

GELSON'S THE *Super* MARKET

GLUTEN~FREE FOODS

As of February 20, 2009

Dear Customer:

The sampling of products on this list has been compiled with the help of the Celiac Disease Foundation (CDF) and Mary Lou Marinas, a dietetics student. It appears to be appropriate for people on gluten-free diets. Although some of the products do not state that they are "gluten-free," the ingredients listed by the manufacturer indicate that they are appropriate for a gluten-free diet. Sources of cross-contamination have not been investigated.

Always read the label—INGREDIENTS CHANGE. We have made every effort to be accurate; however, we cannot be held responsible for individual reactions to any products. *This list is only a guide to assist you with your gluten-free shopping.*

For further information on Celiac Disease, please contact the
CELIAC DISEASE FOUNDATION
818-990-2354
www.celiac.org

Sincerely,

Jessica Siegel, MPH, RD
Gelson's Staff Dietitian

For questions about our gluten free foods or other nutrition information,
contact me at 1-800-GELSONS

Find the Gelson's Nearest You

"We take the time so you don't have to"

Calabasas
818-906-6228

Newport Beach
949-644-8660

Silver Lake/Los Feliz
323-660-038

Century City
310-277-4288

Northridge
818-377-4133

Tarzana
818-906-5752

Dana Point
949-488-8147

Pacific Palisades
310-459-4483

Valley Village/N. Hollywood
818-906-5743

Encino
818-906-5780

Pasadena
626-535-0190

West Hollywood
323-656-5580

Irvine
949-551 6093

Santa Barbara
805-687-5810

Westlake Village
805-496-0353

Marina Del Rey
310-306-2952

Sherman Oaks
818-377-4140

Mayfair Market Hollywood
323-464-7316

Gluten-Free Shopping List

BABY FOOD

- All Baby Food (in glass jars) by **Gerber** (Except Banana Oatmeal & Raisin, Finger Food Veggie/Fruit Puffs, Graduates Chicken Stew, Turkey Rice Dinner and Vanilla Custard Pudding)
- All Baby Formulas by **Enfamil, Similac**
- **Earth's Best** – Brown Rice Cereal; Baby Food (in glass jars)1st: First Apples, First Bananas, First Carrots, First Pears, First Peas, First Sweet Potatoes; 2nd: Second Apples, Second Apples and Apricots, Second Apples and Bananas, Second Apples and Blueberries, Second Apples and Plums, Second Bananas, Second Carrots, Second Chicken and Brown Rice, Second Corn and Butternut Squash, Second Garden Vegetables, Second Green Beans and Rice, Second Pears, Second Pears and Mangos, Second Peas and Brown Rice, Second Plum, Banana and Brown Rice, Second Spinach and Potatoes, Second Summer Vegetable Dinner, Second Sweet Potatoes, Second Sweet Potato and Chicken Dinner, Second Winter Squash; 3rd: Third Vegetable Beef Pilaf

BAKING & SEASONING

- All Cake Sprinkles by **Dec-A-Cake**
- All Coconut Milk by **Thai Kitchen**
- All Condensed Milk by **Carnation**
- All Dry Milk by **Carnation**
- All Extracts by **McCormick**
- All Evaporated Milk by **Carnation**
- All Seasonings by **McCormick, Spice Hunter, Spice Islands**
- **A Taste of Thai** – Lite Coconut Milk
- **Arm & Hammer** – Baking Soda
- **Baker's Baking Chocolate** – German Sweet, Semi Sweet, Unsweetened
- **Bob's Red Mill** – All-Purpose Gluten-Free Baking Flour, Gluten-Free Brownie Mix, Cornbread Mix, Gluten-Free Pancake Mix, Whole Ground Flax Seeds, Cornmeal
- **Calumet** – Baking Powder
- **Dimitri's** – Fish Seafood Seasoning
- **Dynasty** – Five-Spice Powder
- **Eagle Brand** – Sweet Milk
- **Fleischmann's Yeast** – Bread Machine, Dry
- **Ghirardelli Chocolate Baking Bar** – 60% Cocoa, 70% Cocoa, Semi-Sweet
- **Ghirardelli Baking Cocoa** – Sweet Ground Cocoa, Unsweetened Cocoa
- **Hodgson Mill** – Milled Flax Seed, Pure Corn Starch
- **JFC** – Roasted Sesame Seeds
- **Kingsford** – Corn Starch
- **Lindberg-Snyder** – Porterhouse, Roast Seasoning
- **McCormick** – California Style Minced Garlic, Taco Seasoning
- **Odense** – Marzipan
- **PET** – Tall Evaporated Milk
- **Rinaldo's Organic** – Garlic Gold, Garlic Gold Nuggets, Garlic Gold Oil
- **Rumford** – Baking Powder
- **Scharffen Berger Baking Chocolate** – Bittersweet 70% Cacao, Semi Sweet 62% Cacao, Unsweetened 99% Cacao
- **Season's Products** – Robeque Sauce, Aspen Marinade

BREAD

- **Food for Life** – Wheat & Gluten-Free Rice Almond Bread, Wheat & Gluten-Free Brown Rice Bread, Wheat & Gluten-Free Brown Rice Tortillas
- **Mission** – corn tortillas
- **Rustic Crust** – Gluten-Free Wheat-Free Pizza Crust

CANNED FRUIT

- **Appletime** – Natural Apple Sauce
- **Del Monte** – Sun Fresh Red Grapefruit, Pear Chunks, Lite Pears, Pear Halves, Mandarin Oranges, Lite Peaches, No Sugar Added Peaches, Lite Fruit Chunks, Sliced Yellow Cling Peaches, Freestone Peach Halves

