

Gluten-free grocery guide



July 2017

THRIFTY FOODS

Making gluten-free living easier.

THRIFTY FOODS

GLUTEN
GF
FREE

BABY & CHILD

Baby Mum-Mum's
Assorted

Funcare

Bubble Bath

Love Child Organics

Love ducks, tomato + carrot
Pat-a-cakes, apple + raspberry

Seventh Generation

Diaper Cream
Diapers
Moisturizing lotion
Shampoo

BAKERY GLUTEN-FREE SECTION

Benjamin Bites

Brownie Cups
Chocolate Chip Cookies
Double Dark Chocolate Cookies

Flax for Life

Chocolate Brownie
Carrot Raisin Muffin
Wild Blueberry Muffin

Glutenull

Chia Goji Bar, Organic
Amaranth Bread
Buckwheat Bread
Quinoa Bread
Buckwheat Chocolate Cookie
Fruit and Nut Cookie
Ginger Squares
Goji Berries in Chocolate Cookies
Sprouted Quinoa Granola
Buckwheat Granola Bar
Raw Hemp Energy Bars, Organic

Great Bear Paleo Bites

Apple-Cinna Summit Bites
Cocoa-Goji Mojo Bites
Lemon-Cran Trail bites

Melindas Biscotti

Almond Biscotti

Okanagan Rawsome

Apple Crisps, Chocolate Ginger
Beet Crisps, Onion Herb
Carrot Crisps, Chia Hemp

Original Cakerie

Cravin for Cookies & Cream Cake
Dreamin of Chocolate Cake

Portofino

Brown Rice Bread
Seeded Bread
Brown Hamburger Buns
White Hamburger Buns
Cookies, Assorted

Sweets from the Earth

Blueberry Cheesecake
Chocolate Cake

Wendels

Scorched Lemon Bar
Smore Bar
Chocolate Brownie
Chocolate Birthday Cake
Vanilla Birthday Cake
Cake, Assorted
Chocolate Hazel Cheesecake
Cookies, Assorted
Coconut Nanaimo bars

Wise Bites

Cranberry Chocolate Bites
Super Cookie
Muffin, Assorted
Quinoa Bar, Assorted
Snowy Lemon Treats

BAKING

Bakers Supply House
Original Baking Powder

Betty Crocker

Bisquick Baking Mix
Cake Mix, Assorted
Frosting, Assorted

Bob's Red Mill

Almond Meal/ Flour
Amaranth
Arrowroot Starch
Baking Flour, GF All Purpose
Baking Flour, GF 1-To-1
Baking Powder
Brown Rice Flour
Chocolate Cake Mix
Chocolate Chip Cookie Mix
Coconut Flour, Organic
Flaxseed, Assorted
Garbanzo & Fava Flour
Pizza Crust Mix, GF
Quinoa Flour, Organic
Sorghum Flour
Tapioca Flour
Textured Vegetable Protein
White Rice Flour
Whole Grain Teff
Yeast, Large Flake
Xanthan Gum

Cloud 9

Bread Mix
Granola Bar Mix
Pancake & Waffle Mix

Camino

Cocoa Powder, Organic

Clubhouse Mixes

Baking and Conventional Rice
Flour
Minute Tapioca
Potato Starch

Compliments

All Purpose Flour
Chocolate Cake Mix
Yellow Cake Mix
Cookie Mix
Pancake & Waffle Mix

Daltons Glaced Fruit

Assorted

Enjoy Life

Chocolate Chips

Fleischmann's

Baking Powder

Hershey's Chipits

Assorted

Lakanto Sweetener

Classic
Golden

Let's Do Organic

Coconut Flour
Cornstarch
Ice Cream Cones

Lyle's

Golden Syrup

Millstream Natural Foods

Corn Flour

Robin Hood Flour

All-Purpose, Gluten-free
Nutri Flour Blend, Gluten-free

Salba Chia Seed

Assorted

BEANS/ RICE/ QUINOA & POTATOES

Amy's Kitchen

Baked Beans
Chili

Bob's Red Mill

Quinoa, Organic

Eden Foods, Organic

Baked Beans
Brown Rice & Pinto
Cajun Rice & Red Beans
Green Lentils & Rice

Edward & Sons

Mashed Potatoes, Organic

Lotus Foods

Rice Ramen, Assorted

Lundberg

Rice, Assorted

Planet Rice Sprouted Rice

Assorted

Texana

Rice, Assorted

BREAD AISLE

Dempster's Gluten Zero

Bread, Assorted

Essential Baking Company

Cinnamon Raisin Bread
Super Seed Multigrain Bread
Super Seed White Bread
Hamburger Buns
Hot Dog Buns
Super Seed Multi Rolls

