

Specialty Gluten-Free Foods to Look for at Local Grocery Stores

Caution:

Manufacturers change the ingredients in products often. When shopping for gluten-free foods, check the ingredient list to be sure the item remains gluten-free and when in doubt, call the manufacturer. Product availability may vary.

<u>Durham Market Place</u>	<u>Hannaford</u>	<u>Market Basket</u>
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Baking Mixes

	Arrowhead Mills	
	Cherrybrook Kitchen	Cherrybrook Kitchen
	Gluten Free Pantry	
	Hodgson Mill	
	Namaste Foods	
	Red Mill	Red Mill

Bread Crumbs

	Gillian's Food Bread Crumbs	
	Organic All Purpose Crumbs	

Breads

ENERG-Tapioca	ENERG- Brown Rice Loaf	
	ENERG- English Muffins	
	ENERG- Tapioca Loaf	
	ENERG- White Rice Loaf	

Cereal

Cocoa Puffs	Cocoa Puffs	Cocoa Puffs
Cream of Rice Hot Cereal	Cream of Rice Hot Cereal	Cream of Rice Hot Cereal
Crispix	Crispix	Crispix
Envirokidz		Envirokidz

Erewhol Crispy Brown Rice		
Fruity Pebbles	Fruity Pebbles	Fruity Pebbles
Hannaford Fruity Crisp	Hannaford Fruity Crisp	Market Basket Confruity Crisp
Puffkins Honey Rice		Puffkins Honey Rice
Red Mill Mighty Tasty Hot Cereal		Red Mill Mighty Tasty Hot Cereal
	Perky O's Cereal	
		Nature's Path Organic Honey'd Corn Flakes

Cookies

Mi-del Cookies		Midel Cookies
Glutino Sans Gluten Waffer Cookies		Glutino Sans Gluten Waffer Cookies
Pamela's Simple Bites	Pamela's Cookies	Pamela's Cookies
		Anco Cookies
		Envirokid Organic Animal Cookies
		Glutino Sans Gluten Sandwhich Cookies
		Jennie's Coconut Macarooms
		Kinnikinnick Animal Cookies
		Nana's No Gluten Cookie

Crackers & Chips

ENERG-crackers	ENERG-crackers	
Lundberg Rice Chips	Lundberg Rice Chips	
	Nut Thins	Nut Thins
	Mary's Gone Crackers	
	Glutino Crackers	
	Edward and Sons Rice Snaps	
		Back To Nature

Frozen Foods

Amy's Enchilada	Amy's Enchilada	Amy's Enchilada
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Amy's Indian Mattar Peneer	Amy's Indian Mattar Peneer	
Amy's Indian Palak Paneer	Amy's Indian Palak Paneer	
Amy's Mexican Tamale Pie		
Amy's Rice Crust Pizza	Amy's Rice Crust Pizza	Amy's Rice Crust Pizza
Amy's Shepard's Pie		
Amy's Tofu Rancheros with Roasted Potatoes and Black Beans		
Better Bread Fresh Vegetable Hand Crafted Pizza		
Better Bread Margarita Hand Crafted Pizza		
Caesar's Cheese Lasagna		
Caesar's Manicotti with Cheese in Marinara Sauce		
Gillian's Cinnamon Raisin Rolls		
Ian's Fishsticks		
Kettle Cuisine Angus Beef		
Kettle Cuisine Chicken with White Beans		
Kettle Cuisine Grilled Chicken and Corn Chowder		
Kettle Cuisine New England Clam Chowder		
Kinnikinnick Cinnamon Buns		
Kinnikinnick Italian White Tapioca Rice Bread		
Kinnikinnick White Sandwich Bread		
Van's Homestyle Waffles (strawberry, blueberry, plain)	Van's Homestyle Waffles (strawberry, blueberry, plain)	
	Amy's Asian Noodle Stir Fry	

	Amy's Rice Mac and Cheese	Amy's Rice Mac and Cheese
Amy's Enchilada	Amy's Enchilada	Amy's Enchilada
Amy's Indian Mattar Peneer	Amy's Indian Mattar Peneer	
Amy's Indian Palak Paneer	Amy's Indian Palak Paneer	
Amy's Mexican Tamale Pie		
Amy's Rice Crust Pizza	Amy's Rice Crust Pizza	Amy's Rice Crust Pizza
Amy's Shepard's Pie		
Amy's Tofu		
Better Bread Fresh Vegetable Hand Crafted Pizza		
Better Bread Margarita Hand Crafted Pizza		
Caesar's Cheese Lasagna		
Caesar's Manicotti		
Gillian's Cinnamon Raisin Rolls		
Ian's Fishsticks		
Kettle Cuisine Angus Beef		
Kettle Cuisine Chicken		
Kettle Cuisine Grilled Chicken and Corn Chowder		
Kettle Cuisine New England Clam Chowder		
Kinnikinnick Cinnamon Buns		
Kinnikinnick Italian White Tapioca Rice Bread		
Kinnikinnick White Sandwich Bread		
Van's Homestyle Waffles	Van's Homestyle Waffles	
	Amy's Asian Noodle Stir Fry	
	Amy's Rice Mac and Cheese	Amy's Rice Mac and Cheese

**Meat
Helpers**

Ms. Leepers	Ms. Leepers	
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**Pancake
Mix**

Red Mill	Red Mill	
Arrowhead Mills	Arrowhead	
Maple Grove Farm		

Pastas

Annie's Rice Pasta and Cheddar Mix		
	De Boles Corn Pasta	
	De Boles Rice Pasta	De Boles Rice Pasta
	Tinkyada Pasta Joy Brown Rice	Tinkyada Pasta Joy Brown Rice
		Ancient Quinoa Harvest
		Organic Spaghetti in a can

Polenta

Melissa's Organic Polenta		
	Red Mill Corn Grits Polenta	Red Mill Corn Grits Polenta
		Food Merchants Polenta

Rice Mixes

Bajis Spanish Paella		
Eco Farmed Risotto		
Konriko Wild Pecan Aromatic Rice		
Near East-Long Grain and Wild Rice		
Nueva Cocina Paella		
	Zatarain's	
		Manischewitz Rice Pilaf

Sauces

La Choy Soy Sauce		
		Hunts Manwich Original Sloppy Joe Sauce

Snacks

Envirokidz Organic Granola Bars		Envirokidz Organic Granola Bars
Glutino Breadsticks	Glutino Breadsticks, Pretzel Twists and Bars	
Larabars		
	Bakery on Main Granola	
	ENERG Pretzels Regular and Sesame	
	Enjoy Life Granola	
	Enjoy Life Snack Bars	Enjoy Life Snack Bars
		Kozy Shack Rice and Tapioca Puddings
		Wonkey Rice and Tapioca Puddings

Tofu

Nasoya Tofu Products	Nasoya Tofu Products	
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For additional specialty gluten-free foods visit Philbrick's Fresh Market in Portsmouth, NH

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