- **Dickinson** – Country Cranberry Relish
- **Dole** – Mandarin Orange Fruit Bowls, Diced Pear Fruit Bowls, Dole Pineapple-Sliced in Syrup, Pineapple Crushed in Syrup, Pineapple Sliced in Syrup, Pineapple Chunks in Syrup, Pineapple Crushed in Juice, Pineapple Chunks in Juice, Pineapple Sliced in Juice
- **Dynasty** – Lychees in Syrup
- **Felix** – Lingonberry Preserves
- **Geisha** – Mandarin Oranges
- **Langers** – Applesauce
- **Libby** – Pumpkin
- **Mott's** – Natural Unsweetened Applesauce, Chunky Applesauce, Original Applesauce
- **Ocean Spray Cranberry** –Cranberry Jelly, Whole Cranberry Sauce
- **Oregon** –Pie Tart Cherries, Kadota Figs, Purple Plums
- **Polar** –Chunky Fruit Cocktail, Mandarin Oranges
- **RW Knudsen** – Natural Cranberry Sauce
- **S&W** – Dark Sweet Pitted Cherries, Sliced Pears, Natural Style Sliced Pears, Sliced Peaches, Sliced Natural Yellow Cling Peaches, Whole Peeled Apricots, Natural Style Mandarin Oranges
- **Santa Cruz Organic** – Apple Sauce, Apple Apricot Sauce
- **Springfield** – Apricot Halves, Sliced Peaches

CANNED SEAFOOD & MEATS

- **Chicken of the Sea Tuna** – Chunk Light Water, Low Sodium Albacore in Water, Tonno Solid Light in Olive Oil, Solid White Water
- **Bumble Bee Tuna** – Chunk Light in Water, Solid White in Water, Diet Low Sodium Chunk, Premium Albacore, Solid White, Solid White in Water
- **Crown Prince Tuna** – Solid Light Yellowfin, Chunk Light Tongol
- **Progresso Tuna** – Light in Olive Oil
- **Cento Tuna** – Tonno
- **Polar Tuna** – Solid White Albacore
- **Rincon Gold** – Premium Albacore Tuna, No Salt Added Premium Albacore Tuna, Premium Albacore Tuna Olive Oil Packed
- **StarKist Tuna** –Chunk Light Oil, Chunk Light Water, Pouch Chunk Light in Water, Solid White Water, Chunk White Low Sodium, Albacore Fillet in Water, Pouch Chunk White in Water
- **Geisha Tuna** – Solid White in Water
- **Crown Prince** – Clam Juice
- **Snow's Clams** – Juice, Minced, Chopped
- **Geisha Clams** – Whole Baby
- **Bumble Bee Clams** – Whole
- **Crown Prince Sardines** – Tomato, No Salt
- **Bumble Bee Sardines** – Oil
- **Beach Cliff Sardines** – Water
- **Tiny Tot** – Brisling Sardines
- **Season Sardines** – No Salt in Water
- **Reese Anchovies** –Flat Fillets
- **Crown Prince Anchovies** – Flat
- **Bumble Bee Oysters** – Fancy Whole
- **Crown Prince Oysters** – Smoked
- **Geisha Oysters** – Smoked
- **Romanoff Caviar** – Black Lumpfish
- **Crown Prince Shrimp** – Tiny
- **Crown Prince Crab** – Lump Meat
- **Polar Crab** – Crabmeat Jumbo Lump
- **Chicken of the Sea Salmon** – Pink Skinless and Boneless
- **Deming's** – Wild Alaska Salmon
- **Bumble Bee Salmon** – Prime Atlantic Filet, Red
- **Pillar Rock** – Wild Salmon
- **Underwood** – Deviled Ham
- **Valley Fresh** – White Chicken

- **Hormel Sliced** – Dried Beef
- **Hereford** – Corned Beef
- **Hormel** – Spam
- **Libby** – Vienna Sausage

CANNED TOMATOES & VEGETABLES

- **Aunt Nellie's** – Mini Whole Onions
- **Brandywine** – Sliced Mushrooms
- **California Girl** – Hearts Of Palm
- **Carmelina San Marzano** – Chopped Tomatoes, Whole Peeled Tomatoes
- **Cento** - San Marzano Tomatoes
- **Contadina** – Tomato Paste, Tomato Sauce, Italian Tomato Sauce, Crushed Tomatoes
- **De Cecco** – San Marzano Tomatoes
- **Del Monte** – Whole Potatoes, Diced Potatoes, Organic Tomato Paste, Organic Tomato Sauce, No Salt Tomato Sauce, Tomato-Basil Garlic Oregano, Petite Cut Tomatoes, Asparagus Tips, Whole Kernel Corn, French Sliced Green Beans, Whole Green Beans, No Salt Cut Green Beans, No Salt Peas, Spinach
- **Dromedary** – Diced Pimientos
- **Dynasty** – Lychees in Syrup
- **El Pato** – Hot Tomato Sauce
- **Gaea** – Early Grape Harvest Leaves
- **Geisha** – Mushroom Stem and Pieces, Sliced Water Chestnuts
- **Gelson's Finest** – Sliced Pickled Beets, Sliced Beets, Whole Beets, Marinated Mushrooms, Marinated Artichoke Hearts, Mixed Vegetables, Baby Corn, Golden Cream Corn, Whole Kernel Corn, Organic Tomato Sauce, Organic Diced Tomatoes, Organic Crushed Tomato, Organic Tomato Paste, French Style Green Beans, Sweet Peas
- **Gilroy Farms** – Crushed Garlic, Minced Garlic, Minced Ginger
- **Green Giant** – Whole Mushrooms, Sliced Mushrooms, Asparagus, Cream Style Corn, Whole Kernel Corn, Low Salt Corn, Corn Niblets, Peas
- **Greenwood** – Red Cabbage
- **Hunts** – Solid Pack Tomatoes
- **Kruegermann** – Sauerkraut
- **La Choy** – Sliced Bamboo Shoots
- **Le Sueur** – Peas
- **Libby** – Pumpkin, Sauerkraut
- **Maria** – Hearts of Palm, Quartered Artichokes, Whole Artichoke Hearts
- **Mariani** – Sun Dried Tomatoes
- **McCormick Garlic** – Minced/CA Style
- **Melissa's** – Pesto Roma Tomatoes, Fire Roasted Red Bell Peppers
- **Miyako** – Gari Shoga Ginger
- **Muir Glen** – Tomato Paste, No Salt Tomato Sauce, No Salt Diced Tomatoes, Fire Roasted Tomatoes, Whole Peeled Tomatoes
- **Pomi** – Strained Italian Tomatoes, Chopped Italian Tomatoes
- **Princella** – Sweet Potato/Yams
- **Progresso** – Tomato Purée, Artichoke Hearts in Water, Marinated Artichoke Hearts, Italian Tomatoes, Crushed Tomatoes
- **Reese** – Artichoke Bottoms, Spanish Artichoke Hearts, Artichoke Hearts, Tomato Aspic, Hearts of Palm, Baby Corn
- **Ro*Tel** – Tomatoes Mexican
- **S&W** – Whole Extra Small Potatoes, Marinated Mixed Bean Salad, Pickled Sliced Beets, Sliced Beets, Julienne French Style Beets, Sliced Carrots, Julienne Carrots, Ready Cut Peeled Tomatoes, Diced Petite Tomatoes, Ready Cut Peeled Tomatoes, Ready Cut Italian Tomatoes, Sweet 'n Natural Corn W.K, Petit Pois Peas, Cut Green Beans, Cut Wax Beans
- **San Marzano** – Crushed Tomatoes, Whole Peeled Tomatoes
- **Sonoma** – Marinated Tomatoes in Oil
- **Springfield** – Fancy Whole Beets, Fancy Sliced White Potatoes, White Hominy, Diced Tomatoes
- **Sun Luck** – Straw Mushrooms

- **Tomatoes** – Sun dried Marinated
- **Valbon** – Tomato Paste
- **Veg-All** – Mixed Vegetables

CHUTNEY, SAUCE, MARINADE, MAYONNAISE & MUSTARD

- **A-1** – Steak Sauce
- **Best Foods** – Mayonnaise
- **Boar's Head** – Mustard
- **Bragg Liquid Amino Acids** – Super Concentrate
- **C&B** – Mint Sauce
- **Carroll Shelby's** – Texas Chili Mix
- **Cholula** – Hot Sauce
- **Crystal** – Hot Sauce
- **Emeril's** – Mustard with Horseradish
- **Frank's** – Red Hot Sauce
- **Gayle's** – Original Sweet 'N' Sassy BBQ Sauce
- **Gelson's Finest** – Lime Chipotle Grill Sauce
- **Grey Poupon** – Dijon Mustard
- **Gulden's** – Mustard
- **Kitchen Bouquet** – Seasoning Sauce
- **Konditori** – Dill Sauce
- **La Choy** – Sweet & Sour Sauce
- **Las Palmas** – Regular, Mild, Medium Enchilada Sauces
- **Maggi** – Sweet Chili Sauce
- **Maille** – Dijon Mustard
- **Marzetti** – Slaw Dressing
- **McCormick** – Hickory BBQ Grillmate, Taco Seasoning, Low Sodium Taco Seasoning
- **Morehouse** – Squeeze Bottle Mustard
- **Nasoya** – Nayonnaise
- **Ojai Cook** – Lemonaise-Lite
- **Ortega** – Mild Taco Sauce
- **Pickapeppa** – Original Sauce
- **S&W** - Homestyle Chili Makin's
- **Sambal Oelek** – Chili Paste
- **Silver Palate** – Cranberry Apple Chutney
- **Tabasco Sauce** – Green Pepper, Original
- **Thai Kitchen** – Premium Fish Sauce, Green Curry Paste, Red Curry Paste
- **Tuong Ot Sriracha** – Chili Sauce
- **Zatarain's** – Creole Mustard

CEREAL

- **Albers** – Quick Grits
- **Alf's** – Puffed Brown Rice, Puffed Yellow Corn
- **Bob's Red Mill** – Steel Cut Oats
- **Cream of Rice** – Hot Cereal
- **General Mills** – Rice Chex
- **McCann's Irish Oatmeal** – Instant, Quick Cooking, Quick & Easy, Steelcut
- **Quaker** – Puffed Rice Cereal
- **Silver Palate** – Thick & Rough Oatmeal

COFFEE, TEA, COCOA, SOYMILK & ALMOND MILK

- All Ground Coffee and Coffee Beans by **Maxwell House, Melitta, Illy Coffee, Folgers, Chock Full of Nuts**
- All Tea by **Lipton, Numi, Stash**
- **Barry's Tea** – Gold Blend Bag

- **Bigelow Tea** – Earl Grey Decaf, Green Decaf, Green Organic, Green with Mango, Mint Medley, Cozy Chamomile
- **Celestial Tea** – Sleepytime, Herb Chamomile, Herb Peppermint, Authentic Green Tea, Lemon Zinger
- **Coffee Bean & Tea Leaf** – Columbia Coffee, House Blend Coffee
- **Don Francisco** – La Llave Espresso
- **Droste** – Cocoa
- **Ghirardelli** – Double Chocolate Hot Chocolate, Sweet Ground Cocoa, Unsweetened Cocoa
- **Green & Black's Organic** – Cocoa Powder, Hot Chocolate
- **Hershey** – Cocoa
- **Laci Le Beau** – Super Dieters Tea
- **Lavazza** – Caffè Espresso Ground
- **Nescafé** – Instant Classic Crystals, Taster's Choice Instant Coffees
- **Nestea** – Unsweetened Instant Tea
- **Newman's Own** – Breakfast Blend Coffee, French Roast Coffee, Special Blend Coffee
- **Noh** – Hawaiian Iced Tea
- **Scharffen Berger** – Cocoa Powder
- **Silk Soymilk** – Plain, Vanilla
- **Spice Hunter** - Mulled Wine Cider
- **Twinings** – Ceylon Tea, Darjeeling Tea, Earl Grey Tea, English Breakfast Tea, Green Tea, Irish Breakfast Tea, Prince of Wales Tea, Selection Tea
- **Valrhona** – Cacao Powder
- **Yuban** – Original Grind, Instant

CONDIMENTS

- All Capers by **Delicia, Gelson's Finest, Mezzetta, Reese, Star**
- All Kalamata Olives by **Divina, Gaea, Mezzetta, Peleponnese**
- All Olives by **Barral, Early California, Lindsay, Reese, Star**
- **Annie's Naturals** – Organic Ketchup
- **Arrowhead Mills** – Sesame Tahini
- **Kraft** – Easy Cheddar Cheese
- **La Choy** – Sweet & Sour Sauce
- **Maggi** – Sweet Chili Sauce
- **Sambal Oelek** – Chili Paste
- **Thai Kitchen** – Green Curry Paste, Premium Fish Sauce, Red Curry Paste
- **Tuong Ot Sriracha** – Chili Sauce
- **Batampte** – Sour Pickles
- **Bubbies** – Kosher Pickles
- **Doña Maria** – Nopales
- **Embasa** – Sliced Jalapeño Peppers, Whole Jalapeño Peppers, Whole Tomatillos
- **Fannings** – Bread & Butter Pickles
- **Garlic Expressions** – Salad Dressing
- **Gelson's Finest** – Cocktail Onion, Garlic Stuffed Olives, Gold Green Peperoncini, Jalapeño Stuffed Olives, Martini Olives, Sliced Jalapeño Pepper
- **Giuliano** – Sliced Peperoncini, Peperoncini Peppers, Sweet Roasted Peppers
- **Graber** – Olives
- **Hime Yakizushi Nori** – Sushi Seaweed
- **Konditori** – Dill Sauce
- **La Victoria** – Diced Green Chili Peppers
- **Mancini** – Roasted Red Pepper
- **Matheny** – Cocktail Sauce, Extra Spicy Cocktail Sauce, Gourmet White Jalapeño
- **Mezzetta** – Giardiniera, Golden Peperoncini, Golden Greek Peperoncini, Hot Chili, Martini Olives, Peperoncini Peppers, Roasted Red Bell Peppers, Sweet Cherry Peppers, Hot Chili Peppers
- **Mucso** – Burgundy Pearl Olives
- **Ortega** – Jalapeño Slices, Whole Chilies, Whole Jalapeño, Diced Chilies, Diced Jalapeño Peppers
- **Old South** – Pickled Watermelon Rind
- **Santa Barbara** – Jalapeño Olives, Martini Olives, Pitted Olives

- **Mezzetta** – Martini Olives
- **Star** – Cocktail Hors D'Oeuvre Onions
- **Strubs** – Kosher Dill Pickle halves, Wine Sauerkraut
- **Valbon** – Cornichons in Vinegar
- **Vlasic** – Bread & Butter Pickle Chips

CRACKERS, CHIPS & SNACKS

- **Crunch Master** – Sesame Rice Cracker
- **Blue Diamond Nut Thins** – Almond, Pecan, Cheddar
- **Edward Sons** – Brown Rice Snaps Sesame, Brown Rice Snaps Cheddar
- **Erin's** – Old Fashioned Kettle Korn, White Cheddar Popcorn, Low Saturated Fat/Low Salt Popcorn
- **Feng Shui** – Nori Seaweed Rice Crackers
- **Fritos Corn Chips** – Original, Scoops
- **Garden Of Eatin'** – Black Bean Chips, Blue Corn Chips, Chili Lime Chips
- **Gelson's Finest** – Kettle Corn
- **Genisoy** – BBQ Crisps, Original Crisps
- **Glenny's Soy Crisps** – BBQ, Lightly Salted, Sea Salt, White Cheddar
- **Good Health** – Natural Apple Chips, Organic Popcorn
- **Guiltless Gourmet** – Au Gratin Potato Crisps, Memphis BBQ Potato Crisps, Organic Baked Blue Corn Tortilla Chips, Organic Baked Yellow Corn Tortilla Chips, Sea Salt Potato Crisps, Pico de Gallo Potato Crisps
- **Hain** – Plain Mini Rice Cake
- **Jiffy Pop Popcorn** - Butter
- **Jolly Time** – Healthy Pop Butter, White Popcorn Kernels, Yellow Popcorn Kernels, 100 Calorie Healthy Pop Butter, 100 Calorie Healthy Pop Kettle Corn
- **Joyva Halvah** – Sesame Bar
- **Ka-Me** – Rice Crunch Crackers
- **Kettle** – Bakes Lightly Salted, Bakes Aged White Cheddar, Bakes Hickory Honey BBQ, Chips Spicy Thai, Chips Cheddar, Chips Yogurt & Green Onion, Chips Honey Dijon, Chips Sea Salt & Vinegar
- **Kind Bars** – Almond & Cashew, Almond & Coconut, Almond Walnut & Macadamia, Apricot & Almond, Cranberry & Almond, Fruit & Nut Delight, Fruit & Nuts in Yogurt, Macadamia & Apricot, Mango Macadamia, Nut Delight, Passion Fruit Macadamia, Strawberry Nut Delight, Walnut & Date,
- **Lundberg** – Lightly Salted Rice Cakes, No Salt Brown Rice Cakes, Fiesta Lime Rice Chips, Sea Salt Rice Chips, Santa Fe Barbecue Rice Chips, Sesame Seaweed Rice Chips
- **Lay's** – Classic Chips, Natural Sea Salt Thick Chips
- **Lesser Evil** – Kettlecorn Original, Sea Salt Crinkle Sticks
- **Lundberg** – Brown Rice Cakes
- **Marilyn's** – Fiesta Tortilla Chips, White Corn Chips
- **Mission** – Tortilla Chip Triangles, Tortilla Chip Strips, Tortilla Chip Rounds
- **Nana's Cookie Bites** – No Gluten Ginger Spice, No Gluten Lemon Dreams
- **Newman's Own Popcorn** – Butter Boom, Light Butter,
- **Newman's Own Organic Popcorn** – Pop's Corn Light Butter, Pop's Corn 94% Fat Free
- **Padrinos** – Reduced Fat Chips, Restaurant Style, Unsalted Tortilla Strips
- **Pop Secret Popcorn** – Extra Butter, Homestyle, Light Butter
- **Pure Organic Bars** – Cherry Cashew, Chocolate Brownie, Wild Blueberry
- **Quaker** – Fat Free Plain Rice Cake
- **Orville Redenbacher Popcorn** – Butter, Light Butter, Movie Theater Butter, Natural, Natural Light, Original Popcorn Kernels
- **Robert's American Gourmet** – Pirate's Cannon Balls, Pirate's Booty, Smart Puffs, Tings
- **Ruffles Potato Chips** – Original, Reduced Fat
- **San J** – Tamari Brown Rice Crackers, Black Sesame Rice Crackers
- **Snyder's** – Original Veggie Crisps
- **Solea** – Rosemary Olive Oil Potato Chips
- **Terra Chips** – Au Naturel, Sweets & Beets, Potpourri, Yukon Gold Original, Yukon Gold Salt & Pepper
- **Think** – Organic Cashew Pecan Bar, Organic Cherry Nut Bar, Thin Brownie Crunch Bar, Thin Chocolate Fudge Bar, Thin Chunky Peanut Butter Bar, Thin Creamy Peanut Butter Bar
- **Tostitos** – Baked Scoops, Crispy Rounds, Natural Blue Corn Chips, Natural Yellow Corn Chips, Restaurant Style, Scoops

