

This guide was produced as a resource for EFC members and customers who are hopping for gluten-free foods in our aisles.

It is arranged by aisle, and the contact information for individual manufacturers is listed when that information is available.

This guide is not intended to serve as medical advice or as a replacement for the advice or recommendations of your doctor or nutritionist.

Items from our Bulk Department are listed in this guide. We strive to prevent cross-contamination of gluten-free bulk items, but we cannot guarantee the purity of all bulk items. We leave it to the discretion of our customers to make the best decisions for themselves and their families. Please ask a staff person if you have any concerns about the ingredients or handling of a particular product.

Sometimes products which are listed in this guide may not be available. This could be due to availability or popularity of the product. Don't hesitate to ask if there is a product that you would like to see on our shelves. Additionally, new products are always arriving, so be sure to check labels.



7516 Meade Street, Pgh, PA 15208

www.eastendfood.coop

Store: 412.242.3598

Store Fax: 412.242.7723

Café: 412.242.7726

Member Services and

Volunteer Coordinator:
412.242.3598

Hours: 8am—9pm

Café: 8am—8:30pm

Hot Food: 9am—8:30pm



We're big enough to meet your needs, and small enough to meet your neighbors.



Gluten-free Foods at

East End Food Co-op



Open
8am-9pm
Everyday
To
Everyone

www.eastendfood.coop

7516 Meade Street,
Pittsburgh
PA 15208
Point Breeze

(412)242-3598

We're big enough
to meet your
needs, and small
enough to meet
your neighbors.



How To Use This Guide

This guide is intended as a tool for those who are sensitive or allergic to wheat and products which contain gluten, a protein found in most cereal grains, except corn and rice. Although items listed here are presented as gluten-free, it is recommended to check labels periodically, as manufacturers can change recipes in accordance to available ingredients from their vendors.

This guide was last updated by volunteer Cathy Frank in July 2005. Your suggestions, additions and comments are welcome and can be submitted to Cathy c/o Member Services.

There are a number of issues of which those sensitive to gluten must be aware. One is cross-contamination. Most companies represented here take steps to clean equipment between producing foods which are gluten-free and those which are not; however, not all companies use the same standards, or even test for the presence of gluten. Arrowhead Mills is one example. Hidden ingredients can also present a problem. The ingredient label on most products will name all sources of gluten, including a flavoring or spice which may be present as part of another ingredient. Be aware that all companies are not the same.

More Information

Celiac Sprue Support Group, PGH. Chapter
Contact: Mary Neville 412.833.9507

Crohn's and Colitis Foundation
Contact: Mary Polinsky, 412.687.9775

The Gluten Intolerance Group of America
www.gluten.net

Living Without Magazine
www.Livingwithout.com

The Celiac Task Force
capwiz.com/ceciac/home

Aisle 1

Annie's Naturals, salad dressings and bbq sauce,(labeled)
anniesnaturals.com
Drew's, salad dressings, (labeled)
eden, beans, edenfoods.com
Dr. Spice, BBQ sauces, mrspice.com
Vitasoy, salad dressings, vitasoy-usa.com
Newman's Own, salad dressings, newmansown.com
Seeds of Change, salad dressings, seedsofchange.com
Simply Delicious, salad dressings, simplydelicious.com
Oils, believed to be GF
Spectrum Naturals, 800-995-2705, salad dressings
Vinegars, believed to be GF, Malt Vinegars could be barley

Aisle 2

Amy's, Soup, many GF, will say wheat,
Ancient Harvest Quinoa, Pasta(labeled),
ancientharvest.com
Annie Chun's, Rice Noodles, mixes will say wheat,
anniechuns.com
Annie's Naturals, Pasta magic Sauces(labeled)
Bionature, Rice, Potato Soy Pasta(labeled), bionature.com
Boves of Vermont, tomato sauce, boves.com
Bragg's, liquid aminos GF, bragg.com
Casbah, instant soup, Hain/Celestial Group 800.759.5455
Davida, Tomato Sauce
De Boles, Rice pasta(labeled), 800.749.0730
Eden Selected, Mung bean pasta, edenfoods.com
Eden Selected, Tamari, edenfoods.com
Edward and Sons, Miso mix, edwardandsons.com
Ener-G, bread, tapioca loaf, ener-g.com
Fantastic Foods, soup cup mixes, fantasticfoods.com
Food For Life, Brown Rice pasta, 800.797.5090
Goldmine Natural Food, Red quinoa and flakes,
goldminenaturalfood.com
Glutano, cookies and pastas, glutenfree-foods.co.uk
HealthValley, Soup and Chili, check ingredients,
Hain/Celestial Group 800.759.5455
Imagine, Soup, all GF, imaginefoods.com
Annie's, coconut macarons
Lundberg Family Farms, Rice Herb Risotto(labeled)
530.882.4551
Lydia's Organics, food bars, crackers(labeled)
lydiasorganics.com
Mi-Del, cookies, labeled, ans-natural.com
Mori Nu, soup, morinu.com

Aisle 2 cont.

