<u>Meat & Meat Substitutes Freezer, Meat & Seafood</u>

Al Fresco Fully Cooked and Fresh Chicken Sausages, Chicken Meatballs and Chicken Franks Applegate Farms Andouille Sausage, Chicken, Pork, and Turkey Breakfast Sausages, Chicken Nuggets and Tenders, Natural & Organic Deli Meat, Turkey Bacon and Hot Dogs Bell and Evans Chicken Breast Nuggets Beyond Meat Beefy Crumbles, Chicken Free Strips Black River Uncured Bacon and Hot Dogs Blinski's Organic Chicken Sausage

<u>Pasta</u>

Ancient Harvest QuinoaJovial Brown Rice PastasPastasTinkyada Brown Rice PastasExplore Cuisine Organic BeanTolerant Organic Legume
Pastas

Soups & Boxed Goods

Ancient Harvest Lentil Mac and Cheese, Supergrain Quinoa Back to Nature Chicken Tortilla and Kale and Millet Soups Dr McDougall's Soup Cups Health Valley Gluten Free Café Soups

Spreads, Sauces & Dressings AisLes 2,4,7

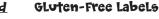
Coconut Secret Coconut Vinegar Barney Butter Almond Butters Bionaturae Strained Tomatoes, Tomato Paste Bove's Pasta Sauces Drew's Balsamic, Caesar, Greek Olive, Roasted Garlic Peppercorn, Ranch, Smoked Tomato Dressings Green Mountain Mustard Mustards Hope Hummus Organic Hummus (Refrigerated)

Feel Good Food Dumplings and Egg Rolls Hillary's Eat Well Veggie Burgers Niman Ranch Bratwurst,

Bacon, Corned Beef, Ham, Italian Sausage, and Pastrami Plainville Farms Ground Turkey Saffron Road Entrees Sunshine Burger Veggie Burgers Vermont Salumi Fresh Sausage Vermont Smoke and Cure Bacon & Ham

Aisle 6

Aisle 4



Look for these labels on products to ensure they are certified gluten-free:



The U.S. Food and Drug Administration (FDA) has defined the term "gluten-free" for voluntary use in the labeling of foods. Any food product bearing a gluten-free claim labeled on or after August 5, 2014 legally must contain less than 20ppm of gluten. More specifically, the final rule defines "gluten-free" as meaning that the food either is inherently gluten-free, or does not contain an ingredient that is:

1. A gluten-containing grain (e.g. spelt wheat)

2. Derived from a gluten-containing grain that has not been processed to remove gluten (e.g. wheat flour)

3. Derived from a gluten-containing grain that has been processed to remove gluten (e.g. wheat starch), if the use of that ingredient results in the presence of 20 ppm or more gluten in the food.

Any unavoidable presence of gluten in the food must be less than 20 ppm.

One important thing to note is that the FDA's rule does not mandate testing and manufacturers are responsible for ensuring that foods bearing a gluten-free claim meet the requirements of the final rule.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,600 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.



Your Community-Owned Grocery Store 82 South Winooski Avenue Burlington, VT 05401 (802) 861-9700 • www.CityMarket.coop This guide is intended as a City Market shopping resource for those following a gluten-free diet. Please check each item's list of ingredients to ensure that a product is gluten-free. Our staff is happy to answer any questions or help locate products.

glu-ten (gloot-n): The name given to certain proteins found in cereal grains such as wheat, barley, rye, and other derivatives. Oats are not recommended on a gluten-free diet because they can often contain trace amounts of gluten from cross contamination.

Andalou Naturals All ProductsGarden of Life myKind OrganicsCity Market All SupplementsAll SupplementsCountry Life All SupplementsNutiva Chia SeedsEO Products All ProductsMegafood All SupplementsEssentail Living Foods SmoothieSmoothie

(Refrigerated) Just Great Stuff Powdered Peanut Butter Lucini Pasta Sauces Once Again Nut and Seed Butters Organicville Ketchup Scarpetta Pasta Sauces Sir Kensington's Ketchup, Mayonnaise Stubb's BBQ Sauce

Wellness Department

Kitchen Basics Stocks

Dinner, Quick Gravy

Miso Master Miso (Refrigerated)

Roads End Organics Dairy

Free Shells and "Chreese" Pasta

Hampton Creek Just Mayo

Mixers

what is Included in this Guide

For the purpose of this guide, all products listed are either certified to be gluten-free, or the manufacturer has explicitly stated that their products have been tested to contain less than 20ppm of gluten. The exceptions to this are meat, which is regulated by the USDA, alcohol which is regulated by the TTB and bulk products which may have been cross contaminated.

Foods Often Containing Gluten

Breads, Breaded Food, Broth, Coating Mix, Chicken Nuggets, Croutons, Flour Tortillas, Fried Food, Imitation Bacon, Imitation Seafood, Marinades, Pasta (including Couscous), Pitas, Processed Meat, Roux, Sauces, Soy Sauce, Self-Basting Poultry, Soup Bases, Stuffings, Sweets (Doughnuts, Pies, Cookies, Cakes, Pastries), Thickeners

Grains Not Allowed in Any Form

Barley, Bulgur, Cereal Flours, Einkorn, Emmer, Farro, Oat Bran, Rye, Triticale, and Wheat (varieties including but not limited to Durum, Graham, Kamut, Semolina, and Spelt)

Grains & Beans Allowed

Amaranth, Arrowroot, Bean Flours, Buckwheat, Corn, Millet, Nut Flours, Potato, Quinoa, Rice, Sorghum, Soy, Tapioca, and Teff

wheat-Free Does Not Mean Gluten-Free

Wheat-free products may contain Rye, Barley, Spelt, or other ingredients that are not gluten-free.

Always Read the Label & Research

Some ingredients are questionable and may or may not contain gluten. Be sure to confirm that the following ingredients are not derived from prohibited grains:

- Blue Cheese may be made with bread
- Brown Rice Syrup often from barley
- Caramel Color sometimes from barley
- Dextrin mainly from corn, but can be from wheat
- Flour or Cereal Products
- Hydrolyzed Plant or Vegetable Protein (HPP/HVP) • Malt, Malt Flavoring, or Malt Vinegar – usually from
- barlev
- Miso may contain barley
- Modified Food Starch
- Seasoning & Spice Mixes
- Soy Sauce often contains wheat

Be a Food Detective

Contact the manufacturer to verify a food in question. If you are in doubt, it is better to avoid that food until you can be sure it is gluten-free.

Bulk Items **Bulk Department**

NOTE: Many items in our bulk department do contain gluten which may potentially cross contaminate gluten-free items.

Black Chia Seeds Snacks True North Nutty No Grainer, Living Intentions **Corn** Cornmeal, Grits, Polenta Cereals and Trail Mix Masa Harina Starch Arrowroot Powder Flour Almond, Brown Rice, Tierra Farms All items on Buckwheat, Chickpea, Quinoa Tierra Farms/City Market rack Grain Amaranth, Buckwheat, Millet, Rice, Quinoa Pasta Quinoa Pagodas & Elbows

Baking Supplies Arrowhead Mills Organic **Glutino** Baking Mixes

Yellow Cornmeal **King Arthur** Baking Mixes Bob's Red Mill Almond Lundberg Brown Rice Syrup Meal/Flour, Brown Rice Let's Do Organic Confetti Flour, Coconut Flour, Golden Sprinkles, Ice Cream Cones, Flaxseed Meal, Potato Starch, Shredded Coconut, Tapioca Sweet White Sorghum Flour, Granules White Rice Flour, Tapioca Nielsen-Massery Vanilla Extract Enjoy Life Mini Chocolate Pamela's Baking Mixes

<u>Beans & Grains</u>	Aisle 2
Alter Eco Organic Quinoa	Lundberg Quinoa & Rice
Bob's Red Mill Amaranth, Teff	Blends, Rice, and Risott
Food Merchants Polenta	Nature's Earthly Choice
Hatch Chiles	Quinoa

Aisle 3

Baby Mum Mum's Original Rice Rusks

Baby Food

Flour

Chips

<u>Beer, Wine, & Cid</u>er

NOTE: Wines and ciders made from 100% grapes or apples are typically gluten-free, but you should check the labels of other winebased beverages. Feel free to ask us if you have questions.

Dogfish Head T'weason Ale	
(Seasonally Available)	Green's Amber Ale
Glutenberg Gluten-Free Beer	Omission Gluten Removed
-	Beer

Breads & Baked Goods Bakery, AisLes 2,5,6

NOTE: Our Deli Sandwich Counter can make your sandwich to order with Udi's gluten-free bread.

