

## Gluten Free-dom!

There are many options for shopping gluten free at Just Food. Look for some of these brands that can help aid you in your gluten free journey.

As always, check for the "Certified Gluten Free" labeling or wording, as some of these companies have Gluten Free and Gluten containing lines!



LÄRABAR

## Resources for Living Gluten Free

'Can't Eat Wheat' support group  
Meets at Northfield Hospital  
Contact Jody Friedow  
(507) 663-6071

Celiac Center of Minnesota  
8400 France Ave So  
Bloomington, MN. 55431



natural foods market & deli

516 Water Street S.  
Northfield, MN  
507-650-0106  
[www.justfood.coop](http://www.justfood.coop)



*Just Food cautions individuals with Celiac disease or a high level of sensitivity to gluten against shopping in our bulk section. While there are many gluten free products available, the risk of cross contamination is very real.*

## Naturally Gluten Free

- Fresh Vegetables
- Fresh Fruits
- Fresh Meat
- Milk
- Eggs

## Breakfast

- Bob's Red Mill GF Hot cereal
- Bob's GF steel cut & rolled oats
- Assorted Envirokidz Cereals
- Erewhon Crispy Brown Rice
- Arrowhead Mills rice & shine hot
- Natures Path select cold cereals
- Select Vans Waffles
- Nature's Path buckwheat waffles
- Udi's Bagels & Muffins

## Pasta & Grains

- Tinkyada brand pasta
- Ancient Harvest Quinoa pasta
- Bionature GF pasta line
- DeBoles Pasta
- White and Brown Rice
- Quinoa

## Condiments

- Select Annie's Salad dressings
- Annie's Mustards
- Select Annie's BBQ sauce
- Annie's Ketchup
- Select Thai kitchen condiments
- Ah!LASKA Chocolate syrup
- Honey
- Maple Syrup

## Baking

- Tom Sawyer baking mix
- Arrowhead Mills baking mixes
- EnerG flours
- Bob's GF mixes
- Cherrybrook Kitchen Cookie and Cake mixes
- Pamela's GF mixes
- Enjoy Life allergen-free chocolate chips

## Breads

- Udi's
- Rudi's GF line
- EnerG
- Kinnikinnick
- Food for Life GF line



## Gluten Free Grains

- Rice
- corn
- millet
- teff
- quinoa
- buckwheat
- wild rice
- amaranth
- sorghum

## Snacks

- Glutino crackers
- Glutino cookies
- Enjoy Life cookies
- Mi-Del GF ginger snaps
- Pamela's cookies
- Jennie's macaroons
- Blue Diamond Nut Thins
- San-J rice Crackers
- Mary's Gone Crackers
- Envirokids Crispy rice bars
- Lundberg rice cakes & rice chips
- LARABAR most flavors
- 1000 Hills Beef Sticks
- Ellsworth Cheese Curds
- Fresh Fruit

## Gluten Free Meal Ideas

- Baked Potato Bar with Cheese, Sour Cream, Bacon, Butter
- DeBoles Spaghetti, Muir Glen Spaghetti Sauce, Udi's French bread (toasted), Fresh spinach salad with cranberries, feta cheese and vinaigrette.
- Grilled Hamburger, slice of valley view cheddar cheese, onion, lettuce on an Udi's hamburger bun; baked Alexia french fries; fresh steamed broccoli
- Baked Chicken, brown rice, honey glazed baby carrots
- Fresh veggie soup made with root veggies, pacific vegetable stock. Serve with Glutino crackers.
- Pancakes made with Pamela's pancake mix, scrambled eggs, fresh fruit
- Envirokidz Peanut Butter Panda Puffs, banana cut over the top, Almond milk