- **Vic's Popcorn** –White Salted, Lite White, Lite White Half Salt

DAIRY

- All Butter by **Challenge, Danish Creamery, Horizon Organic, Kerrygold, Land O' Lakes, President, Tillamook**
- All Cheeses by **Gelson's Finest, Kraft Singles, Land O' Lakes, Lifetime, Tillamook**
- All Half & Half by **Alta Dena, Knudsen, Organic Valley**
- All Tofu by **House**
- **Alta Dena** – Half & Half, Plain Nonfat Yogurt, Nonfat Very Berry Yogurt
- **Belgioioso** – Mascarpone Cheese
- **Bellwether Farms** – Carmody Cheese, Crème Fraîche
- **Chavrie** – Goat Cheeses
- **Chevre** – Goat Cheeses
- **Cooks** – Bavarian Whipping Cream
- **Dannon** – Nonfat Plain Yogurt
- **DiGiorno** – Parmesan Wedge
- **Fage Total Greek Yogurt** – 0% Plain, 2% Plain, Whole Milk Plain, With Honey
- **Friendship** – No Salt Added Low Fat Cottage Cheese, Pot Style Cottage Cheese, Whipped Cottage Cheese
- **Hoffman Cheese** – Smokey Sharp
- **Horizon Organic** – All Milk, American Singles, Colby Cheese, Fat-Free Plain Yogurt, Low Fat Cream Cheese, Low-Fat Sour Cream, Mozzarella Cheese, String Cheese
- **Kerrygold** – Blarney Castle, Aged Cheddar, Dubliner
- **Knudsen** – Buttermilk, Half & Half, Organic Original Soysations, Sour Cream, Heavy Whipping Cream
- **Lactaid** – Lactose Free 1% Low Fat Milk
- **La Natura** – Mixed Berry Italian Yogurt, Low Fat Plain Yogurt
- **Laughing Cow** – Mini Baby Cheeses in Wax, Original Creamy Swiss, Light Original Swiss, Light Garlic and Herb, Light French Onion
- **Meyenberg** – Pasteurized Goat Milk
- **Organic Valley** – Cream Cheese, Half & Half, Ricotta Cheese, String Cheese, Whipping Cream
- **Polly-O** – Mozzarella Cheeses, Ricotta Cheeses
- **Precious** – Mozzarella Cheeses, Ricotta Cheeses
- **Saga** – Classic Blue Cheese
- **Sargento** – Parmesan Wedge
- **Stonyfield Farm**– Nonfat French Vanilla Yogurt
- **Swiss Knight** – Cheese Wedges
- **Tofutti** – French Onion Cream Cheese, Plain Cream Cheese

DESSERTS, COOKIES & SWEETS

- All Chocolate (Wrapped) by **Scharffen Berger, Ghirardelli, Green & Black's, Valrhona**
- **Brach's** – Starbrite Mints
- **Coffee Go** – Regular Hard Candy
- **Dolci Frutta** – Hard Chocolate Shell
- **Kozy Shack Pudding** – Chocolate, Rice, Tapioca
- **Lindt** – Bar Swiss Bittersweet Dark Chocolate, Bar Swiss White Chocolate, Excellence Dark Chocolate, Excellence Intense Orange
- **Mi-Del** – Gluten-Free Ginger Snap Cookies
- **Minute** – Tapioca Pudding
- **Sans Sucre** – Sugar Free Chocolate Mousse
- **Swiss Knight** – Chocolate Fondue
- **Uncle Ben's** – Rice Pudding
- **Valpiform** – Madeleines cookies
- **Werther's** – Original Candy
- **Zendon** – Chocolate Pudding

DRIED FRUITS & VEGETABLES

- **Bob's Red Mill** – Unsweetened Coconut Shreds
- **Davis Lewis Orchards** – Roasted Salted Green Peas

