



Living Gluten Free with Martin's Super Markets

We at Martin's know that living with a gluten-free diet can be difficult. Finding the right kind of foods to complete your diet is even harder when foods you assume to be gluten-free can contain additives that actually have gluten in them. This listing of Martin's gluten-free items is available to you to be used as a guide to help you find the right foods to satisfy your gluten-free diet. Although this shopping guide can be used at any Martin's, it was formed using the inventory at our Heritage Square location in Mishawaka. Because of this, not all of the listed products will be available at all Martin's locations. **While we at Martin's Super Markets have done the best that we can to assure that all items listed are free from gluten, we cannot be held responsible for any individual reactions to products. It is important to note that ingredients in products may change and we cannot be guaranteed that there was no cross contamination of products while being manufactured.**

The best way to ensure that a product is gluten-free is reading label ingredients and knowing how to determine whether a product contains hidden gluten. In 2006, the FDA's labeling law went into effect, stating that all food labels must identify if any of the top 8 allergens are included as ingredients in a product— including wheat. Thus, if wheat is present in a food item, it has to be labeled as such. However, it is important to note here that wheat free does not necessarily mean gluten-free; those who are gluten intolerant must also stray from barley, rye and other sources of gluten. To assist you in finding gluten-free products we have attached a list of ingredients that indicate gluten is present in a food product. **If you are uncertain about a certain ingredient or product do not hesitate to email or call the manufacturer.**

Ingredients that indicate gluten:

All Purpose Flour	Kamut
Barley (Flour & Malt)	Kamut Flour
Beer (unless labeled gluten-free)	Malt (Vinegar, Flavorings, Syrup & Extract)
Bran	Oats (unless labeled gluten-free)
Bread Crumbs, Flour	Oat Bran
Butcher's Rusk	Oat Flour
Cake & Pastry Flour	Seitan
Cereal Extract	Semolina and Semolina Wheat
Cookies	Soy Sauce (unless labeled wheat free)
Cous Cous	Spelt Flour
Cracker Meal	Triticale and Triticale Flour
Durum Flour	Vital Gluten
Enriched Flour	Wafer
Farina	Wheat Bran or Germ
Graham Flour	Wheat Gluten
High Gluten Flour	Wheat Malt
High Protein Flour	Wheat Starch
Hydrolyzed Plant Protein (HPP)	White Flour
Hydrolyzed Vegetable Protein (HVP)	

Questionable Ingredients:

Dextrin- Dextrin producing companies in the United States state that they use corn, but imported dextrin can contain wheat.

Maltodextrin- Maltodextrin produced in the United States is made from corn, potatoes or rice. In an imported product that contains maltodextrin that is made from wheat, it will be labeled as wheat maltodextrin or maltodextrin (wheat).

Modified food starch- Modified food starch is almost always cornstarch. In the few cases that it may be wheat it should be listed on the label as an allergen.

The following list is to be used as a guide to assist you while shopping for gluten-free products. Keep in mind that there are additional products available in each category that may not be listed.

Candy

Brach's- Butterscotch and Cinnamon
Hard Candy, French Burnt Peanuts,
Orchard Fruit Gummi Bears and
Gummies, Root Beer Barrels, Wild
'N Fruity Gummi Worms

Cremesavers- all varieties

Hershey's- Good & Plenty, Heath Bar,
Jolly Ranchers (Double Blasts, Fruit
Chews, Sour Bolt Blasts, Hard
Candy, Sugar Free Hard Candy,
Lollipops), Milk Chocolate Bar,
Kisses, Reese's Peanut Butter Cups,
York Peppermint Patty, Hershey's
All Natural Extra Dark Assortment

Jelly Belly- all varieties of Jelly Beans

Mars- Dove Chocolates (Rich Dark
Chocolate, Smooth Milk Chocolate,
Smooth Rich Chocolate with
Caramel), M&M's (**Except
Crispy**), Skittles, Snickers
(Original, Dark Minis, Minis and
Fun Size) Starburst

Nestle-

Baby Ruth, Butterfinger (except
Crisp and Stixx), Gobstopper,

Candy (Cont'd)

Goobers, Nerds, Nips (Butter Rum,
Caramel, Chocolate Parfait, Coffee),
Raisinets, Runts, Sweetarts,
Treasures (Chocolate Caramel and
Peanut Butter Crème), Turtles

Spartan-

Chocolate Caramel Peanut Clusters,
Chocolate Covered Raisins and
Peanut Clusters, Circus Peanuts,
Double Dipped Peanuts, Gummi
Bears and Worms, Jelly Beans,
Orange Slices, Sour Worms,
Starlight Mints.

Starbucks-

Cafe Mocha Truffles, Chai Truffles,
Chocolate and Tea Tasting Squares,
Dark Chocolate, Espresso Truffles,
Milk Chocolate, Mocha Dark
Chocolate, Vanilla Bean Truffles

Sugar Babies

Tootsie Roll-

Child's Play Assortment of
Favorites, Tootsie Pops, Tootsie
Roll Midgees

Chewing Gum

All chewing gum is naturally gluten free

Energy Drinks

AMP- Elevate, Original, Overdrive, Race Pack, Relaunch, Traction
Full Throttle- Blue Demon, Fury, Original
Glaceau- Vitamin Energy Dragonfruit, Fruit Punch, Tropical Citrus
Lost Energy
Monster- Original, Java (Big Black, Loca Mocha and Mean Bean), Khaos, Lo Carb, M80
NOS
Red Bull
SoBe- Adrenaline Rush (Original and Sugar Free), Essential Energy (Berry Pomegranate, Orange), No Fear

Juice/Drinks

Gatorade- all varieties
Powerade- all varieties
All Juices and Juice Drinks are naturally gluten-free

Organic Bars

Brown Rice Protein Powder
Kind Fruit + Nut- Almond & Apricot (Original and in Yogurt), Fruit & Nuts in Yogurt, Macademia & Apricot, Sesame & Peanuts
Stretch Island Fruit Co.- Abundant Apricot, Harvest Grape, Orchard Cherry, Summer Strawberry

Cereal

EnviroKidz Organic- Amazon Frosted Flakes, Gorilla Munch, Koala Crisp, Peanut Butter Panda Puffs
General Mills- Rice Chex (Original ONLY)
Health Valley- Rice Crunch-Em's
Nature's Path- Organic Mesa Sunrise, Organic Whole Grain Crispy Rice

Fruit Snacks

Fruit Flavored Snacks- all varieties
Fruit Gushers- Flavor Shock, Variety Pack
Fruit Rollups- Blastin Berry Hot Colors, Crazy Pix (Cool Chix Berry Wave, Wild Ones Blastin Berry), Mini Rolls (Strawberry Craze, Wildberry Punch, Tropical Tie Dye, Variety Pack)
FruitaBu- Smooshed Organic (Apple, Grape, Strawberry)
Spartan- Build-A-Bear, Dinosaurs, Maya Miguel, Variety Pack

Instant Breakfast

Carnation Instant Breakfast- Classic French Vanilla, Rich Milk Chocolate (Original and No Sugar Added)

Soy/Rice Beverages

Blue Diamond Natural Almond Breeze- Chocolate, Vanilla, Unsweetened (Chocolate, Original, Vanilla)
Full Circle Organic- Enriched Soy Milk (Chocolate, Original, Vanilla), Enriched Vanilla Rice Milk
Rice Dream- Classic (Original, Vanilla), Enriched (Original, Vanilla), Rice Drink Heartwise (Original, Vanilla)
Soy Dream- Classic (Original, Vanilla), Enriched (Chocolate, Original, Vanilla)
Westsoy- Nonfat Soy Milk (Plain, Vanilla), Rice Beverage (Plain, Vanilla), Soy Shake (Chocolate, Vanilla)

Syrups

Aunt Jemima- (Butter Rich, Butterlite, Lite, Original)
Eggo- Buttery, Original
Hungry Jack- Butter, Original
Karo Corn Syrup- Brown Sugar, Dark, Light

Syrups (Cont'd)

Log Cabin- Lite, Original, Sugar Free
Maple Grove Farms- Apricot,
Blueberry, Pure Maple, Red
Raspberry, Strawberry, Sugar Free
Maple
Mrs. Butterworth's- Lite, Original,
Sugar Free
Smuckers- Blueberry, Red Raspberry,
Strawberry, Sugar Free Low Cal
Breakfast Syrup

Canned Fruits & Vegetables

Most canned fruit and vegetables are naturally gluten-free. However, certain baked bean varieties may use flour as a thickener. Check ingredients for hidden gluten.

Coffee

Coffee is a naturally gluten-free product. Check ingredients for hidden gluten in coffees with added artificial flavorings and ingredients. If no ingredients are listed, only pure coffee is present.

Coffee Creamers

Borden- Cremora Non-Dairy Creamer
DaVinci Gourmet Syrup- Sugar Free
(Amaretto, Butter Rum, English
Toffee, Irish Crème, Vanilla)
Nestle Coffee-Mate- all varieties
Spartan- non-dairy creamer (original,
creamy chocolate, french vanilla,
hazelnut, lite, vanilla caramel)
Splenda- Flavors for Coffee (French
Vanilla, Hazelnut, Mocha)
Torani Flavoring Syrup- Caramel, Irish
Crème, Raspberry, Vanilla, White
Chocolate, Sugar Free (Hazelnut,
Raspberry, Vanilla).

Hot Cocoa

Ghiradelli- White Mocha, Chocolate
Hazelnut, Chocolate Mocha, Double
Chocolate
Land-O-Lakes- Cocoa Classics (Caramel
& Chocolate, French Vanilla &
Chocolate, Hazelnut & Chocolate,
Irish Crème & Chocolate, Mint &
Chocolate, Raspberry & Chocolate,
Supreme Chocolate)
Nestle- Milk Chocolate, Mini
Marshmallows, Nesquik Hot Cocoa
Chocolate with Bunny Shaped
Marshmallows, Rich Chocolate.
Spartan- Original, Lite, No Sugar
Added, Mini Marshmallows
Swiss Miss- Dark Chocolate Sensation,
French Vanilla, Great Start Cocoa,
Marshmallow Lovers, Milk
Chocolate, No Sugar Added, Milk
Chocolate with Marshmallows,
Mocha Cappuccino, Rich &
Creamy, Rich Chocolate, Sensible
Sweets, with Calcium Pick-me-up.

Instant Potatoes

Betty Crocker- Potato Buds
Hungry Jack- Mashed Potatoes
Idahoan- Mashed Potatoes (Baby Reds,
Butter & Herb, Buttery Yukon
Gold, Four Cheese, Original,
Roasted Garlic & Parmesan,
Roasted Garlic)
Panni- Bavarian Potato Dumpling and
Pancake Mixes, Shredded Potato
Pancake Mix
Spartan- Butter & Herb, Creamy Butter,
Mashed Potatoes, Roasted Garlic,
Sour Cream & Chives.
Valutime- Mashed Potato Flakes

Tea

*All varieties of our teas are gluten-free, except for a small minority of dessert teas which may have **malt** as an ingredient.*

Canned/Boxed Dinners

Armour- Corned Beef Hash

Campbell's- Chunky Chili with Beans
(Firehouse, Grilled Steak,
Roadhouse)

Dinty Moore- Beef Stew

Hormel- Chili Turkey with Beans, Chili
with Beans, Home-style Corned
Beef Hash, Hot Chili with Beans,
Not-So-Sloppy-Joe Sloppy Joe
Sauce

Hunt's- Manwich (BBQ, Bold, Original)

Spartan- Beef Stew, Chili with Beans,
Corned Beef Hash, Sloppy Joe
Sauce

Canned Meat

*All canned meat (chicken, sardines,
tuna, etc.) is naturally gluten free
(except combination packages of
meat with crackers).*

Condiments

*All condiments (ketchup, horseradish,
mayonnaise, mustard, relish,
sandwich dressing, tartar sauce) are
naturally gluten free. Most varieties
of Barbeque Sauce do not contain
gluten, except for a few varieties
that contain malted barley from
beer. Check all soy sauces &
teriyaki sauces for wheat before
purchasing.*

Garnishes

*All canned garnishes (capers, dilled
brussel sprouts & cauliflower,
jalapenos, olives, onions,
pepperoncini, pickles) are gluten-
free.*

Pizza Sauces

Contadina

Chef Boyardee

Pizza Sauces (Cont'd)

Chef Paul Prudhomme's- Pizza & Pasta
Magic (Herbal, Hot & Sweet)

Dei Fratelli

Delallo- Italian Style

Mid's- Home-style Pizza Sauce

Ragu- Pizza Quick Traditional, Pizza
Sauce Homemade Style

Spartan- Fully Prepared Pizza Sauce

Rice Cakes

Quaker- Apple Cinnamon, Butter
Popped Corn, Caramel Corn,
Cheddar Cheese, Chocolate,
Chocolate Crunch, Lightly Salted,
Mini Delights Buttered Popcorn,
Salt Free, White Cheddar

Salad Dressings

Full Circle Organic- Balsamic
Vinaigrette, Caesar, French, Honey
Mustard, Italian, Ranch, Thousand
Island

Good Seasons- Cheese Garlic, Garlic &
Herb, Italian, Light Red Raspberry
Poppysseed, Mild Italian, Zesty
Italian.