Silver Hills

Omega Flax Bread

Sticklings Bakery

Bread Crumbs
Herb & Garlic Croutons

Schar Bread

Buns, Assorted
Bread, Assorted
Hot dog rolls
Rolls

CEREALS

Bob's Red Mill

Brown Rice Farina
Creamy Brown Rice Cereal
Rolled Oats, GF

Compliments, Organic

Corn Flakes
Crispy Flakes
Crispy Rice

General Mills

Chocolate Chex
Cinnamon Chex
Honey Nut Chex
Rice Chex

GoGo Quinoa Flakes

Corn Flakes

Hippie Foods Granola

Seeds and Fruit
Brown Rice & Quinoa

Holy Crap

Kashi Cereal

Indigo Morning
Simple Maize

Kellogg's

Rice Krispies, Gluten-free

Nature's Path

Cereal, Assorted

One Degree

Sprouted Brown Rice
Sprouted Brown Rice Cacao
Crisps

Only Oats

Rolled Oats
Steel Cut

CHILLED PRODUCTS

Big Mountain Food Burger
Original Veggie Burger

Blue Diamond Almond Breeze

Assorted

Califia Farms

Almond Milk, Assorted
Cold Brew Coffee, Assorted

Daiya

Cheddar Style Shreds
Mozzarella Style Shreds
Cheddar Style Slices

Earth Balance Spreads

Assorted

Kozy Shack Pudding

Assorted

Silk, Assorted flavours

Almond, Cashew,
Coconut & Soy Beverage
Coffee Creamer
Yogurt, cultured

Silk Coconut Yogurt

Assorted

Yoso, Cultured Dairy Free Product

Assorted

COOKIES & CRACKERS

Annie's GF Cookies

SnickerDoodle
Cocoa & Vanilla

Blue Diamond Nut-Thins

Assorted

Christie Brown Rice Crisps

Salt and Pepper
White Cheddar

Dare Breton

GF, Assorted

Edward & Sons Rice Toast

FreeYum Cookies

Assorted

Gogo Quinoa Cookies

Assorted

Glutino

Chocolate Chip Cookies
Chocolate Vanilla Crème Cookies
Vanilla Crème Cookies
Crackers, Assorted

Hidden Garden Cookies

Chocolate Chip
Ginger Snap

Hot Kid Rice Crisps

Assorted

Lotus Foods

Rice Crackers, Assorted

Lundberg

Rice Cakes, Assorted
Thin Stackers, Assorted

Midel

Ginger Snaps

Mary's Cookies, Organic

Assorted

Mary's Gourmet

Crackers, Assorted

Pamela's

Chocolate Chip Mini Cookies
Ginger Snapz Mini Cookies

Plum M Good Organic

Rice Cakes, Assorted
Rice Thins, Assorted

Quaker

Crispy Minis, Assorted
Rice Cakes, Assorted

Queen B Kitchen

Cookies, Assorted

Real Foods Corn Thins

Assorted

Sakata CrackersCheese
Plain**Walkers Cookies**Chocolate Chip Shortbread
Ginger Lemon Shortbread
Gluten Free Shortbread**Want Want SuperSlim Rice Crisps**

Assorted

Wow Cookies

Assorted

DELI**Emma Gnocchi****Freybe**

Assorted

Gluten Freedom PizzasPizza Crust, 8 Inch
Cheese Pizza, 8 Inch
Margherita Pizza, 8 Inch
Veggie Pizza, 8 Inch**Groksi! Cheese Snacks**

