

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Hillcrest Store, Southern Pacific 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

#### WFM Gluten Free Bakehouse

Carrot Cake  
Molasses Ginger Cookies

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Blue Corn Meal  
Buckwheat Flour  
Gluten Free All Purpose Baking Mix

### Baking Needs (Cont'd)

#### Arrowhead Mills

Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Millet Flour  
Soy Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Arrowroot Starch Flour  
Baking Soda  
Flaxseed Meal  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Cornbread Mix

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hemp Protein Powder
- Organic Brown Rice Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Quinoa Flour
- Organic White Rice Flour
- Potato Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Sugar Cookie Mix

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Perfect Pie Crust Mix

### Hain

- Baking Powder

### Namaste

- Brownie Mix
- Chocolate Cake Mix

### Pamela's Products

- Chocolate Cake Mix
- Confetti Frosting Mix
- Cornbread & Muffin Mix
- Gluten-Free Bread Mix
- Gluten-Free Bread Mix & Flour Blend

## Baking Needs (Cont'd)

### Pamela's Products

- Vanilla Frosting Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Antioxidant Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Grapefruit Green Tea, 20 Ct
- Tropical Strawberry, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry Tea, 20 Ct

### So Delicious

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

## Bread

### French Meadow Bakery

- Gluten Free Tortillas, 7"

### Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Flax Seed Bread

## Bread (Cont'd)

### Glutino

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

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Sweetened Organic Rice Flakes

### Bakery On Main

Apple Raisin Walnut Gluten Free Granola

Cranberry Orange Cashew Gluten Free Granola

Extreme Fruit & Nut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

Rainforest Gluten Free Granola

## Cereal (Cont'd)

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal

GlutenFree Rolled Oats

Organic Brown Rice Farina Creamy Rice Hot Cereal

Organic Buckwheat Groats

Organic Creamy Buckwheat Hot Cereal

Whole Grain Teff

### Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp Organic Cereal

Koala Crisp Organic Cereal, 26 oz

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

### Lundberg Farms

Organic Pure Creamy Rice Cereal

### Nature's Path

Organic Fruit Juice Sweetened Corn Flakes

Organic Honey'd Corn Flakes, 26.4 oz

Organic Honey'd Cornflakes

Organic Mesa Sunrise Cereal

Organic Mesa Sunrise Cereal, 26.4 oz

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, Ginger on Fire  
Cassava Chips, Original

### **Food Should Taste Good**

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

### **Food Should Taste Good**

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

### **Glutino**

Pretzels, Sticks  
Pretzels, Twists

### **Lundberg Farms**

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

### **Mary's Gone Crackers**

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

### **Mr. Krispers**

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

## **Condiments**

### **Follow Your Heart**

Honey Mustard Dressing  
Lemon Herb Dressing  
Thousand Island Dressing  
Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil  
Vegenaise, Original

### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sesame Goddess  
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, Squeeze Bottle  
Organic Garlic Ranch Omega-3 Dressing  
Organic Olive Oil Mayonnaise  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle  
Organic Wasabi Mayonnaise 12 oz

## **Cookies and Snack Bars**

### **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 Chocolate Chip Cookie Pack  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Happy Apple Cookies

## Cookies and Snack Bars (Cont'd)

### Enjoy Life

- Soft Baked Lively Lemon Cookies
- Soft Baked Snickerdoodle Cookie Pack
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

### 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

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

### Jennie's

- Almond Macaroons
- Coconut Macaroons

### Pamela's Products

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

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Foods Alive

- Hemp Organic Flax Crackers
- Onion Garlic Organic Flax Crackers
- Original Organic Flax Crackers

### Health Valley

- Rice Bran Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb

## Crackers (Cont'd)

### Mary's Gone Crackers

- 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 Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk 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

## Dairy Alternatives (Cont'd)

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken Salametti
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Honey Ham
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Pepperoni
- Sliced Smoked Turkey
- Sliced Turkey Bologna

## Desserts

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Original with Almond
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

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

### Bob's Red Mill

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

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Sugar Cookie Mix

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

### Namaste

- Brownie Mix
- Chocolate Cake Mix

### Pamela's Products

- Confetti 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 Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic

## Ethnic Foods (Cont'd)

### Food Merchants

- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

### French Meadow Bakery

- Gluten Free Tortillas, 7"

### World Foods

- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Ginger Lemon Grass Stir Fry Sauce
- Thai Green Curry Ready To Pour Sauce
- Thai Red Curry Paste
- Thai Red 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 Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

## Frozen Foods (Cont'd)

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Lightly Battered Fish, Wheat Free Gluten Free
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

### It's Soy Delicious

- Almond Pecan Non-Dairy Frozen Dessert
- Chocolate Almond Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert

### 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
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert
- Strawberry Non-Dairy Frozen Dessert

### Purely Decadent

- Belgian Chocolate Non-Dairy Frozen Dessert
- Blueberry Cheesecake Non-Dairy Frozen Dessert
- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Dulce De Leche Non-Dairy Frozen Dessert
- Key Lime Pie 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 Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk 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
- Kidz Assorted Fruit Pops
- Raspberry Agave Sweetened Fruit Bar
- Strawberry Agave Sweetened Fruit Bar
- Vanilla Bar, Made with Coconut Milk

### Starfish

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

### Sweet Nothings

- Non-Dairy Fudge Bar
- Non-Dairy Fudge Bar, 6-pack

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles

## Frozen Foods (Cont'd)

### Van's

- 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

### Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed California White Jasmine Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Short Grain Brown Rice
- Eco-Farmed Wehani Gourmet Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California White Basmati Rice
- Organic California White Jasmine Rice
- Organic Long Grain Brown Rice
- Organic Quick Wild 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 Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Turkey Hot Dogs
- Sliced Organic Turkey Bacon

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hemp Protein Powder
- Hulled Hemp Seeds

### Enjoy Life

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Linguine 8 oz
- Quinoa Supergrain Pasta, Rotelle 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz
- Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

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

### DeBoles Foods

- Corn Elbow Pasta
- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Fettuccine
- Rice Lasagna
- Rice Penne

## Pasta (Cont'd)

### DeBoles Foods

- Rice Spaghetti
- Rice Spirals

### Lundberg Farms

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

### Namaste

- Say Cheez Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- 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 Spicy Chipotle Salsa

### Organicville

- Organic Medium Salsa

### World Foods

- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Ginger Lemon Grass Stir Fry Sauce
- Thai Green Curry Ready To Pour Sauce
- Thai Red 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 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 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
- Potato Leek Soup 32 oz
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

## Spices and Seasonings

### World Foods

- Thai Red Curry Paste

## Sweeteners

### Lundberg Farms

- Organic Brown Rice Syrup