

SKAGIT VALLEY FOOD CO-OP

GLUTEN FREE SHOPPING GUIDE

LOOK FOR THE SHELF TAG!



Not all items are available all the time. Please check ingredients carefully.

This is by no means an exhaustive list! Items that are inherently gluten-free, like wine, produce, unprocessed meat, juices, and dairy are not included. Please check bulk foods for a greater selection of rice, whole grains, sugar, herbs, spices and other inherently gluten free ingredients. Our deli also has a rotating selection of desserts, salads, entrees, and other prepared food options that are made without wheat.

Updated May 2017

BAKING & BAKING MIXES

BAKING & MIXES	MI-DEL	"COOKIE" PIE CRUSTS
BAKING & MIXES	GLUTINO	BAKING MIXES
BAKING & MIXES	JOVIAL	BAKING MIXES
BAKING & MIXES	KING ARTHUR FLOUR	BAKING MIXES
BAKING & MIXES	NAMASTE	BAKING MIXES
BAKING & MIXES	PAMELA'S PRODUCTS	BAKING MIXES
BAKING & MIXES	NAVITAS NATURALS	CACAO NIBS
BAKING & MIXES	ENJOY LIFE	CHOCOLATE CHIPS
BAKING & MIXES	NUTIVA	COCONUT FLOUR
BAKING & MIXES	BIG TREE FARMS	COCONUT NECTAR
BAKING & MIXES	ENER-G FOODS	EGG REPLACER
BAKING & MIXES	BOB'S RED MILL	BAKING MIXES
BAKING & MIXES	BOB'S RED MILL	SINGLE GRAIN FLOURS
BAKING & MIXES	BOB'S RED MILL	"ONE TO ONE" FLOUR
BAKING & MIXES	KING ARTHUR FLOUR	"MEASURE FOR MEASURE" FLOUR
BAKING & MIXES	ARROWHEAD MILLS	PANCAKE & WAFFLE MIX
BAKING & MIXES	BIRCH BENDERS	PANCAKE & WAFFLE MIX
BAKING & MIXES	KING ARTHUR FLOUR	PANCAKE & WAFFLE MIX

BEER & CIDER

BEER & CIDER	STONE BREWING CO	"DELICIOUS" IPA
BEER & CIDER	GHOSTFISH BREWING	BEER
BEER & CIDER	GREENS BREWING	BEER
BEER & CIDER	GROUND BREAKER BREWING	BEER
BEER & CIDER	2 TOWNS CIDERHOUSE	CIDER
BEER & CIDER	ACE CIDER	CIDER
BEER & CIDER	ANTHEM CIDER	CIDER
BEER & CIDER	ATLAS CIDER	CIDER

BEER & CIDER	INCLINE CIDER	CIDER
BEER & CIDER	ONE TREE CIDER	CIDER
BEER & CIDER	PEAR UP CIDER	CIDER
BEER & CIDER	REVEREND NAT'S CIDER	CIDER
BEER & CIDER	SEATTLE CIDER CO	CIDER
BEER & CIDER	SQUARE MILE CIDER	CIDER
BEER & CIDER	TIETON CIDER	CIDER
BEER & CIDER	HONEY MOON	CIDER & MEAD
BEER & CIDER	WIDMER BROS BREWING CO	OMISSION BEER

BREAD (MORE BREAD IN FROZEN FOODS)

BREAD	FRANZ	BREAD
BREAD	FRANZ	CROUTONS
BREAD	FRANZ	HAMBURGER BUNS
BREAD	FRANZ	HOT DOG BUNS
BREAD	FLAX 4 LIFE	MUFFINS & BROWNIES
BREAD	KINNIKINNICK FOODS	PANKO BREAD CRUMBS
BREAD	IAN'S NATURAL FOODS	ITALIAN STYLE CROUTONS

CANDY & ENERGY BARS

CANDY & ENERGY BARS	TWO MOMS IN THE RAW	ALMOND TRUFFLES
CANDY & ENERGY BARS	ORGANIC PRAIRIE	BEEF JERKY
CANDY & ENERGY BARS	AMY'S	CANDY BARS
CANDY & ENERGY BARS	ALTER ECO	CHOCOLATE & TRUFFLES
CANDY & ENERGY BARS	KIND	FRUIT & NUT BARS
CANDY & ENERGY BARS	MEDITERRA	FRUIT & NUT BARS
CANDY & ENERGY BARS	ANNIE'S HOMEGROWN	FRUIT LEATHER
CANDY & ENERGY BARS	TREE HUGGER	GUM
CANDY & ENERGY BARS	SURF SWEETS	JELLY BEANS & JELLY CANDIES
CANDY & ENERGY BARS	WHOLESOME SWEETENERS	JELLY CANDIES
CANDY & ENERGY BARS	CHATEAU D'LANZ	LICORICE
CANDY & ENERGY BARS	GLEE GUM	LOLLIPOPS
CANDY & ENERGY BARS	HEAVENLY ORGANICS	MINT PATTIES
CANDY & ENERGY BARS	BETTY LOU'S	NUT BALLS & ENERGY BARS
CANDY & ENERGY BARS	CLIF BARS	NUT BUTTER FILLED BARS
CANDY & ENERGY BARS	EPIC BAR	PALEO BARS
CANDY & ENERGY BARS	THINK	PROTEIN BARS
CANDY & ENERGY BARS	FIELD DAY	RICE CRISP SNACKS
CANDY & ENERGY BARS	ENDANGERED SPECIES CHOCOLATE	SELECTED CHOCOLATES
CANDY & ENERGY BARS	JOYVA	SESAME BAR

