

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Reno Store, Northern California Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

#### Crave

Dark Chocolate Brownie  
Lemon Tart, 4"  
Mama Z's Chocolate Cake, 4"

#### WFM Gluten Free Bakehouse

Carrot Cake  
Molasses Ginger Cookies  
Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free All Purpose Baking Mix  
Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pancake & Baking Mix  
Gluten Free Vanilla Cake Mix  
Long Grain Brown Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Baking Powder  
Baking Soda  
Cornstarch  
Flaxseed Meal  
Flaxseeds  
Garbanzo Bean Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free All Purpose Baking Flour
- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cornbread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Golden Flaxseed Meal
- Hazelnut Meal/Flour
- Millet Flour
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Organic Quinoa Flour
- Potato Flour
- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- French Bread & Pizza Mix

### Hain

- Baking Powder

## Baking Needs (Cont'd)

### Namaste

- Blondie Mix
- Muffin Mix
- Pizza Crust Mix
- Sugar-Free Muffin Mix
- Vanilla Cake Mix

### Pamela's Products

- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- True Blueberry, 20 Ct

### So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

## Bread

### Glutino

- Premium Brown Rice Bread, Homestyle
- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

## Candy and Chocolate

### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

## Canned Goods

### Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans
- Organic Refried Black Beans, Low in Sodium
- Organic Traditional Refried Beans
- Organic Traditional Refried Beans, Light in Sodium
- Organic Vegetarian Baked Beans

## Cereal

### Amy's

- Organic Cream of Rice Hot Cereal Bowl

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Organic Rice & Shine Hot Cereal

### Bob's Red Mill

- Brown Rice Farina Creamy Rice Hot Cereal
- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Creamy Buckwheat Hot Cereal
- Whole Grain Teff

### Enjoy Life

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

## Cereal (Cont'd)

### EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Gorilla Munch Organic Cereal, 23 oz
- Koala Crisp Organic Cereal
- Koala Crisp Organic Cereal, 26 oz
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal, 25 oz

### Lundberg Farms

- Organic Pure Creamy Rice Cereal

### Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Honey'd Corn Flakes, 26.4 oz
- Organic Honey'd Cornflakes
- Organic Mesa Sunrise Cereal
- Organic Whole O's Cereal

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese
- Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Arico

- Cassava Chips, Barbecue Bliss
- Cassava Chips, Ginger on Fire
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

### Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Cinnamon Tortilla Chips 5.5 oz
- Lime Tortilla Chips 5.5 oz
- Potato & Chive Tortilla Chips 5.5 oz

## Chips, Pretzels and Snacks (Cont'd)

### Food Should Taste Good

Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz

### Food Should Taste Good

Jalapeno Tortilla Chips 6 oz  
Multigrain Tortilla Chips 6 oz  
Olive Tortilla Chips 6 oz

### Glutino

Pretzels, Sticks  
Pretzels, Twists  
Pretzels, Unsalted

### Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

### Lundberg Farms

Apple Cinnamon Rice Cakes  
Brown Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Mochi Sweet Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Sesame Tamari Rice Cakes  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips  
Unsalted Brown Rice Cakes

### Mary's Gone Crackers

Sticks & Twigs, Sea Salt  
Sticks & Twigs, Tomato Chipotle

### Mr. Krispers

Baked Rice Krisps, Barbecue  
Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed  
Canola Oil

## Condiments (Cont'd)

### Organicville

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic  
Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

### Spectrum

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 32 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Olive Oil Mayonnaise  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Arico

Almond Cranberry Cookies

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini Cookies  
Vanilla Graham Mini Cookies

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Happy Apple Cookies  
Soft Baked Lively Lemon Cookies  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

## Cookies and Snack Bars (Cont'd)

### EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate  
Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle  
Panda Organic Crispy Rice Bars, Peanut Butter  
Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutenfreeda's Real Cookies

Peanut, Paul & Mary

### Jennie's

Coconut Macaroons

### Pamela's Products

Ginger Cookies with Sliced Almonds  
Peanut Butter Cookies  
Simplebites Extreme Chocolate Mini Cookies  
Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

Molasses Ginger Cookies

## Crackers

### Health Valley

Rice Bran Crackers

### Mary's Gone Crackers

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Onion  
Crackers, Original

## Dairy

### Earth Balance

Buttery Spread with Olive Oil  
Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread  
Soy Free Buttery Spread  
Soy Garden Buttery Spread

## Dairy Alternatives

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Cream Cheese  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Nacho Cheese  
Vegan Gourmet Sour Cream

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Blueberry Dairy Free Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Cinnamon Bun Dairy Free Yogurt  
Key Lime Dairy Free Yogurt  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Kefir  
Passionate Mango Cultured Coconut Milk Yogurt  
Peach Dairy Free Yogurt  
Pina Colada Cultured Coconut Milk Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Raspberry Dairy Free Yogurt  
Strawberry Banna Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt  
Vanilla Dairy Free Yogurt

### WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz  
Plus Soy Beverage, Plain 64 oz

## Deli Style Meats and Cheeses

### Applegate Farms

Organic Sliced Oven Roasted Chicken  
Salametti  
Sliced Authentic Prosciutto  
Sliced Genoa Salami  
Sliced Organic Genoa Salami  
Sliced Organic Oven Roasted Turkey

## **Deli Style Meats and Cheeses (Cont'd)**

### **Applegate Farms**

- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Pepperoni
- Sliced Soppressata

## **Desserts**

### **Crave**

- Dark Chocolate Brownie
- Lemon Tart, 4"
- Mama Z's Chocolate Cake, 4"

### **French Meadow Bakery**

- Gluten Free Fudge Brownie

### **WFM Gluten Free Bakehouse**

- Carrot Cake

## **Energy and Nutrition Bars/Drinks**

### **Bumble Bar**

- Chunky Cherry
- Original with Almond

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix

### **Bob's Red Mill**

- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix
- TVP (Textured Vegetable Protein)

### **Cherrybrook Kitchen Gluten Free Dreams**

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

## **Entrees and Mixes (Cont'd)**

### **Namaste**

- Blondie Mix
- Muffin Mix
- Pizza Crust Mix
- Sugar-Free Muffin Mix
- Vanilla Cake Mix

### **Pamela's Products**

- Confetti Frosting Mix
- Dark Chocolate Frosting Mix
- Vanilla Frosting Mix

## **Ethnic Foods**

### **Amy's**

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### **Food Merchants**

- Organic Polenta, Basil & Garlic
- Organic Polenta, Mushroom & Onion
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

### **Organicville**

- Organic Sesame Teriyaki

### **World Foods**

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry Sauce
- Thai Ginger Lemon Grass Stir Fry Sauce
- Thai Green Curry Paste
- Thai Green Curry Ready To Pour Sauce
- Thai Masaman Curry Ready To Pour Sauce
- Thai Yellow Curry Ready to Pour Sauce

## Frozen Foods

### Amy's

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Cream of Rice Hot Cereal Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Rice Crust Spinach Pizza
- Organic Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough
- Gluten Free Fudge Brownie

### Glutenfreeda's Real Cookies

- Peanut, Paul & Mary

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Kids Meal, Mac No Cheese
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

### It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

### Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Non-Dairy Vanilla and Almonds Bar

### Purely Decadent

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Dulce De Leche Non-Dairy Frozen Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Snickerdoodle Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- Creamy Orange Bar
- Kidz Assorted Fruit Pops
- Orange Passion Fruit Agave Sweetened Fruit Bar
- Raspberry Agave Sweetened Fruit Bar
- Strawberry Agave Sweetened Fruit Bar
- Vanilla Bar, Made with Coconut Milk

## Frozen Foods (Cont'd)

### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock
- Crispy Battered Gluten Free Halibut

### Sweet Nothings

- Non-Dairy Fudge Bar

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Homestyle Pancakes
- Wheat Free Homestyle Waffles
- Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

- Inca Red Organic Quinoa 12 oz
- Traditional Organic Quinoa 12 oz

### Bob's Red Mill

- Organic Quinoa Grain

### Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic California White Jasmine Rice
- Organic Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic White Long Grain Rice
- Organic Wild Rice

## Jams and Nut Butters

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Sweet Italian Sausage

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Flaxseeds
- Hulled Hemp Seeds
- Organic Golden Flaxseeds

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Linguine 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Fusilli
- Organic Gluten Free Linguine
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Lasagna
- Rice Spirals

## Pasta (Cont'd)

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Mushroom & Onion
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

### Organicville

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Pineapple Salsa
- Organic Sesame Teriyaki

### World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry Sauce
- Thai Ginger Lemon Grass Stir Fry Sauce
- Thai Green Curry Ready To Pour Sauce
- Thai Masaman Curry Ready To Pour Sauce
- Thai Yellow Curry Ready to Pour Sauce

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock
- Crispy Battered Gluten Free Halibut

## Soups

### Amy's

- Organic Black Bean Chili
- Organic Black Bean Vegetable Soup
- Organic Chunky Vegetable Soup
- Organic Curried Lentil Soup
- Organic Fire Roasted Southwestern Vegetable Soup
- Organic Lentil Soup
- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Medium Chili with Vegetables
- Organic Medium Chili, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

### Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 oz
- Corn & Lemongrass Soup 32 oz
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Corn Soup, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, Low Sodium 32 oz

## **Soups (Cont'd)**

### **Imagine Foods**

- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Potato Leek Soup 16 oz
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

## **Spices and Seasonings**

### **Bob's Red Mill**

- Cornstarch

### **World Foods**

- Thai Green Curry Paste

## **Sweeteners**

### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup