

Spreads, Oils, Dressings & Condiments

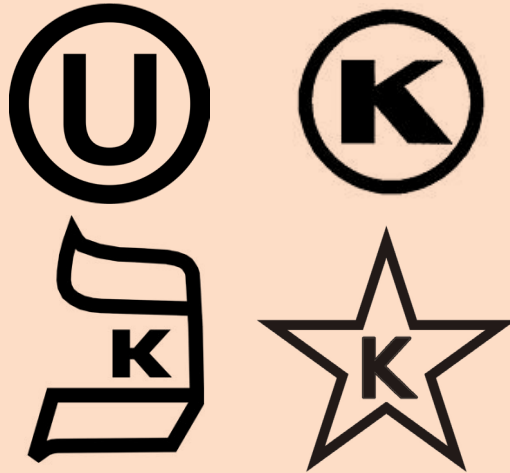
Barney Butter Almond Butters
Blake Hill Preserves
Bonne Maman Fruit Preserves
Bragg's Nutritional Yeast
Bubbies Pickles
Cains Tartar Sauce
Cedar's Hummus
Colavita Olive Oils
Dr. Bronner's Coconut Oils
Eden Mirin Rice Cooking Wine, Sesame Oil, Vinegars
Field Day Organic Canned Olives, Olive Oils, Peanut Butter
Filippo Berio Olive Oils
Gold's Horseradish
Gulden's Mustards
Hain Safflower Mayonnaise
Hellman's Mayos
Heluva Good Horseradish
Joyva Tahini
Just Great Stuff Powdered Peanut Butter
La Tourangelle Grapeseed Oil
Laurel Hill Capers in Sea Salt, Olive Oil
Lindsay Canned Olives
Maranatha Almond Butters
Marukan Rice Vinegar
Miracle Whip Dressing

Aisles 2,4,6, Cooler near Bakery

Musette Mustards
Natural Value Mustards
Nasoya Nayoanaise
Nuco Liquid Coconut Oils
Nutella Hazelnut Spread
Nutiva Coconut & Red Palm Oils
Once Again Nut Butters & Spreads
Rabbi's Roots Horseradish
Shurfine Italian & Ranch Dressings
Smucker's Preserves
Spectrum Oils Olive, Canola, Sesame, Peanut, Almond & Walnut Oils, Spray Oils, All Mayos
Sunbutter Sunflower Spread
Teddie Peanut Butters
Vermont Village Spiced Apple Butter
Vlasic Kosher Pickles
Westbrae Mustards
Woodstock Organic Relish, Pickles
Yucatan Guacamole
Zoe Olive Oils

Kosher Labels

There are more than 1,000 kosher certifying agencies around the world! That means there are a lot of different certified kosher symbols. Here are some of the ones we've noticed on products at City Market:



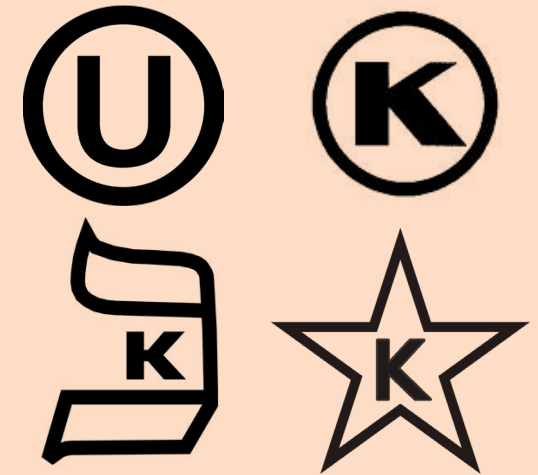
What is kosher? A kosher diet does not allow eating the following: fish that don't have fins or scales, meat and milk from animals that don't chew their cud and have split hooves, birds of prey, blood of an animal, and any animal that wasn't slaughtered according to Jewish law. Additionally, meat and dairy must not be eaten together. Therefore, any product that contains any of the above, or contains both meat and dairy, is not considered kosher.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,300 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.

Where do I find...?

Kosher Items



This guide is intended as a City Market shopping resource for those following a kosher diet and only includes products that are certified kosher. Please check each item's list of ingredients and packaging to ensure that a product is certified kosher. Our staff is happy to answer any questions or help locate products.

Kosher certification indicates that ingredients, production, and processing have been verified to comply with the standards of Jewish dietary law.



Your Community-Owned Grocery Store
82 South Winooski Avenue
Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop

November 2015



Baking Supplies

Arrowhead Mills Flours & Pancake Mixes
Baker's Chocolate
Bob's Red Mill Gluten-Free Flours & Meals
California Farms Evaporated Milk
Cherry Man Maraschino Cherries
Domino Sugars
Droste Cocoa
Eagle Brand Condensed Milk
Eggology Liquid Egg Whites
European Gourmet Pudding & Baking Mixes
Equal Exchange Baking Cocoa
Ghiardelli Baking Chocolate Bars & Chips
Glutino Gluten-Free Baking Mixes
Guittard Baking Chips

Beans & Grains

Amy's Vegetarian Refried Beans
Bob's Red Mill Amaranth & Teff
Casa Fiesta Refried Beans
Eden Organic Beans

Baby Food

Baby's Only Toddler Formula
Earth's Best Infant Formula, Cereals, Baby Foods
Ella's Kitchen Baby Food Pouches

Bear, Wine & Cider

Manishewitz
Recanti Cabernet Sauvignon, Sauvignon Blanc, Yasmin Red Blend, Yasmin White Blend

Breads & Baked Goods

Food for Life Sprouted Corn Torillas, Gluten-Free Breads, English Muffins, Wraps, Ezekiel 4:9 Breads
Glutino Gluten-Free Bread
Ian's Bread Crumbs
Immaculate Baking Pie Crusts, Crescent Rolls, Biscuits

Aisle 1

Hodgson Active Dry Yeast Packets
King Arthur Flours, Gluten-Free Baking Mixes
Let's Do Organic Coconut Flour, Coconut Shreds
Navitas Naturals Cacao Powder
Nestle Morsels
No Pudge Brownie Mixes
Nutiva Shortening
Pamela's Gluten-Free Baking Mixes
Reese's Chips
Rumford Baking Powder
Simple Mills Gluten-Free Baking Mixes
Sweet Leaf Stevia Products
Valrhona Cocoa Powder
Wholesome! Sugars & Sweeteners
Wholly Wholesome Graham Pie Crust
Xyla Xylitol Powder

Aisle 2

Lundberg Rice
Near East Couscous & Pilafs
Uncle Ben's Rice

Aisle 3

Happy Baby Yogurt Melts, Puffs, Food Pouches
Healthy Times Teething Biscuits
Little Duck Tiny Fruits

Peri Cooler, Bakery,**Aisles 5,6**

Maria & Ricardo's Wraps
Nature's Path Waffles
Rudi's Gluten-Free Bread
Stacy's Organic Wraps
Udi's Gluten-Free Products
Wholly Wholesome Pie Shells

Cereal, Granola & Bars

Bakery On Main Gluten-Free Granolas
Barbara's Cereals
Bob's Red Mill Gluten-Free Rolled Oats
Cascadian Farm Granola Bars & Cereals
Chex Cereals
Erewhon Rice Cereals
Food for Life Ezekiel 4:9 Cereals
General Mills Cheerios
Field Day Granola Bars

Chips, Cookies, Salsas & Snacks

Angie's BoomChickaPop
Back to Nature Cookies & Saltine, Wheat, Rice Crackers
Bearitos Tortilla Chips
Blue Diamond Nut Thins
Boulder Canyon Potato Chips
Cape Cod Potato Chips
Deep River Potato Chips
Field Day Cookies & Crackers
Finn Crisp Rye Crispbread
Food Should Taste Good Tortilla Chips
Garden of Eatin' Tortilla Chips
Genisoy Soy Crisps
Glutino Gluten-Free Cookie Sandwiches
Good Health Peanut Butter Filled Pretzels
Green Mountain Gringo Tortilla Chips & Salsas
Kettle Potato Chips
Late July Crackers

Chocolate, Candy, Gum & Mints

Chocolove Chocolate Bars
Divine Chocolates
Equal Exchange Chocolate Bars

Coffee, Tea & Hot Cocoa

Ahlaska Cocoa Mix
Bigelow Teas
Celestial Seasonings Tea
Choice Teas
EcoTeas Yerba Mate
Equal Exchange Hot Cocoa Mix & Teas
Good Earth Teas
Guyaki Yerba Mate
Numi Teas
Oregon Cha Tea Latte

Aisle 5

Glutino Gluten-Free Toaster Pastries
Kashi Cereals & Granola Bars
Nature Valley Granola Bars
Nature's Path Toaster Pastries, Granola Bars, Oatmeals, Cereals
Mom's Best Cereals
Post Cereals
Quaker Granola Bars & Oatmeals
Udi's Gluten-Free Granolas

Aisles 4,7

Loacker Quadratini Wafer Cookies
Lundberg Rice Cakes
Mary's Gone Crackers
Mi-Del Snap Cookies
Nabisco Graham Crackers
Natural Directions Salsa
Newman's Own Fig Newmans, Newman O's, Pretzels, Popcorn, Salsas
Pepperidge Farm Milano Cookies
Pirate Brands Snacks
Popcorn Indiana Kettlecorn
Real Foods Corn Thins
Sesmark Rice & Sesame Thins
Snack Factory Pretzel Crisps
Snyder's Pretzels
Stacy's Pita Chips
Terra Snack Chips
Walkers Shortbread Fingers
Way Better Snacks Tortilla Chips

Aisle 7

Lake Champlain Chocolates
Taza Chocolates
Theo Chocolate Bars

Aisle 1

Red Rose Tea
Tazo Teas
Traditional Medicinals Teas
Twinings Teas
Yogi Teas

Dairy, Non-Dairy & Beverages

Apple & Eve Juices
Blue Diamond Almond Breeze
Blue Sky Sodas
Brown Cow Yogurts
Cabot Butter, Cheddar Bars & Slices, Cottage Cheese, Sour Cream
Califia Farms Almond Milk, Creamer
Chobani Greek Yogurts
Daiya Cheese, Cream Cheese
Dole Pineapple Juice
Earth Balance Vegan Butter Spreads
Echo Farm Puddings
Edenjoy Soymilks
Evolution Fresh Juices
Fage Greek Yogurts
Florida's Natural Juices
Follow Your Heart Vegan Mozzarella
GT's Kombucha
Green Mountain Creamery Yogurts
Green Valley Organics Yogurts
Hood Creams, Half & Half
Kevita Probiotic Beverages
L&A Juices
Lakewood Juices
Liberte Yogurts
Lifeway Kefirs
Living Harvest Hemp Milks
Maple Hill Creamery Yogurts
Martinelli Sparkling Cider
Naked Juices

Ethnic Foods

Asian Gourmet Lychees
Bearitos Taco Shells
Blake Hill Chutney
Bob's Red Mill Polenta
Casa Fiesta Taco Seasoning Mixes, Green Chillies, Jalapeños
Cholula Hot Sauces
Eden Buckwheat, Soba, Udon Noodles
Fantastic Foods Vegetarian Mixes
Frank's Red Hot
Grainaissance Mochi
Himo Tempura Batter Mix
Kitchens of India Indian Entrée Mixes
La Choy Chow Mein Noodles
Manschewitz Matzo Meal, Pancake Mix, Latke Mix

