

## ADDITIONAL RESOURCES

**Consult a physician.** There are tests for this condition. See <http://www.gluten.net>

### On the internet:

NIH/National Institute Diabetes & Digestive & Kidney Disease  
<http://www.niddk.nih.gov/health/digest/digest.htm>

Celiac/Coeliac Wheat/Gluten-Free List  
<http://www.enabling.org/ia/ceciac/index.html>

The Celiac Disease & Gluten-Free Diet Support Page  
<http://www.celiac.com>

### Support Group

The Celiac Disease Resource, Inc.  
PO BOX 621 Glenmont, NY 12077  
Celiac Resource Line 518-439-3364  
<http://www.celiacresource.org/>

### Cookbooks

HWFC Health and Body Aids section has a fine selection of gluten-free cookbooks.

### Honest Weight Email Updates

We invite all to sign up for monthly e-updates that list upcoming GF demos, sales, classes, and store tours. Leave your name at the Service Desk or contact [jessica@hwfc.com](mailto:jessica@hwfc.com) to sign up.

Please note that ingredients in products are subject to change without notice. We recommend that you verify that the product remains gluten-free by checking the ingredients yourself, or by contacting the manufacturer at least once every three months.

HWFC tries to stock a variety of gluten-free products and items will come and go. Please ask if you do not see what you need. **We welcome new suggestions and are happy to place a special order for you.**

# A Guide to GLUTEN-FREE PRODUCTS

at  
Honest Weight Food Co-op



**Honest Weight Food Co-op**  
484 Central Avenue Albany, NY  
(518) 482-2667  
[www.honestweight.coop](http://www.honestweight.coop)

## GROCERY

### Packaged Pasta

Tinkyada - Organic Brown Rice Pasta - Penne  
Tinkyada - Brown Rice Pasta - Penne  
Tinkyada - Brown Rice Pasta - Shells  
Tinkyada - Brown Rice Pasta - Fusilli  
Tinkyada - Brown Rice Pasta - Spirals  
Tinkyada - Organic Brown Rice Pasta - Spirals  
Tinkyada - Brown Rice Pasta - Vegetable Spirals  
Tinkyada - Brown Rice Pasta - Spinach Spaghetti Style  
Tinkyada - Brown Rice Pasta - Spaghetti Style  
Tinkyada - Brown Rice Pasta - Fettucini Style  
Tinkyada - Organic Brown Rice Pasta - Spaghetti Style  
Ancient Harvest Quinoa - Supergrain Pasta - Spaghetti Style  
Ancient Harvest Quinoa - Supergrain Pasta - Elbows  
Mrs. Leepers - Rice Vegetable Twists Pasta  
Mrs. Leepers - Rice Alphabet Pasta  
Tinkyada - Organic Brown Rice Pasta - Penne  
Tinkyada - Brown Rice Pasta - Penne  
Tinkyada - Brown Rice Pasta - Shells  
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Ancient Harvest Quinoa - Supergrain Pasta - Elbows  
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Mrs. Leepers - Rice Alphabet Pasta

### Packaged Foods, Soups and Broths

Tasty Bite - Jodphur Lentils  
Tasty Bite - Madras Lentils  
Tamarind Tree - Palak Paneer  
Tamarind Tree - Saag Chole  
Tamarind Tree - Navratan Korma  
Tamarind Tree - Vegetable Jalfrazi  
Purity Farms - Ghee  
Amy's Organic Soups - Cream of Tomato  
Amy's Organic Soups - Chunky Vegetable  
Amy's Organic Soups - Corn Chowder  
Amy's Organic Soups - Split Pea  
Amy's Organic Soups - Black Bean Vegetable  
Imagine - Organic Vegetable Broth  
Imagine - Organic Vegetable Broth Low Sodium  
Imagine - Organic Creamy Broccoli Soup  
Imagine - Organic Creamy Butternut Squash Soup  
Imagine - Organic Creamy Tomato Soup  
Imagine - Organic No-Chicken Broth  
Imagine - Organic Creamy Sweet Corn Soup  
Imagine - Organic Creamy Portobello Mushroom Soup  
Imagine - Organic Creamy Potato Leek Soup  
Pacific Natural Foods - Organic Vegetable Broth  
Pacific Natural Foods - Organic Vegetable Broth Low Sodium  
Pacific Natural Foods - Organic Mushroom Broth  
Pacific Natural Foods - Organic French Onion Soup  
Pacific Natural Foods - Creamy Roasted Carrot Soup  
Pacific Natural Foods - Organic Roasted Red Pepper and Tomato Soup  
Pacific Natural Foods - Buttery Sweet Corn Soup  
Pacific Natural Foods - Organic Creamy Tomato Soup  
Pacific Natural Foods - Creamy Butternut Squash Soup  
Pacific Natural Foods - Cashew Carrot Ginger Soup  
Thai Kitchen - Bangkok Curry Instant Rice Noodle Soup  
Thai Kitchen - Garlic and Vegetable Instant Rice Noodle Soup  
Thai Kitchen - Spring Onion Instant Rice Noodle Soup  
Thai Kitchen - Thai Ginger Instant Rice Noodle Soup  
Edward & Sons - Organic Miso-Cup Traditional Soup with Tofu  
Edward & Sons - Organic Miso-Cup Reduced Sodium Soup  
Edward & Sons - Organic Miso-Cup Delicious Golden Vegetable Soup  
The Organic Gourmet - Vegetable Bouillon  
Seitenbacher - Vegetarian Vegetable Broth & Seasoning  
Vogue Cuisine - Instant VegeBase  
Road's End Organics - Savory Herb Gravy Mix  
Road's End Organics - Shiitake Mushroom Gravy Mix  
Road's End Organics - Golden Gravy Mix  
Fantastic World Foods - Totally Natural Vegetarian Soup - Summer Vegetable Rice  
Fantastic World Foods - Totally Natural Vegetarian Soup - Split Pea

Fantastic World Foods - Totally Natural Vegetarian Soup - Buckaroo Bean Chili  
Thai Kitchen - Stir-Fry Rice Noodles - Thai Peanut  
Thai Kitchen - Stir-Fry Rice Noodles - Lemongrass & Chili  
Thai Kitchen - Stir-Fry Rice Noodles  
Thai Kitchen - Thin Rice Noodles  
Annie Chun 's - Rice Noodles (Original)

### Condiments and Dressings

Meditalia - Sundried Tomato Tapenade  
Meditalia - Black Olive Tapenade  
Meditalia - Roasted Red Pepper Tapenade  
Meditalia - Green Olive Tapenade  
Meditalia - Basil Pesto  
Mediterranean Organic - Organic Sundried Tomatoes  
Mediterranean Organic - Organic Stuffed Grape Leaves  
Annie's Naturals - Organic Dijon Mustard  
Annie's Naturals - Organic Honey Mustard  
Annie's Naturals - Organic Horseradish Mustard  
Annie's Naturals - Organic Yellow Mustard  
Annie's Naturals - Organic BBQ Sauce (Original Recipe)  
Annie's Naturals - Organic BBQ Sauce (Smokey Maple)  
Annie's Naturals - Organic BBQ Sauce (Hot Chipotle)  
Thai Kitchen - Red Curry Paste  
Thai Kitchen - Green Curry Paste  
Thai Kitchen - Peanut Satay Sauce  
Melinda's - Original Habanero Pepper Sauce (Hot)  
Melinda's - Original Habanero Pepper Sauce (Extra Hot)  
Melinda's - Original Habanero Pepper Sauce (XXXtra Hot)  
Vermont Pepper Works - Hempin Jalapeno Pepper Sauce  
Vermont Pepper Works - Roasted Garlic & Carrot Cayenne Pepper Sauce  
Vermont Pepper Works - Chocolate Chipotle Pepper Sauce  
Annie's Naturals - Organic Ketchup  
Nasoya - Nayonaise - Dijon Style  
Nasoya - Nayonaise - Fat Free  
Nasoya - Nayonaise - Original  
Spectrum Naturals - Organic Wasabi Mayonnaise  
Spectrum Naturals - Organic Mayonnaise  
Spectrum Naturals - Canola Mayonnaise  
Spectrum Naturals - Organic Dijon Mayonnaise  
Eden Organic - Sauerkraut  
Fantastic World Foods - Arborio Rice  
Fantastic World Foods - Black Beans  
Fantastic World Foods - Jasmine Rice  
Fantastic World Foods - Refried Beans  
Fantastic World Foods - Original Hummus  
Lundberg - Risotto (Tuscan)  
Lundberg - Risotto (Florentine)  
Lundberg - Risotto (Alfredo)  
Alter Eco Fair Trade - Coral Rice  
Road's End Organics - Dairy Free Mac & Cheese (Alfredo Style)  
Road's End Organics - Dairy Free Penne & Cheese (Cheddar Style)  
Annie's Homegrown - Rice Pasta & Cheddar  
Dr. Oetker Organics - Cooked Pudding & Pie Filling - Butterscotch  
Dr. Oetker Organics - Cooked Pudding & Pie Filling - Coconut  
Dr. Oetker Organics - Cooked Pudding & Pie Filling - Vanilla  
Dr. Oetker Organics - Cooked Pudding & Pie Filling - Chocolate  
Dr. Oetker Organics - Cooked Pudding & Pie Filling - Banana  
Annie's Naturals - Cowgirl Ranch Dressing  
Annie's Naturals - Low Fat Raspberry Vinaigrette  
Annie's Naturals - Roasted Red Pepper Vinaigrette  
Annie's Naturals - Balsamic Vinaigrette  
Annie's Naturals - Low Fat Honey Mustard Vinaigrette  
Annie's Naturals - Tuscany Italian Dressing  
Annie's Naturals - Lemon & Chive Vinegar Free Dressing  
Annie's Naturals - Artichoke Parmesan Vinegar Free Dressing  
Annie's Naturals - Organic Sesame Ginger Vinaigrette  
Annie's Naturals - Organic Papaya Poppyseed Dressing  
Annie's Naturals - Organic Roasted Garlic Vinaigrette  
Annie's Naturals - Organic Buttermilk Dressing  
Annie's Naturals - Organic Green Goddess Dressing  
Annie's Naturals - French Dressing  
Drew's All Natural - Buttermilk Ranch Dressing  
Drew's All Natural - Honey Dijon Dressing  
Drew's All Natural - Roasted Garlic & Peppercorn Dressing  
Drew's All Natural - Poppyseed Dressing  
Drew's All Natural - Romano Caesar Dressing  
Drew's All Natural - Rasperry Dressing  
Drew's All Natural - Rosemary Balsamic Dressing  
Drew's All Natural - Garlic Italian Dressing  
Nasoya - Vegi-Dressing - Sesame Garlic  
Nasoya - Vegi-Dressing - Creamy Italian

