



January 2010

GLUTEN FREE PRODUCTS AT THE MARKET ON MILLSTREAM

The Market offers this list as a guide only, and as such, assumes no responsibility for the purchase and consumption of food that may not conform to your dietary requirements. The onus is on the individual consumer to determine if a product is suitable for them. At time of printing, ingredient labels on products found on this list clearly indicate that they are either gluten free or that no ingredients therein are derived from gluten, according to the Canadian Celiac Association Pocket Edition (Acceptability of Foods & Food Ingredients for the Gluten-Free Diet (2005.) Ingredients can change without notice and new products are frequently introduced. The Market endeavors to keep this guide, as well as product identification, as up to date as possible. We welcome any observations and suggestions you may have. See Self-Care Staff in Aisle 8.

Please Note: Signage throughout the store indicate "Gluten Free" for ease of location only. Please check the ingredients list on each item. Signs indicating a product is "Wheat Free" should never be confused to mean that they are "Gluten Free."

*This list is produced in co-operation with The Canadian Celiac Association.

Front of Store Freezer near washrooms

Van's Waffles Blueberry
Van's Waffles Apple Cinnamon
Van's Wheat Free Waffles Original
Note: Van's Organic Original is NOT GF
Lifestream Waffles Mesa Sunrise
Nature's Path Buckwheat Waffles
Nature's Path Homestyle Waffles
Gluten Freeda's Real Cookies- all flavours

Available online at: http://www.themarketstores.com/millstream/glutenfree_menu.html

*ASK about our Celiac Support Group Jan. 27 Feb. 24, Mar. 24 and individual store tours.

Tel: 250-391-1110

Bunker Freezer near Aisles 1& 2

Florencia's pastas

Aisle 1 Frozen, Fresh Bread and Baked Goods

Glutino Pizzas- all flavours
Glutino Penne Alfredo
Glutino Penne Duo Mushroom
Glutino Pad Thai
Glutino Chicken Pomodoro
Glutino Chicken Alfredo
Chapmans Ice Cream
ENERG Brownies
ENERG Enriched Tapioca Laf
ENERG High Fiber Loaf
ENERG Yeast Free Brown Rice Loaf
ENERG Brown Rice Loaf

Aisle 2 Cookies and Crackers

Nature's Path Envirokidz granola bars- all flavours
Sunstart Caramel & Chocolate Dessert
Sunstart Milk Chocolate Topped Crispie Bars
Mi-Del Chocolate Chip Cookies
Mi-Del Ginger Snaps
Mi-Del Arrowroot Cookies
Patsy Pie Cookies- all flavours
Patsy Pie Biscotti – all flavours
Pamela's cookies – all flavours
Lundberg Rice Cakes – all flavours
Real Foods Corn Thins –all flavours
Mary's Gourmet Crackers – all flavours
Hot Kid Rice Crisps Natural
Hot Kid Rice Crisps Cheese
Hot Kid Rice Crisps BBQ
Hot Kid Rice Crisps Seaweed
Hot Kid Rice Crisps Sesame
Hot Kid Rice Crisps Unsalted
Hot Kid Rice Crisps Sweet Chili
Hot Kid Rice Crisps Hot Wasabi
Note: Bacon & Teriyaki flavours of Hot Kid Rice Crisps contain soy sauce with wheat so are not gluten free
Glutino Wafers – all flavours
Glutino Dreams – all flavours

Glutino Dream Bites Chocolate
Glutino Crackers – all flavours
Glutino Granola Bars- all flavours
Sakata Rice Crackers Cheddar Cheese
Sakata Rice Crackers Tomato & Balsamic
Sakata Rice Crackers Plain
Sakata Rice Crackers Sour Cream & Onion
Sakata Rice Crackers Tomato Salsa
Sakata Rice Crackers Sesame
Plum-M-Good Rice Cakes-all varieties

Aisle 3 Pasta, Soups

Road's End Macaroni & Chreese
Road's End Penne & Chreese
Road's End Dairy Free Penne & Chreese
A Taste of Thai Peanut Noodles
A Taste of Thai Red Curry Noodles
A Taste of Thai Coconut Ginger Noodles
A Taste of Thai Pad Thai
Tinkyada Regular and Organic Rice Pastas,
Brown and White Rice varieties
San Zenone Brown Rice Pastas
San Zenone Corn Pastas
San Zenone White Rice Pastas
Rizopia Organic Rice Pastas
Annie's Rice Pasta & Cheddar
Mrs. Leeper's Chicken Alfredo
Pacific Soups French Onion
Pacific Soups Roasted Red Pepper and Tomato
Pacific Creamy Roasted Carrot
Pacific Butternut Squash
Pacific Creamy Tomato
Pacific Mushroom Broth
Pacific Low Sodium Vegetable Broth
Pacific Tuscan White Bean
Pacific Spicy Black Bean
Mayacama Pasta Sauce Mixes
Mrs. Leeper's Corn Spaghetti
Gogo Quinoa Pastas
Kinnikinick Pizza Crust Mix
Bob's Red Mill Pizza Crust Mix
Edward & Sons Mashed Potatoes – all flavours
Gluten Free Pantry French Bread & Pizza Mix

Aisle 4 Cereals and Milks

Glutino Breakfast bars – all flavours
Nature's Path Mesa Sunrise
Nature's Path Corn Flakes
Nature's Path Honey'd Corn Flakes
Nature's Path Gorilla Munch Cereal
Nature's Path Koala Crisp Cereal
Nature's Path Peanut Butter Panda Puffs
Nature's Path Crispy Rice
Nature's Path Leapin' Lemurs Cereal
Nature's Path Whole O's Cereal
Nature's Path Crunchy Maple Sunrise
Nature's Path Crunchy Vanilla Sunrise
Gogo Quinoa Puffs
Gogo Quinoa Flakes
Bob's Creamy Rice Cereal
Natura Rice Milk Original
Natura Rice Milk Vanilla
Pacific Organic Almond Milk
Pacific Organic Almond Vanilla Milk
Ryza Rice Milk Original
Ryza Rice Milk Vanilla
Blue Diamond Almond Breeze -all
Living Harvest Hempure Original
Living Harvest Hempure Vanilla
Yu Basmati Rice Milk – all flavours
JK Gourmet Granola – all flavours
Ruth's Chia Goodness –all flavours
Cream Hill Estates Rolled Oats guaranteed
uncontaminated oats**
*Gluten Freeda's Oat Cereals*guaranteed
uncontaminated oats**

Aisle 5 Pop & Chips

Virgil's Sodas-all flavours
Lundberg Rice Chips – all flavours
Cheecha Krackles Original
Cheecha Krackles Sea Salt and Spiced Pepper
Cheecha Krackles Luscious Lime
Cheecha Krackles Salt & Vinegar
Riceworks – all flavours
SalbaSmart Corn Chips – all 3 flavours
Kettle Chips- Potato Chips only
Mary's Organic Sticks and Twigs- all flavours

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ASK about our Celiac Support Group Jan. 27 Feb. 24, Mar. 24 and individual store tours.

Freezer between Aisles 5 & 6

Kinnikinick Rice Breads
Kinnikinick English Muffins
Kinnikinick Bagels
Kinnikinick Hot Dog Buns
Kinnikinick Hamburger Buns
Kinnikinick Pizza Crusts
Kinnikinick Donuts
Food for Life Rice Almond bread
Food for Life White Rice Bread
Food for Life Brown Rice Loaf
Food for Life Fruit & Seed Medley
Glutino Flax Bread
Glutino Fiber Bread
Glutino Baguettes
Glutino Corn Bread
Glutino Plain Bagels
O'Doughs Banana Cake
O'Doughs Chocolate Cake
O'Doughs Carrot Cake

Aisle 6 Baking Ingredients

Living Without Magazine for People with Allergies & Food Sensitivities
GoBio Organic Puddings
GoBio Jellies
Club House Tapioca
Ener-G Egg Replacer
Maxwell's gravy mixes- check flavours
Baker's Supply House Baking Powder
Bob's Red Mill Baking Powder
No Nuttin' Chocolate Chips
Bob's Red Mill Brownie Mix
Bob's Red Mill Cornbread Mix
Bob's Red Mill Cinnamon Raisin Mix
Bob's Red Mill TVP
Bob's Red Mill Bread Mix
Bob's Red Mill Hearty Whole Grain Bread Mix
Bob's Red Mill Flaxseed
Bob's Ground Flaxseed Meal
Bob's Red Mill Organic Flaxseed Meal
Bob's GF Pancake Mix
Bob's GF Biscuit Baking Mix

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Bob's All-Purpose Baking Flour
Bob's Red Mill White Rice Flour
Bob's Red Mill Tapioca Flour
Bob's Red Mill Brown Rice Flour
Bob's Red Mill Garbanzo Fava Flour
Bob's Sorghum Flour
Bob's Amaranth Flour
Bob's Quinoa Flour
Bob's Chocolate Chip Cookie Mix
Baker's Mill Thicken Thin
Duinkerken Tapioca Flour
Duinkerken_Muffin Mix
Duinkerken Rice Flour
Duinkerken Waffle/Pancake Mix
Duinkerken Potato Flour
Duinkerken Cookie Mix
Duinkerken Potato Starch
Gogo Quinoa Flour
Club House Rice Flour
Club House Potato Flour
*Cream Hill Estates Oat Flour *guaranteed no cross-contamination*
Pamela's Baking and Pancake Mix
Pamela's Chocolate Brownie Mix
Pamela's Classic Vanilla Cake Mix
Pamela's Vanilla Frosting Mix
Pamela's Dark Chocolate Frosting Mix
Pamela's Chocolate Cake Mix
Pamela's Chocolate Chunk Cookie Mix
Gluten Free Pantry Pie Crust Mix
JK Gourmet Almond Flour
Glutino Cake Mixes – all flavours
Maxwell's Gravy Mixes- all flavours
Kinnikinick Sunflower Flax Mix
Kinnikinick Angel Food Cake Mix
Mayacama's Hollandaise Sauce