CANDY & ENERGY BARS
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ENJOY LIFE
LARABAR
MAMMA CHIA
RAW REVOLUTION BAR
ZING

SNACK BAR MULTIPACKS
SNACK BARS
SNACK BARS
SNACK BARS
SNACK BARS

CEREAL

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ONE DEGREE ORGANIC FOODS
NATURE'S PATH
HIPPIE FOODS
LIVING INTENTIONS
PRIMAL ISLAND
UDI'S GRANOLA
POCONO
GLUTENFREEDA FOODS
ANCIENT HARVEST
ARROWHEAD MILLS
VAN'S INTERNATIONAL FOODS
NATURE'S PATH
NATURE'S PATH
BOB'S RED MILL
BOB'S RED MILL
GLUTINO

CEREAL
ENVIROKIDS CEREALS
GRANOLA
GRANOLA
GRANOLA
GRANOLA
HOT CEREAL
INSTANT OATMEAL
QUINOA FLAKES
RICE & SHINE CEREAL
SELECTED CEREAL
SELECTED ECOPAK CEREALS
SELECTED GRANOLA
SELECTED HOT CEREALS
SELECTED OATS
TOASTER PASTRY

CHIPS & SNACKS

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LOTUS FOODS
BEANITOS
NEW PRIMAL
NICK'S STICKS
PRIMAL SPIRIT FOODS
TANKA
BARE FRUIT
MURUKU
FLAMOUS ORGANICS
SAHALE SNACKS
ANGIE'S
GLUTINO
SNYDER'S OF HANOVER
GIMME
FOOD SHOULD TASTE GOOD
TERRA CHIPS
BOULDER CANYON
KETTLE FOODS
CALBEE
LATE JULY
QUE PASA

ARARE RICE CRACKERS
BEAN CHIPS
BEEF JERKY
BEEF JERKY
BEEF JERKY
BEEF JERKY
BEEF JERKY
COCONUT & APPLE CHIPS
CRISPY NOODLE THINGS
FALAFEL CHIPS
FRUIT & NUT SNACKS
KETTLE CORN
PRETZELS
PRETZELS
SEAWEED SNACKS
SELECTED CORN CHIPS
SELECTED EXOTIC CHIPS
SELECTED POTATO CHIPS
SELECTED POTATO CHIPS
SNAP PEA CRISPS
TORTILLA CHIPS
TORTILLA CHIPS

CONDIMENTS, SAUCES, SALAD DRESSING

DELI TO-GO	IGGY'S LIVE & CULTURED FOODS	SAUERKRAUT
DELI TO-GO	MIDORI FARM	SAUERKRAUT
DELI TO-GO	CO-OP DELI	SELECTED DIPS & SPREADS
DELI TO-GO	CO-OP DELI	SELECTED WRAPS & SALADS

FROZEN FOODS

FROZEN FOODS	CANYON BAKEHOUSE	BREAD
FROZEN FOODS	FOOD FOR LIFE	BREAD
FROZEN FOODS	HAPPY CAMPERS GLUTEN FREE	BREAD
FROZEN FOODS	LITTLE NORTHERN BAKEHOUSE	BREAD
FROZEN FOODS	OLIVIA SUPERFREE	BREAD
FROZEN FOODS	RUDI'S GLUTEN FREE BAKERY	BREAD
FROZEN FOODS	UDI'S GLUTEN FREE	BREAD
FROZEN FOODS	MANINI'S DINNER ROLLS	BREAD
FROZEN FOODS	AMY'S	BURRITOS
FROZEN FOODS	GLUTENFREEDA FOODS	BURRITOS
FROZEN FOODS	UDI'S GLUTEN FREE FOODS	BURRITOS
FROZEN FOODS	APPLEGATE FARMS	CHICKEN NUGGETS
FROZEN FOODS	IAN'S NATURAL FOODS	CHICKEN NUGGETS
FROZEN FOODS	APPLEGATE FARMS	CHICKEN TENDERS & SAUSAGE
FROZEN FOODS	APPLEGATE FARMS	CORN DOGS
FROZEN FOODS	LUCKY SPOON BAKERY	CUPCAKES
FROZEN FOODS	KINNIKINNICK FOODS	DONUTS
FROZEN FOODS	DAIYA CHEESECAKE	DESSERTS
FROZEN FOODS	FOOD FOR LIFE	ENGLISH MUFFINS
FROZEN FOODS	KINNIKINNICK FOODS	ENGLISH MUFFINS
FROZEN FOODS	GLUTINO	ENGLISH MUFFINS & BREAD
FROZEN FOODS	EVOL FOODS	ENTREES
FROZEN FOODS	SAFFRON ROAD	ENTREES
FROZEN FOODS	UDI'S GLUTEN FREE FOODS	ENTREES
FROZEN FOODS	IAN'S NATURAL FOODS	FISH STICKES
FROZEN FOODS	LUNA & LARRY'S COCONUT BLISS	FROZEN DESSERTS
FROZEN FOODS	SO DELICIOUS	FROZEN DESSERTS
FROZEN FOODS	CANYON BAKEHOUSE	HAMBURGER BUNS
FROZEN FOODS	UDI'S GLUTEN FREE FOODS	HAMBURGER BUNS
FROZEN FOODS	UDI'S GLUTEN FREE FOODS	HOT DOG BUNS
FROZEN FOODS	AMY'S	MAC & CHEESE
FROZEN FOODS	HILARY'S EAT WELL	MEATLESS BURGERS
FROZEN FOODS	THE TOFURKY COMPANY	MEATLESS BURGERS
FROZEN FOODS	BEYOND MEAT	MEATLESS CRUMBLES
FROZEN FOODS	NONA LIM	MISO BROTH
FROZEN FOODS	UDI'S GLUTEN FREE FOODS	MUFFINS
FROZEN FOODS	KINNIKINNICK FOODS	PIE CRUSTS
FROZEN FOODS	WHOLLY WHOLESOME	PIE SHELLS
FROZEN FOODS	AMY'S	PIZZA
FROZEN FOODS	SMART FLOUR FOODS	PIZZA
FROZEN FOODS	STARK RAVING	PIZZA