Muir Glen, tomato sauce, GF or will say "wheat",
muirglen.com
Ohsawa Macro. Foods, 800-862-2347, rice
Pamela's, cookies(labeled),
Papadini, lentil pasta, adriennes.com
Pastato, potato elbows, maplegrovefoods.com
Rice Select, 800-232-rice, rice
Seeds of Change, mixes(labeled), seedsofchange.com
Seeds of Change, tomato sauce(labeled)
Sheltons, chick.tortilla, chick./bean, chickn. rice
Simply Organic, seasoning mixes, 800.559.3275
Tamarind Tree, mixes and meals, labeled GF, tamtree.com
Thai Kitchen, mixes say "wheat", 800.957.THAI
rice noodle soup and dinners say "wheat"
Tinkyada, rice pasta(labeled), ricepasta.com
Walnut Acres, 866-492-5688, sauce
Westbrae, beans and veggies canned, 800.759.5455

Aisle 3

Alpsnack, hemp bar, labeled, alpsnack.com
Arrowhead Mills, Maple Buckwheat cereal,
arrowheadmills.com
Authentic Foods, flours, baked goods
Barbara's Bakery, cereal(labeled), Barbarasbakery.com
Barkat, brown rice pizza crusts
Bob's Red Mill, cereals, mixes(labeled), bobsredmill.com
Bumble Bars, bars, bumblebars.com
Chebe, bread mixes, Chebe.com
The Cravings Place, cookies mixes, thecravingsplace.com
Dagoba, 73% dark chocolate, dagobachocolate.com
Enjoy Life Cookies, and granola, www.enjoylife.com
EnviroKids, cereal(labeled), naturespath.com
Erewhon, brown rice puffs(labeled), 800.422.1125
Frookie, cookies, 1.888.frookie
Glutino, crackers and cereal, glutino.com
Gluten Free Pantry, bread, cake cookie mixes, glutenfree.com
Hain, Chicken flavored gravy mix, 800.759.5455
Harvest Sun, bouillon cubes, labeled
Josef Organics, cookies, 718-336-9494
Mary's Gone Crackers, GF crackers, marysgonecrackers.com
Mayacamas, Skillet Pasta mix, 800.825, 9521
Mrs. Leepers, corn pasta
New Morning, cereal, labeled, usmillsinc.com
NuNaturals, White Stevia powder, nunaturals.com
Nu-World Foods, amaranth crackers, croutons and cereal,
nuworldfoods.com

Aisle 3 cont.

Omega Smart, nutrition bar, omegasmartbar.com
Orgran, canned spaghetti, split pea and soy pasta,
orgran.com
Peace Cereals, cereals, labeled, 800.285.5457
Pastariso, rice pasta, labeled, riceinnovations.com
Pocono, cream of buckwheat cereal, thebirkettmills.com
Roads End Organics, mushroom gravy, 877.247.3373
Seitenbacher, Atlantique Inc., brown gravy mix
Stow Mills -Chesterfields, cornflakes
Sun Flour Baking Co., cookies,
sunflourbakingcompany.com
Sylvan Border Farm, baking mixes, GF facility,
800.297.5399
Tree of Life, Warning- wheat free cookies
contain Barley
Tropical Source, chocolate bars, GF dairy-free factory,
tropicalsourcedandy.com

Aisle 4

Bearitos, Chili(rice syrup not malt), guacamole mix,
follow ingredients, corn taco shells
800.759.5455
Genisoy, Soynuts, Crisps, 888.854.1243
Glenny's, Soy Crisps, glennys.com
Glutino, GF pretzels, glutino.com
Health Valley, Chilis, 800.759.5455
Pirate's Booty, snack, Robscap.com
Snyders of Hanover, EatSmart Veggie Crisps,
consumeraffairs@snyders-han.com
Taste Adventure, refried bean mixes, 800.874.0883
Various manufactures, corn chips, popcorn, check labels
and seasonings

Aisle 5

NOW, Whey Protein Powder GF, nowfoods.com
Check labels for other gluten-free products

Aisle 6

Blue Diamond, Nut Thins, bludiamondgrowers.com
Edward and Sons, Rice Snaps, edwardandsons.com
Hol-Grain, crackers, labeled
Lundberg, rice cakes, 530.882.4551

Aisle 6 cont.

Mary's Gone Crackers, regular and caraway,
marysgonecrackers.com
Real Foods, Corn thins, realfoods.com
San J, rice crackers, San-J.com
Sesmark, rice thins say no wheat added

Freezer and Refrigerated Cases

Alexia Foods, French fries, alexiafoods.com
Amy's, Rice Crust cheese pizza, amys.com
Applegate Farms, deli meats, applegatefarms.com
Cascadian Farms, frozen potatoes, 800.524.4123
Cybros, rolls GF
Don Pancho, rice wraps, donpancho.com
Earth Balance, non-hydrogenated maragarine,
earthbalance.net
Foods By George, brownies, 201.612.9700
Food For Life, Breads, labeled, 800.797.5090
Glutino, Corn bread and pizza crusts, glutino.com
Kinnikinnick, maple donuts and bread,
kinnikinnick.com
Lifestream, waffles, labeled, naturespath.com
Nature's Highlights, rice pizza crust
Omega Foods, fish burgers, omegafoods.net
Soy Dream, desserts, imaginefoods.com
Vans, waffles, labeled, vansintl.com

Bulk Section

Nuts, seeds, beans, diced fruit, bulk bins
Pasta, in gravity bins, corn elbows and spaghetti
Pasta, brown rice elbows and fettuccine

