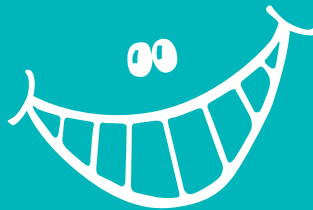


Gluten-free grocery guide



THRIFTY FOODS™

Making gluten-free living easier.

BABY & CHILD

Baby Mum-Mum's
Assorted

Funcare
Bubble Bath

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

BAKERY GLUTEN-FREE SECTION

Benjamin Bites
Brownie Cups
Chocolate Chip Cookies
Double Dark Chocolate
Cookies

Flax for Life
Chocolate Brownie

Glutenull
Amaranth Bread
Buckwheat Bread
Quinoa Bread
Buckwheat Chocolate Cookie
Fruit and Nut Cookie
Ginger Squares
Goji Berries in Chocolate
Cookies
Raw Hemp Granola
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

Inspired by Happiness
Cravin for Cookies
& Cream Cake
Dreamin of Chocolate Cake

Melindas Biscotti
Almond Biscotti

Okanagan Rawsome
Apple Crisps, Chocolate
Ginger
Carrot Crisps, Chia Hemp

Panne Rizo
Chocolate Almond Biscotti
Bread Mix
Pancake & Waffle Mix
Pecan Snowballs
Raspberry Swirls

Portofino
Brown Rice Bread
Cheese & Onion Bread
Seeded Bread
Brown Hamburger Buns
White Hamburger Buns
Chocolate Chip Cookie
White Chocolate Macadamia
Nut Cookie
Banana Walnut Muffins
Raspberry Muffins

Sweets from the Earth
Cashew Butter Cookie
Chocolate Cake
Walnut Brownie

Wendels
Carrot Cake
Chocolate Buttercreme Cake
Pecan Caramel Turtle
Cheesecake

Vanilla Birthday Cake
Chocolate Brownie
Coconut Nanaimo Bars
Almond Butter Cookies
Chocolate Chip Cookies
Ginger Cookies
Chocolate Dipped
Pecan Tart
Apple Pie
Pumpkin Pie
Strawberry Pie
Fancy Party Treat Tray

Wise Bites
Muffin, Assorted
Quinoa Bar, Assorted

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
White Rice Flour
Whole Grain Teff
Xanthan Gum

Camino
Cocoa Powder, Organic

Clubhouse Mixes
Minute Tapioca
Potato Starch
Rice Flour

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

Enjoy Life
Chocolate Chips

Fleischmann's
Baking Powder

Hershey's Chipits
Assorted

Let's Do Organic
Coconut Flour
Cornstarch
Shredded Coconut
Ice Cream Cones

Lyle's
Golden Syrup

Robin Hood Flour
Nutri Flour Blend,
Gluten-free

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

Lundberg
Rice, Assorted

Texana
Rice, Assorted

BREAD AISLE

Compliments
Chia Seed Loaf
Cinnamon Raisin Loaf
Multigrain Farmhouse Loaf
White Farmhouse Loaf
Multigrain Sandwich Rolls
White Sandwich Rolls

Dempster 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

CEREALS

Bob's Red Mill
Brown Rice Farina

Compliments, Organic
Corn Flakes
Crispy Flakes
Crispy Rice

General Mills
Honey Nut Chex
Rice Chex

Hippie Foods Granola
Seeds and Fruit
Brown Rice & Quinoa

Holy Crap

Jule's fuel
Quinoa Breakfast Blend

Kashi Cereal
Indigo Morning
Simple Maize

Kellogg's
Rice Krispies, Gluten-free

Nature's Path
Cereal, Assorted

One Degree
Ancient Maize Flakes
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

Daiya
Cream Cheese, Plain
Cheddar Style Shreds
Mozzarella Style Shreds
Cheddar Style Slices

Earth Balance Spreads
Assorted

Kozy Shack Pudding
Assorted

Silk, Assorted flavors
Coffee Creamer
Almond, Cashew,
Coconut & Soy Beverage

**So Delicious
Coconut Beverage**
Assorted

**So Delicious
Coconut Yogurt**
Assorted

So Nice Soy beverage
Assorted

COOKIES & CRACKERS

Annie's GF Cookies
SnickerDoodle
Cocoa & Vanilla

Blue Diamond Nut-Thins
Assorted

**Christie Brown
Rice Crisps**
Salt and Pepper
White Cheddar

Christie Rice Thins
Assorted

Crunchmaster Crackers
Assorted

Dare Breton
GF, Assorted

Edward & Sons Rice Toast
Assorted

Gogo Quinoa Cookies
Assorted

Glutino
Bagel Chips, Assorted
Chocolate Chip Cookies
Chocolate Vanilla
Crème Cookies
Vanilla Crème Cookies
Crackers, Assorted