Assorted

Happy Planet Soup

Assorted

McSweeney'sJerky, Assorted
Pep N Cheddies, Original**Moon Cheese**

Assorted

Sabra

Hummus, Assorted

Villa's SaucesSauces, Pesto & Spreads,
Assorted**FROZEN FOODS****Amy's**Beans & Cheese Burrito
Beans & Rice Burrito**Chapman's**Frosty Ice-Cream Bars
Super Fudge Bars
Chocolate Mint Ice Cream
Cookies & Cream Ice Cream
Neapolitan Ice Cream
Vanilla Ice Cream
Rainbow Sorbet
Triple Berry Sorbet**Coconut Bliss**

Assorted

Compliments

GF Beef Lasagna

Daiya Pizza

Assorted

Deebes Tea Pops

Assorted

Food for LifeBrown Rice Tortilla
Rice Almond Loaf**Glutino**English Muffins, assorted
Multigrain Genius Bread
White Sandwich Genius Bread**Hilary's Eat Well Veggie**Adzuki Bean Burger
Best Veggie Burger
Hemp & Greens Burger
Root Veggie Burger**Kinnikinnick**Cinnamon Donuts
Hamburger Buns
Multigrain Bread
Personal Pizza Crusts
White Bread**Luvo**

Meal bowls, Assorted

Nature's Path

Waffles, Assorted

Scream Brothers Frozen**Treats**

Assorted

So DeliciousFrozen Cashew Dessert,
Assorted**Stellas Perogies**Cheddar
Potato**Udi's**Bagels, Assorted
Bread, Assorted
Hamburger Buns
Hot Dog Buns
Pizza, Assorted
Pizza Crust
Tortillas, Plain, 9"
Chocolate Brownies, Bite Size
Chocolate Chip Cookies
Blueberry, Assorted**Vans**

Waffles

Vij's

Assorted

Wholly GF 9" Pie Shells**Wild Moon, Bone Broth**

Assorted

MEAT PRODUCTS**Grimms Fine Foods**

Assorted

Hertel

Assorted

Maple Leaf

Assorted

Schneiders Country Naturals

Assorted

**NON DAIRY BEVERAGES
(TETRA PACK)****Blue Diamond Almond Breeze**

Assorted

Natura Rice Beverage

Assorted

Pacific Foods Almond Beverage

Assorted

So Delicious Coconut Beverage

Assorted

So Nice Soy Beverage

Assorted

Veggemo

Assorted

PASTA**Ancient Harvest**

Macaroni & Cheese, Assorted

Annie's Rice PastaCheddar, GF
White Cheddar, GF**Catelli, GF**Fusilli
Lasagna
Linguine
Macaroni**Penne Pasta**

Spaghetti

ComplimentsBrown Rice Fusilli
Brown Rice Penne
Brown Rice Spaghetti**Daiya Cheezy Mac**Deluxe Cheddar Style
Deluxe Alfredo Style
White Cheddar Style Veggie**Explore Cuisine**Bean Pastas – Assorted
Pulse Pastas - Assorted**GoGo Quinoa Pasta**

Assorted

Mrs. Leepers

Rice Vegetable Twists

Rizopia, Organic Brown Rice**Pasta**Fusilli
Spaghetti**Prairie Harvest, Organic Pasta**Brown Rice Fusilli
Brown Rice Spaghetti
Corn Fusilli**Tinkyada Rice Pasta**

Assorted

Tru Roots, Organic Quinoa

Assorted

PRODUCE**Bolthouse Dressing**

Assorted

Renée's Dressing

Assorted

**SAUCES/ DRESSINGS/
SPREADS & CANNED
VEGETABLES****Amazing Dad's BBQ Sauce****Arizona Pepper Sauce**

Assorted

BeemaidHoney, liquid All Purpose Liquid
Soy Seasoning**Bragg**All Purpose Liquid Soy Seasoning
Liquid Aminos**CattleBoyZ**

Assorted

Clubhouse MixesChili
Gravy, Assorted
Shepherds Pie Seasoning Mix,
25% Less Salt
Sloppy Joes
Spaghetti Seasoning, Assorted
Taco seasoning Mix**Daiya Dressing**