- **Desert Valley** – All Dates
- **Dole** – All Dates, Seedless Raisins
- **Flanigan Farms** – Organic Persimmons
- **Gelson's Premium** – Apricots, Cranberries, Cranberry Comfort Blend, Gelson's Finest Blend, Golden Raisins, Milk Chocolate Raisins, Natural Pineapple, Natural Papaya, Natural Ginger, Natural Cantaloupe, Natural Mango, Tropical Delight, Tropical Fruit Medley
- **Hadley** – All Dates
- **Inka Crops** – Corn, Plantain Chips
- **Mariani** – All Plums, All Prunes, All Apricots, Apples, Berries & Cherries, Cherries, Cranberries, Fruit Mixed Fancy, Island Fruit, Mangos, Pineapples
- **Melissa's** – Coconut Chips, Strawberries, Tart Cherry, Currants, Organic Cranberries, Organic Blueberries, Organic Mangos, Crystallized Ginger, Roasted Sweet Corn, Vanilla Beans, All Mushrooms
- **Mushrooms** – Chanterelle, Gourmet Medley, Morel, Oyster, Porcini, Shiitake, Straw, Woodear
- **Newman's Own Organic** – All Raisins, All Prunes, Cranberries
- **Nutra-Fig** – All Figs
- **Ocean Spray** – Craisins
- **Pavich Raisins** – Flame Canister, Thompson Seedless
- **Seneca Apple Chips** – Original, Caramel, Apple Cinnamon
- **Sensible Foods Crunch Dried Snacks**– Organic Apple Harvest, Organic Sweet Corn, Organic Soy Nuts, Orchard Blend, Tropical Blend
- **St. Dalfour** – French Prunes
- **Stretch Island Fruit Company** – All Fruit Leather
- **Sun-Maid** – California Apricots, Cape Cod Cranberries
- **Sun-Maid Raisins** – Jumbo Mixed, Seedless, Vanilla Yogurt, Golden, Currants
- **Sunsweet** – All Prunes, Plums
- **Tropicana Fruitwise** – All Bars and Strips
- **Waymouth Farms Organic** – Banana Chips

FROZEN FRUITS & VEGETABLES

- All Frozen Vegetables by **Birds Eye** (except Creamed Spinach), **C&W** (except Almond Beans), **Cascadian Farms**, **Green Giant** (except Green Bean Casserole, Rice Medley, Rice Pilaf and White & Wild Rice), **Seapoint Farms**, **Springfield**, **Westpac** (except Chow Mein)
- All Frozen Fruit by **Cascadian Farm**, **C&W**, **Dole**, **Overlake**, **Kern's**, **Wyman's**

FROZEN READY-TO-EAT

- **Alexia** – Oven Fries
- **Amy's** – Black Bean & Veggie Enchilada, Brown Rice and Vegetable Bowl, Brown Rice, Black-Eyed Peas and Vegetable Bowl, Cheese Enchilada, Cheese Enchilada Dinner, Garden Vegetable Enchilada, Indian Mattar Paneer, Indian Palak Paneer, Indian Vegetable Korma, Matter Tofu, Mexican Casserole, Santa Fe Enchilada Bowl, Teriyaki Bowl,
- **Cedarlane** – 3 Layer Enchilada Pie
- **Contessa** –Cooked Tail-On Shrimp
- **Jones** – Golden Brown Pork Sausage Patty
- **Lean Cuisine** – Chicken A L' Orange, Glazed Chicken
- **Ore-Ida** – Crinkle Cut Potatoes, Fat Free Potatoes O'Brien, Fat Free Country Style Hash Browns, Hash Browns, Shoestring Potatoes
- **Organic Bistro** –Wild Salmon
- **Stouffer's** – Potatoes Au Gratin

FROZEN SWEETS

- All Ice Cream by **Ciao Bella**, **Dr. Bob's**, **McConnell's**, **Sharon's Sorbet**, **Sheer Bliss**
- **Ben & Jerry's** – Vanilla for a Change Ice Cream
- **Häagen-Dazs Ice Cream** – Butter Pecan, Chocolate, Chocolate Sorbet, Coffee, Coffee Yogurt, Macadamia Brittle, Raspberry Sorbet, Strawberry, Vanilla, Vanilla Fudge, Vanilla Swiss Almond, Vanilla Yogurt, Vanilla Raspberry Swirl Yogurt
- **Soy Delicious** – Chocolate Velvet, Vanilla
- **Starbucks Ice Cream** – Coffee Almond Fudge, Java Chip, Low Fat Latte, Mud Pie

- **Stonyfield Farm Nonfat Organic Frozen Yogurt** – Chocolate, Crème Caramel, Minty Chocolate Chip, Raspberry White Chocolate Chunk
- **Tofutti** – Mint Chocolate Chip Ice Cream

GRAINS, NOODLES, BEANS & LEGUMES

- All Brands of single species dry Beans, Dry Peas, Rice (Not blends)
- **Albers** – Yellow Cornmeal
- **Alessi** – Alla Milanese Risotto
- **Allens** – Blackeye Peas
- **A Taste Of Thai** – Coconut Ginger Rice, Rice Noodles
- **Botanical** – Rose Rice
- **Bush's** – Black Beans, Pinto Beans
- **Del Monte** – Green Lima Beans
- **Dynasty** – Maifun Rice Sticks
- **Gelson's Finest** – Dark Red Kidney Beans, Garbanzo Beans
- **Guerrero** – Corn Tortillas
- **Heinz** – Vegetarian Beans
- **Konriko** – Wild Pecan Rice
- **Lundberg** – Butternut Squash Risotto, Cheddar Broccoli Risotto, Wild and Whole-Grain Brown Rice, Organic Short Grain Brown Rice
- **Melissa's** – Quinoa Grains with Herbs
- **Mission** – Corn Tortillas
- **Near East** – Lentil Pilaf
- **Polenta Valsugana** – Pre-Cooked Maize Meal (Polenta)
- **Progresso** – Black Beans, Cannellini Beans, Chick Peas, Dark Red Kidney Beans,
- **Rosarita** – Refried Beans, Fat-Free Refried Beans
- **Sam Mills** – Pasta d'Oro Gluten-Free Corn Penne, Fusilli, Conchiliette, Rigatoni
- **San Gennaro** – Garlic Basil Polenta, Traditional Polenta
- **S&W** – Black Beans, 50% Less Salt Black Beans, Chili Beans, Dark Red Kidney Beans, Garbanzo, Small White Beans
- **Seaside** – Butter Beans
- **Sun Vista** – Black Beans, Great Northern Beans, No Salt Pinto Beans, Regular Pinto Beans
- **Texmati** – Organic American Basmati Rice, Organic Brown Basmati Rice
- **Valbon** – Flageolet Beans
- **Westbrae Organic** – Black Beans, Kidney Beans, Pinto Beans
- **Wolf's Kasha** – Medium Granulation, Whole Granulation