Hidden Garden Cookies
Chocolate Chip
Ginger Snap
Red Velvet

Hippie Cookies
Assorted

Hot Kid Rice Crisps
Assorted

Midel
Ginger Snaps

Mary's Cookies, Organic
Assorted

Mary's Gourmet

Crackers, Assorted

Pamela'sChocolate Chip Mini Cookies
Ginger Snapz Mini Cookies**Plum M Good Organic**Rice Cakes, Assorted
Rice Thins, Assorted**Quaker Crispy Minis**

Assorted

Real Foods Corn Thins

Assorted

RW Garcia Crackers

3 Seed Kale

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

Assorted

Wow Cookies

Assorted

DELI**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

ManinisFettuccine
Rigatoni
Spaghetti**Sensations**

Salami, Assorted

Tribe

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
Neapolitan Ice Cream
Vanilla Ice Cream
Rainbow Sorbet**Coconut Bliss**

Assorted

DaiyaMushroom & Garlic Pizza
Roasted Vegetable Pizza**Deebes Tea Pops**

Assorted

Food for LifeBrown Rice Tortilla
Rice Almond Loaf**Frozen Coconut Dessert**

Assorted

GlutinoEnglish 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**Nature's Path**Buckwheat Sarrasin Waffles
Chia Plus Waffles**Screamin Brothers****Frozen Treats**

Assorted

Snomoose Ice-cream

Assorted

Stellas PerogiesCheddar
Potato**Udi's**Cinnamon Raisin Bagels
Wholegrain Bagels
Cinnamon Raisin Bread
Millet Chia Ancient
Grain Bread
White Sandwich Bread
Wholegrain Bread
Hamburger Buns
Hot Dog Buns
Pizza, Assorted
Pizza Crust
Tortillas, Plain, 9"
Chocolate Brownies,
Bite Size
Chocolate Chip Cookies
Blueberry Muffins
Double Chocolate Muffins**Vans**

Waffles

Wholly GF 9" Pie Shells**Zara's pasta**Gnocchi
Linguini**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

Pacific Foods**Almond Beverage**

Assorted

So Delicious**Coconut Beverage**

Assorted

So Nice

Assorted

Veggemmo

Assorted

PASTA**Ancient Harvest**Macaroni & Cheese,
Assorted**Annie's Rice Pasta**Cheddar
White Cheddar**Catelli, GF**Fusilli
Lasagna
Linguine
Macaroni
Penne Pasta
Spaghetti**Compliments**Brown Rice Fusilli
Brown Rice Penne
Brown Rice Spaghetti**Daiya Cheezy Mac**Deluxe Cheddar Style
Deluxe Alfredo Style
White Cheddar Style Veggie**GoGo Quinoa Pasta**

Assorted

Mrs. Leepers

Rice Vegetable Twists

NudgeGF Macaroni & Cheese,
Organic**Rizopia, Organic****Brown Rice Pasta**Fusilli
Spaghetti**San Zenone, Organic**Brown Rice Fusilli
Brown Rice Spaghetti
Corn Fusilli**Tinkyada Rice Pasta**

Assorted

Tolerant Legume**Pasta, Organic**Black Bean Penne
Red Lentil Penne
Red Lentil Rotini**Tru Roots, Organic****Rice & Quinoa**

Assorted

PRODUCE**Renée's Dressing**

Assorted

**SAUCES/DRESSINGS
& SPREADS****Arizona Pepper Sauce**

Assorted

BraggAll Purpose Liquid Soy
Seasoning
Liquid Aminos**CattleBoyZ**Maple Bacon Sauce
Original BBQ Sauce
Sweet Chili BBQ Sauce**Clubhouse Mixes**Chili
Gravy, Assorted
Shepherds Pie Seasoning
Mix, 25% Less Salt
Sloppy Joes
Spaghetti Seasoning,
Assorted
Taco Seasoning Mix**Garlic Expressions**

Vinaigrette

Hellmann Mayonnaise

Assorted

Hidden Valley

Dressings, Assorted

Kikkoman

Gluten Free Soy Sauce

McCormickHollandaise Sauce Mix,
25% Less Salt**Mayacamas Dry Mixes**Alfredo Mix
Creamy Pesto Sauce
Gravy, Assorted
Hollandaise Sauce
Pesto Sauce**Mr. Spice Sauce**Ginger Stir-fry
Indian Curry
Sweet & Sour
Thai Peanut**Naked Coconuts**