## BEVERAGES

Living Harvest - Hempmilk - Chocolate  
Living Harvest - Hempmilk - Original  
Living Harvest - Hempmilk - Vanilla  
Manitoba Harvest - Hemp Bliss - Organic Hempmilk - Vanilla  
Manitoba Harvest - Hemp Bliss - Organic Hempmilk - Original  
Manitoba Harvest - Hemp Bliss - Organic Hempmilk - Chocolate  
Pacific - Hazelnut Non-Dairy Beverage  
Pacific - Rice Non-Dairy Beverage - Low Fat Vanilla  
Pacific - Rice Non-Dairy Beverage - Low Fat Plain  
Pacific Natural Foods - Almond Non-Dairy Beverage - Unsweetened - Low Fat Original  
Pacific Natural Foods - Almond Non-Dairy Beverage - Unsweetened - Low Fat Vanilla  
Pacific Natural Foods - Almond Non-Dairy Beverage - Low Fat Original  
Pacific Natural Foods - Almond Non-Dairy Beverage - Low Fat Vanilla  
Blue Diamond Natural - Almond Breeze Non-Dairy Beverage - Chocolate  
Blue Diamond Natural - Almond Breeze Non-Dairy Beverage - Vanilla  
Blue Diamond Natural - Almond Breeze Non-Dairy Beverage - Original  
Blue Diamond Natural - Almond Breeze Non-Dairy Beverage - Unsweetened Chocolate  
Blue Diamond Natural - Almond Breeze Non-Dairy Beverage - Unsweetened Vanilla  
Blue Diamond Natural - Almond Breeze Non-Dairy Beverage - Unsweetened Original  
Rice Dream - Rice Drink - Vanilla (Enriched)  
Rice Dream - Rice Drink - Vanilla (Classic)  
Rice Dream - Rice Drink - Original (Enriched)  
Rice Dream - Rice Drink - Original (Classic)  
Rice Dream - Rice Drink - Carob (Classic)  
Rice Dream Supreme - Non-Dairy Beverage - Vanilla Hazelnut  
EdenBlend - Rice & Soy Beverage  
Vitasoy - Dairy-Free Beverage - Strawberry Banana  
Vitasoy - Dairy-Free Beverage - Chocolate Banana  
Organic EdenSoy - Unsweetened Soymilk  
Mori-Nu - Silken Tofu (Soft)  
Mori-Nu - Silken Tofu (Firm)  
Mori-Nu - Silken Tofu (Extra Firm)  
Mori-Nu - Silken Lite Tofu (Extra Firm)

