

Gluten-free products at the Community Food Co-op

Bulk aisle 1A

(Bin # listed next to product)

Amaranth Grain, 3409
Brown Rice Flour, 1337
Buckwheat, raw, 3422
Buckwheat Flour, 1331
Millet, 3407
Cornmeal, 1307
Bob's Red Mill Polenta Coarse Cornmeal, 3428
Cornmeal Polenta/Corn Grits, 3430
Rice, 3128, 3107, 3121, 3141, 3108, 3164
Groats, 3419
Brown Rice Garlic Parsley Twists, 6547
Ancient Harvest Quinoa Super Grain Elbows, 6531
Rice Spaghetti, 6542
Perky's Nutty Rice Cereal, 3509
Popcorn, white, 3426
Popcorn, multicolored, 3427
Popcorn, yellow, 3425
Quinoa, 3410
Rice flour, white, 1342

Bulk aisle 1A

Glad Corn Original Amazing Corn Snack, 7354
Vegan Carob Banana Chunks of Energy, 7254
Chunks of Energy Carob with Fruit, 7250

Snacks aisle 1B

LifeStream Rice Cakes, assorted
San J Rice Crackers
Real Foods Corn Thins, assorted

Bread aisle 1B

Ener G Loaf, Brown Rice, Tapioca
Genuine Bavarian, Pumpernickel, Whole grain
Silver Swan Gluten-free

Produce Cold Case—Bread

Food for Life Bread, White, Pecan, Almond

Crackers/cookies aisle 2A

Sesmark, assorted variety crackers
San J Rice Crackers
Sesmark Savory Thins
Blue Diamond Nut Thins
Nutri Check Rice Crackers
Health Valley Rice Bran Crackers
Hol-Grain Crackers
Mi-Del Cookies
Pecan, Chocolate Chip, Ginger
Pamela's Cookies
Chocolate Chunk Pecan Shortbread
Espresso Chocolate Chunk
Chunky Chocolate Chip
Chocolate Chip Walnut, Spicy Ginger
Peanut Butter, Almond Biscotti
Lemon or Pecan Shortbread
Pamela's Chocolate Brownie Mix
Pamela's baking and pancake mixes
Namaste Foods baking mixes
Bob's Red Mill baking, bread mixes, and flour

Snacks at Deli

Peanut Butter Crispies
Seed Treat
Squirrel Bars
Hank-O-Rama Bars

Pasta aisle 2B

Deboles Rice Pasta, Fettucine
Tinkyada Brown Rice Pasta Lasagna
Bionature (rice, potato, soy), assorted
Westbrae Corn Angel Hair
Mrs. Leepers
Rice Penne, Rice Vegetable Twists
Corn Spaghetti, Corn Vegetable Radiatore
Pastariso Rice Fettucine
Nutrition Kitchen Soybean Pasta, Black, Golden
Lundberg Brown Rice Pasta
Spaghetti, Penne, Rotini

Mixes aisle 3B

Lundberg Rice Sensations, assorted
Lotus Foods Kalijira Rice
Plain packaged rice (read mixes)
Fantastic Hummus, Original, Spinach Parmesean
Bob's Red Mill Quinoa
Arrowhead Whole Grain Amaranth

Soups aisle 4B

Nile Spice (read labels)
Fantastic Big Soup Split Pea, Potato assorted
Thai Kitchen Mushroom Medley Rice Noodle Bowl
Thai Kitchen Instant Rice Soups
Bangkok Curry
Garlic and Vegetable
Thai Ginger
Lemongrass and Chili
Spring Onion

Frozen aisle 5B

Amy's
Brown Rice and Vegetables
Teriyaki
Organic Asian Stir Fry
Rice Mac & Cheese
Thai Stir Fry
Santa Fe Enchilada, Black Bean, Cheese
Lifestream Buckwheat Waffles
Omega Foods Ahi Tuna Burgers
Omega Foods Mahi Mahi Burgers
Vans Waffles, original, Blueberry, Flax

Cereal aisle 6A

Nature's Path Mesa Sunrise
Nature's Path Corn Flakes
Nature's Path EnviroKidz cereal
Peanut Butter Panda Puffs
Gorilla Munch
Amazon Frosted Flakes
Breadshop's Puffs and Honey's

Gluten-free Information Resources

Foods to avoid

Flour, durum, semolina, modified food starch, monosodium glutamate, hydrolyzed vegetable protein, malt or cereal extracts, malt flavoring, natural flavors, and malt vinegar.

Things to consider

- Become a “label reader.”
- Learn to identify ingredients that may contain hidden gluten. Label information is often imprecise.
- Check with manufacturers periodically for changes in their products.
- Avoid contaminating safe foods by contact with unsafe foods.
- Maintain a gluten-free diet for life to avoid recurrence of intestinal damage.

Products listed in this guide are usually available at the Co-op. Some may occasionally be out of stock, unavailable, or discontinued.

Special thanks to Co-op member volunteer
Jessika Nevert for identifying and
collating the products listed.

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Local

Bellingham Gluten Intolerance Group
P.O. Box 28894
Bellingham WA 98228-0894
www.glutenfreeway.info

National

Gluten Intolerance Group
15110 10th Ave. SW, Suite A
Seattle WA 98166
206-246-6652
Fax 206-246-6531
www.gluten.net

Celiac Disease Foundation
13251 Ventura Blvd., Suite 1
Studio City CA 91604-1838
818-990-2354
www.celiac.org/index.html

The Celiac Sprue Association
P.O. Box 31700
Omaha NE 68131-0700
www.csaceliacs.org/

Government

NIH National Institute of Diabetes and
Digestive and Kidney Disease
[http://digestive.niddk.nih.gov/ddiseases/pubs/](http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/index.htm)
celiac/index.htm

Community Food Co-op
1220 N. Forest St.
Bellingham WA 98225
360-734-8158

Shopper's Guide to Gluten-free Products



available at the



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