Hidden Valley- Bacon Ranch,
Buttermilk Ranch, Fat Free Ranch,
Italian Ranch, Light Buttermilk
Ranch, Organic Ranch, Peppercorn
Ranch, Ranch, Spicy Ranch

Ken's Steak House- Buttermilk Ranch,
Country French, Creamy Caesar,
Fat Free Raspberry Pecan, Greek
Dressing, Honey Mustard, Italian
with Aged Romano, Lite Caesar,
Lite Northern Italian, Lite
Raspberry Walnut Vinaigrette,
Ranch, Sweet Vidalia Onion, Zesty
Italian

Kraft- Blue Cheese, Caesar, Catalina,
Creamy French, Cucumber Ranch,
Fat Free Honey Dijon, Free
Thousand Island, Garlic Ranch,
Honey Dijon Vinaigrette, Light

Salad Dressings (Cont'd)

Ranch, Light Three Cheese Ranch, Organic (Balsamic Vinaigrette, Zesty Italian), Ranch, Ranch with Bacon, Thousand Island, Zesty Italian

Marzetti- Country Fresh, Italian, Original Slaw, Poppyseed, Ranch, Southern Recipe Slaw Dressing, Sweet-N-Sour, Teresa's Select Recipes (Asiago Pepper Creme, Asian Slaw, Balsamic Vinaigrette, Blackberry Poppyseed, Fat Free Honey Dijon, Raspberry White Balsamic Vinaigrette, Roasted Garlic Vinaigrette, Sesame Oriental, Strawberry Chardonnay, Sun Dried Tomato Vinaigrette), Thousand Island

Spartan- Blue Cheese, French, Italian, Lite Italian, Lite Ranch, Peppercorn Ranch, Ranch, Thousand Island, Zesty Italian

Wishbone-Balsamic Vinaigrette, Bountifuls (Berry Delight, Hearty Italian, Simply Santa Fe, Tuscan Romano Basil), Chunky Blue Cheese, Creamy Italian, Fat Free Italian, House Italian, Italian, Light (Blue Cheese, Italian, Ranch, Sweet-N-Spicy French, Thousand Island), Ranch, Raspberry Hazelnut Vinaigrette, Robusto Italian, Russian, Salad Spritzers (Balsamic Breeze, Caesar Delight, Honey Mustard Buzz, Italian, Ranch, Red Wine Mist), Sweet-N-Spicy French

Seasoning Packets

Crockery Gourmet- BBQ, Italian, Seasoning Mix for Chicken, Southwestern

McCormick-

Grill Mate Marinades (Mesquite, Hickory BBQ, Chipotle Pepper, Peppercorn & Garlic, Montreal

Seasoning Packets (Cont'd)

Steak, Southwest, Tomato Garlic & Basil, Baja Citrus)

Bag 'N Season (Swiss Steak, Herb Roasted Pork Tenderloin, Pork Chops),

Sauce Mixes (Italian-Style Spaghetti, Creamy Garlic Alfredo, Thick & Zesty, Enchilada)

Seasoning Mixes (Sloppy Joe, Meat Marinade, Original Taco, Mild Taco, Hot Taco, 30% Less Sodium Taco, Fajitas, Salsa, Guacamole, Tex-Mex Chili)

Veggie Steamers, Hickory BBQ Buffalo Wings

Slow Cookers (BBQ Pulled Pork, Italian Herb Chicken)

Spartan- Sloppy Joe, Spaghetti

Vinegars/Cooking Wines

All Distilled Vinegars are gluten-free but avoid any Malt Vinegars.

Holland House- Cooking Wine (Red, Sherry, Vermouth, White, White with Lemon

Reese- Vintage Cooking Wine (Burgundy, Marsala, Sauterne, Sherry, White)

Asian

A Taste of Thai- Chicken & Rice Seasoning, Coconut Ginger Noodles, Coconut Milk, Lite Coconut Milk, Garlic Basic Coconut Rice, Jasmine Rice, Pad Thai Noodles, Peanut Noodles, Red Curry Noodles, Spicy Peanut Bake, Sweet Red Chili Sauce, Thai Peanut Sauce Mix,

Dynasty- Chinese Five Spices, Chinese Stir-Fry Vegetables, Cut Baby Corn, Lynchees, Jasmine Rice Milagrosa, Saifin Bean Threads, Whole Baby

Asian (Cont'd)

Sweet Corn, Whole Peeled Straw
Mushrooms

Geisha- Bean Sprouts, Sliced Bamboo
Shoots

Kame- Stir- Fry Vegetables

Kraft- Sweet-N-Sour Sauce

La Choy- Bean Sprouts, Beef Chow
Mein with Veggies, Beef Pepper
Oriental with Veggies, Chicken
Chow Mein with Veggies, Chop
Suey Vegetables, Fancy Mixed
Chinese Vegetables, Garlic Ginger
Marinade, Soy Sauce (Lite,
Original), Sweet-N-Sour with
Veggies, Teriyaki Marinade, Whole
Water Chestnuts,

Patak's- Cooking Sauces (Rich Creamy
Coconut, Rich Tomato & Onion,
Spicy Tomato & Cardamon, Sweet
Pepper & Coconut, Tikka Masala
Curry), Hot Mango Chutney, Major
Grey Chutney, Sweet Mango
Chutney, Paste (Hot Curry, Mild
Curry, Tikka Masala Curry)

Reese- Fancy Sliced Bamboo Shoots,
Water Chestnuts (Diced, Sliced,
Whole)

Sun-Bird- Seasoning Mixes (Beef &
Broccoli, Chow Mein, Fried Rice,
General Tso's Chicken, Honey
Teriyaki, Hot & Spicy Kung Pao
Chicken, Hot & Spicy Szechuan,
Lemon Chicken Stir Fry, Phad Thai,
Stir-Fry, Sweet & Sour, Thai Red
Curry)

Tasty Bite- Beans Masala & Basmati
Rice, Green Curry Vegetables &
Jasmine Rice, Peas Paneer &
Basmati Rice, Spinach Dal &
Basmati Rice, Yellow Curry
Vegetables & Jasmine Rice

Thai Kitchen- Bangkok Curry, Coconut
Milk (Lite, Organic, Original),
Garlic & Vegetable Soup Mix,
Green Curry Paste, Lemongrass &

Asian (Cont'd)

Chili Rice Noodle Soup, Mushroom
Rice Noodle Bowl, Original Pad
Thai Sauce, Premium Fish Sauce,
Red Curry Paste, Roasted Garlic
Rice Noodle Bowl, Roasted Red
Chili Paste, Spring Onion Instant
Rice Noodle Soup, Spring Onion
Rice Noodle Bowl, Stir Fry Rice
Noodles, Thai Ginger, Thai Ginger
Rice Noodle Soup Bowl, Thai
Peanut Stir Fry Rice Noodles, Thin
Rice Noodles

Thai Pavillion- Garlic Basil Stir Fry,
Green Curry Simmer Noodles,
Peanut Satay Simmer Noodles,
Sweet & Tangy Citrus Stir Fry

Ty Ling- Chinese Style Egg Drop Mix,
Five Spice Seasoning, Stir Fry Corn,
Stir Fry Mushrooms Broken, Straw
Mushrooms Peeled Whole

Beans

Full Circle Organic- Baby White Lima
Beans, Great Northern Beans, Green
Lentils, Kidney Beans, Navy Beans,
Pinto Beans

Spartan- Baby Lima Beans, Black
Beans, Black-eyed Peas, Great
Northern Beans, Green Split Peas,
Large Lima Beans, Lentils, Pinto
Beans, Navy Beans, Red Kidney
Beans

Hispanic

*All varieties of Hispanic peppers, chiles,
tomatoes are gluten-free.*

Chi-Chi's- Fiesta Sweet Corn Cake Mix,
Salsa (all varieties) Snackers
(Nacho Cheese, Salsa)