## REFRIGERATED (NON-DAIRY)

More Than Tofu - Savory Portabella Seasoned Tofu  
More Than Tofu - Spicy Indian Seasoned Tofu  
More Than Tofu - Spicy Thai Seasoned Tofu  
More Than Tofu - Pesto Seasoned Tofu  
More Than Tofu - Peanut & Ginger Seasoned Tofu  
More Than Tofu - Spinach Jalapeno Seasoned Tofu  
Wild Wood Organics - Tofu Veggie Burgers - Original  
Wild Wood Organics - Tofu Veggie Burgers - Southwest  
Soy Boy Italian Tofu  
Nasoya - Lite Firm Tofu  
Nasoya - Soft Tofu  
Nasoya - Firm Tofu  
Nasoya - Extra Firm Tofu  
Grainaissance - Sesame Garlic Mochi  
Grainaissance - Raisin Cinnamon Mochi  
Grainaissance - Original Mochi  
Sunergia Soyfoods - Soy Feta - Mediterranean Herb  
Lisanatti - Mozzarella Style Almond Cheese Alternative  
Follow Your Heart - Vegan Gourmet Cheese Alternative - Cheddar  
Follow Your Heart - Vegan Gourmet Cheese Alternative - Nacho  
Galaxy Nutritional Foods - Rice Grated Topping  
Galaxy Nutritional Foods - Veggie Grated Topping  
Galaxy Nutritional Foods - Vegan Grated Topping  
Galaxy Nutritional Foods - Rice Shreds - Mozzarella Flavor Cheese Alternative  
Galaxy Nutritional Foods - Veggy Singles - Cheddar Flavor  
Galaxy Nutritional Foods - Veggy Singles - American Flavor  
Galaxy Nutritional Foods - Veggy Singles - Mozzarella Flavor  
Galaxy Nutritional Foods - Veggy Singles - Pepper Jack Flavor  
Galaxy Nutritional Foods - Veggy Singles - Smoked Provolone Flavor  
Galaxy Nutritional Foods - Rice - Cheddar Flavor Cheese Alternative  
Galaxy Nutritional Foods - Rice - Mozzarella Flavor Cheese Alternative  
Galaxy Nutritional Foods - Rice Slices - American Flavor  
Galaxy Nutritional Foods - Rice Slices - Cheddar Flavor  
Galaxy Nutritional Foods - Rice Slices - Swiss Flavor  
Galaxy Nutritional Foods - Rice Slices - Mozzarella Flavor  
Galaxy Nutritional Foods - Rice Slices - Pepper Jack Flavor

## FROZEN

Amy's - Thai Stir Fry  
Amy's - Asian Noodle Stir Fry  
Amy's - Tofu Scramble  
Amy's - Whole Meals - Cheese Enchilada  
Amy's - Whole Meals - Enchilada  
Amy's - Black Bean Vegetable Enchilada  
Amy's - Cheese Enchilada  
Amy's - Mexican Tamale Pie  
Amy's - Shepherd's Pie  
Amy's - Teriyaki Bowl  
Tandoor Chef - Palak Paneer  
Tandoor Chef - Vegetable Pad Thai  
Nature's Hilights - Rice Crust Pizza  
Amy's - Rice Crust Cheese Pizza  
Gardenburger - Flame Grilled Soy Burgers

Gardenburger - Black Bean Chipotle Veggie Burgers  
Organic Sunshine Burgers - Garden Herb  
Organic Sunshine Burgers - South West  
Buenatural - Organic Corn Tortillas  
French Meadow Bakery & Café - Healthy Hemp Tortillas  
Glutino - Gluten Free Pizza - Spinach & Feta  
Glutino - Gluten Free Pizza - Duo Cheese  
Glutino - Gluten Free Premium Pizza Crusts  
Chebe Breadsticks  
Food For Life - Raisin Pecan Bread  
Food For Life - China Black Rice Bread  
Food For Life - Rice Almond Bread  
Food For Life - Millet Bread  
Food For Life - White Rice Bread  
Food For Life - Brown Rice Bread

