
SPECIAL DIETARY NEEDS

Welcome to the AEFB's list of grocery stores in the Ashland -Medford area which carry foods relating to people with dietary restrictions, and who need such items as gluten free and low salt products. You will find the **Ashland Food Cooperative, Market of Choice, Ashland Shop n' Kart and Trader Joe's** listed here, and we hope to add more stores at a later date. Some stores publish their own list of products, which we have included here, and others simply state their philosophy regarding the stocking of such products in broad terms, in which case we have printed their philosophy in their own words.

ASHLAND FOOD COOPERATIVE Gluten-Free List

Only dedicated or certified gluten-free manufacturers are listed here.*

ASIAN

Braggs Liquid Aminos
Muruku Southern Indian Tidbits
Vietnamese Brown Rice Noodles - Happy Pho and Noodles

BAKING MIXES

Bob's Red Mill Biscuit & Baking, Pancake
Inspiration Mixes - Baking, Bread, Brownie, Pancake, Pizza
Legit Pizza - Pizza Mixes
Namaste - Brownie, Cakes, Muffins, Pancakes
Pamela's - Brownie, Cakes, Cookies, Cornbread, Pancake

BEER

Green's Belgium Single Bottles

BREAD

Bavaria Mills
Canyonbake
Ener-G
French Meadow Bakery
Katz
Kinnikinnick
Rudi's
Silly Zak's
Udi's

BREADCRUMBS

Mary's Gone Crackers
Kinnikinnick



BULK FOODS

Amaranth, Arrowroot, Beans, Brown Rice Farina, Buckwheat, Cornmeal, Creamy White Rice Farina, Flax, some Granolas, Lentils, Millet, Nuts, Gluten-Free Oats, Popcorn, Quinoa, Quinoa Flakes, Rice

BURGERS

Hilary's Burgers
Nearly Normals
Qrunch

CEREAL

Enjoy Life
Glutenfreeda
Granolas--Giddy Up & Go, Kind, Lydias, Ruth's, Sterling Silver, Udis
Lundberg Rice Cereal

CHIPS & SNACKS

Beanitos Chips
Beanfields Chips
Ener-G Sesame Pretzel Ring
Feng Shui Asian Crackers
Glutino Pretzel Sticks, Twists
LundbergRice Chips
Mary's Gone Crackers Sticks & Twigs

COOKIES

Andean Dream
Blessings
Enjoy Life
Jennie's Gluten Free Bakery
Jovial
Kinnikinnick
Lucy's
Mary's Gone Crackers
Oregon Cracker
Pamela's
Wow Baking Co.

CRACKERS

Crunchmaster
Ener-G
Flackers
Glutino
Koyo
Lundberg
Mary's Gone Crackers
Oregon Crackers
Sesmark
Wellaby's

FLOURS

Ancient Harvest Quinoa
Bob's Red Mill All-Purpose, Amaranth, Cornmeal, Garbanzo, Millet, Oat,
Potato, Brown Rice, White Rice, Sorghum, Tapioca, Teff
Coconut Secret Raw Coconut Flour
Mama's Gluten Free Coconut & Almond Blends
Namaste All-Purpose
Pamela's All-Purpose

FROZEN ENTREES

Feel Good Dumplings & Egg Rolls
Glutenfreeda's Burritos, Pizza Wraps

PASTAS

Ancient Harvest
Andean Dream
Glutinos
Jovial
Leslie's Sweet Nostalgia
Miracle Food
Mrs. Leepers
Tinkyada

PIE CRUST

Inspiration Mixes
Udi's Pie Shell

PIZZA/PIZZA CRUST

Against the Grain
Bob's Red Mill Mix
Inspiration Mixes
Legit Pizza
Sterling Silver Dough
Udi's

RAW

Earth Café
Frankly Natural Bakers
Hail Merry Miracle Tarts
Happy Day Mousses
Katz
Lucy's
Mariposa Cakes
Pamela's
Penguins
Silly Zak's
Solgaia Bars
Sterling Silver Brownies, Cookies, Banana Bread
Tonton's Cookies
Tortinom Flourless Chocolate Cake
Wow Baking Co. Cookies
Udi's Blueberry Muffins



TORTILLAS

Rudi's Plain and Fiesta

Market of Choice – Our Bakeries and Kitchens are not gluten-free facilities, but we do carry a wide variety of gluten-free items throughout our store. Here are just a few of the brands we carry that produce gluten-free products.

