Chip Walnut, Chocolate Chunk Pecan Shortbread, Espresso Chocolate Chunk, Peanut Butter Chocolate Chip, Dark Chocolate-Chocolate Chunk, Chunky Chocolate Chip Cookies	Y	Y	Y
SNACKS/CRACKERS	Blue Diamond Natural	Smokehouse Almond, Cheddar Cheese Almond, Country Ranch Almond Nut thins/Rice Crackers	Y	Y	
SNACKS/CRACKERS	Blue Diamond Natural	Original Almond, Pecan Nut Thins/Rice Crackers	Y	Y	Y
SNACKS/CRACKERS	Edward & Sons	Brown Rice Snaps, Tamari Seaweed, Vegetable Brown Rice, Toasted Onion, Unsalted Plain	Y	Y	Y
SNACKS/CRACKERS	Health Valley	Rice Bran Crackers	Y	Y	Y
SNACKS/CRACKERS	Lundberg rice cakes	Brown Rice Cakes, Rice cakes, Koku Sesame, Mochi Sweet	Y	Y	Y
SNACKS/CRACKERS	Mary's Gone Crackers	Onion, Caraway, Herb, Black Pepper, Original	Y	Y	Y
SNACKS/CRACKERS	RyVita Rye Crisp	Sesame rye, dark rye	Y		Y
SNACKS/CRACKERS	San-J rice crackers	Brown Rice, Black Sesame	Y		Y
SNACKS/CRACKERS	Sesmark crackers	Original, Teriyaki			Y
SNACKS/CRACKERS	Westbrae rice cakes	Fat-Free Rice Cakes, Double Sesame	Y		Y
SNACKS/MISC	Just Tomato's/ Freeze Dried Fruits & Veggies	Org. Just Cherries, Org. Just Fruit Munchies, Org. Just Bananas, Org. Just Raspberries, Org. Just Tomato Bits, Org. Just Peas, Org. Just Veggies, Org. Just Blueberries, Org. Just Apples, Org. Just Strawberries, Org. Just Mango	Y	Y	Y
SNACKS/MISC	Just Tomato's/Freeze Dried Fruits	Just Mango, Just Fruit Munchies, Just Cranberries, Just Raspberries, Just Peaches, Just Blueberries, Just Bananas, Just Apples, Just Strawberries, Just Mango	Y	Y	Y
SOUPS	Amy's Chili	Mild, medium, spicy	Y	Y	Y
SOUPS	Amy's Soup	Cream of mushroom			Y

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PRODUCT TYPE	BRAND	VARIETIES/FLAVORS	W/F	G/F	Y/F
SOUPS	Amy's Soup	Cream of tomato	Y	Y	Y
SOUPS	Amy's Soup	Lowfat black bean, lentil, fat-free split pea	Y	Y	Y
SOUPS	Amy's	Thai Coconut, Fire Roasted Southwestern Veggie, LS Lentil Veggie, LS Chunky Tomato Bisque, LS/LF Cream Of Tomato, FF Chunky Vegetable, Lentil, Corn Chowder, LF Black Bean Veggie, LF Split Pea Soup	Y	Y	Y
SOUPS	Imagine Foods	Creamy Butternut Squash Soup, Creamy Tomato Soup	Contain rice syrup		Y
SOUPS	Imagine Foods	No-Chicken Broth, Veggie Broth, Creamy Sweet Corn Soup, Creamy Potato-Leek Soup, Creamy Portabello Mushroom Soup, Creamy Broccoli Soup	Y	Y	Y
SOUPS	Pacific Foods	Veggie Broth	Y	Y	Y
SOUPS	Progresso	Green Split Pea	Y	Y	
SOUPS	Progresso	Lentil	Y	Y	Y
SOUPS	Secret Garden Soup Mix	ONLY 12-bean vegetable (others contain wheat or yeast)	Y	Y	Y
SOUPS	Shelton's	Chicken broth (all natural and fat-free, low sodium)	Y	Y	Y
SOUPS	Thai Kitchen Instant Rice Noodle	Lemon Grass & Chili, Bangkok Curry, Thai Ginger & Vegetable, Onion, Garlic & Vegetable	Y	Y	Y
SOY PRODUCTS	Any Brand	Tofu Water Packed – not baked/marinated	Y	Y	Y
SOY PRODUCTS	Light Life	Org. Garden Veggie Tempeh, Org Original Soy Tempeh, Org. Wild Rice Tempeh	Y	Y	Y
SOY PRODUCTS	White Wave	Original Tempeh	Y	Y	Y
VITAMIN/SUPPLEMENT	Country Life	All Varieties	Y	Y	
VITAMIN/SUPPLEMENT	Enzymedica Vitamin	Gluten Ease	Y	Y	Y
VITAMIN/SUPPLEMENT	Linden Hills Brand	All Varieties	Y	Y	

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