Bread

Dog Buns

trEATS Cookies

Bluebery Waffles

Baked Goods

Olivia's Croutons, Stuffing

Rudi's Multigrain Sandwich

Udi's Bagels, Breads, Dinner

Rolls, and Hamburger & Hot

Van's Gluten Free Original and

Vermont Gluten Free Bread,

Nature's Path Corn Flakes,

Honey Corn Flakes, Mesa

Sunrise, Mesa Sunrise and

Maple Cereals

One Degree Cereals

Raw Revolution Bars

Probar Base Bars

Think Thin Bars

Udi's Granola

Jovial Fig Cookies

Kettle Kettle Chips

Late July Tortilla Chips

Mary's Gone Crackers

Crackers, Thins

Pea Snacks

Chips

Pirate Brands Puffs

Rhythm Kale Chips

Sesmark Rice Thins

Popchips Potato Chips

Popcorn Indiana Popcorn

Que Pasa Stoneground Tortilla

Saffron Road Lentil Crackers

SAN-I Black Sesame Rice Thins

Laurel Hill Tortilla Chips

Lundberg Rice Cakes, Chips

Midel Gluten Free Ginger Snaps

Organic Prairie Mighty Bars

Pamela's Cookies, Figgies and

Peeled Snack Peas Please Organic

Jammies, Graham Crackers

Raisins, Whole O's, Sunrise

Purely Elizabeth Granola

Against the Grain Bagels, Baguettes, Pitas and Rolls Canvon Bake House Bread and Hamburger Buns Glutino Bagels, English Muffins, and Multigrain Sandwich Bread Hail Merry Tarts Ian's Bread Crumbs Liz Lovely Vegan Cookies Nature's Path Wild Berry Buckwheat, Chocolate Chip, Homestyle and Pumpkin Spice Waffles

Aisle 1

Canned Fruits & Vegetables Aisles 4.5 Edward & Sons Organic Native Forest Canned Fruit

Mashed Potatoes **Peeeled Snacks** Dried Apples

Cereal, Granola & Bars Go Macro Bars

Arrowhead Mills Rise and Shine Hot Cereal Backroads Granola Just Oats & Organic Granola Bob's Red Mill Gluten Free Rolled Oats Envirokidz Cereals, Bars **Erewhon** Crispy Brown Rice Cereal **Glutino** Strawberry Toaster Pastries

Chips, Cookies, Salsas & Snacks Aisles 4.7

Angie's Boomchickapop Popcorns Back To Nature Multi-Seed Thins, Sesame Thins Blue Diamond Nut Thins Boulder Canyon Olive Oil and Red Wine Vinegar Kettle Chips Deep River Snacks Kettle Chips Drew's Salsa Edward and Son's Rice Thins Enjoy Life Chocolate Chip Cookies Epic Bars, Bites Food Should Taste Good Tortilla Chips Fusion Jerkv Garrett Valley Turkey Snack Sticks Glutino Crackers and Sandwich Cookies Grateful Harvest Beef Jerkey Green Mountain Gringo Tortilla Chips, Salsa Jennie's Macaroons

Snyders Pretzels

Tanka Bar Tanka Bites & Bars Tate's Chocolate Chip, Double Chocolate Chip, Ginger Zinger Cookies

Vermont Smoke and Cure Snack Sticks Way Better Snacks Sprouted Tortilla Chips

Aisle 1

Aisle 2

Freezer

Chocolate, Candy, Gum & Minto AisLe 7 Alter Eco Chocolate Bars. Taza Chocolate Discs, Bars. Chocolate Covered Cacao Truffles Endangered Species Chocolate Nibs, Tazitos Bars **UNREAL** Chocolate Candies Bars and Nut Butter Cups Enjoy Life Chocolate Bars Vermints Mints Justin's Peanut Butter Cups Ocho Candy Bars Yummy Earth Organic Lollipops Sun Cups Sunbutter Cups Surf Sweets Sour Gummy Worms

Coffee, Tea & Hot Cocoa

Choice Tea

Aisle 5

Dairy, Non-Dairy & Drinks Aisles 4.7. Peri Cooler

Brown Cow Yogurt	Smari Icelandic Yogurt
Califia Farms Almond Milk	So Delicious Aseptic Coconut
Chobani Greek Yogurt	and Cashew Milks, Coconut
Echo Farm Pudding	Milk, Coconut and Almond
Fage Total Greek Yogurt	Milk Creamers, Coconut
Lifeway Lowfat & Whole Milk	Yogurt
Kefir	Stonyfield Yogurt, O' Soy
Siggis Drinkable Yogurt and	Yogurt
Icelanic Yogurt	Wallaby Yogurt
8	Zevia Žero Čalorie Soda

Ethnic Foods

Coconut Secret Coconut San-J Asian Cooking Sauces, Aminos Tamari Sea Snax Seaweed Snacks Native Forest Coconut Milk Sky Valley Sriracha Miracle Noodle Konjac Noodles Morinu Silken Tofu

Frozen Desserts

Daiya Cheesecake Wholly Wholesome Gluten Free Pie Shells Lifeway Frozen Kefir So Delicious Almond Milk, Cashew Milk and Soy Milk Frozen Desserts, Coconut Minis, Bars, Cocowhip Whipped Cream

Frozen Entrees, Fruits & Vegetables Freezer

Against the Grain Pizzas and	Ian's French Fries
Pizza Crusts	Tandoor Chef Indian Meals
Amy's Enchiladas, Paneer,	Udi's Pizzas and Pizza Crusts
Pastas, Pizzas, Pot Pies,	West Meadow Farm Bakery
Stir Fries, Tamales	Pizza Crusts
Daiya Pizzas	Wyman Frozen Fruit
Gluten Free Cafe Pasta	5
Gluten Freeda's Burritos	