



GLUTEN FREE SHOPPING LIST

Rev. 07/01/10

Gluten Free Tours may be arranged at certain Heinen's Locations:

- ◆ *Shaker Heights – 216-921-6638*
 - ◆ *Pepper Pike – 216-831-8300*
 - ◆ *Mayfield Village – 440-449-4478*
 - ◆ *Bainbridge – 440-543-5166*
 - ◆ *Chardon – 440-286-5484*
 - ◆ *Brecksville – 440-740-0535*
 - ◆ *Avon – 440-937-7660*
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BAKING

- ◆ 1 2 3 Gluten Free
- ◆ Arrowhead Mills
- ◆ Betty Crocker Gluten Free
- ◆ Bob's Redmill
- ◆ Ener'G Egg Replacer
- ◆ Enjoy Life Chocolate Chips
- ◆ Flavorganic Vanilla
- ◆ Gluten Free Pantry
- ◆ Kinnikinnick
- ◆ Let's Do Organic Coconut
- ◆ Lundberg Brown Rice Syrup
- ◆ Maple Grove
- ◆ Namaste
- ◆ Pamela's
- ◆ Rapunzel Cocoa

BEER

- ◆ Bard's
- ◆ New Grist
- ◆ Redbridge
- ◆ Woodchuck Draft Cider – Granny Smith and Amber Varieties

BREAD

- ◆ Ener'G
- ◆ Glutino
- ◆ Kinnikinnick
- ◆ Udi's

BREADING

- ◆ Gillian's
- ◆ Southern Homestyle Crumbs

BREAKFAST BARS

- ◆ Bakery on Main
- ◆ Enjoy Life
- ◆ EnviroKids
- ◆ Glutino



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CEREALS

- ◆ Arrowhead Mill
- ◆ Bakery on Main
- ◆ Bob's Hot Cereal
- ◆ Bob's Oatmeal Gluten Free
- ◆ Enjoy Life
- ◆ Erewhon
- ◆ General Mills Gluten Free
- ◆ Glutino
- ◆ Nature's Path
- ◆ Perky's
- ◆ Quinoa Flakes

COOKIES

- ◆ Cherrybrook
- ◆ Glenny's
- ◆ Glutino
- ◆ Heinen's Gluten Free
- ◆ Ian's
- ◆ Kinnikinnick
- ◆ Midel
- ◆ Nana's
- ◆ Pamela's
- ◆ Schar

CRACKERS & SNACKS

- ◆ Blue Diamond
- ◆ CrunchMaster
- ◆ Edward & Sons
- ◆ Ener'G
- ◆ Glutino Pretzels & Crackers
- ◆ Jennie's Macaroons
- ◆ Lundberg
- ◆ Mary's Gone
- ◆ Riceworks
- ◆ Schar
- ◆ Snikiddy

DAIRY

- ◆ Emmi Yogurt
- ◆ Kozy Shack Puddings
- ◆ Yoplait Yogurt – Some Varieties
- ◆ ZenSoy

DELI

- ◆ Applegate Farms
- ◆ Hormel
- ◆ Nuovo Gnocchi



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DRESSING & CONDIMENTS

- ◆ Annie's
- ◆ Walden Farms
- ◆ Wild Thymes Farm

FLOUR

- ◆ Bob's Redmill
- ◆ Hodgson Mill

FROZEN

- ◆ Amy's
- ◆ Bell & Evans Chicken
- ◆ Conte's
- ◆ Food for Life
- ◆ French Meadows
- ◆ Gillian's
- ◆ Gluten Free Café
- ◆ Glutenfreeda
- ◆ Glutino
- ◆ Good Karma Ice Cream
- ◆ Ian's
- ◆ Kettle Cuisine
- ◆ Kinnikinnick
- ◆ Nature's Highlights
- ◆ Rice Expressions
- ◆ Tandoor
- ◆ Udi's
- ◆ Van's

GLUTEN FREE BARS

- ◆ Dream Bars
- ◆ Kind Bars
- ◆ LaraBars
- ◆ NuGo Gluten Free
- ◆ Think Thin

MISCELLANEOUS

- ◆ Let's Do GF Ice Cream Cones
- ◆ Road's End Gravy

PASTA

- ◆ Annie's
- ◆ BioNature
- ◆ Lundberg
- ◆ Mrs. Leeper's
- ◆ Road's End
- ◆ Tinkyada



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RICE & GRAINS

- ◆ Ancient Harvest Quinoa
- ◆ Eden
- ◆ Lundberg

VITAMINS

- ◆ NOW
- ◆ Nutrition Now