Food For Life - Rice Pecan Bread  
Food For Life - Brown Rice Tortillas  
Glutino - Gluten Free Penne - Duo Mushroom  
Glutino - Gluten Free Penne - Alfredo  
Amy's - Rice Mac & Cheese  
Van's - Wheat Free Gourmet Waffles - Original  
Van's - Wheat Free Gourmet Waffles - Blueberry  
Van's - Wheat Free Gourmet Waffles - Apple Cinnamon  
Against the Grain Gourmet - Original Baguettes  
Against the Grain Gourmet - Sun-dried Tomato Basil Bagels  
Enjoy Life - Classic Original Bagels  
Gillian's - French Rolls  
Foods by George - Brownies  
Kinnikinnick Foods - White Sandwich Bread

Kinnikinnick Foods - Brown Sandwich Bread  
Glutino - Sesame Bagels  
Glutino - Flax Seed Bread  
Maple Lane Bakery - Wheat Free Pie Crust  
Julie's Organic Ice Cream - Chocolate Ice Cream & Dark Chocolate Ice Cream Bar  
Julie's Organic Ice Cream - Vanilla Ice Cream & Dark Chocolate Ice Cream Bar  
Sweet Nothings - Dairy Free Fudge Bar  
Sweet Nothings - Dairy Free Mango Raspberry Bar  
Full of Fruit - Coconut Fruit Bar  
Full of Fruit - Raspberry Fruit Bar  
Full of Fruit - Orange Fruit Bar  
Kinnikinnick Foods - 7" Pizza Crusts  
Enjoy Life - Cinnamon Raisin Bagels

## BREAD

Ener-G Tapioca Loaf  
Ener-G Brown Rice Yeast Free Loaf  
Little Stream Bakery - Buckwheat Loaf  
Little Stream Bakery - Brown Rice Loaf  
Little Stream Bakery - Quinoa Loaf

## CRACKERS

Edward & Sons - Brown Rice Snaps - Onion Garlic  
Edward & Sons - Brown Rice Snaps - Cheddar  
Edward & Sons - Brown Rice Snaps - Black Sesame  
Edward & Sons - Brown Rice Snaps - Salsa  
Edward & Sons - Brown Rice Snaps - Unsalted Plain  
Edward & Sons - Brown Rice Snaps - Toasted Onion  
Hol-Grain Crackers - Brown Rice - No Salt  
Hol-Grain Crackers - Brown Rice - Onion & Garlic  
Hol-Grain Crackers - Brown Rice - Light Touch of Salt  
Real Foods - Corn Thins - Sesame  
Real Foods - Corn Thins - Flax & Soy  
Mary's Gone Crackers - Herb  
Mary's Gone Crackers - Original  
Mary's Gone Crackers - Caraway  
Lundberg - Organic Rice Cakes - Flax with Tamari  
Lundberg - Organic Rice Cakes - Sesame Tamari  
Lundberg - Organic Rice Cakes - Rice with Popcorn  
Lundberg - Organic Rice Cakes - Mochi Sweet  
Lundberg - Organic Rice Cakes - Wild Rice  
Lundberg - Organic Rice Cakes - Brown Rice  
Lundberg - Organic Rice Cakes - Sweet Green Tea  
Health Valley - Rice Bran Crackers

## CHIPS

Glutino - Gluten Free Pretzles  
Glutino - Gluten Free Pretzle Sticks  
Glenny's Naturals - Soy Crisps - White Cheddar  
Glenny's Naturals - Soy Crisps - Sea Salt  
Masuya's - Rice Sembei - Tamari  
Masuya's - Rice Sembei - Original  
Lundberg - Rice Chips - Wasabi  
Lundberg - Rice Chips - Santa Fe Barbeque  
Lundberg - Rice Chips - Fiesta Lime  
Lundberg - Rice Chips - Honey Dijon  
Lundberg - Rice Chips - Nacho Cheese  
Lundberg - Rice Chips - Sesame & Seaweed

