

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Jamboree 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  
Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

Blue Corn Meal  
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  
Millet Flour  
Soy Flour  
White Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Arrowroot Starch Flour  
Baking Powder  
Baking Soda

## Baking Needs (Cont'd)

### Bob's Red Mill

- Brown Rice Flour
- Cornstarch
- Flaxseed Meal
- Flaxseeds
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cinnamon Raisin Bread
- Gluten Free Cornmeal
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Organic Brown Rice Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Organic White Rice Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Chebe

- All-Purpose Mix
- Cinnamon Rolls Mix

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

## Baking Needs (Cont'd)

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- Decadent Chocolate Cake Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix
- Spice Cake & Gingerbread Mix

### Hain

- Baking Powder

### Namaste

- Brownie Mix
- Muffin Mix
- Spice Cake Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

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

## Beverages

### Celestial Seasonings

- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Country Peach Passion
- Decaf Mint Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct

## **Beverages (Cont'd)**

### **Celestial Seasonings**

Mint Magic Tea, 20 Ct  
Nutcracker Sweet Herbal Tea  
Peppermint Tea, 40 Ct  
Sleepytime Extra Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
Sleepytime Tea, 40 Ct  
Sugar Plum Spice, 20 Ct  
Tangerine Orange Zinger Tea, 20 Ct  
Tension Tamer Tea, 20 Ct  
Tropical Grapefruit Green Tea, 20 Ct  
True Blueberry, 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 Brown Rice Bread with Inulin  
Premium Brown Rice Bread, Homestyle  
Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Fiber 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

## **Canned Goods (Cont'd)**

### **Amy's**

Organic Refried Black Beans, Low in Sodium  
Organic Traditional Refried Beans  
Organic Traditional Refried Beans, Light in Sodium

## **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  
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

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

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

### **Enjoy Life**

Cinnamon Crunch Granola  
Cranapple Crunch Granola  
Very Berry Crunch Granola

### **EnviroKidz**

Amazon Frosted Flakes Organic Cereal  
Gorilla Munch Organic Cereal  
Koala Crisp Organic Cereal  
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal

## Cereal (Cont'd)

### Lundberg Farms

Organic Pure Creamy Rice Cereal

### Nature's Path

Organic Crispy Rice Cereal  
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, 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  
Multigrain Tortilla Chips 12 oz  
Potato & Chive Tortilla Chips 5.5 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz  
Yellow Corn Tortilla Chips 11 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

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

### Glutino

Pretzels, Sesame Rings  
Pretzels, Sticks  
Pretzels, Twists  
Pretzels, Unsalted

### Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

### Lundberg Farms

Apple Cinnamon Rice Cakes  
Brown 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, Sea Salt  
Sticks & Twigs, Tomato Chipotle

### Mr. Krispers

Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

Caesar Dressing  
Honey Mustard Dressing  
Organic Balsamic Vinaigrette Dressing  
Organic Creamy Miso Ginger Dressing  
Organic Italian Vinaigrette Dressing  
Sesame Dijon Dressing  
Sesame Miso Dressing  
Thousand Island Dressing  
Unforgettables Balsamic Vinaigrette Sauce

## Condiments (Cont'd)

### Follow Your Heart

Unforgettables Balsamic Vinaigrette Sauce, Lowfat  
Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed  
Canola Oil  
Vegenaise, Original

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce  
Organic Tangy 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 Golden Balsamic Omega-3 Dressing  
Organic Olive Oil Mayonnaise  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Roasted Garlic Mayonnaise 12 oz  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Arico

Lemon Ginger Cookies  
Peanut Butter Cookies

### Bakery On Main

Cranberry Maple Nut Granola Bars  
Extreme Trail Mix Granola Bars

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Chocolate Chip Cookie Pack

## Cookies and Snack Bars (Cont'd)

### Enjoy Life

Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Lively Lemon Cookies  
Soft Baked No-Oats "Oatmeal" Cookie  
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  
Organic Vanilla Animal Cookies  
Panda Organic Crispy Rice Bars, Peanut Butter  
Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

### Jennie's

Coconut Macaroons

### Pamela's Products

Ginger Cookies with Sliced Almonds  
Peanut Butter 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 Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut 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

#### WestSoy

- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 32 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 Hot Genoa Salami
- Sliced Hot Soppressata
- 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 Pepperoni
- Sliced Turkey Bologna
- Sliced Turkey Salami