Assorted

Garlic Expressions

Vinaigrette

Hellish Relish**Hellmann's Mayonnaise**

Assorted

Hidden Valley

Dressings, Assorted

Kikkoman

Gluten Free Soy Sauce

McCormickHollandaise Sauce Mix,
25% Less Salt**Marinelli's Pasta Sauce**

Assorted

Mayacamas Dry MixesAlfredo Mix
Creamy Pesto Sauce
Gravy, Assorted
Hollandaise Sauce
Pesto Sauce**Mr. Spice Sauce**Ginger Stir-fry
Indian Curry
Sweet & Sour
Thai Peanut**Natural Value**

Sriracha

Naked Coconuts

Soy-free Seasoning Sauce

Native ForestArtichokes, Assorted
Jackfruit**Neal Brothers**Classic Mayonnaise
Lime Mayonnaise
Sriracha Mayonnaise
Truffle Mayonnaise**Nonna Pia's Gourmet**

Balsamic Vinegar, Assorted

Nutiva Hazelnut Spread

Dark Chocolate Hazelnut

PaceChunky Salsa, Assorted
Piquante Sauce**San J**Dressing, Assorted
Soy Sauce, Tamari, Gluten-free
Soy Sauce, Tamari, Lite, Gluten-free
Soy Sauce, Organic Tamari,
Gluten Free
Thai Peanut Sauce**Spectrum Naturals**Eggless Canola Mayo
Organic Mayo**VH Sauce**

Assorted

WeberCoffee Rub
Sriracha Rub**Wowbutter**Soya Butter, Creamy
Soya Butter, Crunchy**SEAFOOD (FROZEN)****High Liner**Pacific Salmon in Dill Sauce
Pacific Salmon Roasted Garlic
& Herb**Starfish**Cod
Fish sticks, breaded
Haddock**SNACK FOODS &
TREATS****Annie Chun's**Seaweed Crisps, Assorted
Seaweed Snacks, Assorted**Beanfields Chips**Nacho Bean & Rice
PicoDeGallo
SeaSalt Bean & Rice**Belsoly Pudding**

French Vanilla



Brockmann's Truffini Chocolates
Assorted

Camino Organic Chocolate Bars
Assorted

Canadian Organic Popcorn
Kernels

CHOCXO Chocolate Bars
Assorted

Denman Island
Chocolate, Assorted

Doritos Tortilla Chips
Inferno

Doritos Tortilla Chips
Inferno

Fair Trade Dried Fruit
Mango
Pineapple
Tropical Mix

Food Should Taste Good
Multigrain Tortilla Chip
Sweet Potato Chip

GH Cretors Popped Corn
Assorted

Gogo Squeeze
Apple Sauce, Assorted

Hardbite Chips
Assorted

Harvest Snaps Lentil Bean Crisps
Tomato Basil
Onion Thyme

Hippie Foods Garden Chips
Garden Chips, Assorted
Coconut Clusters, Assorted
Coconut Chips

Hunt's Snack Pack Pudding
Assorted

Jolly Time Popcorn
Assorted

Kettle Chips
Assorted

Kids Gourmet Slammers
Assorted Fruit Snacks

Lay's Potato Chips
Assorted

Made Good Granola Minis
Assorted

Mamma Chia
Chia Fruit Squeeze, Assorted

Oh Natural Banana Chips
Assorted

Peas Please
Peeled Snacks, Assorted

Pepperidge Farm Crackers
Assorted

Pirate's Booty
Rice and Corn Puffs, Assorted

Prana
Chocolate Bark, Assorted

Que Pasa
Tortilla Chips, Assorted

Riceworks Rice Snacks
Assorted

Royal Nuts
Assorted

Sahale Nut Mixes
Almonds & Cranberries
Cashews With Pomegranate & Vanilla
Valdosta Nut

Seapoint Farms Dry Roasted Edamame
Lightly Salted
Spicy Wasabi

Schar Cheese Bites

Simply 7 Quinoa Chips
Assorted

SkinnyPop Popcorn
Assorted

That's Amore Popcorn Cashews
Assorted

Theobroma Chocolat
Assorted

Three Farmers Roasted Chickpeas
Barbecue
Balsamic & Cracked Pepper
Sea Salt & Lime

Trumps Dessert Cracker
Cocoa Slims
Lemon Slims

Zazubean, Organic Superfood Chocolate
Assorted

SOUP & BROTH

Amy's Kitchen Soup
Assorted

Campbell's
Assorted

Imagine Soups
Assorted

Kitchen Basics Stocks
Assorted

Pacific Foods, Soups & Broths, Organic
Assorted

Savory Creations
Broth, Assorted

Wolfgang Puck Soup
Butternut
Lentil
Tomato Basil

VITAMINS & MORE DEPARTMENT

Andalou Body, Hair & Skin Products

Bio-K Probiotics
Assorted

Blue Monkey Coconut Chips
Assorted

Boost
Assorted

Botanica
Coconut Oil
Fermented Botanicals, Assorted
Fermented Probiotics
Greens, Assorted
Liquid Herbal Extracts, Assorted
Liquid Phytocaps, Assorted
Omegalicious, Assorted
Perfect Protein, Chocolate or Vanilla

Elevate Me Bar
Assorted

Ensure
Assorted

Go Macro Bar
Assorted

Everyone Hand Soap
Assorted

Genuine Health (Assorted Flavors)
Fermented Greens + Whole Body
Fermented Vegan Proteins+
Fermented Vegan Proteins+ Bars
Greens+ Original
Lean+ Extra Strength
Omega 3+

Honey Stinger, Organic
Energy Gel, Acai & Pomegranate
Energy Gel, Fruit Smoothie
Chews, Fruit Smoothie
Chews, Pomegranate

Iron Vegan Sprouted Protein
Assorted

Kaizen Naturals, Assorted Flavours
Whey Protein
Whey Isolate
Vegan Protein

KeVita Sparkling Probiotic Drink
Assorted

Kind Fruit & Nut Bar
Assorted

Lara Bar
Assorted

MegaFood
Supplements, Assorted

Natural Calm Magnesium Citrate Powder
Assorted Flavours

Nature's Way
Assorted Products

Nuun Electrolyte Tablet
Assorted

Organika
Arnica Gel
Supplements, Assorted
Throat Spray
Quinoa Powder
Vege-Pro

Prairie Naturals
Coconut Chips, Organic, Assorted
Supplements, Assorted

Prana, Organic
Chia, Assorted

Probar Protein Bar
Assorted

Primadophilus Optima
Assorted

Progressive
Collagen, Assorted
Harmonized Fermented Vegan Protein
Phyberry
Vegeessentials, Assorted
VegeGreens,
Whey Essential, Vanilla

PUR Gum
Assorted

Purica
Assorted

Renewlife Ultimate Flora Go Pack

Rumble Drink
Coffee
Dutch Cocoa
Vanilla Maple

Simply Protein Bars, Crunch & Chips
Protein Bar, Assorted
Whey Bar, Assorted
Chips, Assorted
Protein Crunch, Assorted

SiSU
Full Spectrum Curcumin

SoLo Energy Bar
Assorted

Vega, Assorted flavours
Protein & Greens
Protein Smoothie
Snack Bars
Sport Protein Bars
Sport Electrolyte Hydrator
Sport Gels
Sport Pre-workout Energizer
Sport Performance Protein
Sport Recovery Accelerator
Vega One Bars
Vega One Nutritional Shake

Vitality Supplements
Assorted

Yummi Bears Sugar-free Vitamins
Vitamin D3
Complete Multivitamin

DISCLAIMER: The information provided on this list is based solely on manufacturer package claims. We will not be liable for any manufacturer errors, listing errors, individual reactions to any products, nor can we guarantee the absence of cross contamination. Products are identified as gluten-free based on a gluten-free claim on the packaged product. Some products listed are made in facility that also contains gluten containing ingredients. Product information and ingredients can change without notice. Therefore, at the time of purchase, always read the label and/or contact the manufacturer if you have any questions. Please keep in mind that there are products available in this category that may not be shown on our list. Product availability may also be limited to specific store locations. The information provided is not a substitute for professional medical advice. If you have specific needs, please see your health care provider.

UPDATED GLUTEN-FREE LIST: Always check our website for the latest gluten free list: thriftyfoods.com/health-and-wellness/living-gluten-free

GLUTEN FREE TOURS: Interested in gluten free tours led by a Registered Dietitian? Contact: jodonnell@thriftyfoods.com

CANADIAN CELIAC ASSOCIATION: celiac.ca • **THE CELIAC SCENE:** theceliacsene.com