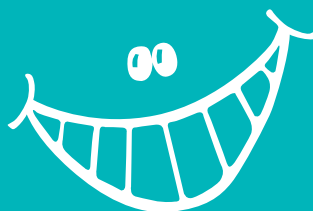


Gluten-free grocery guide



THRIFTY FOODS

Making gluten-free living easier.

September 2016

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
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
Pecan Snowballs
Raspberry Swirls

Portofino
Brown Rice Bread
Seeded Bread
Brown Hamburger Buns
White Hamburger Buns
Chocolate Chip Cookie

Sweets from the Earth
Blueberry Cheesecake
Chocolate Cake
Walnut Brownie

Wendels
Carrot Cake
Chocolate Almond 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

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

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

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 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
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

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
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

So Delicious Coconut Beverage
Coffee Creamer - assorted

So Delicious Coconut Yogurt
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

Dare Breton
GF, Assorted

Edward & Sons Rice Toast

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

Hot Kid Rice Crisps
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

Real Foods Corn Thins
Assorted

Sakata Crackers
Cheese
Plain

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 Pizzas

Pizza Crust, 8 Inch
Cheese Pizza, 8 Inch
Margherita Pizza, 8 Inch
Veggie Pizza, 8 Inch

Groks! Cheese Snacks

Assorted

Happy Planet Soup

Assorted

McLean Meats

Assorted

McSweeney's

Jerky, Assorted
Pep N Cheddies, Original

Maninis

Fettuccine
Rigatoni
Spaghetti

Moon Cheese

Assorted

Sabra

Hummus, Assorted

Tribe

Hummus, Assorted

Villa's Sauces

Sauces, Pesto & Spreads,
Assorted

FROZEN FOODS

Almond Dream Frozen Dessert

Assorted

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
Triple Berry Sorbet

Coconut Bliss

Assorted

Compliments

GF Beef Lasagna
GF Macaroni & Cheese

Daiya

Mushroom & Garlic Pizza
Roasted Vegetable Pizza

Deebes Tea Pops

Assorted

Food for Life

Brown Rice Tortilla
Rice Almond Loaf

Frozen Coconut Dessert

Assorted

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

Jamie Oliver by Compliments

Quinoa Burger
Spicy Black Bean Burger

Kinnikinnick

Cinnamon Donuts
Hamburger Buns
Multigrain Bread
Personal Pizza Crusts
White Bread

Nature's Path

Waffles, Assorted

Scream Brothers

Frozen Treats

Assorted

Snomoose Ice-cream

Assorted

Stellas Perogies

Cheddar
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

Vij's

Assorted

Wholly GF 9" Pie Shells

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

Veggemo

Assorted

PASTA

Ancient Harvest

Macaroni & Cheese, Assorted

Annie's Rice Pasta

Cheddar, GF

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

Explore Cuisine

Bean Pastas – Assorted
Pulse Pastas - Assorted

GoGo Quinoa Pasta

Assorted

Mrs. Leepers

Rice Vegetable Twists

Nudge

GF 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

Tru Roots, Organic Rice & Quinoa

Assorted

PRODUCE

Renée's Dressing

Assorted

SAUCES/ DRESSINGS & SPREADS

Amazing Dad's BBQ Sauce

Arizona Pepper Sauce

Assorted

Bragg

All 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

Hellish Relish

Hellmann Mayonnaise

Assorted

Hidden Valley

Dressings, Assorted

Kikkoman

Gluten Free Soy Sauce

McCormick

Hollandaise Sauce Mix,
25% Less Salt

Marinelli's Pasta Sauce

Assorted

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 Brothers

Classic Mayonnaise
Lime Mayonnaise
Sriracha Mayonnaise
Truffle Mayonnaise

Nonna Pia's Gourmet

Balsamic Vinegar, Assorted

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

Smokin' George's

Original BBQ Sauce

Spectrum Naturals

Eggless Canola Mayo
Organic Mayo

VH Sauce

Assorted

Weber

Coffee 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

Alive Radiant Kale Chips

Assorted

Annie Chun's

Seaweed Crisps, Assorted
Seaweed Snacks, Assorted

Beanfields Chips

Nacho Bean & Rice
PicoDeGallo
SeaSalt Bean & Rice

Brockmann's Truffini

Chocolates

Assorted

Camino Organic

Chocolate Bars

Assorted

Canadian Organic Popcorn

Kernels

CHOCXO Chocolate Bars

Assorted



Doritos Tortilla Chips
Inferno

Fair Trade Dried Fruit
Mango
Pineapple
Tropical Mix

Food Should Taste Good
Multigrain Tortilla Chip
Sweet Potato Chip

GH Creators 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

Kettle Chips
Assorted

Kids Gourmet Slammers
Assorted Fruit Snacks

Lay's Potato Chips
Assorted

Lundberg Rice Chips
Fiesta Lime
Santa Fe Barbeque
Sea Salt
Sesame & Seaweed
Sriracha

Mamma Chia
Chia Fruit Squeeze, Assorted

Old Dutch
Potato Chips, Assorted
Restaurante Tortilla Chips

Pepperidge Farm Crackers
Assorted

Pirate's Booty
Rice and Corn Puffs, 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

Simply 7 Quinoa Chips
Assorted

Theobroma Chocolat
Assorted

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

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

Clif Bar
Organic Trail Mix, Assorted

Coco Libre
Protein Coconut Water,
Assorted

Cocos Pure Coconut Water
Assorted

Elevate Me Bar
Assorted

Ensure
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+
Sleep+ Time Release

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

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

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

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

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: <https://www.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:** theceliacscene.com