Emerils- Salsa (all varieties)

Frontera- Gourmet Mexican Salsa (all
varieties)

Hormel- Tamales Beef in Chili Sauce

La Costena- Green Mexican Sauce,
Medium Ranchera Salsa

Hispanic (Cont'd)

La Preferida- Aged Cheddar Cheese Sauce, Black Bean Soup, Black Beans (Original, 99% Fat Free), Enchilada Sauce (all varieties), Frijoles Negros, Louisiana Hot Sauce, Nacho Cheese Sauce, Pinto Beans, Refried Beans (Authentic, Fat Free, Vegetarian, with Chorizo), Spanish Rice (Original, with Bell Peppers & Onions)

La Victoria- Green Taco Sauce, Red Taco Sauce, Salsa Brava Hot Sauce

Manny's- Soft Taco Size Corn Tortillas

Mission- White Corn Tortillas

Newman's Own- Salsa (all varieties)

Old El Paso- Burrito Seasoning Mix, Fajita Seasoning Mix, Refried Beans (Fat Free, Spicy Fat Free, Traditional, Vegetarian), Salsa (all varieties), Stand 'N Stuff Yellow Corn Taco Shells, Super Stuffer Taco Shells, Taco Dinner Kit, Taco Seasoning Mixes (40% Less Sodium, Mild, Original), Taco Shells, White Corn Taco Shells

Ortega- Salsa (all varieties), Taco Sauce (Original Hot, Medium & Mild, Mild Green), Two Cheese Pizza Grande Dinner Kit, Taco Seasoning Mix (Hot & Spicy, Original), White Corn Taco Shells, Yellow Corn Taco Shells

Pace- Pico De Gallo, Salsa (all varieties)

Rosarita- Spicy Jalapeno Refried Beans, Traditional Refried Beans (Not Fat, Original)

Salpica- Salsa (all varieties)

Santa Barbara- Salsa (all varieties)

Spartan- Fajita Seasoning Mix, Red Enchilada Sauce, Refried Beans (Fat Free, Original, Salsa (all varieties), Southwestern Style Black), Taco Seasoning Mix

Taco Bell- Black Bean Con Queso, Hot Restaurant Sauce, Mild Taco Sauce,

Hispanic (Cont'd)

Taco Shells, Think 'N Chunky Medium Salsa

Italian

Most varieties of Pasta Sauces

(Marinara, Tomato, etc.) are gluten-free. Make sure to check all label ingredients to make sure there is no hidden gluten. Some are listed here, but many more varieties are available that are free from gluten.

Clasico- Cabernet Marinara with Herbs, Creamy Alfredo, Four Cheese Alfredo, Four Cheese Pasta Sauce, Roasted Garlic Pasta Sauce, Roasted Garlic Alfredo, Spicy Red Pepper Pasta Sauce, Spicy Tomato & Basil Pasta Sauce, Sundried Tomato Alfredo, Traditional Basil Pesto, Traditional Sweet Basil Pasta Sauce, Triple Mushroom Pasta Sauce, Vodka Pasta Sauce

Crystal Farms- Parmesan Cheese

Delallo-Bruschetta Topping (Artichoke, Olive, Roasted Pepper, Sun Dried Tomato), Garlic (all varieties), Sun Dried Tomato Pesto Sauce, Sun Dried Tomatoes

Hunts- Cheese & Garlic, Chunky Vegetable, Classic Italian Roasted Garlic & Onion, Four Cheese, Garlic & Herb, Mushroom, Organic (Roasted Garlic, Traditional), Original Style Traditional

Kraft- Grated Parmesan Cheese, Grated Parmesan & Romano Cheese

Mario- Artichoke Antipasto

MIDS- Pasta Sauce (Italian Sausage, Meatless Home-style, Mushrooms & Roasted Garlic, Tomato Basil & Mushroom)

Prego- Chunky Garden Tomato Onion Garlic, Heart Smart (Italian Sauce Three Cheese, Mushroom, Traditional Italian Sauce) Italian

Italian (Cont'd)

Sauce (Fresh Mushroom, Traditional) Italian Sausage & Garlic Meat Sauce, Meat Flavored, Mushroom & Garlic, Roasted Garlic Parmesan, Tomato Basil Garlic,
Spartan- Mushroom & Onion Pasta Sauce Extra Chunky, Mushroom Pasta Sauce, Natural Grated Parmesan Style Grated Topping, Spaghetti Sauce (Flavored with Meat, Mushroom, Traditional), Three Cheese Pasta Sauce

Rice

Full Circle Organic- Long Grain Basmati Brown Rice, Long Grain Basmati White Rice, Long Grain Brown Rice, Long Grain White Rice
Gourmet House- Minnesota Quick Cooking Wild Rice
Konriko- Wild Pecan Aromatic Rice
Lundberg- California Brown Basmati, Jubilee, Long Grain Brown Rice, Short Grain Brown Rice, Wehani
Minute- Boil-in-Bag White Rice, Brown Rice, Premium Rice, White Rice
Near East- Long Grain & Wild Rice Original, Rice Pilaf Mixes (Curry, Lentil, Spanish Rice)
Reese- All Natural Minnesota Wild Rice Paddy Grown
Riceland- Enriched (Extra Long Grain, Long Grain, Medium Grain)
Rice Select- Kasmati Indian-Style Basmati Rice, Organic (Arborio, Jasmati, Texmati Brown Rice), Royal Blend Texmati (White Brown Wild & Red Rice, with Red Rice & Lentils, with Red Rice & Beans), Texmati Long Grain American Basmati Rice, Texmati Light Brown Rice
Seeds of Change- Tuscan Style Rice & Beans Zesty Cilantro Quinoa Blend

Rice (Cont'd)

Spartan- Boil-in-Bag, Brown Rice Instant Whole Grain, Instant Rice Enriched Precooked Natural Long Grain
Uncle Bens- Boil-in-Bag- Enriched Long Grain Rice, Instant Rice Enriched Long Grain Rice, Natural Whole Grain Brown Rice, Original Enriched Parbroiled Long Grain Rice, Ready Rice (Garden Vegetable, Roasted Chicken with Carrots & Herbs, Spanish Style, Whole Grain Brown)
Vigo- Aged Basmati Rice, Italian Arborio Rice, Risotto con Broccoli

Chips & Crackers

Back to Nature- Rice Thins (Sesame Ginger, Tomato Herb Rice, White Cheddar)
Garden of Eatin'- Chips (Black Bean, Blue Corn, Focacci, Guacamole, Key Lime Jalapeno, Little Soy Blues, Mani Style Onion, Red, Red Hot Blues, Salsa Reds, Sesame Blues, Three Pepper, White Corn Restaurant Style, Yellow)
Kettle Chips- Cheddar Baked, Cheddar Beer, Hickory Honey Barbeque, Honey Dijon, Krinkle Cut (Salt & Pepper, Lightly Salted), New York Cheddar, Sea Salt & Vinegar, Spicy Thai, Yogurt & Green Onion.
Terra- Crinkles (Blue Jalapeno Chili Chips, Red Bliss Blood Mary, Sweet Potato Chips, Yukon Gold), Mediterranean Vegetable, Original Vegetable, Sweet Potato Chips, Zesty Tomato Veggie

Salsas/Dips

Arribai- Black Bean Dip, Mild Fire Roasted Chile Con Queso, Smoked Chipotle Bean Dip, Salsa (Fire

Salsas/Dips (Cont'd)

Roasted Mexican Green, Fire
Roasted Mexican Chipotle, Hot Fire
Roasted Mexican Red, Mild Fire
Roasted Southwestern Black Beans
Corn)

Goldwater's- Mohene Mango, Paradise
Pineapple, Sedona Red Hot

Jardines- 7J Ranch (Prairie Reach,
Chipotle, Campfire Roasted,
Texasaka)

La Preferida- Organic Hot

Oasis Foods- Charred Salsa Fresca

Soups & Broths

**Check ingredients in soups because
many are made with wheat
products.*

Amy's- Lowfat Black Bean Vegetable
Soup, Organic (Chunky Tomato
Bisque Soup, Lentil Soup, Lowfat
Cream of Tomato Soup, Lowfat
Split Pea Soup, Medium Chili
with/without Veggies), Tom Kha
Phak Thai Coconut Soup

Emerils- All Natural Stock (Chicken,
Beef)

Health Valley- Organic (Split Pea Soup,
Tomato Soup, Tomato No Salt
Soup), Low Fat (Chicken Broth) Fat
Free (Black Bean & Vegetable
Soup, Chicken Broth Corn &
Veggie Soup, Minestrone Soup,
Split Pea & Carrot Soup, Vegetable
Broth, 14 Garden Vegetable Soup, 5
Bean Vegetable Soup) Mild
Vegetarian Soup (No Salt Chunky
Chili, Three Bean Chunky Chili)

Knorr- Recipe Mixes (Cream of Spinach
Goulash Beef Stew, Leek,
Sauerbraten Pot Roast, Sauerbraten
Pot Roast Mix, Spring Vegetable,
Vegetable)

Progresso-Traditional (Chicken & Wild
Rice, Chicken Rice, Potato,
Broccoli & Cheese Chowder), Light

Soups & Broths (Cont'd)

Homestyle Vegetable & Rice, Rich
& Hearty (Chicken Corn Chowder,
New England Clam Chowder)
Vegetable Classics (French Onion,
Lentil)

Swanson- Broth (Beef 50% Less
Sodium, Beef 99% Fat Free,
Certified Organic Beef Broth,
Chicken, Chicken 33% Less Sodium
Chicken 99% Fat Free, Natural
Goodness Chicken Broth, Vegetable
Fat Free)

Bake Mixes

Quaker- Corn Meal (Yellow, White)

Aunt Jemima- Yellow Corn Meal

Baking Decorations & Frosting

Betty Crocker- All Bottle Decorating
Decors (Sprinkles, Nonpareils,
Sequins, Sugars), Cooking Icing (all
colors), Decorating Gels (all colors)
Decorating Icing (all colors).

Duncan Hines- Creamy Homestyle
(Butter cream, Caramel, Classic
Chocolate, Classic Vanilla, Cream
Cheese, Milk Chocolate), Whipped
Frosting (Chocolate, Cream Cheese,
Fluffy White, Vanilla).

Jiffy- Frosting Mixes (Fudge, White
Lemon).

McCormick- all varieties of food
coloring.

Pillsbury- Creamy Supreme (Chocolate,
Chocolate Fudge, Cream Cheese,
French Vanilla, Reduced Sugar
Chocolate Fudge, Reduced Sugar
Vanilla, Vanilla), Whipped Supreme
(Cream Cheese, Vanilla).

Baking Needs

*All baking chocolate and baking chips
(chocolate, peanut butter, caramel,
toffee) are gluten-free. Dried fruits*

Baking Needs (Cont'd)

(bananas cherries, dates, plums, prunes, raisins), canned fruit fillings (blueberry, cherry, apricot), and nuts (almonds, walnuts, pecans) used in baked goods are naturally gluten-free as well. All varieties of corn starch, baking powder, marshmallows, evaporated & condensed milk are also gluten-free. Please check ingredients for any items which may seem questionable.

Boxed Gelatin & Pudding

Jello- Gelatin (all varieties)

Cook & Serve Pudding & Pie Filling (Banana Cream, Butterscotch, Chocolate, Vanilla)

Cook & Serve Sugar Free Fat Free (Chocolate, Vanilla)

Instant Pudding & Pie Filling (Banana Cream, Butterscotch, Cheesecake, Chocolate, Coconut Cream, French Vanilla, Lemon, Pistachio, Vanilla, White Chocolate)

Singles (Chocolate, Vanilla), Sugar Free Singles (Chocolate, Vanilla)

Sugar Free Fat Free Instant Pudding (Banana Cream, Butterscotch, Chocolate, Chocolate Fudge, Pistachio, White Chocolate)

Handi-Snacks- all varieties

Hunts Snack Pack- all varieties

Kraft- Minute Tapioca

Spartan- Gelatin (all varieties) Cook & Serve Pudding and Pie Filling (Chocolate, Vanilla), Instant Pudding and Pie Filling (Banana Cream, Butterscotch, Chocolate, French Vanilla, Pistachio, Sugar Free Chocolate, Vanilla)

Uncle Bens- Rice Pudding Mix Cinnamon & Raisin

Cooking Oils & Sprays

Cooking oils (olive, vegetable, canola) are gluten-free. Most cooking sprays do not contain gluten, but check to see that they do not contain flour.

Gluten-Free Baking/Baked Goods

Bob's Red Mill- Almond Meal/Flour, Arrowroot Starch/Flour, Brown Rice Flour, Corn Flour, Flaxseed Meal, Gluten-free Garbanzo & Fava Bean Flour, Golden Flaxseed Meal, Potato Flour, Quinoa Flour, Soy Protein Powder, Stone Ground Garbanzo Bean Flour, Tapioca Flour, Wheat-Free Biscuit & Baking Mix, Whey Protein Concentrate, White Rice Flour, Xanthan Gum

Blue Diamond- Nut Thins (Almond Country Ranch, Almond Nut & Rice, Cheddar Cheese, Hazelnut, Pecan)

De Boles- Corn Pasta (Elbow Style, Spaghetti Style)

Enjoy Life- Snack Bars (Caramel Apple, Coco Loco), Soft Baked Cookies (Chewy Chocolate Chip, Double Chocolate Brownie, Gingerbread Spice, No-Oats Oatmeal) Very Berry Crunch Granola

Ener G- Brown Rice Loaf, Egg Replacer, Pure Potato Starch Flour, Tapioca Loaf

EnviroKidz- Crispy Rice Bars (Berry, Chocolate, Peanut Butter)

Gluten-Free Pantry- Brown Rice Pancake & Waffle Mix, Chocolate Chip Cookie & Cake Mix, Favorite Sandwich Bread Mix, French Bread & Pizza Mix, Muffin & Scone Mix, Old Fashioned Cake & Cookie Mix, Yankee Cornbread & Muffin Mix