[Angeline's Bakery](#)

[The Divine Cupcake](#)

[Annie's Homegrown](#)

[Bob's Red Mill](#)

[Follow Your Heart](#)

[Galaxy Natural Foods](#)

[Amazake & Mochi](#)

[Ryza](#)

[Stonyfield Farm](#)

[All Natural Alexia](#)

[Applegate Farms](#)

[Dr. Praeger's](#)

[Food for Life Baking Co.](#)

[Gluten Free Café](#)

[Glutenfreeda Foods](#)

[Glutino](#)

[Good Karma Foods](#)

[UDI's](#)

[Zing Bars](#)

[Kettle Cuisine](#)

[Rudi's](#)

[SunButter](#)

[Fairview Farms Goat Dairy](#)

[Kind Healthy Snacks](#)

[San-J Asian Sauces](#)

[Crunchmaster Multi-Seed Crackers](#)

[Sunshine Organic Burgers and Patties](#)

[Blue Diamond Nut Thins](#)

Ashland Shop'n Kart :

“Our customers' love of nature and natural foods has allowed us to become powerful buyers of natural and organic products. This allows us to offer prices so low that it's unlikely you'll find another store in the country that can compete with us.”

High-volume organics buying has other advantages as well, such as fresher and more abundant organic produce, much of it from local growers.

Trader Joe's

NO GLUTEN INGREDIENTS USED

Gluten is a protein found in wheat, barley and rye and their derivatives such as malt or spelt.

As a general rule of thumb, dairy, juice, meat and produce do not contain gluten or any gluten derivatives.

Under Trader Joe's Brands, ingredients listed as "natural flavors" or "spices" do not contain gluten or gluten derivatives.

Use common sense and remember the motto: When in doubt, leave it out.

BAKERY, BREADS, COOKIES

Brown Rice Tortillas (Not in all regions)
 Corn Tortillas (Hand Made & Original)
 Flourless Chocolate Cake
 Flourless Chocolate Walnut Cookies
 Food For Life Brown Rice Bread
 Gluten Free Bagels (Midwest)
 Gluten Free Crispy Crunchy Choc. Chip Cookies
 Gluten Free French Rolls (East Coast / Midwest)
 Gluten Free Ginger Snaps
 Meringue Cookies (All)
 Ryeless "Rye" Bread (Midwest)
 Snickerdoodle Soft Baked Cookies
 Udi's Bagels/Breads (East Coast)

BARS

Lara Bars
 Pure Bars (Cherry Cashew, Chocolate Brownie)
 Promax L/S Protein Bar (Peanut Butter)
 Think Thin Bars
 Tiger's Milk Peanut Butter
 Tiger's Milk Protein Rich

BEVERAGES

Non-Dairy Beverages

Almond Smooth Non-Dairy Beverages
 (Chocolate, Original, Vanilla, Unsweetened Vanilla)
 Coconut Milk Beverage (Unsweetened, Vanilla)
 Organic Whole Grain Drinks (Regular and Unsweetened)
 Rice Milk
 Dairy Free Cream Cheese Alternative
 Juices* (All)
 Non-Dairy Coffee Creamers (Original, Hazelnut, Vanilla)
 Soymilks (All)

***Note: The natural flavors used in our juices are derived from fruit and/or vegetables.
All Trader Joe's juices are gluten free except for
Green Juice Blend (fresh)
Green Plant (shelf table)**

Soda

Hansen's
Refreshers (Blueberry, Pomegranate, Tangerine)

Other

Fast Flavor Sticks (Iced Tea with Lemon, Lemonade, Pomegranate Cherry)
French Market Sparkling Beverages
Green Tea Unsweetened
Juice in a Box, Pomegranate and Lime
Juice in a Box, Tropical Fruit
Kettle Brewed Unsweetened Green & White Tea
Orangina
Oregon
Original Chai Tea Latte
Organic Mango Lemonade
Organic Sparkling Beverages (Lemon & Grapefruit)
Reed's Ginger Beer
Sparkling Juice Beverages (Apple Cider, Blueberry, Cranberry, Pomegranate)
Tejava
Unsweetened Tea
Water And Sparkling Waters (All)
Worldwide Pure Protein Shakes (All)

CANDY

70% Belgian Dark Chocolate Seashells
70% Dark Chocolate. Bar, Caramel
70% Dark Chocolate Bar, Toffee
72% Swiss Chocolate Bar
Almond Clusters
Black Licorice Scottie Dogs
Brown Rice Marshmallow Treats
CarbSafe Sugar Free Chocolate Bars (Milk, Dark)
Chocolate Chips (Semi-Sweet, White Chocolate)
Chocolate Covered (Blueberries, Orange & Raspberry Sticks)
Chocolate Sunflower Seed Drops
Chocolate Espresso Beans
Coffee Rio's
Dark Chocolate Almonds Sea Salt and Sugar
Dark Chocolate Covered (Almonds, Caramels, Cherries, Espresso Beans, Raisins, Toffee)
Dark Chocolate Covered Ginger
Dark Chocolate Covered Pomegranate Seeds
Dark Chocolate Covered Power Berries
Dark Chocolate Mint Creams
Dark Chocolate Nutty Bits
Dark Chocolate Peanut Butter Cups

Dark Chocolate with Almonds
English Toffee
Fair Trade Swiss Chocolate Bars (Dark, Milk)
Fruit Jellies
Green Tea Mints
Milk Chocolate Covered Raisins
Milk Chocolate Covered Toffee Popcorn
Milk Chocolate Peanut Butter Chips
Milk Chocolate Peanut Butter Cups
Milk And Dark Chocolate Covered Almonds
Mini Milk Chocolate Peanut Butter Cups
Organic Chocolate Bars
Organic Gingermints
Organic Peppermints
Organic Pops
Organic Stone Ground 70% Cacao Extra Dark Chocolate
Organic Stone Ground Salt & Pepper Dark Chocolate
Ounce Plus 3pk Chocolate Bars
Pecans Praline
Pound Plus Chocolate Bars
The Ginger People - Ginger Chews
Unsweetened Belgian Baking Chocolate
Yogurt Covered Almonds
Yogurt Raisins

Note:

Food glaze does not have gluten

CEREAL

Barbara's Multigrain Puffins
Bob's Red Mill Flaxseed Meal
Envirokids Organic Gorilla Munch
Envirokids Peanut Butter Panda Puffs
Gluten Free Granola
Gluten Free Rolled Oats
Golden Roasted Flaxseed With Blueberries
Golden Roasted Whole Flaxseed

COFFEE, TEA & COCOA

Tea And Coffee (All)
Caffe Latte
Caffe Mocha
Organic Conacado Cocoa
Sipping Chocolate

DAIRY PRODUCTS

Butter (All)
Cheese (All shredded, blocks, and wedges except for cheeses containing beer)
Cream Cheese (All)
Cultured Coconut Milk (Blueberry & Vanilla)
Dairy Ease Lactose Free Milk (East Coast)

Egg Nog (Seasonal)
Garelick Fresh Extra Heavy Whipping Cream (East Coast/ Midwest)
Garelick Ultimate Chocolate Lowfat Milk (East Coast)
Kefir
Kemp's Chocolate Milk (East Coast/ Midwest)
Puddings (Chocolate, Rice, Tapioca)
Sour Cream (All)
Vegan Mozzarella Style Shreds
Yogurt (All)

Note: the natural flavors used in Trader Joe's dairy products do not have gluten containing grains or gluten containing derivatives.

DRIED FRUITS, NUTS & SEEDS

Almond Nut Meal
Almonds, Cranberries, Pistachio & Cherry Mix
Chia Seeds
Cinnamon Almonds
Dried Fruit (All except Blackcurrants)
Fiberful Fruit Bar
Fruit Leathers (All)
Go Raw Trek Mix
Happy Trekking Trex Mix
Marcona Almonds (All)
Nutty American Trek Mix
Peanut Butter Cup Trax Mix
Pumpkin Seeds And Pepitas
Rainbows End Trail Mix
Roasted Coconut Chips
Raw and Roasted Nuts (All)
Simply Almonds, Cashews & Cranberries Trek Mix
Simply the Best Trek Mix
Sunflower Seeds
Sweet, Savory & Tart Trek Mix
Tempting Trail Mix
Vacuum Fried Banana Chips
Whole Organic Sweetened Dried Cranberries

REFRIGERATED

Spreads, Salsas, Dips & Dressings

Balela (East Coast/ Midwest)
Black Bean & Roasted Corn Salsa
Blue Cheese With Roasted Pecan Dip
Bruschetta Sauce
Cilantro And Chive Yogurt Dip
Earth Balance Natural Buttery Spread*
Fresh Salsa**
Genova Pesto
Guacamole (All Varieties)
Hummus (All except White Bean Hummus and White Bean & Basil Hummus)