Soy-free Seasoning Sauce

Neal BrothersClassic Mayonnaise
Lime Mayonnaise
Sriracha Mayonnaise
Truffle Mayonnaise**Nonna Pia's Gourmet**

Balsamic Vinegar, Assorted

Organicville DressingOlive Oil & Balsamic
Ranch
Tomato & Garlic**Pace**Chunky 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

WowbutterSoya 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

Alive Radiant Kale Chips

Assorted

Beanfields Chips

Nacho Bean & Rice
PicoDeGallo
SeaSalt Bean & Rice

Brockmann's Truffini Chocolates

Assorted

Camino Organic Chocolate Bars

Assorted

Canadian Organic Popcorn

Kernels

Fair Trade Dried Fruit

Mango
Pineapple
Tropical Mix

Food Should Taste Good

Multigrain Tortilla Chip
Sweet Potato Chip

GH Cretors Popped Corn

Chicago Mix

Gogo Squeeze

Apple Sauce, Assorted

Hardbite Chips

Assorted

Hippie Foods Garden Chips

Crunchy Coleslaw
Snacking Stir-Fry
Roots Medley

Hunt's Snack Pack Pudding

Assorted

Kettle Chips

Assorted

Kids Gourmet Slammers

Assorted Fruit Snacks

Lay's Potato Chips

Assorted

Lundberg Rice Chips

Honey Dijon
Fiesta Lime
Santa Fe Barbeque
Sea Salt
Sesame & Seaweed

McSweeney's Jerky

Assorted

Mamma Chia

Chia Fruit Squeeze,
Assorted

Old Dutch

Assorted

Pepperidge Farm Crackers

Assorted

Que Pasa

Tortilla Chips, Assorted

Riceworks Rice Snacks

Assorted

Sahale Nut Mixes

Almonds & Cranberries
Cashews With Pomegranate
& Vanilla
Valdosta Nut

Seapoint Farms Dry Roasted Edamame

Lightly Salted
Spicy Wasabi

Three Farmers Roasted Chickpeas

Barbecue
Balsamic & Cracked Pepper
Sea Salt & Lime

Want-Want

Crinkle Chips, Assorted

Zazubean, Organic Superfood Chocolate

Assorted

SOUP & BROTH

Amy's Kitchen Soup

Assorted

Campbell's

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

Boost

Assorted

Botanica

Coconut Oil
Fermented Botanicals,
Assorted
Fermented Probiotics
Greens, Assorted
Liquid Herbal Extracts,
Assorted
Liquid PhytoCaps, Assorted
Omegalicious, Assorted

Clif Bar

Organic Trail Mix, Assorted

Coco Libre

Protein Coconut Water,
Assorted

Cocos Pure Coconut Water

Assorted

Elevate Me Bar

Assorted

Ensure

Assorted

Genuine Health (Assorted Flavours)

Fermented Greens
+ Whole Body
Fermented Vegan
Proteins +
Fermented Vegan
Proteins+ Bars
Greens+ Original
Lean+ Extra Strength
Omega 3+
Sleep+ Time Release

Good Bean Bar

Apricot Coconut
Chocolate Berry- No Nut
Fruit & Seed- No Nut

Good Bean Chickpeas

Chili & Lime
Original Salted
Sweet Cinnamon

Honey Stinger, Organic

Energy Gel, Acai &
Pomegranate
Energy Gel, Fruit Smoothie
Chews, Fruit Smoothie
Chews, Pomegranate

Innovite Health Probiotics

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

Lifebites

Coconut
Hemp

MHP Paleo Protein

Triple Chocolate
Vanilla Almond

MegaFood

Supplements, Assorted

Natural Calm Magnesium Citrate Powder

Cherry

Nature's Way

Assorted Products

Northstar Organic Sports Drink

Lemon
Peach/Mango

Nutriotics Rice Protein Powder

Chocolate
Vanilla

Omega Nutrition Pumpkin Seed Powder

Orgain Organic Protein Shake

Creamy Chocolate Fudge
Vanilla Bean

Organika

Supplements, Assorted
Quinoa Powder
Vege-Pro
Xylitol

Prairie Naturals

Coconut Chips, Organic,
Assorted
Seeds, Organic

Prana, Organic

Chia, Assorted

Probar Protein Bar

Cookie Dough
Mint Chocolate
Peanut Butter Chocolate

Progressive Harmonized Protein Powder

Assorted

PUR Gum

Assorted

Purica

Assorted

Rumble Drink

Coffee
Dutch Cocoa
Vanilla Maple

Simply Protein Bars, Crunch & Chips

Protein Bar, Assorted
Whey Bar, Assorted
Chips, Assorted
Protein Crunch, Assorted

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

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/EN/main/wellness/gluten-free.html

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:** theceliacscene.com