JAM, PRESERVES, NUT BUTTERS & SYRUP

- All Honey
- All Jam and Preserves by **Welch's, Sarabeth's, Knott's, St. Dalfour, Tiptree, Bonne Maman**
- All Molasses by **Brer Rabbit, Grandma's**
- All Peanut Butters by **Arrowhead Mills, Jif, Laura Scudders, Mara Natha, Reese's, Santa Cruz Organic, Skippy**
- All Syrup by **Cary's, Joseph's, Karo, Lyle's, MacDonald's, Maple Grove, Vermont**
- All Jams and Preserves by **Smucker's** (Except all Simply Fruit, Sugar Free or Low Sugar)
- **Dickinson's** – Black Raspberry, Purely Fruit Strawberry, Red Raspberry
- **Felix** – Lingonberry Preserves
- **Hero** – Apricot Preserve, Black Cherry Preserve, Black Currant Preserve, Raspberry Preserve, Strawberry Preserve
- **Keiller** – Orange Marmalade Pot
- **Kettle** – Almond Butter
- **King Kelly** – Orange Marmalade
- **Nutella** – Hazelnut Spread
- **Robertson's** – Thick Cut Marmalade, Ginger Marmalade
- **Sorrell Ridge** – Organic Strawberry, Marmalade

NUTS

- **Blue Diamond Almonds** – Roasted & Salted, Whole Natural, Natural Oven Roasted Vanilla Bean, Natural Oven Roasted Cinnamon Brown Sugar
- **Diamond** – Premium Pecan Halves, Chopped Pecans, Pecan Chips, Pecan Halves, Shelled Walnuts, Nut Topping Walnuts, Chopped Walnuts, Chopped Hazelnuts, Sliced Almonds, Chopped Macadamia Nuts
- **Flanigan Farms** – Almonds, Cashews, Hazelnuts, Nuts & Things, Peanuts, Pecans, Pepitas, Pignolas, Sunflower Seeds, Walnuts
- **Gelson's Premium** – Golden Flax Seeds, Mammoth Pecans, Roasted No Salt Cashews, Organic Roasted No Salt Cashews, Roasted & Salted Cashews, Roasted & Salted Mixed Nuts, Roasted & Salted Soy Nuts, Roasted Organic Sunflower Seeds, Raw Almonds, Roasted & Salted Almonds, Walnuts
- **Good Sense** – Deluxe Nuts, Organic Gold Flax Seeds, Pecan, Raw Whole Almonds, Roasted & Salted Soynuts, Roasted & Salted Cashews, Sunflower Nuts, Roasted & Salted Whole Almonds, Walnuts
- **Mauna Loa** – Macadamia Nuts
- **Melissa's** – Organic Pine Nuts, Roasted Soy Nuts
- **Mr. Nature Dried Nuts & Fruits** – Almonds, Golden Mix, Mix, Mix 'N Yogurt, Pistachios, Salted Pumpkin Seeds, Unsalted Cashews
- **Planters**– All Nuts, Mixed Nuts
- **Seapoint Farms** – Roasted Edamame
- **Snack Club** – Fancy Trail Mix, Pistachios, Salted Cashews, Salted Mixed Nuts, Toffee Peanuts, Tropical Mix
- **Sunkist**–Oven Roasted Almond Accents, Parmesan Almond Accents, Pistachios
- **Treasured Harvest** – Almonds, Hazelnuts, Mixed Nuts, Walnuts
- **Waymouth Farms Organic** – Cashews, Country Mix, Peanuts, Salad Topping, Soy Nuts

OILS, FATS & VINEGARS

- **All Apple Cider**, Balsamic, Red Wine, Rice, White Wine Vinegars
- **All Canola**, Corn, Grapeseed, Olive, Peanut, Safflower, Sesame, Vegetable, Walnut Oils
- **Crisco** – Regular, 0g Trans Fat Shortening
- **Pam** – For Grilling Spray

PASTA SAUCE

- **De Cecco** – Arrabbiata, Pomodoro & Basil
- **Raos** – Arrabbiatta, Marinara, Vodka
- **Gelson's Finest** – Tomato Basil, Artichoke/Walnut, Sicilian
- **Newman's Own Sauce** – Organic Marinara, Organic Tomato Basil, Organic Traditional Herb, Marinara, Mushroom Marinara, Sockarooni, Vodka
- **Alessi** – Eggplant Caponata
- **Bertolli** – Marinara, Tomato Basil
- **Classico** – Tomato & Basil, Spicy Red Pepper, Mushrooms & Olives, Vodka, Fire & Tomato Garlic
- **Dave's** – Red Heirloom, Roasted Garlic
- **Enrico's** – Pizza Sauce
- **Giorgio Baldi** – Arrabbiata
- **Prego** – Extra Chunky Tomato & Onion
- **Progresso** – White Clam Sauce
- **Ragu** – Traditional Organic
- **San Marzano** – Marinara
- **Silver Palate** – Tomato Alfredo Sauce
- **Smart** – Chunky Tomato Marinara, Spinach Mushroom

PRODUCE

- **All Fresh Fruit**
- **All Fresh Vegetables**
- **Reser's** - Organic Mashed Potatoes
- **Veggie Wash** – Fruit and Vegetable Wash