Glutino- Apple Breakfast Bars, Penne Brown Rice Pasta, Pretzels, Pretzel Sticks

Gluten-Free Baking/Baked Goods (Cont'd)

La Tortilla Factory- Dark Teff Wraps,
Ivory Teff Wraps
Lundberg- Sea Salt Rice Chips
Maple Grove Farms- Pancake & Waffle
Mix
Mr. Krispers- Baked Rice Crisps (Sea
Salt & Pepper, Sour Cream &
Onion)
Notta Pasta- Fettuccini, Spaghetti
Pamelas- Cookies (Butter Shortbread,
Chunky Chocolate Chip, Lemon,
Peanut Butter, Pecan, Shortbread
Swirl)
Quinoa Ancient Harvest- Pasta (Elbow,
Rotelle, Shells, Traditional, Veggie
Curls)
Southern Homestyle- Corn Flake
Crumbs, Tortilla Crumbs
Tinkyada- Brown Rice Pastas (Penne,
Shells, Spaghetti Style with Rice
Bran, Spirals, Veggie Spirals),
Fettuccini Style Thai Pasta,

Spices & Seasonings

All **pure** spices are gluten free. Some
seasoning/spice mixes can contain
wheat. Make sure to check label
ingredients.

Bread Dipping Sauces

Emeril- Asian Essence, Bayon Blast
Essence, Italian Essence, Original
Essence, Southwest Essence.
M&B- Curry Powder, Italian Seasoning,
Tex-Mex Rub
McCormick- all varieties
Morton- Salt, Iodized Salt
Mrs. Dash- Garlic & Herb, Grilling
Blends (Chicken, Steak,
Hamburger), Original Blend.
Spartan- Chili Powder
Spice Islands- all varieties
Spice Supreme- Chili Powder, Italian
Seasoning, Lemon Pepper

Gluten-Free Baking/Baked Goods (Cont'd)

Seasoning, Meat Tenderizer, Poultry
Seasoning, Seasoned Salt, Puro
Comino Molido
Tone's- all varieties

Sugars & Sweeteners

*All pure sugars and sweeteners are
naturally gluten free.*

Yeast

Fleishmann's- Active Dry, Rapid Rise
Highly Active
Red Star- Bread Machine, Active Dry,
Quick Rise

Beer

Red Bridge- Beer made from Sorghum

Beverages

*All varieties of bottled sodas (both
carbonated and non-carbonated),
waters, tea beverages and other
non-carbonated drinks are gluten-
free.*

Nuts & Seeds

Beer Nuts- Original Peanuts
Blue Diamond Almonds
Corn Nuts- BBQ, Original
David- Roasted & Salted Seeds
(Pumpkin, Sunflower BBQ,
Original & Ranch)
Full Circle Organic- Cranberry's Cove,
Pistachios, Soy nuts (Original,
Roasted Unsalted), Sunflower
Seeds, Super Soy Nut Trail Mix
Planter's- Cashews (all varieties),
Deluxe Mixed Nuts, Dry Roasted
Sunflower Kernels, NUT-rition (all
varieties), Pecan & Pistachio Lovers
Mixes, Peanuts (all varieties), Select
Cashews Almonds & Pecans

Nuts & Seeds (Cont'd)

Spartan- Almonds (Hickory Smoked, Roasted Salted), Peanuts (all varieties) Sunflower Kernels

Thrifty- Cashews, Fancy Mixed Nuts, Mardi Gras, Peanuts (Blanched, Jumbo Red Skin, Roasted and Salted-in-shell, Spanish), Salted Pistachios, Sunflower Seeds Roasted/Salted

Popcorn

All varieties of popcorn salt are gluten-free.

Act II- Butter, Butter Lovers, Kettle Corn, Light Butter, Movie Butter

Cousin Willies- 94% Fat Free, Buttery Explosion, Cheesy Delight, Movie Theatre Butter, Sweet & Salty Kettle Corn

Newman's Own- Natural, Old style Show,

Orville Redenbacher's- 94% Fat Free, 50% Fat Free Natural Butter, 100 Calories, Butter, Buttery Garlic, Buttery Salt & Cracked Pepper, Caramel, Cheddar, Light Butter, Kettle Corn, Movie Butter, Pour Over Movie Butter, Smart Pop Kettle Corn, Tender White, Theatre Butter, Ultimate Butter

Pop secret- 94% Fat Free Butter, 100 Calorie, Butter, Extra Butter, Home style, Movie Butter

Spartan- 94% Fat Free, Kettle Corn with Butter, Microwave Popcorn (Extra Butter, Tender Yellow, Original)

Powdered Drink Mixes

All powdered drink mixes are gluten-free.

Frozen Entrees

Amy's- Black Bean Vegetable Enchilada, Garden Vegetable Lasagna, Rice Mac & Cheese, Tofu Rancheros, Tofu Scramble

Blakes- Organic Sheppard's Pie

Boston Market- Homestyle Meats Oven Roasted Chicken

Cedarlane- Chicken Enchiladas with Sauce, Five Layer Mexican Dip, Garden Vegetable Enchiladas, Three Layer Enchilada Pie

Fairfield Farm Kitchens- Organic Classics Confetti Rice Pilaf with Chicken with Honey BBQ Sauce, Organic Classics Macaroni & Meat Sauce

Healthy Choice- Beef Pot Roast, Grilled Turkey Breast, Grilled White Meat Chicken with Gravy, Roasted Chicken, Slow Roasted Turkey Breast with Gravy.

Helen's Kitchen- Cheese Enchiladas, Farfalle & Basil Pesto Italian Meal, Indian Curry Meal, Tofu Garden Steak, Tofu Steaks

Lean Cuisine- Glazed Chicken, Honey Dijon Grilled Chicken

Marie Callenders- Beef Tips in Mushroom Sauce

Weight Watchers- Creamy Parmesan Chicken, Smart Ones (Broccoli Cheddar Roasted Potatoes, Sante Fe Style Rice & Beans)

Frozen Ethnic Foods

Ethnic Gourmet- Bean Masala, Chicken Biryani, Chicken Tandori with Spinach, Lemon Grass & Basil Chicken, Palak Paneer, Vegetable Karma

Kroner- Gold Danish Back Bacon

LaCazuela- Arroz Con Rajas, No Pales

LaPupita- Abulelita's Tamales (Chicken, Pork), Beef Tamales

Mexifeast- Chicken Tamales

Frozen Ethnic Foods (Cont'd)

Napi-Yogurt Flavored Soft Drink

Nate's Taquitos-Black Bean and Rice

Rice Expressions- Organic Long Grain Rice, Organic Tex Mex Rice

Seapoint Farms- Edamame Shelled Soybeans, Edamame Soybeans in Pods, Veggie Blends with Edamame (Garden Blend, Oriental Blend)

Frozen Kosher Foods

Dyna-Sea- Seafood Delicacies

Gabila's- Knislettes (Baked Potato, Baked Spinach)

Gortons- Shrimp Temptations (Lemon Butter, Shrimp Scampi), Grilled Fillets (Garlic Butter, Lemon Pepper).

Meal Mart- Boneless Beef for Stew, Stuffed Cabbage with Garlic Sauce,

Ratner's- Cabbage Soup, Minestrone Soup, Potato Soup

Tabatchnick- Balsamic Tomato & Rice Soup, Cabbage Soup, Corn Chowder, Creamed Spinach Dip, Golden Cream of Mushroom Soup, Old Fashioned Potato Soup, Split Pea Soup, Tuscany Lentil Soup, Vegetarian Chili, Wilderness Wild Rice Soup.

Frozen Potatoes

Cascadian Farms- French Fries, Organic Country Style Potatoes, Spud Puppies

McCain- Baby Cakes, Popcorn Potatoes, Roasters Grilled Garlic & Onion, Smile Potatoes

Ore Ida- Crispers, Fries (Country Style, Extra Crispy Easy, Fast Food, Golden, Steak, Waffle), Extra Crispy Tater Tots, Golden Crinkles (Original, Extra Crispy), Golden Twists, Hash Browns (Original, Potato Patties, Southern Style),

Frozen Potatoes (Cont'd)

Roasted Potatoes (Garlic & Parmesan, Original) Shoestring Potatoes, Steam N' Mash Potatoes (Cut Sweet, Garlic), Tater Tots, Zesty Twirls.

Spartan- Extra Crispy Fast Fry, French Fried, Fried Crinkle Cut, Hash Browns (Shredded, Southern Style), O'Brien Hash Browns, Steak Fries, Tater Puffs

Frozen Vegetables

All vegetables are naturally gluten-free. Check ingredients in vegetable packages when vegetables are frozen in sauces, because the sauces may have ingredients that contain gluten.

Green Giant- Baby Brussel Sprouts & Butter Sauce, Broccoli & Cheese Sauce, Broccoli & Three Cheese Sauce, Carrots, Cauliflower & Cheese Sauce, Cauliflower & Cheese Sauce, Cauliflower & Three Cheese Sauce, Niblets Corn & Butter Sauce, Sweet Baby Peas & Butter Sauce, White Corn & Butter Sauce

Ice Cream/Sherbet

Maeda-en- Azuki Ice Cream, Green Tea Ice Cream, Lynchee Sherbert

Talenti- Belgium Milk Chocolate, Caribbean Coconut, Double Dark Chocolate, Hill Country Peach Champagne, Italian Coffee Mocha Gelato, Lisbon Lemon Sorbet, Malaysian Mango, Mediterranean Mint, Roman Raspberry, Sicilian Pistachio, Sonoma Strawberry, Tahitian Vanilla Bean, Toasted Almond, White Chocolate Raspberry

Bread & Baked Goods

Chebe- Pizza Crust, Sandwich Buns

Enjoy Life- Bagels (Classic Original, Cinnamon Rasin)

Food for Life- Brown Rice, Millet, Raisin Pecan, Rice Almond, Rice Pecan, Sesame Spelt, Spelt, White Rice

Gillium's- French Rolls

Lean on Me- Carrot Cake, Cheesecake, Chocolate Mousse, Quiche (Broccoli & Cheddar, Tomato Basil Onion & Mozzarella)

TGI Friday's- Spinach Cheese & Artichoke Dip

Frozen Fruit & Whipped Topping-

All frozen fruits are naturally gluten-free.

Cool Whip- all sizes and varieties

Frozen Juice Concentrates

All juice concentrates are naturally gluten-free.

Ice Cream

Gelato- Blue Raspberry Chocolate, Lemon, Pistachio, Strawberry

Julie's- Organic Ice Cream (Blackberry, Caramel, Chocolate, Chocolate & Dark Chocolate, Mint Fudge, Vanilla & Dark Chocolate)

Purely Decadent- Cherry Nirvana, Chocolate Obsession, Mint Chocolate Chip, Peanut Butter Zig-Zag, Praline Pecan, Purely Vanilla, Turtle Trails

Rice Dream- Cocoa Marble Fudge, Strawberry, Supreme Chocolate Caramel Chai, Supreme Vanilla Hazelnut Fudge, Vanilla, Vanilla Swiss Almond

So Delicious- Organic Dairy Free (Chocolate Peanut Butter, Chocolate Velvet, Mint Marble, Neapolitan, Vanilla)

Ice Cream (Cont'd)

Stonyfield Farm- Organic Frozen Yogurt (After Dark Chocolate, Creme Caramel, Gotta Have Vanilla), Ice Cream (Cookies N Cream, Java, Organic Crème Caramel Raspberry White Chocolate Chunk, Vanilla Chai, Vanilla Fudge Swirl)

Tofutti- Blueberry Cheesecake, Chocolate, Chocolate Cheesecake, Chocolate Fudge Treats, Low Fat Chocolate Fudge, Premium Better Pecan, Premium Chocolate Cookie Crunch, Premium Vanilla Almond Bark, Premium Vanilla Fudge, Premium Wild berry Supreme

Chips & Popcorn

Eat Smart- Veggie Crisps Sundried Tomato & Basil

Cape Cod- Kettle Cooked Robust Russet, Original, Sea Salt & Vinegar

Doritos- Blazin' Buffalo & Ranch, Cool Ranch

El Campesino- Tortilla Dippin' Style Tortilla Rounds.

Fritos- Chili Cheese Corn Chips, Flavor Twists Honey BBQ, Original Corn Chips, Scoops!

Jay's- Old Fashioned Caramel Corn with Peanuts, Old Fashioned Recipe Caramel Corn, Potato Chips (Crispy Ridged, Crispy Ridged Sour Cream & Cheddar, No Salt Added, Original Sour Cream & Onion),

Lays- Baked! (Cheddar & Sour Cream, Original), Classic, Kettle Cooked (Jalapeno, Original), Light Original, Salt & Vinegar, Sour Cream & Onion, Wavy (Ranch, Original)

Martin's- Bite-Size Tortilla Chips, Cheese Puffs, Potato Chips (BBQ, Classic, Curlie, Jalapeno Kettle Cooked, Kettle Cooked),

Chips & Popcorn (Cont'd)

O-KE-DOKE- Cheese Popcorn, Hot Cheese Popcorn
Pringles-Light Fat Free (Original, Sour Cream & Onion)
Seyferts- Bar-B-Q, Butter Corn Puffs, Caramel Corn, Cheddar & Sour Cream, Cheese Flavored Corn Puffs, Cheese Flavored Popcorn, Cheese Twisters, Crunchy Cheese Curls, Curlie, Hot & Spicy Pork

Rinds, Original, Premium Popcorn with White Cheddar Cheese, Salt & Vinegar, Smokehouse Pork Rinds, Sour Cream & Onion, Tortilla White Corn Rounds,

Tato Skins- Cheddar & Bacon Potato Skins, Sour Cream & Onion Potato Skins

Tostitos Tortilla Chips- Bite Size (Gold, Original), Crispy Rounds, Hint of Lime, Light Restaurant Style, Restaurant Style, Scoops!

Carbonated Beverages

All varieties of carbonated beverages are gluten-free.