## Desserts

### French Meadow Bakery

- Gluten Free Fudge Brownie

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Awesome Apricot
- Chai with Almonds
- Cherry Chocolate
- Chocolate Crisp
- Chunky Cherry
- Lushus Lemon
- 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

## Entrees and Mixes (Cont'd)

### Bob's Red Mill

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

### Chebe

Cinnamon Rolls Mix

### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Chocolate Chip Cookie Mix  
Sugar Cookie Mix

### Lundberg Farms

Organic Florentine Risotto  
Organic Tuscan Risotto

### Namaste

Brownie Mix  
Muffin Mix  
Spice Cake Mix  
Vanilla Cake Mix  
Waffle & Pancake 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 Roasted Vegetable Tamale Whole Meal  
Organic Teriyaki Bowl  
Organic Thai Stir-Fry

## Ethnic Foods (Cont'd)

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Mushroom & Onion  
Organic Polenta, Traditional

### French Meadow Bakery

Gluten Free Tortillas, 7"

### Organicville

Organic Sesame Teriyaki

### World Foods

IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce  
Malaysian Sweet Chili Coconut Dipping Sauce  
Thai Basil Curry Stir Fry Sauce  
Thai Green Curry Paste  
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, 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  
Organic Shepherd's Pie, Light in Sodium  
Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza  
Organic Teriyaki Bowl  
Organic Thai Stir-Fry

## Frozen Foods (Cont'd)

### Amy's

Organic Tofu Scramble

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough

Gluten Free Fudge Brownie

### Gluten Free Cafe

Asian Noodles

### Ian's Natural Foods

Chicken Fingers, Allergen Free

Chicken Patties, Wheat Free Gluten Free

French Toast Sticks, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

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

Almond Pecan Non-Dairy Frozen Dessert

Green Tea Non-Dairy Frozen Dessert

Vanilla 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

Non-Dairy Creamy Fudge Bar

Non-Dairy Creamy Vanilla Bar

### Purely Decadent

Belgian Chocolate Non-Dairy Frozen Dessert

Cherry Nirvana Non-Dairy Frozen Dessert

Chocolate Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert

Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert

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

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

Pomegranate Chip Non-Dairy Frozen Dessert

Praline Pecan 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

Creamy Raspberry Bar

Fudge Bar, Sugar Free

Kidz Assorted Fruit Pops

Orange Passion Fruit 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

Non-Dairy Mango Raspberry Bar

## Frozen Foods (Cont'd)

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Flax Waffles
- Wheat Free French Toast Sticks Cinnamon
- 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

- Rice Bran

### 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 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 Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic Short Grain Brown Rice, 25 lb
- Organic White Long Grain 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)

### WestSoy

- Firm Tofu, Water-Pack 16 oz

## Meat and Poultry

### Applegate Farms

- Big Apple Hot Dogs
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Poultry Andouille Sausage
- Organic Sliced Sunday Bacon
- Organic Sweet Italian Sausage
- 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

- Flaxseeds
- Hemp Protein Powder
- Organic Golden Flaxseeds

### Enjoy Life

- Not Nuts! Mountain Mambo Trail Mix

## 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, Rotelle 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Veggie Curls 8 oz

## **Pasta (Cont'd)**

### **Bionaturae**

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

### **DeBoles Foods**

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

### **Lundberg Farms**

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

### **Namaste**

- Pasta Pisavera

## **Pasta Sauce**

### **Amy's**

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

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Basil & Garlic
- Organic Polenta, Mushroom & Onion
- Organic Polenta, Traditional

## **Sauces, Salsas and Dips**

### **Amy's**

- Organic Medium Salsa
- Organic Spicy Chipotle Salsa

### **Follow Your Heart**

- Unforgettables Balsamic Vinaigrette Sauce
- Unforgettables Balsamic Vinaigrette Sauce, Lowfat

## **Sauces, Salsas and Dips (Cont'd)**

### **Organicville**

- Organic Medium Salsa
- Organic Sesame Teriyaki

### **World Foods**

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai Basil Curry Stir Fry 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

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

### **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 Acorn Squash & Mango Soup 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
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom 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**

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

- Cornstarch

### **World Foods**

- Thai Green Curry Paste
- Thai Red Curry Paste

## **Sweeteners**

### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup