

Ball's Food Stores Hen House Markets

(Ball's Food Stores operate in the Kansas City area only)



Gluten Free Listing

Updated October 2008

The following list is partially from the *CSA Cooperative Gluten-Free Commercial Products Listing*, 12th edition, October 2007 and other product and manufacturer information. Not all items will be carried in all Balls Foods Stores, Hen House Markets. Some items may only be carried in the Health and Naturals departments, which are not in all stores. In the product listing, * denotes items located in the Health and Naturals department. The following stores have Health and Naturals departments, but may not carry all items listed. Deer Creek Hen House, Tremont Hen House, Olathe Hen House, Lee's Summit Hen House, Leawood Hen House, Fairway Hen House, Lenexa Hen House and College Blvd. Hen House. The following stores have a GLUTEN FREE section within the H&N department, but not all gluten free items are found in this section. It is to help with locating the popular items. Those stores are the Tremont Hen House, the Olathe Hen House, the Lee's Summit Hen House, the Leawood Hen House and the Deer Creek Hen House.

Consumers are responsible for reading ALL PRODUCT LABELS. Ingredients may change at any time. This list is compiled from manufacturers and distributors. All questions or concerns regarding product information should be addressed to the manufacturer directly. You can call Jennifer Egeland, RD at 913- 573-1273 to get a manufacturer's contact information.

We cannot be held responsible for individual reactions to any product. This list is to aid you in your gluten free shopping. Brand names in this listing does not constitute endorsement of any product, but is solely for customer convenience. This listing is not to be considered medical advice. Seek a physician or health care provider if you believe you are gluten intolerant.

Manufacturers may not be using a zero tolerance definition of gluten-free. Some manufacturers have dedicated lines of production for items. Some lines of production are cleaned between batches. If in doubt of the contents of the item, do not use the product and recheck with the manufacturer who processes and developed the item.

This may not be a complete list of gluten free products, as items are continually added.

TABLE OF CONTENTS

Baby Food	4
Baking Products	5
Beans	6
Beverages	6
Breads, Crackers & Waffles (delete)	9
Candies and Gum	10
Cereals	10
Cheeses	11
Condiments and Dips	11
Desserts	12
Entrees (Box, Breakfast, Can, Frozen)	12
Fats and Oils	13
Flours & Baking Mixes	14
Fruits	14
Ice Cream and Frozen Dessert	14
Meats and Meatless Alternatives	16
Milk and Yogurt	17
Nuts and Seeds	17
Pasta	17
Rice	17
Salad Dressing	18
Sauces and Mixes	18
Snacks	19
Soups, Broths and Chili	19
Vegetables	20
Processed Potatoes	20
Vinegar	20
Resources	20

Baby Food

Gerber (Gerber states that all ingredients are reflected in the label accurately in clear and easy to understand terms so parents will be able to choose the foods that are appropriate for their children)

"Single Beginnings" First Foods

Applesauce, Bananas, Carrots, Green Beans, Peaches, Pears, Peas, Potatoes, Prunes
Squash, Sweet Potatoes

"Variety Building" Second Foods

Apple Blueberry, Apples and Chicken Dinner, Apples and Ham Dinner
Applesauce, Applesauce Apricot, Apricots with Mixed Fruit
Banana Mixed Berries, Banana Orange Medley, Banana Plum Grape
Banana Yogurt Dessert, Bananas, Bananas with Apples and Pears
Beef and Beef Gravy, Broccoli and Chicken Dinner, Carrots
Carrots and Beef Dinner, Chicken and Chicken Gravy, Dutch Apple Dessert
Garden Vegetables, Green Beans, Ham and Ham Gravy, Lamb and Lamb Gravy
Pears and Chicken, Pear Pineapple, Pears, Peaches, Peas, Plums with Apples
Prunes with Apples, Rice Cereal with Applesauce, Squash, Sweet Potatoes
Sweet Potatoes and Turkey, Turkey and Turkey Gravy, Veal and Veal Gravy
Vegetable Beef Dinner, Vegetable Chicken Dinner, Vegetable and Ham Dinner
Vegetable and Turkey Dinner

"Nutritional Variety" Third Foods

Apple Banana Dessert, Applesauce, Apricots with Mixed Fruit
Banana Pineapple, Banana Strawberry, Bananas, Broccoli and Carrots with Cheese
Carrots, Dutch Apple Dessert, Fruit Medley Dessert, Fruit Salad
Green Beans with Rice, Hawaiian Delight Dessert, Peaches
Pears, Peas with Rice, Plums and Apples, Squash, Sweet Potatoes
Turkey Rice and Garden Vegetable Dinner, Vanilla Custard Pudding Dessert
Vegetable Beef Dinner, Vegetable Chicken Dinner, Vegetable Ham Dinner
Vegetable Stew Dinner, Vegetable Turkey Dinner

Cereals

Single Grain-

Rice Cereal

Mixed and with Fruit

Rice Cereal with Apples

Rice Cereal with Bananas

Cereal made with the ingredients of formula

Rice with Apples and Bananas

100 % Juices

Apple, Orange, Pear, White Grape, Apple Banana, Apple Cherry, Apple Cranberry

Apple Prune, Banana Strawberry Medley, Mixed Fruit, Tropical Blend Juice

Apple Carrot, Apple Sweet Potato

Juice with yogurt

Banana, Mixed Fruit

Beech-Nut

Per Beech-Nut, refer to ingredient listing on the label of each product.

Baking Products

Baking Powders

Clabber Girl

Rumford*

Bob's Red Mill *

Featherweight Low Sodium Baking Powder

Baking Chips

Ghirardelli:

60% Bittersweet Chocolate Chips

Milk Chocolate Chips

Semi- Sweet Chocolate Chips

Enjoy Life*

Semi- Sweet Chocolate Chips

Tropical Source*

Semi Sweet Dairy Free Baking Chips

Baking Sodas

Arm and Hammer

Bob's Red Mill *

Clabber Girl

Chocolate, Bars and Cocoa

Ghirardelli

Milk, White and Dark Broken Chocolate

100% Unsweetened Cocoa

Baking Bar- 100% Cacao Unsweetened, 60% and 70% Cacao Bittersweet, Milk, White Chocolate

Milk Chocolate Squares, with Almonds, with Carmel Filling, Double Chocolate Filling

Coconut

Let's Do...Organics*

Sugars & Sweeteners

C & H Sugar

All sugars, no caramel color in brown sugar

Domino Sugar

All products

Lundberg Farms*

Organic Sweet Dreams Brown Rice Syrup

Splenda
Sweet N Low
Wholesome Foods Organic Sugar*
Wholesome Sweeteners*
Florida Crystals Natural Milled Cane Sugar

Yeast

Red Star

Active Dry Yeast
Bread Machine Yeast
Quick Rise Yeast

Bob's Red Mill*

Hodgson Mill

Beans

Canned

Amy's * Baked and Refried Beans

Bush's

All **EXCEPT** Bush's Best Chili Beans and Bush's Chili Magic Starter Line and Bush's Homestyle Chili

Eden Foods* Refried Beans, Rice and Beans, Beans

Beans- Dried

Fantastic Foods*

Instant Black Beans and Instant Refried Beans

Eden Foods* Aduki, Baby Lima, Black, Garbanzo, Great Northern, Kidney, Navy and Pinto Beans

Bob's Red Mills* Flaxseed Meal

Arrowhead Mills* Organic Flaxseeds, Green and Red Lentils, Soybeans and Split Green Peas

Beverages

Alcohol

Anheuser-Busch- Redbridge Beer

Bartles and James: Read Labels Carefully

Any wine cooler as long as it is **NOT** a malt based beverage

Bacardi- 151, Bahama Mama, Big Apple, Coco. Gold, Hurricane, Limon, O, Razz, Rum Island Ice Tea, Rum Runner, Select, Superior, Vanilla, Zombie

Boone's Farm- wine base only

E & J Gallo- wine and champagne only

Baileys

Captain Morgan

Cuervo

Guinness

J&B

Johnnie Walker

Smirnoff

Tangueray

Cocoa Mixes

Carnation

Instant Cocoa Mix

Nesquik

Ghirardelli

Double Chocolate

Mocha

Hazelnut

White Mocha

Nestle

Hot Chocolate

Coffee

Folgers

Nescafe- Classic Instant and Ice Java Coffee Syrups

Taster's Choice

Coffee Creamers/Flavoring

Nestles- Carnation Coffee Mates- Liquid and Powdered

White Wave- Silk Soymilk Creamer

International Delight

Fruit Drinks, Powdered Mixes and Protein Drinks

Snapple- all DIET products BUT NOT regular

Sobe juice drinks

Naturade* 100% Whey Protein Booster, MEGA Whey, Milk and Egg Protein Booster, N-R-G Protein Booster

Nesquick Chocolate Powder

Genisoy* Protein Shake Powder- Chocolate, Vanilla and Natural

Instant Breakfast

Carnation

No Sugar Added- Rich Milk Chocolate and Vanilla Crème

Powder Drink- Cappuccino, Classic and Rich Chocolate Milk, Strawberry Sensation

Ready to Drink- Creamy Milk Chocolate, French Vanilla, Strawberry Crème

Novartis- **Resource**, Instant Breakfast Mix

Juice

Anderson Erickson Dairy- all juice and juice drinks

Campbell's- Tomato, V8 Vegetable Juice, V8 Splash Juice. V8 Fusion Blends

Del Monte- All 100% fruit juice

Dole- All fruit juices

Minute Maid-all 100% juice products without added ingredients

Motts Apple Juice- Plus Light Apple Juice Beverage, Kids Plus Apple Grape and Punch

Naked Juice- all products **except** Green Machine

Nestle- Juicy Juice

Ocean Spray- Apple, Cranberry Juice Cocktail, 100% Orange Juice

100% White Grapefruit Juice

Old Orchard Juice

Organic Valley- Grapefruit Juice Pulp Free, Orange Juice-pulp added, free and with Calcium

Welch's- all Welch's products

Zola Acai*
Roberts Dairy-Orange Juice
Tropicana Pure Premium Orange Juice

Miscellaneous Drinks

Gatorade- all products
Minute Maid- Light Lemonade
Minute Maid Barcardi Mixers
Almond Breeze * Non Dairy Beverage, Original, Vanilla, Chocolate
Eden Foods* Eden Blend and Eden Soy Unsweetened
Pacific Foods Non Dairy Beverages* Almond, Rice and Soy Beverages-all, Original Hazelnut
Dansani
Country Time Lemonade, bottles and cans
Special K209 protein water
White Wave Silk Soymilk-Chai, Chocolate, Coffee SoyLatte, Enhanced, Mocha, Nog, Plain, Spice SoyLatte, Unsweetened, Vanilla

Soft Drinks

A&W Cream Soda-all flavors
Barq's- Regular, Caffeine Free and Diet, French Vanilla Crème, Red Crème and Root Beer
Blue Sky*- Natural and Organic Soda
Canada Dry-all flavors
Coca-Cola- Cherry Coke and Diet, Zero, Cherry Coke Zero, Coca-Cola Black and Diet, Black Cherry Vanilla, Classic, Coke with Lime and Diet, C2, Diet Coke Plus, Diet sweetened with Splenda, Vanilla Coke, Diet Vanilla
Crush- all flavors
Diet Rite- all flavors
Dr Pepper- all flavors
Hansen's Natural Soda*- all flavors
Hawaiian Punch- all flavors
Mountain Dew- all flavors
Mug- all varieties including root beer and cream
Pepsi-Cola-all Pepsi products are gluten free
Powerade
RC Cola- all flavors
Reed's Ginger Brew*-China Cola, Extra Ginger Brew, Original Ginger Brew, Premium Ginger Brew, Raspberry Ginger Brew, Virgil's Cream Soda and Root Beer
Ruby Red Squirt
Schwepes all flavors
Seven Up all flavors
Sierra Mist
Sprite- Sprite Zero, Diet Sprite, Sprite ReMix Berry Clear
Sunkist Orange, regular and diet
Welch's- all flavors

Teas - read label carefully on flavored teas

Bigelow-Decaffeinated: Bigelow Premium, Cinnamon stick, Constant Comment, Earl Grey, English Teatime, French Vanilla, Green, Green with Lemon, Lemon Lift, Plantation Mint, Raspberry Royale. Green Tea: Green with blueberry, chai, pomegranate, jasmine and organic green. Herbal: Apple Cider and Ginger Snappish. Loose: Apple and cinnamon, Black Currant,

Constant Comment, Darjeeling, Earl Grey, English Breakfast, Green, Jasmine, Keemun, Peppermint, Red Raspberry, Wild Cherry. Regular: Bigelow Premium, Black Currant, Ceylon Estate Kenilworth, Chamomile Lemon Herb, Chamomile Mint Herb, Cozy Chamomile Herb, Cherry Vanilla, China Estate: Dragonwell, Jasmine, Keemun, Pai Mu Tan, Se Chung, Chinese Oolong, Cinnamon Apple Herb, Constant Comment: green and iced, Cranberry Apple Herb, Darjeeling Blend, Earl Grey and Green, English Breakfast, English Teatime, French Vanilla, Fruit and Almond Herb, Green: with lemon, mango, mango iced, mint and peach. Hibiscus and rosehips herb, I love lemon herb and with C, India Estate, Japan Estate, Lemon and C herb, Lemon Lift, Mint Medley, Orange and C Herb, Orange and Spice, Peach Iced, Peppermint Herb, Perfect Peach herb and iced, Plantation Mint, Premium Blend iced, Raspberry iced and royale, Red Raspberry Herb and iced, Vanilla almond, caramel, chai tea and hazelnut.

Celestial Seasonings- if gluten is in an ingredient it is listed separately and not under "natural flavor or spice"

Enviga- Berry Sparkling Tea and Sparkling Green Tea

Lipton-read label carefully, products may change at any time

Lipton Brisk

Snapple Tea- Caffeine Free Lemon, Diet- lemon, lemonade iced, lime green, peach, plum-a-granate iced, raspberry. Just plain tea unsweetened, kiwi teawi, lemon, lime green, Mint, peach, raspberry

SoBe Tea

Stash Teas- plain tea with no flavorings

Nestea- Diet Nestea: Lemon, Peach Green Tea and White Tea Berry Honey. Nestea Lemon Sweet (hot fill), Peach Green Tea and Unsweetened Lemon

Pacific Beverage*- all chai teas

Yogi Tea*- African Redbush Peach, Bedtime, Black Chai, Breathe Deep, Chamomile, Classic Indian Spice, Cold Season, Cold Season Tea Sampler, Darjeeling Green, DeTox, Echinacea Immune Support, Egyptian Licorice and mint, Get Regular, Ginger, Ginkgo IQ, Green Chai, Honey Lemon Throat, Imperial Earl Grey, Joint Comfort, Lemon Ginger, Peach DeTox, Throat Comfort, Green-Energy, Kombucha, Decaf Kobucha, Lemon Ginger, Super Antioxidant, Triple Echinacea, Women's Moon Cycle, Mother to Be, Nursing Mother and Raspberry Leaf

Breads and Crackers

Breads

Ener-G Foods* bread crumbs

Kinnikinnick Foods* crispy chicken mix, coating mix and graham style crumbs

Ener-G Foods* (frozen)

Brown Rice Bread

Rice Starch Bread

White Rice Bread and buns

Yeast Free White Rice Loaf

Light Tapioca Loaf, buns

Light White Rice Loaf

Food For Life Bread* (frozen)

White Rice Bread

Brown Rice Bread

Raisin Pecan Bread

Rice Almond Bread

Rice Pecan Bread

Crackers

Blue Diamond

Nut Thins- Almond, Hazelnut, Pecan

Edwards and Sons*

Brown Rice Snaps- Cheddar, Onion Garlic, Tamari Sesame

Tamari Seaweed, Unsalted Sesame,

Orgran Crispbreads*- Corn, Corn & Salsa, Rice with Black Pepper and Garden Herb

Mary's Gone Crackers*- Black Pepper, Caraway, Herb, Onion, Original Seed

Health Valley* -Rice Bran Crackers

Candy and Gum

Nestle

Baby Ruth, Chunky, Oh Henry!, Butterfinger, Nestles Milk Chocolate, Chunky, Nestle

Treasure (EXCEPT Crunch), Butterfinger BB's, Goobers, Nestle Turtles, Raisinets,

Sno Caps, Bit O Honey, Nips, SPree Wonka Candy

Charleston Chews

Just Born Candy- Hot Tamales, Marshmallow Peeps, Mike and Ikes, Zours

Tootsie Roll- Carmel Apple Pops, Dots, Tootsie Pops and Rolls, Junior Mints

Andes Mints

Edward and Son* Let's Do..Organic Gummi Bears

Newman's Own Organics * (all but crisp rice)

Sweet Dark Chocolate, Espresso Sweet Dark Chocolate, Milk Chocolate, Orange

Sweet Dark Chocolate, Milk Chocolate & Toffee Crunch, Peanut Butter/Milk

Chocolate Cups, Peanut Butter/Dark Chocolate Cups, Peppermint/Dark Chocolate

Cups

Arm and Hammer Baking Soda Gum

Wrigley's Gum- Big Red, Doublemint, Eclipse, Extra, Freedent, Juice Fruit, Orbit, Orbit

White, Spearmint, Winterfresh

Cold Cereals

Barbara's*

Brown Rice Crisp, Corn Flakes, Honey Rice Puffins

Erewhon*

Crispy Brown Rice, Rice Twice, Corn Flakes

Health Valley*

These products are produced on lines that may produce other gluten items

Blue Corn Flakes, Corn Crunch-ems, Rice Crunch-ems

Natures Path*

Honey Corn Flakes, Amazon Forest Flakes, Mesa Sunrise, Gorilla

Munch, Panda Puffs, Kola Crisps, Crispy Rice

New Morning*

Cocoa Crispy Rice,

Arrowhead Mills *

Maple Buckwheat Flakes

Nu World Foods *

Amaranth Cereal Snaps, Puffed Amaranth Cereal, Amaranth-O's

Perky's*- Apple Cinnamon, Frosted, Nutty Flax

Enjoy Life* Granolas

Hot Cereals

Arrowhead Mills*- Corn Grits White and Yellow, Rice and Shine

Bob's Red Mill*- GF Mighty Tasty Hot Cereal, Gluten Free Hot Cereal

Erewhon*-Brown Rice Cream

Cheese

Be cautious of Roquefort and Blue Cheese. Watch Cottage cheese for ingredients such as wheat flour, wheat starch or modified food starch

Boar's Head- Review Ingredients

American (white and yellow), Gold Label Swiss, Monterey Jack, Monterey Jack with Jalapenos, Vermont Cheddar, Edam, Gouda, Mozzarella, Canadian Cheddar, Feta, Havarti, Lacey Swiss, Longhorn Colby, Mozzaralla, Muenster, Provolone, Sharp Cheddar (yellow and white)

Borden

All Borden Processed Cheese Slices, Natural Cheese Shreds and Chunks and String Cheese are gluten free.

Cabot's Creamery- all cheese products

Organic Valley*- Baby Swiss, Cheddar, Colby, Feta, Monterey Jack, Mozzarella, Muenster, Pepper Jack, Provolone, Low fat and Regular Cottage Cheese, Cream Cheese, Sliced: Mild Cheddar, Reduced Fat Monterey Jack

Anderson Erickson- Cottage Cheese

Robert's Dairy- Fat Free, Large Curd, Low Fat and Small Curd Cottage Cheese

Horizon* Cottage Cheese, Reduced Fat and Regular Cream Cheese, Colby Cheese Sticks, Mozzarella Sting Cheese, Shredded: Cheddar, Mexican, Monterey Jack, Mozzarella, Parmesan, Thick Shredded Cheddar, Sliced: American, Cheddar, Provolone

Hickory Farms- Big Barn, Chedd'R, Cheddy, Smokey Bar, Smooth and Sharp

Sargento- Cheese Snacks: Colby Jack, Colby Jack Cubes, Light String, Mild Cheddar, Mild Cheddar Cheese Cubes, String, Twirls, Grated Parmesan and Romano, Grated Parmesan, Ricotta: Fat Free, Light, Part Skim and Whole Milk, Shredded: Blends, Chefstyle, Fancy, Reduced Fat, Sliced Deli Style.

PlayFood- Cheesy Cheeze, Nacheezmo, Cream Tang, Whip Cheeze

Condiments and Dips

Heinz Ketchup- Regular, Kick'rs- Hot and Spicy, No Sodium Added, One Carb,

***Heinz Organic Ketchup DOES have gluten

Arrowhead Mills*- Almond Butter, Cashew Butter, Peanut Butter- creamy and crunchy
Sesame Tahini

Soy Wonder* Spread

Jif- Peanut Butter & Honey, Regular Creamy and Crunchy and Extra Crunchy, Simply Jif

Maranatha* Organic Peanut Butter, Peanut Butter

IM Healthy- Soy Nut Butter

Nasoya* Fat Free Nayoanise, Nayoanise

Miracle Whip

Fantastic Foods*

Hummus, Instant Refried and Black Beans

Follow Your Heart Vegenaise

Hormel- Bacon Bits and Pieces
Lundberg Family Farms*- Sweet Dreams Brown Rice Syrup
Green Mountain Gringo Salsa *
Annie's Naturals* Honey Mustard, Dijon Mustard, Yellow Mustard, Catsups
Westbrae*- Fruit Sweetened Catsup
Emeril's -Dijon Mustard, Kicked Up Horseradish Mustard, NY Deli Style Mustard, Smooth Honey Mustard
French's Mustard- Classic Yellow, Deli Style, Dijon B and M. Honey Mustard, Salad Style
Lea & Perrins Mustard- all varieties
Mt Olive's -No Sugar Added Sweet Gherkin Pickles, Hot Dog Relish
Vlasic Pickles
Eggo- Waffle Syrup
Karo- all syrups
Maple Groves Farms of Vermont syrups
Aunt Jemima
Log Cabin Country Kitchen Syrup
Marshmallow Fluff
Zuk's *- Pacific Tango, Creamy Garlic Hummus, Zestic Garlic Gourmet Salsa, Almighty Mild Salsa

Desserts

Midel * Ginger Snaps, Arrowroot Animal Cookies, Mini Pecan Cookies
Pamela's *
 Butter Shortbread, Chunky Chocolate Chip, Peanut Butter, Shortbread Swirl, Lemon Shortbread, Pecan Shortbread, Lemon Almond Biscotti, Brownie Mix
Jennies * Coconut Macaroons
Kinnikinnick * Cookies
 Double Chocolate Almond, Gingersnap, Lemon Cranberry, Chocolate Chip, Kinnitoos Vanilla Sandwich
Enjoy Life*- Cookies and Snack Bars
Orgran* Fruit Bars
Nature's Path Envirokids*- Berry Crisp Bar, Chocolate Crisp, Peanut Butter Bar
Health Valley*- Rice Bran Graham Crackers

Entrees and Main Dishes

Boxed/ Dry

Fantastic Foods *
 Hummus, Instant Refried Beans, Instant Black Beans, Risotto Classico, Jamaican Black Bean, Arborio Rice, Basmati Rice, Jasmine Rice,
Mrs. Leepers *
 Beef Stroganoff, Chicken Alfredo, Cheeseburger Mac, Beef Lasagna
Thai Kitchen -Rice Noodle Bowls Hot and Sour, Thai Ginger, Lemongrass Chili, Pad Thai, Roasted Garlic, Thai Peanut. Curry Rice Noodles, Pad Thai, Thai Curry Noodles, Thai Ginger and Vegetable Noodles, Thai Hot & Sour Noodles, Garlic and Vegetable Instant Noodles
Taste of Thai- Quick Meals: Coconut Ginger Noodles, Peanut Noodles, Red Curry Noodles
Lundberg Family Farms*- Creamy Parmesan Risotto, Tomato Basil Risotto
Annie Chun- Original Pad Thai Noodles

Breakfast

Lifestream *

Buckwheat Wildberry Waffles, Mesa Sunrise Waffles

Van's Waffles *

Flax, Apple Cinnamon, Blueberry, Original, Soy Flax, Wheat Free Mini's

Canned

Dinty Moore Beef or Chicken Stew, Microwave Meals: Beef Stew, Rice with Chicken, Scalloped Potatoes and Ham

Hormel Tamales- Beef and Chicken, Vienna Sausage, Microwave Meals: BBQ Beef and Beans, Bean and Ham Soup, Chicken and Rice, Fiesta Rice with Chicken Cups, Southwest Style Rice, SW Style Black Beans and Rice, Sweet & Sour Rice

Kid's Kitchen Beans and Wieners

Spam Luncheon Meat- Regular, Lite, Less Sodium, Smoked

Spam Oven Roasted Turkey

Starkist All Tuna EXCEPT Herb and Garlic Creations, Teriyaki Tuna Fillet, Crackers in Lunch-to-Go Kits

Frozen

Amy's Kitchen *

Vegetarian Meals- Asian Noodle Stir Fry, Black Bean Enchilada Whole Meals, Black Bean Vegetable Enchilada (Family Size), Brown Rice and Vegetable Bowl, Cheese Enchilada (Whole Meals and Family Size), Enchilada Dinner, Mexican Tamale Pie, Rice Mac N Cheese, Santa Fe Enchilada Bowl, Thai Stir Fry, Teriyaki Stir Fry, Shepard's Pie, Teriyaki Bowl, Rice Crust Cheese Pizza Mediterranean Pizza, Brown Rice and Black Eye Pea Bowl, Mexican Casserole Bowl, Stuffed Pasta Bowl, Lasagna with Garden Vegetable, Indian Matter Paneer, Indian Vegetable Korma, Indian Palak Paneer , Tofu Scramble, Rancheros Breakfast, Baked Ziti Bowl,

Kinnikinnick Bagels*

Palin, Cinnamon, Tapioca Rice

Alexia Frozen Potatoes*- Oven baked and Fries

Ian's* -Chicken Nuggets, Fish Sticks, Alphatots

Fats and Oils

Butter Buds, Butter Buds and Pan Spray

Land O'Lakes All varieties

Crisco All products including sprays

Spectrum Organic Products *

Super Canola Skillet Spray, Organic Olive and Canola Oil Skillet Spray

Spectrum Naturals * Culinary Oils Refined- Almond, Avocado, Coconut, Sesame, Walnut, Apricot, Canola, Safflower, Super Canola

Culinary Oils Unrefined- Corn, Olive EX Virgin, Sesame, Peanut

Blended Oils- Refined Oil Canola and Olive

Earth Balance * Non GMO All Natural Buttery Spread

Smart Balance All products

Arrowhead Mills * Essential Balance Oil, Flax Seed Oil, Flax Borage Oil Capsules

Organic Valley*- Unsalted and Salted Butter

Benecol

Molly Mc Butter

Parkay

Flours and Baking Mixes

Arrowhead Mills * Suggest reading all labels

All purpose Baking Mix- Wheat/Gluten Free, Brownie Mix Wheat Free, Cookie Mix- Wheat Free Chocolate Chip, Pancake Mix- Gluten Free and Wild Rice, Corn Meal (Blue and Yellow), Soy Flour, Brown Rice Flour, White Rice Flour, Millet Flour, Buckwheat Flour, Wild Rice Pancake and Waffle Mix,

Ener G Foods *

Egg Replacer, Potato Mix, Brown Rice Baking Mix
Pamela's Pancake and Baking Mix, Brownie Mix

Bob's Red Mill *

Pea and Lentil Flours, Flax Seed Meal (brown), Garbanzo Bean flour, Gluten Free Bread Mix, Amaranth Grain and flour, Buckwheat flour, Millet flour, Wheat free Biscuit Mix, Potato flour and starch, Brown and White Rice Flour, Tapioca flour, TVP, GF All Purpose Baking Mix, Brownie Mix, Chocolate Cake Mix, Chocolate Chip Cookie Mix, Spice Cake Mix, Pancake Mix, Homemade Bread Mix

Nu World Foods *- Toasted Amaranth Bran Flour, Amaranth Flour, Amaranth Bread Crumbs and Puffed Amaranth

Gluten Free Pantry *- Angel Food Cake Mix, Sandwich Bread Mix, Pancake Mix, Brownie, Spice Cake, Chocolate Cake, Chocolate Chip Cookie Mix, Muffin and Scone Mix, French Bread and Pizza Mix, Cornbread, Perfect Pie Crust Mix

Kinnikinnick *

Kinni-Kwik, Candadi Bread, Tapioca Bread, All Purpose Mix, Crispy Coating, Pancake and Waffle Mix, Chocolate Cake Mix, White Cake Mix

Pamela's *- Bread Mix, Brownie Mix, Chocolate Cake Mix, Pancake/Baking Mix

Namaste Foods*- Blondies Mix, Carrot Cake Mix, Chocolate and Vanilla Cake Mix, Muffin Mix, Cookie Mix, Pizza Crust Mix, Waffle and Pancake Mix

Cherrybrook Kitchens*- Chocolate Cake Mix, Chocolate Chip Cookie Mix, Sugar Cookie Mix, Chocolate and Vanilla Frosting Mix

Fearn* -Brown Rice Baking Mix, Rice Baking Mix

Fruits

Del Monte All canned and jarred fruits, fruit chillers, fruit snack cups

Dole All canned and jarred fruits

Mott's Applesauce- Original and Unsweetened

Ocean Spray Jellied and Whole Cranberry Sauce, Sweetened Dried Cranberries

Dole All dried fruits

Stretch Island Original Fruit Leather *

Ice Cream and Frozen Desserts

Blue Bell Creameries

Frozen Snacks- Banana Fudge Bars, Big Shot, Bullets (Regular/Sugar Free) Frostbite, Frosty Fruit Cups, Frozen yogurt Cups, Homemade Vanilla Cups, Megabites, Mini- Citrus Rainbows, Mini Rainbows, Moo Bars, Mini Moo Rainbow Freeze

Sherbet (Quart)- Cherry Limeade, Lemon, Orange, Rainbow, Citrus Swirl, Lime, Raspberry, Pineapple

Frozen Yogurt-Banana Split, Country Vanilla, Strawberry, Strawberry Cheesecake, Vanilla Bean

Ice Cream- Black Walnut, Banana Nut, Banana Split (regular and no sugar added), Buttered Pecan, Choc Covr'd Cherries, Cherry Vanilla, Caramel Pecan Fudge, Chocolate Chip, Chocolate Sundae, Cinnamon, Coffee, Country Vanilla (Regular and no sugar added), French Vanilla, Fudge Divinity, Homemade Vanilla, Lemon, Mocha Almond Fudge, White Choc Almond, Mint Choc Chip, Natural Vanilla Bean, Nutty Coconut, Peppermint, Pistachio Almond, Rocky Road (No sugar added), Strawberry, Tin Roof, Strawberry Cheesecake, Peaches and Homemade Vanilla, Pineapples and Homemade Vanilla, Pecan Pralines and Cream, Strawberry and Homemade Vanilla, Vanilla Bean (no sugar added)

Lite Flavors- Buttered Pecan, Homemade Vanilla, Chocolate Sundae, Natural Vanilla Bean, Peaches and Homemade Vanilla

Edy's (Dreyer's)

Fruit Bars- Creamy Banana, Lemonade, Strawberry, Variety Pack, Lime, Tangerine, Creamy Strawberry

Frozen Pops-Scooby Doo Mystery Pops, Scaredy Pops, Shrek Sludge Pops, Shrek Swamp Pops, Superman Sticks, Triple Blast

Frozen Yogurt- Fat Free No Sugar Added Chocolate Fudge and Vanilla Chocolate Swirl

Fat Free/ No Sugar Added Ice Cream- Choc Fudge, Vanilla, Vanilla n Caramel, Raspberry Vanilla Cream, Vanilla Choc Swirl

Grand Ice Cream- Black Cherry Vanilla, Blackberry Swirl, Butter Pecan, Cherry Choc Chip, Chocolate, Choc Caramel Swirl, Choc Chips!, Choc Fudge Mousse, Choc Fudge Sundae, Coffee, Espresso Chip, French Vanilla, Mint Choc Chip, Pecan Praline Sundae, Fudge n chips, Neapolitan, Real Strawberry, Rocky Road, Spumoni, Vanilla, Vanilla Caramel Fudge, Vanilla Bean, Vanilla Chocolate

Slow Churned Light

Classic Limited Edition- Eggnog, Baby Ruth, Peppermint, Pumpkin, Root Beer Float

Slow Churned Light Limited Edition-American Idol- Choc N Roll Caramel, Triple Talent, Eggnog, Peppermint, Pumpkin, Winning Idol Flavor

Grand Lite- Butter Pecan, !, Choc Fudge Mousse, Chocolate Raspberry Escape, Crazy for Caramel, French Silk, Mint Choc Chips!, Peanut Butter Cups!, Rocky Road Vanilla

Homemade Ice Cream-All Natural Vanilla, Chocolate Cream Pie, Double Chunk Chocolate, Eggnog and Cream, Grovestand Peach, Mint Chocolate Chunk, Old Fashioned Butter Pecan, Strawberries and Cream, Vanilla Custard

Sherbet- Berry Rainbow, Raspberry Choc Swirl, Swiss Orange, Orange Vanilla Swirl, Tropical Rainbow

Whole Fruit Sorbet- Boysenberry, Lemon, Peach, Strawberry, Mango, Raspberry, Chocolate

Dibs

Pushups

Rice Dream (Imagine) *

Chocolate, Vanilla, Plain Carob

Soy Dream (Imagine) *

All flavors EXCEPT Chocolate Fudge Brownie

Good Karma* Frozen Rice Desserts

Haagen-Daz Ice Cream Bars, Frozen Yogurts, Sherbets, Sorbets

Ben and Jerry's- Cherry Garcia ,Phish Food, Butter Pecan, Chocolate for a Change, Chunky Monkey, Coffee for a Change, Fudge Central, Karamel Sutra, NY Super Fudge Chunk, One Sweet Whirled, Peanut Butter Me Up, Pistachio, Uncanny Cashew, Vanilla for a Change
Turtle Mountain* Organic So Delicious Dairy Free Novelties, Purely Decadent Dairy Free Pints

Meats and Meatless Alternatives

Tippins (Deli) Chicken Salad

Boar's Head

Bacon-1/2 lb. Imported, 1 lb. Imported, Canadian Bacon, Penchetta Bacon

Cold Cuts- Bologna (pork and beef), Ham, Turkey Ham

All Franks - kielbasa and smoked sausage

Hillshire Farms

Bacon

Deli Select- EXCEPT- Fresh Beer Brats and Corn Dogs

Hormel

Fully Cooked Entrée- Beef Roast Au Jus, Pork Roast, Bacon Bits and Pieces,

Bacon-Canadian Style Bacon, Fully Cooked Bacon, Microwave Bacon

Canned meats- Breast of Chicken, Chicken, Turkey, Ham

Beef Jerky- Regular and Low Fat Pepperoni, Pillow Pack Pepperoni and Turkey

Swanson- Mixin Chicken, Premium Chunk Chicken, Premium Chunk White Chicken

Ball Park- All products except corn dogs

White Wave *Tempeh- Original Soy, Sea Veggie, Soy Rice, Wild Rice

Tofu- Extra Firm, Fat Reduced Tofu, Hard Tofu

Chicken of the Sea- all products are Gluten Free EXCEPT Ahi Tuna Steak in Grilled Herb Marinade, Ahi Tuna Steak in Teriyaki Sauce, Salmon Steak in a Mandarin Orange Glaze, Mandarin Orange Salmon Cups, Teriyaki Tuna Cups, Crabtastic and Tuna Salad Kits

Spam Luncheon Meat- Regular, Lite, Less Sodium, Smoked

Spam Oven Roasted Turkey

Starkist -All Tuna EXCEPT Herb and Garlic Creations, Teriyaki Tuna Fillet, Crackers in Lunch-to-Go Kits

Ian's* Chicken Nuggets

Carl Budding- States none of the products use rye, barley, oats, wheat or wheat Products

Hillshire Farm Deli Select- all products EXCEPT fresh Beerwurst and Cheddarwurst

Jennie-O Turkey Store, Jennie-O Grand Champion, Jennie-O Natural Choice

Horizon* Eggs

Organic Valley* Eggs

Jimmie Dean- must be fresh or raw sausage (all deli and bacon must be avoided)

Johnsonville Sausage -Breakfast Sausage: Heat n Serve Maple and Original Links, Homestyle Patties, Original Brakfast Link and Patty, Beef and Original Ring Bologna, Ground Italian Sausage, Little Smokies, Premium Pork Sausage, Fresh Grilling Links: Bratwurst Patties, Cheddar Bratwurst, Chorizo, Honey and Garlic, Hot N Spicy, Original Bratwurst, Smoked/Cooked Links: Beddar with Cheddar, Beef Hot Links, Heat and Serve Brat and Italian, Smoked Beef Brat, Brat, Hot Link, Polish Sausage, Stadium Style Brats and Frank

Milk, Milk Products and Yogurt

Eagle Brand - Sweetened Condensed Milk

White Wave- Silk Soy Milk (Chai, Mocha, Organic Plain, Chocolate, Vanilla, Nog)

Stoneyfield Yogurt *- Plain yogurts, Lowfat, Nonfat, whole Milk

White Wave Yogurt*-Cultured Soy Yogurt -all flavors

Whole Soy Yogurt

Yoplait-all yogurts without toppings (read ingredient listing)

Anderson Erickson- buttermilk, choc milk, egg nog, half & half, milk, whipping cream, sour cream, all yogurt

Robert's Dairy- Milk, sour cream, yogurt-all fat free, all low fat,

Horizon * milk, sour cream, yogurt: fat free plain and vanilla, fruit on th bottom, lowfat blended, YoYo's

Organic Valley* Milk, sour cream

Daisy Sour Cream- Light, no fat, regular

Dannon- plain low fat, natural and non fat yogurt

Nuts and Seeds

Blue Diamond Almonds

Fisher Almonds, Cashews, Pecans, Pistachios, Fisher Favorites, Fisher Nuts and Fruits, Mixed Nuts, Peanuts, Sunflower Seeds, Walnuts

Frito Lay Nut Harvest Almonds, Cashews, Deluxe Mixed Nuts, Peanuts, Sunflower Seeds

Bob's Red Mill*- Brown and Golden Flaxseed

Pasta

Deboles* Rice Spirals, Lasagna

Mrs. Leepers * Just for Kids Rice Pasta

Ancient Harvest*- Linguine, Spaghetti, Rotele, Elbow, Shells, Vegetable Curls

Tinkyada*- Brown Rice Pasta- Spirals, Penne and Shells

Taste of Thai- Rice Noodles

Annie's Homegrown*- Rice Pasta and Cheddar

Namaste Foods*- Pasta Pisavera, Say Cheez Pasta, Taco Shells Pasta

Rice

Taste of Thai- Rice

Thai Kitchen- Rice

Casbah*- Nutted Pilaf, Spanish Pilaf

Fantastic Foods *-

Arborio, Jasmine, Basmati, Basmati Rice Pilaf

Lundberg Family Farms *-

All rice products EXCEPT- Garlic Primavera Risotto, Italian Herb Risotto, Organic Multigrain Rice Cakes, Savory Mushroom Quick Brown Pilaf

Uncle Ben's- Boil n the Bag Enriched Long Grain, Fast and Natural Whole Grain Instant Brown Rice, Instant Rice Enriched Long Grain Rice, Long Grain and Wild Rice (discard seasoning pkt), Natural Whole Grain Brown Rice, Original Converted Parboiled Long Grain Rice, Ready Rice Long Grain Rice -white, Ready Whole Grain Brown Rice

Salad Dressings

Annie's Naturals *

Balsamic, Ceasar, Cilantro and Lime, Cowgirl Ranch, Low Fat Honey Mustard, Low Fat Raspberry, No Fat Yogurt with Dill, Roasted Red Pepper, Green Goddess, French, Thousand Island, Buttermilk

Emeril's- Balsamic Vinaigrette, Blush Wine Vinaigrette, Caesar, Dijon Vinaigrette, House Herb Vinaigrette, Italian Vinaigrette, Kicked Up French, Raspberry Balsamic

Brianna's- Blush Wine Vinaigrette, Dijon Honey Mustard, Poppy Seed, Real French Vinaigrette, Rich Santa Fe, New American, True Blue Cheese, Zesty French

Drew's All Natural*- Buttermilk Ranch, Garlic Italian, Honey Dijon, Kalamata Olive And Caper, Poppy Seed, Raspberry, Roasted Garlic, Romano Caesar, Rosemary Balsamic, Smoked Tomato

Newman's Own- Balsamic Vinaigrette, Caesar, Creamy Caesar, Creamy Italian, Light Honey Mustard, Light Italian, Light Raspberry and Walnut, Light Red Wine and Vinegar, Olive Oil and Vinegar, Parmesan and Roasted Garlic, Parmesanio, Ranch, Two Thousand Island

Seeds of Change*- Balsamic Vinaigrette, French Tomato. Greek Feta Vinaigrette, Italian Herb, Roasted Garlic Vinaigrette, Roasted Red Pepper Vinaigrette, Sweet Basil Vinaigrette, Sweet Dijon Mustard Vinaigrette

Litehouse Salad Dressings

Bleu Cheese Vinaigrette, Caesar, Chunky Bleu Cheese, Coleslaw Dressing, Country Herb French, Country Ranch, Creamy Garlic Caesar, LITE (Salsa Ranch, Ranch, Bleu Cheese), Parmesan Garlic, Peppercorn Ranch, Poppyseed, Thousand Island, Ranch, Traditional Italian, Sweet Red French

Sauces and Mixes

Jack Stack BBQ Sauce

Cattlemen's BBQ Sauce-Classic, Original and Smokey

Cookies BBQ Sauce- Original, Sweet Hickory, Western Style

Thai Kitchen- Thai BBQ sauce

Emeril's- Herb Lemon Pepper, Hickory Maple Chipotle, Lemon Rosemary and Gaahlic, Orange Herb with Poppy Seed, Roasted Vegetable

Emeril's- Kick it up Green Pepper sauce, Kick it up Red Pepper sauce, Wing Sauce

Emeril's- Home Style Marinara, Kicked Up Tomato, Mushroom and Onion, Puttanesca, Roasted Gaahlic, Roasted Red Pepper, Sicilian Gravy, Vodka

Emeril's- Gaahlic Lovers Medium Salsa, Kicked Up Chunky Hot Salsa, Original Recipe Medium Salsa, Southwest Style Medium Salsa

Jack Daniels EZ Marinader- Garlic Herb and Teriyaki

Frank's Original Hot Sauce

Tabasco

Braggs Liquid Amino*

San J*-Reduced Sodium Tamari Soy Sauce, Tamari Soy Sauce

Amy's Kitchen Pasta Sauces *-Family Marinara, Garlic Mushroom, Puttanesca, Tomato Basil

Amy's Kitchen Salsa*- Black Bean and Corn, Medium and Mild, Fire Roasted Vegetable

Tostitos All Natural Salsa- Hot, Medium Picante, Medium, Mild Picante, Mild,

Tostitos- Monterey Jack Queso, Restaurant Style Salsa, Salsa Con Queso

Pace- Organic Picante mild and medium, picante sauce, thick and chunky flavored salsa, Thick and chunky salsa

Prego- Traditional Sauce, Mushroom, Organic, Three Cheese,
Muir Glen*- Organic Chunky Style Pasta Sauce
Heinz Classico Pasta Sauces
Contadina- (Pasta Sauce in glass jars), Crushed, Stewed and Whole Tomatoes, Pizza Sauce
 (Basic, 3 cheese, Red Peppers, Italian, Original, Pepperoni, Tomato Sauce (Italian,
 Reg., Thick & Zesty)
French's- Worcestershire sauce
Frito Lay Dips- Bean dip, chili cheese dip, hot bean dip, jalapeno cheddar cheese dip,
 mild cheddar cheese dip
Lay's Dips- Creamy Ranch dip and dry mix, French Onion dip and dry mix,
Ruffles Dip- French Onion dip and dry mix, Ranch dip and dry mix

Snacks

Robert's American Gourmet *

Pirate's Booty with Caramel

Jolly Time Popcorn

Microwave- Blast o Butter (Reg and Lite), ButterLicious (Reg and Lite), Healthy Pop
 American's Best, Crispy n White (Reg and Lite), White and Buttery, Mallow Magic

Newman's Own Organic Popcorn* (regular and microwave)-94% Fat Free, Butter, Butter
 Boom, Light Butter, Natural, Regular, White Cheddar Cheese

Ener-G*- pretzels

Enjoy Life Snack bars*- Caramel Apple, Cocoa Loco, Very Berry

Stretch Island Fruit Leather *

Envirokids* Bars- Berry, Chocolate Koala, Peanut Butter

Larabar*

Think Bar* Think Thin, Think Organic

Boomi Bar*

Clif Bar*- Nectar bars

Orgran* fruit bars

Soups, Broths and Chili

Amy's Kitchen *-

Vegetable Broth, Black Bean Vegetable Soup, Cream of Tomato Soup, Lentil Soup,
 Split Pea Soup, Black Bean Chili, Medium Chili, Medium Chili with Vegetables, Spicy
 Chili, Lentil Vegetable Soup, Chunky Tomato Bisque, Potato Leek, Corn Chowder, Pasta
 and 3 Bean, Lite Sodium Minestrone, Chunky Vegetable, Fire Roasted Southwestern
 Vegetable, Cream of Tomato-Light in Sodium and Lentil Vegetable-Light in Sodium,

Imagine *- All Natural Organic Broths, No Chicken Broth

Pacific Broth *- Chicken, Low Sodium Chicken, Natural Beef, Organic Chicken, Organic
 Mushroom, Organic Fat Free Chicken, Organic Vegetable

Pacific Soups*- Butternut Squash, Buttery Sweet Corn, Creamy Red Pepper and Tomato,
 French Onion, Roasted Carrot, Organic Creamy Tomato, Organic Creamy Broccoli

Health Valley Broth *- Fat Free Beef Flavored, Chicken and Vegetable

Edward and Son's Bouillon*- Garden Veggie, Not Beef, Not Chicken

Kitchen Basics Stock- Beef, Chicken, Seafood, Turkey, Vegetable

Campbell Soup-

Chicken Broccoli Cheese, Savory Lentil

Swanson Broth- Lower Sodium Beef, Natural Goodness Chicken, Organic, Vegetable

Swanson Ready to Serve- Beef and Chicken Broth

Hormel- Microwave Bean and Ham Soup

Chili with Beans- regular, chunky and hot

Shelton's *

Chicken Chili- Mild and Spicy

Turkey Chili- Mild and Spicy

Thai Kitchen- Mushroom Medley Rice Noodle Bowl, Roasted Garlic Rice Noodle Bowl, Spring Onion Rice Noodle Bowl, Thai Claypot Soup, Stir Fry Noodles, Thin Rice Noodles, Wide Rice Noodles, Curry Rice Noodle Soup, Hot and Sour Rice Noodle Soup

Stagg's Chili- Chunkero, Classic, Dynamite Hot, Ranch House Chicken, Silverado Beef, Steak House, Turkey Ranchero. Vegetable Garden, White Chicken

Tippins Soup (Deli)- Spicy Pumpkin, Gazpacho, Chili, Onion, Quinoa Garden Vegetable, Vegetarian Three Bean Chili, Lentil

Canned Vegetables and Tomatoes

Del Monte- All canned vegetables, Tomatoes and Tomato Products **EXCEPT-** Spaghetti Sauce flavored with Meat and Savory Sides Breen Bean Casserole

Vlasic- Peppers and Sauerkraut

Contadina Tomatoes- Crushed , Diced, Stewed, Puree, Whole Tomatoes, Tomato Paste- Except- Italian Tomato Paste with Italian Herbs

Processed Potatoes

Ore-Ida Potato Crunch Time Classics- Crispy Crinkle Cut and Straight Cut (UPC 13120)

Ore-Ida Potatoes- Cottage Fries, Country Style Hash Browns, Deep Fries Crinkle, French Fries, Golden Crinkles, Golden Patties, Hash Browns, Potato Wedge with Skin, Potato O'Brien, Shoestrings, Snackin' Fries, Southern Style Hash Browns, Tator Tots, Steak Fries

Vinegar

Heinz- Apple Cider, Distilled and wine, Except Apple Cider FLAVORED Vinegar

Newman's Own Organics- Balsamic Vinegar

Spectrum*- Organic Brown Rice Vinegar, Organic Apple Cider Vinegars

Gluten Free Resources

Celiac Disease Foundation- www.celiac.org

Gluten Intolerance Group- www.gluten.net , 206-246-6652

www.glutenfreeda.com - online cooking magazine

Gluten Free Living Magazine- www.glutenfreeliving.com

Gluten Free Diet- Resource Guide- www.glutenfreediet.com

CSA of Greater Kansas City Hotline 913-939-2400 or www.csakansascity.org

Celiac Sprue Association 1-877-272-4272, www.csaceliacs.org