AEFB Gluten-Free List

Hummus Dressing
Italian Vinaigrette Salad Dressing
Low Fat Parmesan Ranch Dressing
Organic Red Wine & Olive Oil Vinaigrette
Pear Champagne Vinaigrette
Spinach & Sour Cream Dip
Sun-Dried Tomato Pesto Torta
Tahini Sauce
Torta(Seasonal)
Tomato Basil Pasta Sauce

* Earth Balance natural flavors are gluten free.
**Mild and hot fresh salsa use apple cider vinegar

Deli/Meat

Abraham Prosciutto
All Natural Jumbo Uncured Beef Franks
All Natural Uncured Chicken Hot Dogs
Baby Back Pork Ribs
Busseto Premium Genoa Salami
Celebrity Healthy Ham
Cheesy Cheddar Dogs
Chicken Salad
Columbus Fully Cooked & Seasoned Prime Rib of Beef or Roasted Chicken
Grilled Chicken (Strips, Lemon Pepper, Plain, Balsamic & Rosemary Chicken Breast)
Hebrew National
Just Chicken (Plain)
Kayem Deli Sliced Honey Cured Ham (East Coast)
Kayem Honey Smoked Turkey Breast (East Coast)
Kayem Roast Beef (East Coast)
Kayem Turkey Breast (East Coast)
Mesquite Smoked Turkey Breast Sliced (East Coast)
Pork in Barbecue Sauce
Prosciutto Di Italia Sausage (All)
Tofu (Organic Firm or Extra Firm)
Tofu Veggie Burger
Turkey Bacon
Uncured All Beef Hot Dogs
Uncured Bacon
Uncured Bacon Ends & Pieces
Uncured Black Forest Ham
Uncured Pastrami
Wellshire Farms Natural Bacon

Seafood

Crabmeat
Fresh Haddock Fillets
Fresh Sea Scallops
Fresh Swordfish
Smoked Salmon

SALADS & OTHER

Baby Spinach Salad
Bistro Salad
Chef Salad
Classic Greek Salad
Cobb Salad
Dolmas
Eggs (All)
Egg White Salad
Eggless Egg Salad
Garden Salad
Gazpacho
Gel Cups (Black Cherry)
Gorgonzola Walnut Salad
Greek Salad
Grilled Chicken Salad with Orange Vinaigrette
Krinos Imported Kalamata Olives
Nulaid Egg Substitute
Pickles (All)
Pitted Kalamata Olives
Powerhouse Salad
Quick Scrambled Egg Whites
Southwest Salad
Soy Cheese Slices
Soy Yogurt (All)
Super Spinach Salad
Steamed Beets
Steamed Lentils

COFFEE, LATTE & CREAM BARS

Crème Brulee in Chocolate Cups
Fruit Floes
Four Fruit Frenzy Bars
Gone Bananas Chocolate Dipped Bananas
House Whip (A Leader Among Whipped Toppings)
Mango Vanilla Ice Cream Bars
Non-Dairy Frozen Dessert Made with Coconut Milk (Chocolate & Strawberry)
Peach Pops
Pomegranate Blueberry Sherbet
Raspberry Vanilla Ice Cream Bars
Sorbet (All)
Soy Creamy Cherry Chocolate Chip
Soy Creamy Organic Chocolate
Soy Creamy Organic Vanilla
Strawberry Pops
Super Premium Ice Cream (French Vanilla, Mint Chocolate, Ultra Chocolate)
Fruits And Vegetables

UNPROCESSED FROZEN SEAFOOD

Salmon Burger

Trader Joe's plain frozen seafood is packaged without gluten.

OTHER FROZEN FOODS

Authentic Indian Masala Dosa
 Beef Pho Soup
 Biryani Curried Rice
 Brown Rice
 Channa Masala
 Chicken Enchiladas In Salsa Verde
 Chicken Gorgonzola
 Chicken Pomodoro
 Chicken Taquitos
 Chili Lime Chicken Burgers
 Cod Provençale
 Concentrates (Lemon And Orange)
 Creamy Polenta with Spinach & Carrots
 Chicken Masala
 Curried Lentils w/ Basmati Rice - **No Gluten Ingredients**
 Enchilada - Organic Black Bean And Corn
 Gluten Free 3 Cheese Pizza
 Gluten Free Homestyle Pancakes
 Handcrafted Green Chile And Cheese Tamales
 Handsome Cut Potato Fries
 Marinated Ahi Tuna Steaks
 Organic Rice (All)
 Palak Paneer
 Paneer Tikka Masala
 Peruvian Style Chimichurri Rice w/ Vegetables
 Premium Salmon Patties
 Seasoned Rack Of Lamb
 Seasoned Mahi Mahi Fillets
 Shepherds Pie (Beef)
 Shredded Hash Browns
 Tamales (Cheese, Beef, Chicken)
 Thai Jasmine Rice
 Trader Potato Tots
 Uncooked, Uncured Bacon Wrapped Mahi
 Vegetable Panang Curry
 Wheat Free Toaster Waffles

GROCERY

Baking and Cooking Supplies

Canola Oil Spray (All)
 Coconut Cream
 Crushed Garlic
 Fleur de Sel Caramel Sauce
 Gluten Free All Purpose Flour
 Gluten Free Brownie Mix
 Light Coconut Milk
 Natural Rice Vinegar
 Oils (All)
 Orange Muscat Champagne Vinegar
 Organic Cocoa Powder
 Organic Maple Sugar

Organic Virgin Coconut Oil
Vanilla Extract (All)
Whipping Cream

Chilies, Chowders and Soups

Butternut Squash Soup
Carrot Ginger Soup
Chicken Chili With Beans*
Creamy Corn And Roasted Red Pepper Soup
Creamy Vegetable Medley Bisque
Instant Rice Noodle Soup (Roasted Garlic
Mushroom or Spring Onion)
Latin Black Bean Soup
Lentil Soup With Vegetables (All)
Miso Soup 4pk
Organic Black Bean Soup
Organic Creamy Tomato Soup (Reg, Low Sodium)
Organic Free Range Chicken Broth
Organic Hearty Vegetable Broth
Organic Low Sodium Chicken Broth
Organic Split Pea Soup
Organic Sweet Potato Bisque
Organic Tomato And Roasted Red Pepper Soup (Reg, Low Sodium)
Organic Tomato Bisque Soup
Organic Vegetarian Chili
Pink Salmon, Skinless, Boneless
Reduced Sodium Chicken Broth Concentrate
Skinless & Boneless Sardines in Olive Oil
Sweet Potato Bisque
Vegetarian 3 Bean Chili
Whole Smoked Oysters in Olive Oil

***Beef, Chili and Chicken Chili contain modified
cornstarch; maltodextrin is from corn & is gluten free.**

Spreads, Salsas*, And Dips

3 Pepper Salsa
Artichoke Antipasto
Artichoke Red Pepper Tapenade
Chunky Salsa
Corn And Chili Tomato-less Salsa
Double Roasted Salsa
Fat Free Spicy Black Bean Dip
Fig Butter
Fire Roasted Tomato Salsa
Garlic Chipotle Salsa
Green Olive Tapenade
Honey (All)
Hot And Smoky Chipotle Salsa
Lemon Curd
Mayonnaise (Real or Reduced Fat)
Mango Ginger Chutney

Mustard (Dijon, Whole Grain or Organic Yellow)
Nut Butters (All)
Olive Green Tapenade
Organic Tomatillo & Roasted Yellow Chili Salsa
Organic Sweet Relish
Pineapple Salsa
Pumpkin Butter (Seasonal)
Queso Cheese Dip
Salsa (Autentica or Verde)
Spicy, Smoky, Peach Salsa
Sunflower Seed Butter
Wasabi Mayo

***Salsas use vinegar derived from corn**

Dressings, Marinades and Sauces

All Natural Turkey Gravy (Seasonal)
Apple Banana Fruit Sauce Crushers
Apple Carrot Fruit Sauce Crushers
Apple Strawberry Fruit Sauce Crushers
Arrabiata Sauce
Balsamic Vinaigrette (Regular, Fat Free or Organic)
Bruschetta
BBQ Sauce
Barbecue Sauce, Kansas City
Cacciatore Simmer Sauce
Chili Pepper Sauce
Curry Simmer Sauce
Italian Sausage Pasta Sauce
Jalapeno Hot Sauce
Ketchup, Organic
Maple Syrup (All)
Marinara Sauce
Masala Simmer Sauce
Organic Marinara Sauce
Organic Marinara Sauce, No Salt Added
Organic Red Wine And Olive Oil Vinaigrette
Organic Spaghetti Sauce
Organic Tomato Basil Marinara
Organic Vodka Sauce
Pizza Sauce, Fat Free
Pesto Alla Genovese Basil Pesto
Raspberry Lowfat Salad Dressing
Roasted Garlic Marinara
Romano Caesar Dressing
Rustico Pasta Sauce
Seafood Cocktail Sauce
Sweet Chili Sauce
Thai Curry Sauce (Red or Yellow)
Three Cheese Pasta Sauce
Tomato Basil Marinara
Tuscano Italian Dressing With Balsamic Vinegar