Salsas/Dips

Dan-Dee- Cheddar & Jalapeno Cheese Dip, Mild Cheddar Cheese Dip

El Campesino- Mild Salsa, Salsa Con Queso

Fritos- Bean, Mild Cheddar Cheese

Lays- Creamy Ranch Dip, French Onion Dip

O-KE-DOKE- Cheddar Cheese, Salsa Con Queso

Pace- Chunky Salsa (Medium, Mild)

Tostitos- Cheese Dip (Salsa Con Queso Medium, Zesty Bean & Cheese Medium) Chunky Salsa (Hot, Mild) Creamy Spinach Dip

Fruit Bars

Edy's- Fruit Bars (Black Cherry, Cherry, Creamy Coconut, Grape, Lime, Strawberry, Strawberry Kiwi, Tropical, Wild Berry), Yogurt Bars (Strawberry Banana)

NorthStar- Lotta Fruita Ice Pops, Lotta Juice Ice Pops, Lotta Pops Sugar Free, Patriot Cups

Popsicle- Jell-O- Dora the Explorer, Firecracker, Mighty Magic Minis, Pudding Pops, Slow Melt, Sugar Free & Original Ice Pops (Cherry, Grape, Orange), Scribbles, Superheroes

Ice Cream

Ben & Jerrys- Banana Split, Butter Pecan, Chunky Monkey, Crème Brulee, Karamel Sutra, Lighten Up! Cherry Garcia, New York Super Fudge Chunk, Peanut Butter Cup, Phish Food, Turtle Soup, Vanilla

Dove- Beyond Vanilla, Caramel Pecan Perfection, Chocolate & Cherry Courtship, Give in to Mint, Irresistibly Raspberry

Edys- Dibs (Mint, Peanut Butter, Strawberry, Vanilla), Fun Flavors (Butter Pecan, Cherry Chocolate Chip, Coconut Pineapple, Dulce de Leche, Espresso Chip, Peanut Butter Cup), Ice Cream Bars (Creamy Vanilla Bar, Rich & Creamy Crunch Bar), Slow Churned Rich & Creamy (Black Cherry Vanilla Swirl, Butter Pecan, Caramel Delight, Chocolate, Chocolate Chip, Double Vanilla, French Silk, French Vanilla, Fudge Tracks, Mint Chocolate Chip, Most Orange-inal, Neopolitan, Peanut Butter Cup, Raspberry Chip Royale, Rocky Road, Strawberry, Triple Chocolate, Vanilla, Vanilla Bean, Vanilla Yogurt Blends), Sherbet (Berry Rainbow, Orange)

Ice Cream (Cont'd)

Fudgesicle- Fudge Bar (Original, No Sugar Added)

Haagen Dazs- Frozen Yogurt (Vanilla, Vanilla Honey, Wild Berry), Ice Cream (Amazon Valley Chocolate, Bailey's Irish Creme, Black Walnut, Butter Pecan, Carmelized Pear & Toasted Pecan, Chocolate, Chocolate Peanut Butter, Cinnamon Dulce De Leche, Coffee, Extra Rich Light Pineapple Coconut, Pineapple Coconut, Pomegranate Chip, Rum Raisin, Strawberry, Vanilla, Vanilla Swiss Almond), Sorbet (Brazilian Acai Berry, Coconut, Lemon, Raspberry, Strawberry)

Klondike- 100 Calorie French Vanilla Bar, Heath, Original, Slim a Bear No Sugar Added Bar

Nestle- Push-Ups (Rainbow Sherbet, Scooby Do Fruit), Shrek Sludge Fudge Bar, Shrek Swamp Pops

NorthStar- Ice Cream Bars (Krispy Krunch, Star Lite), Root Beer Float, Sundae Cups (Chocolate, Strawberry, Vanilla), Vanilla Ice Cream Cups

Skinny Cow- Fudge Bar, Mini Fudge Bar, Skinny Dippers

Starbucks- Almond Fudge, Caramel Cappuccino Swirl, Coffee Almond Fudge, Frappuccino Java Fudge, Frappuccino Mocha Bars, Java Chip Ice Cream, Low Fat Latte,

Ice Cream Toppings & Syrups

Betty Crocker- Parlor Perfect Ice Cream Toppings, Confetti Sprinkles and Praline Crunch

Hershey's- Chocolate Syrup, Hot Fudge Topping, Shell Topping, Strawberry Syrup

Ice Cream Toppings & Syrups (Cont'd)

Mrs. Richardson's- Fat Free Topping (Caramel, Hot Fudge), Hot Fudge, Strawberry

Nestle- Nesquik Syrup (Chocolate, Strawberry)

Roland- Flavored Cherries (Lemon, Lime, Passion Fruit, Wild Berry)

Sanders- Bittersweet Fudge Dessert Topping, Milk Chocolate Hot Fudge Dessert Topping, Swiss Dark Fudge Dessert Topping

Smuckers- All Ice Cream Toppings, Magic Shell, Microwavable Ice Cream Toppings & Sundae Syrups (**Except 3 Musketeers Sundae Syrup, Milky Way Topping, Twix Magic Shell**)

Spartan- Nut Topping, Syrup (Chocolate, Strawberry)

Jam & Jelly

Bonne Maman- Jelly (Blackberry) Marmalade (Orange) Preserves (Apricot, Blackberry, Cherry, Fig, Four Fruits, Peach, Raspberry, Strawberry, Wild Blueberry)

Cascadian Farm- Organic Blueberry Spread, Organic Concord Grape Jelly, Organic Raspberry Spread, Organic Strawberry Spread

Das Dutchman Essenhaus- Honey Apple Butter, No Sugar Added Apple Butter

Dickenson's- Country Apple Butter, Country Pumpkin Butter, Organic Fruit Spread (Blackberry, Blueberry, Raspberry, Strawberry), Sugar Free Preserves (Apricot, Seedless Blackberry, Strawberry)

Full Circle Organic- European Apricot Spread, European Strawberry Spread, Select Raspberry, Wild Blueberry Spread,

Jam & Jelly (Cont'd)

Heio- Apricot, Black Cherry, Raspberry,
Strawberry

Musselman's- Apple Butter

Simplify- Jam (Peach Pecan, Raspberry
Pecan, Strawberry Pecan)

Smuckers- All varieties of Jams, Jellies,
Marmalades, Preserves

Spartan- Jelly (Apple, Grape,
Strawberry), Marmalade (Orange),
Preserves (Apricot, Red Raspberry,
Strawberry)

Welch's- All varieties of Jams, Jellies,
Preserves

Peanut Butter

Full Circle Organic- Almond Butter,
Cashew Butter Peanut Butter
Creamy,

Jif- Creamy, Extra Crunchy, Jif to Go,
Peanut Butter & Honey, Reduced
Fat (Creamy, Crunchy) Simply Jif

Nutella- Hazelnut Spread

Peter Pan- Creamy, Crunchy

Reese's- Creamy

Skippy- all varieties

Smart Balance- Omega Natural (Extra
Creamy, Super-Duper Chunky)

Smuckers- Natural (Creamy, Chunky),
Reduced Fat Creamy

Spartan- Crunchy, Smooth, Reduced Fat