## BULK PASTAS

Tinkyada - Organic Brown Rice Pasta - Penne  
Tinkyada - Brown Rice Pasta - Penne  
Tinkyada - Brown Rice Pasta - Shells  
Tinkyada - Brown Rice Pasta - Fusilli  
Tinkyada - Brown Rice Pasta - Spirals  
Tinkyada - Organic Brown Rice Pasta - Spirals  
Tinkyada - Brown Rice Pasta - Vegetable Spirals  
Tinkyada - Brown Rice Pasta - Spinach Spaghetti Style  
Tinkyada - Brown Rice Pasta - Spaghetti Style  
Tinkyada - Brown Rice Pasta - Fettucini Style  
Tinkyada - Organic Brown Rice Pasta - Spaghetti Style  
Ancient Harvest Quinoa - Supergrain Pasta - Spaghetti Style  
Ancient Harvest Quinoa - Supergrain Pasta - Elbows  
Mrs. Leepers - Rice Vegetable Twists Pasta  
Mrs. Leepers - Rice Alphabet Pasta

## SWEETENERS

Ah!Laska - Chocolate Syrup  
Lundberg - Brown Rice Syrup  
Lundberg - Brown Rice Syrup - Organic  
Organic Nectars - Chocagave - Chocolate  
Organic Nectars - Chocagave - Dark Chocolate

# What is Celiac Disease?

**Celiac Disease** is an auto-immune condition that requires **lifelong** avoidance of gluten.

**Gluten** is a composite of proteins found in certain grass-related grains, notably **wheat (including kamut and spelt), rye** and **barley**. When gluten is eaten by someone with Celiac Disease, the body does not recognize it as a food and reacts as though it is being invaded by a foreign substance. In addition to short-term discomfort, untreated celiacs disease can lead to the development of other health conditions, such as anemia, osteoporosis, infertility, and certain cancers.

Celiac disease can kick in at any life stage. It is a genetic condition, so those with a family history of the disease or other auto-immune disorders are at higher risk. Lab tests and an endoscopy can be used to diagnose the disease. The only known treatment is a strict gluten-free diet for life.

There are MANY products and whole foods that those on wheat-free and gluten-free diets *can* consume. See the list below, and always feel free to ask Honest Weight staff members if you have any questions.

## did you know ...

**Research indicates that at least 1 in 130 people might have celiac disease in the U.S. — most without knowing it.**

**Many popular corn and rice cereals are sweetened with barley malt, and therefore are not gluten-free.**

**Naturally gluten-free food can be contaminated by crumbs in toasters, jam, butter, on knives, breadboards, and other utensils.**

### Common Items to Check for Wheat/Gluten:

These *may* contain gluten, but often do not:

Baby Food	Cereals	Malted Milk
Baked Goods	Cosmetic	Shakes
Baking Mixes	Fried Foods	Medications
Beer	Imitation Seafood	Supplements
Breaded Foods	Immitation Meats	Oats
Candy (chocolate, licorice)	Sauces (Asian, gravy, soy)	Pastas
		Processed Meats

### Gluten Free Grains, Beans, Flours, Thickeners :

Amaranth	Millet	Teff
Arrowroot / Kudzu	Potato - Flakes,Flour	Psyllium
Beans / Bean Flours	Quinoa	Soy (flour and TVP)
Brown Rice/ Rice	Guar Gun	Seeds: sesame, sun-flower, flax, hemp
Buckwheat / Kasha	Xanthum Gum	Sorghum
Corn - whole, corn-meal, polenta	Tapioca	
	Wild Rice	

All text this page excerpted from the Food & Allergy Survival Guide

## How to stay safe and avoid contamination

First, consult with your doctor or physician to understand the implications that cross contamination with certain allergens may cause for your specific allergy or condition. As of 2006 companies are required to list the **8 major allergens** on all packaging so be sure to read labels thoroughly. The following tips are helpful reminders when shopping at the co-op.

**BULK:** Shoppers with serious food allergies should know there is the possibility that trace amounts of allergens may be present in our bulk bins. We take every measure to ensure that containers and scoops are **NOT** shared, but please use your judgement and caution when purchasing Bulk items.

**DELI:** Our Deli presently prepares several gluten free baked goods, hot entrees and salads on a daily basis. The Deli case reflects this with appropriate signage. While our facility is not a certified gluten free facility our Deli workers take every precaution to avoid cross contamination by thoroughly cleaning surfaces and utensils after and before food preparation.

**PACKAGED FOODS:** Opt for foods made in dedicated facilities, or at a minimum, those that employ strict allergen procedures. Re-read labels often as ingredients may change. If you are unsure, contact the manufacturer.

**Unfold this brochure to see a listing of gluten-free products available at Honest Weight Food Co-op**