Tuscan Marinara
Sauce, Low Fat
Whole Peeled Tomatoes With Basil (All)

Fruits, Vegetables, And Legumes

Artichoke Hearts In Water
Beans (All)
Chunky Spiced Apples
Colossal Olives Stuffed With Garlic Cloves*
Colossal Olives Stuffed With Jalapeno Peppers*
Eggplant Garlic Spread
Fire Roasted Red Peppers (Regular or Sweet & Yellow)
Hearts Of Palm (All)
Mandarin Oranges In Light Syrup
Marinated Bean Salad
Marinated Mushrooms With Garlic
Marinated Red Peppers
Nonpareil Capers
Organic Great Northern Beans
Organic Kosher Sandwich Pickles
Organic Sweet Butter Pickles
Red Pepper Spread With Garlic And Eggplant
Red Split Lentils
Stuffed Queen Sevillano Olives
Sun-Dried Tomatoes (All)
Sun-Dried Tomato Bruschetta

***Stuffed Olives use vinegar derived from corn grains**

Grains

Corn Pasta (Penne, Spaghetti)
Garlic Mashed Potatoes
Organic Brown Rice (Fully Cooked)
Organic Brown Rice Pasta (All)
Organic Polenta
Organic Quinoa
Rice (All)
Rice Noodle
Rice Pasta & Cheddar
Wild & Basmati Rice Pilaf

All Jams, Jellies, And Preserves

Indian Fare Meals (all)
Organic Chocolate Midnight Moo
Parmesan And Romano Cheese Blend
Taco Seasoning
Taco Shells
Tuna (All)
Turkey Gravy

SNACKS

Chips

Baked Potato Chips (Salted, Salt & Vinegar)
BBQ Chips
Blue Corn Tortilla Chips
Crunchy Curls
Jalapeño Cheese Crunchies
Kettle Cooked Olive Oil Potato Chips
Kettle Cooked Potato Chips with Sea Salt
Ode to the Classic Potato Chip
Organic Baked Blue Corn Tortilla Chips
Organic Baked Nacho Tortilla Chips
Organic Blue Corn Tortilla Chips
Organic Corn Chip Dippers
Organic Tortilla Longboard Chips
Organic White Corn Tortilla Chips
Organic Yellow Corn Tortilla Chips, Round
Popped Potato Chips (Barbecue, Salted)
Potato Trio
Quinoa and Black Bean Infused Tortilla Chips
Red Bliss Potato Chips
Reduced Guilt Tortilla Strips
Restaurant Style Organic White Tortilla Chips
Roasted Plantain Chips
Roasted Seaweed Snack
Salsa Tortilla Chips
Sea Salt & Pepper Rice Crisps
Soy & Flaxseed Tortilla Chips (Spicy & Regular)
Sweet Potato Chips
Vegetable Root Chips
Veggie Chips
Veggie & Flaxseed Tortilla Chips
White Corn Tortilla Strips
Yellow Corn Tortilla Chips

Crackers And Rice Cakes

Lundberg Organic Brown Rice Cracker
Lightly Salted Rice Cakes
Savory Thins (Original, Minis, Edamame or Multiseed with Soy Sauce)

Popcorn & Other

Buccaneer Joes White Cheddar Corn Puffs
Contemplates Inner Peas
Fat Free Caramel Popcorn
Gourmet White Popcorn
Green Bean Snacks
Kettle Corn (Reg & Lite)
Lite Popcorn 50% Less Salt
Microwave Popcorn (94% Fat Free, Natural Butter)
Popcorn
Organic Popcorn with Olive Oil
Organic Popping Corn
Popcorn with Herbs & Spices

AEFB Gluten-Free List

Reduced Fat Cheese Crunchies
Reduced Guilt Popcorn
Wasabi Roasted Seaweed Snack
White Cheddar Popcorn

Trader Joe's supplements and protein powders

are gluten free with the following exceptions:

Vanilla Organic Hemp Protein Powder
Chocolate Organic Hemp Protein Powder
Very Green Drink Powder**
Very Green Capsules**
Chocolate Whey Quick Dissolve Protein Powder**
Vanilla Whey Quick
Dissolve Protein Powder**