REGULAR DELI

- **All Deli Meat** by **Echo Falls, Highlander, Lascco**

- All Smoked Salmon by **Echo Falls**
- All Pepperoni by **Hormel**
- **Applegate Farms** – Roasted Turkey, Smoked Turkey, Sliced Bologna, Roast Beef
- **Blue Hill Bay** – Black Cod, Wild Coho Salmon
- **Busetto** – Sliced Prosciutto, Sliced Pancetta
- **Citterio** – Sliced Prosciutto, Genoa Salami, Sliced Milano
- **Danola Supreme** – Virginia Brand Ham
- **Empire** – Kosher Turkey Breast
- **Frebes** – Pepper Salami
- **Gallo** – Salami & Provolone, Salami Italian Deli Style, Salami Dry Italian
- **Healthy Choice** – Honey Ham
- **Highlander** – Smoked Scottish Salmon
- **Hormel** – Pepperoni Pillow Pack, Turkey Pepperoni
- **Lascco** – BBQ Pacific Cod, Codfish, Matjes Herring, Nova, Smoked Salmon, Wine Snack Herring Fillet
- **Lightlife** – Tofu Pups
- **Miso** – Yellow Soybean Paste
- **Oscar Mayer** – Smoked Ham Slices, Deli Thin Variety Pack, Turkey Variety Pack
- **Plumrose** – Black Forest Ham
- **Salmolux** – Smoked Rainbow Trout, Smoked Salmon
- **Seltzer's** – Bologna, Slim Slices Smoke & Honey Bologna
- **Simply Potatoes** – Hash Browns, Homestyle Slices, Country Style Mashed Potatoes, Garlic Mashed Potatoes, Mashed Sweet Potatoes
- **Soy Deli** – Nigari Firm Organic Tofu
- **Three Little Pigs** – Salmon Pâté, Spinach Pâté
- **Vita** – Nova Salmon
- **Wel-Pac** – Sushiyo Shoga Ginger

SALAD DRESSINGS & VINAIGRETTES

- **Annie's** – Artichoke Parmesan Dressing, Raspberry Vinaigrette, Balsamic Vinaigrette
- **Briannas** – French Vinaigrette, Poppyseed Dressing
- **Cardini** – Balsamic Vinaigrette
- **Galeo's** – Miso Sesame Dressing, Caesar Miso Dressing
- **Garlic Expressions** - Vinaigrette
- **Hidden Valley** – Ranch & Buttermilk Dressing Mix
- **Ken's** – Buttermilk Ranch Dressing, Italian Romano Dressing
- **Litehouse** – Organic Balsamic Vinaigrette, Organic Caesar, Organic Ranch
- **Maple Grove Farms** – Fat Free Balsamic Vinaigrette, Organic Fat Free Balsamic Vinaigrette, Sugar Free Balsamic Vinaigrette, Fat Free Honey Dijon Dressing, Fat Free Raspberry Vinaigrette, Organic Fat Free Raspberry Vinaigrette, Organic Italian Herb Dressing
- **Marie's** – Creamy Italian Garlic, Honey Dijon, Ranch
- **Marzetti** – Slaw Dressing
- **Newman's Own** – Balsamic Vinaigrette, Caesar Dressing, Lite Honey Mustard Dressing, Olive Oil Vinaigrette, 3 Cheese Balsamic
- **Orr Bros** – Caesar, Chipotle Ranch, Ranch
- **S&W** – Salad-Mixed Bean Marinade
- **Silver Palate** – Balsamic Country Salad Splash
- **South Beach Diet** – Balsamic Dressing, Italian Dressing
- **Teresa's** – Balsamic Vinaigrette
- **Wishbone** – Fat Free Italian Dressing, Italian Dressing

SALSAS & DIPS

- **Casa Sanchez** – Real Guacamole
- **Desert Pepper Trading** – Peach Mango Salsa
- **Gallaher's** – Lime Cilantro Salsa, Peach Salsa
- **Gelson's Finest** – Guacamole Dip, Chunky Salsa, Tomatillo Salsa, Mild Salsa, Peach Salsa, Zesty Salsa
- **Gente Foods** – Mild Garlic Salsa
- **Herdez** – Mild Salsa Verde, Green Casera Salsa, Hot Casera Salsa, Medium Casera Salsa,

- **Jimtown** – Artichoke Dip
- **Juice Harvest Salsa** – Avocado, Mango, Fresca
- **Melissa's** – Organic Ranch Dip Mix, Organic Onion Dip Mix
- **Newman's Own Bandito Salsa** – Medium, Mild
- **Ortega** – Mild Taco Sauce
- **Salpica Salsa** – Tomato Jalapeño, Cilantro Green Olives
- **Santa Barbara** – Mild Salsa
- **Scotty** – Chunky Style Mild Salsa, Tomatillo Verde Salsa, Guacamole

SOUP, CHILI & STEW

- **Amy's Soup** – Black Bean Vegetable, Southwest Vegetable, Potato Leek, Low Fat-Low Salt Cream Of Tomato, Split Pea, Lentil Vegetable, Lentil, Corn Chowder, Chunky Tomato Bisque
- **Andersen Soup** – Split Pea with Bacon, Split Pea
- **Baxters** – Lobster Bisque
- **Carroll Shelby** – Texas Chili Mix
- **Harvest Fresh** – Lentil, Minestrone, Southwest Roasted Corn, Carrot Ginger, Jolly Green, Tomato Basil, Split Pea, Butternut
- **Healthy Choice Soup** – Split Pea, Vegetable
- **Health Valley Soup** – Fat Free 14 Garden Vegetable, Organic Cream of Mushroom, Organic No Salt Potato, No Salt Tomato, No Salt Lentil, No Salt Vegetable, Fat Free Beef Broth, No Salt Chicken Broth
- **Imagine** – Creamy Mushroom Soup, Free Range Chicken Broth
- **Kitchen Basics** – Natural Chicken Stock
- **Knorr** – Vegetable Soup Mix
- **Manischewitz** – Low Sodium Borscht, Regular Borscht
- **Mishima** – Spicy Instant Soup, White Miso Instant Soup
- **Pacific Natural** – Butternut Squash, Creamy Tomato, French Onion, Organic Chicken Broth, Vegetable Broth
- **Progresso** – 99% Fat Free Lentil
- **S&W** – Chili Makin's Home Style
- **Swanson Broth** – Organic Beef, Beef in Aseptic
- **Thai Kitchen Bowl** – Garlic Rice Noodle, Onion Rice Noodle