Aisles 4,5,6,7**Peri Cooler**

Nancy's Cream Cheese
Odwalla Juices
Old Orchard Juices
Organic Valley Butter, Buttermilk, Cottage Cheese, Creams, Creamers, Cream Cheese, Half & Half, Sour Cream, Soy Milks
Pacific Almond Milks
Philadelphia Cream Cheese
Polar Seltzer
Redwood Hill Goat Yogurts
Rice Dream Rice Milks
Sambazon Acai Juices
San Pellegrino Sparkling Sodas
Silk Soy Milks, Creamers
Simply Juices
Smari Icelandic Yogurts
So Delicious Coconut Milks, Creamers
Stirring's Cocktail Mixers
Stonyfield Farm Yogurts
Suja Juices
Tofutti Better than Cream Cheese, Sour Cream
Tropicana Orange Juice
True Nopal Cactus Water
Uncle Matt's Juices
Vermont Creamery Crème Fraiche
Vita Coco Coconut Water
Wallaby Australian Yogurts
Welch's Grape Juice
Westsoy Soy Milks
Zensoy Soy Pudding
Zevia Sodas

Aisle 2, Cooler near Bakery

Mee Tu Duck Sauce
Miracle Noodle Pastas
Miso Master Miso
Mission Flour & Corn Tortillas
Mori-nu Silken Tofu
Native Forest Coconut Milk
Organic Valley Ghee
Roland Baby Corn, Bamboo, Water Chesnuts
San-J Tamari & Cooking Sauces
San Marcos Chipotles
Simply Organics Dips, Sauce Mixes
So Delicious Coconut Milk
Tabasco Pepper Sauce

Frozen

Alden's Ice Cream
Alexia Potato Products
Amy's Select Entrées
Ben & Jerry's Ice Cream
Bird's Eye Vegetables
Cascadian Farm Fruit & Vegetables
Luna & Larry's Coconut Bliss Ice Cream

Freezers

Natural Choice Fruit Bars
So Delicious Almond & Soy Milk Ice Creams
Stahlbush Vegetables
Talenti Gelato
Truwhip Natural Dessert Topping
Woodstock Vegetables

Cooler near Bakery,**Freezers, Aisle 4****Meat & Meat Substitutes**

Amy's Veggie Burgers
Crown Prince Canned Salmon, Sardines, Oysters, Kipper Snacks, Tuna
Gardein Meat-Free Products
Gardenburger Veggie Burgers
Lightlife Meat Alternatives
Nasoya Tofu
Natural Sea Tuna
Sustainable Seas Tuna

Tonno Genova Tuna in Oil
Tofurky Meat-Free Products
Upton's Seitan
Van de Kamp's Fish Products
Westsoy Seitan
Wildwood Veggie Burgers, Tofu
Wild Planet Sardines, Tuna

Packaged Fruits & Vegetables

Del Monte Canned Fruits & Vegetables
Dole Canned Fruit
Farmer's Market Pumpkin
Field Day Canned Vegetables
Native Forest Canned Mushrooms, Canned Fruits
Newman's Own Raisins

Aisles 4,5

Roland Mandarins
Santa Cruz Applesauces
Sunmaid Raisins
Sunsweet Prunes
Vermont Village Applesauces
Woodstock Canned Cranberry

Pasta & Pasta Sauce

Ancient Harvest Quinoa Pasta
Barilla Pastas, Pasta Sauces
Bionaturae Pastas
Dell'Amore Pasta Sauces
Field Day Pastas, Pasta Sauces
Jovial Pastas

Aisle 6

Muir Glen Pizza Sauces, Canned Tomatoes
Newman's Own Pasta Sauces
Pennsylvania Dutch Egg Noodles
Tinkyada Brown Rice Pastas
Tolerant Bean Pasta

Soups

Amy's Soups *Except* Lentil Vegetable

Aisle 4

Lotus Foods Rice Ramen