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UDI'S GLUTEN FREE
KINNIKINNICK FOODS
TRES PUPUSAS
LUCKY
TUCSON TAMALES COMPANY
NATURE'S PATH
VAN'S INTERNATIONAL FOODS
TRU WHIP

PIZZA
PIZZA CRUST
PUPUSAS
SPRING ROLLS
TAMALES
TOASTER WAFFLES
TOASTER WAFFLES
WHIP TOPPING

PASTA

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ANNIE CHUN'S
EXPLORE ASIAN
THAI KITCHEN
FIELD DAY
JOVIAL
TINKYADA
BIONATURAE
FOOD MERCHANTS
ANCIENT HARVEST
ANNIE'S HOMEGROWN
MIRACLE

ASIAN RICE NOODLES
ASIAN RICE NOODLES
ASIAN RICE NOODLES
BROWN RICE PASTA
BROWN RICE PASTA
BROWN RICE PASTA
PASTA
POLENTA ROLLS
QUINOA PASTA
RICE MAC & CHEESE
ZERO CALORIE NOODLE

PET PRODUCTS

PET PRODUCTS
PET PRODUCTS

WELLNESS
THE HONEST KITCHEN

DOG & CAT FOOD
DOG FOOD & TREATS

PRE-PACKAGED GRAINS & MIXES (MUCH MORE AVAILABLE IN BULK!)

PRE-PACKAGED GRAINS & MIXES
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DE LALLO
TASTY BITE
LOTUS FOODS
ROAD'S END ORGANICS
EDWARD & SONS
DE LA ESTANCIA
ANCIENT HARVEST
BOB'S RED MILL
TASTY BITE
LUNDBERG
LUNDBERG

ARBORIO RICE
ASIAN ENTREES & SAUCES
EXOTIC RICE
GRAVY MIXES
INSTANT MASHED POTATOES
POLENTA
QUINOA
QUINOA
READY TO EAT RICE
RISOTTO MIXES
SPROUTED RICE & RICE BLENDS

REFRIGERATED PRODUCTS

REFRIGERATED PRODUCTS
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REFRIGERATED PRODUCTS
REFRIGERATED PRODUCTS

FOLLOW YOUR HEART
THREE BRIDGES
RP'S PASTA
BETTER BEAN
DREAM ALMOND BEVERAGES

DRESSING & MAYO
RAVIOLI
HI-PROTEIN PASTA
REFRIED BEANS
NON-DAIRY BEVERAGE

SOUPS & RAMEN NOODLES

SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS

FIELD DAY
EDWARD & SON'S
LOTUS FOODS
THAI KITCHEN

BEEF BROTH
INSTANT MISO
RAMEN
RAMEN

SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS
SOUP & RAMENS

DR MCDOUGALL'S
FISHPEOPLE
BACK TO NATURE
WOLFGANG PUCK
AMY'S KITCHEN
IMAGINE FOODS
PACIFIC NATURAL FOODS
GLUTEN FREE CAFE

SELECTED INSTANT SOUP CUPS
SELECTED SEAFOOD STEWS
SELECTED SOUPS
SELECTED SOUPS
SELECTED SOUPS
SELECTED SOUPS & BROTHS
SELECTED SOUPS & BROTHS
SOUPS

TORTILLAS & WRAPS

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MI RANCHO
RUDI'S GLUTEN FREE BAKERY
FOOD FOR LIFE

CORN TORTILLAS
TORTILLAS
TORTILLAS & WRAPS