Aisle 7 Chocolate, Candy and Bars

Theobroma Organic Chocolate
Black Ace Black Licorice
Black Ace Red Licorice
Oskri Sesame Bars - various flavours
Oskri Coconut Bars- various flavours
Oskri Quinoa Bars- various flavours
Crispy Cat bars- various flavours

No Nuttin' Trail Mixes
No Nuttin' Vanilla clusters
Dagoba Chocolate bars- all flavours
Sezme snacks
Taste of Nature bars-all bars GF but one has oats

Centre of the Store Produce Section

Renée's Dressings and Dips-check labels
Buttermilk Ranch
Chunky Blue Cheese
Cucumber and Dill
Caesar
Mighty Caesar
Spring Herb Italian
Poppy Seed
Greek Feta
Coleslaw
Roasted Red Pepper
Honey Dijon
Pear Guava
Mediterranean Greek
Parmesan Caesar
Sweet Onion
Ravin Raspberry
Renée's Wellness Pomegranate Berry
Renée's Wellness Tuscan Italian
Renée's Wellness Fig Balsamic
Renée's Wellness Lemon Garlic
Renée's Wellness Roasted Garlic Caesar
Renée's Wellness Peppercorn Ranch
Renée's Wellness Roasted Garlic Caesar
Bolthouse Creamy Salad Dressings- **check flavours**

Aisle 8 Energy Bars, Nutritional Supplements

Stay Well with Gluten Free Resource Book

Lara bar – all flavours
Organic Food Bars – all flavours
Raw Organic Bars- all flavours
Elev8me Bars- all flavours
Rebar –all flavours
Sharkies Chews- all flavours
Proteins Express bars Vanilla & Choc.
Nutralan bars waffle berry

Satisfibre bars blueberry
Greens+ express bars berry and peanut
MacaSure Maca
Sequel Chloressence
North Coast Naturals Organic Hemp Protein
Living Harvest Hemp Protein –all flavours
Manitoba Harvest Protein – all flavours
Manitoba Harvest Hemp Seed Butter
Manitoba Harvest Hemp Seeds
Vega Health Optimizer-All flavours
Vega Smoothie Infusion
Vega Sport- all flavours
Cell Food
Ruth's Soft Hemp Seeds

Supplements

All New Chapter products contain <10ppm gluten with most at <3ppm.
Most SISU products are made with gluten free ingredients but may not be processed in a gluten free facility. Check labels carefully.
Most New Roots products are made with gluten free ingredients but may not be processed in a gluten free facility. Check labels carefully.
Enzymatic Therapy products are not all tested to be gluten free. Check labels carefully.
Trophic Greens contains some gluten. All other Trophic products are made without gluten but not all tested to be gluten free.

Genuine Health

O3 pump
O3fit
O3glow
O3mega
O3679
O3joy
O3think
O3 extra strength
Greens+ gluten free label but contains alfalfa, wheat and barley grass powder
Proteins+
Transform+
Extra Energy
Daily Detox
Grapes+

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Meno
Lean+
Abs+
AOR Chanca Piedra
AOR D-Mannose
Nu-Life Sunshine in a Bottle
AOR Opti-Guggul
AOR Mag-Taurine
AOR Nattokinase
Salba Seeds whole & ground
Barlean's Greens
Barlean's Omega Swirls
Enerex Osteo Rx
Enerex SONA
Lavera Makeup line
Sambucol elderberry- check label
Amazing Grass Superfood

Aisle 9 Natural Body Care

Desert Essence Organics
Body Lotions – all types
Body Wash – all types
Shampoo – all types
Conditioner - all types

Aisle 11 Juice, Coffee and Tea

Dagoba Hot Chocolate – all flavours
Lakewood Juices- all juices

Aisle 12 Sauces and Dressings

Annie's Naturals Organic Ketchup
Organicville Ketchup
Cattle Boyz Original BBQ Sauce
Organicville salad dressings
Organicville BBQ Sauces

Aisle 13 Imported Foods

Lundberg Rice – all types
Lundberg Risotto –all types
Gogo Quinoa Royal
Eden Organic Quinoa
China Sun Vermicelli

Lundberg Wild Rice blends
Texana Long Grain Rice – all rices
Bragg's All Purpose-seasoning
Minara's Pastes – all flavours
Baxter's Chutney Tomato
Authentic Indian Spice Blends: all
Devy Organic Indian Sauces: all
Maseca Instant Corn Masa Flour
La Tortilla Factory Ivory Teff Tortillas
Taza Mexican Organic Chocolate
San-J Sauces- check labels

Dairy & Alternatives Section

Kosy Shack puddings- all flavours
Zen Soy Chocolate pudding
Food for Life Rice Tortillas

Meat Dept.

McLean's Organic Turkey Kolbassa
McLean's Organic Turkey Pepperoni
McLean's Organic Turkey Grillers
McLean's Organic Euro Dogs
McLean's Organic Pork Strips
Grimm's meat products

Deli

Freybe Meats and Sausages (in sealed packages only)
Summer Fresh Hummus, Baba Ghanouj & several dips- check labels

Till 6

Vermints Mints – 4 flavours
Sharkies Sports Chews

Floral Dept.

Request a Gluten Free gift basket.

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