

What's Gluten-free at Seward Co-op

LOOK FOR THE ORANGE TAG!

Product lines listed offer gluten-free options according to package labels. Some items within listed brands may not be gluten-free. Please read product labels for confirmation that an item is gluten-free.

Naturally gluten-free grains include:
buckwheat, corn, millet, quinoa, rice, wild rice.

PRODUCE

Follow Your Heart Salad Dressings
Salad Girl Salad Dressings

AISLE 1

TORTILLAS

Food for Life Brown Rice Tortillas
Sonoma Teff & Corn Tortillas

MISCELLANEOUS

Bubbie's Pickles & Sauerkraut
Earth Balance Spreads & Shortening
Good Life Peanut Butter
Grainaissance Mochi
Kalona Super Natural Sour Cream
Kalona Super Natural Cottage Cheese
Kozy Shack Pudding & Flan
Manitoba Harvest Hemp Seed Butter
Spirit Creek Sauerkraut & Curtido
St. Paul Bagelry Cream Cheese
Zensoy Pudding

MEAT & CHEESE ALTERNATIVES

Daiya Cheese Alternatives
Eat in the Raw Vegan Parmesan
Follow Your Heart Cheese Alternative
Galaxy Cheese Alternatives
House/Hinoichi Tofu, all varieties
Lisanatti Cheese Alternatives
Westsoy Tofu

MEAT

1000 Hills Jerky & Summer Sausage
Applegate Pepperoni & Salami
Applegate Sandwich Slices
Beeler's Thick Sliced Bacon
Beelers Uncured Pork Weiners
Bilinski Chicken Sausages
Garret County Sausages
Garret County Ham & Canadian Bacon

REFRIGERATED BEVERAGES

Blue Diamond Almond Breeze
Organic Valley Soymilk
Rice Dream Rice Milk
Silk Soymilk
So Delicious Coconut Milk
Wildwood Soymilk

YOGURT

Amande Almond Milk Yogurt
Brown Cow
Cascade Fresh

Chobani
Fage
Greek Gods
Green Valley
Helios Kefir
Old Chatham
Redwood Hill
Ricera
So Delicious Coconut Yogurt & Kefir
Stonyfield
Wallaby
Wildwood Soygurt

AISLE 3

BAKING & SWEETENERS

Arrowhead Mills GF Pancake Mix
Beyond the Grain Cake, Cookie Mixes
Bob's Red Mill Flours & Starches
Bob's Red Mill Baking Mixes
Cherrybrook Cake & Frosting Mixes
Coconut Secret Coconut Flour & Crystals
Cooqi Flours & Pancake Mix
Dandies Vegan Marshmallows
Ener-G Egg Replacer
Enjoy Life Chocolate Chips
Gluten-Free Pantry Baking Mixes
Glutino Bread Crumbs
Hol Grain Tempura & Onion Ring Mix
Let's Do Organic Tapioca Pearls
Lundberg Rice Syrup
Namaste Baking Mixes
Natural Desserts Gelatin
Nielsen Massey Flavor Extracts
Once Again Honey
Pamela's Baking Mixes
Rumford Baking Powder
Santa Cruz Chocolate Syrups
Spectrum Vegetable Shortening
Whole Grain Milling Sorghum Flour

SNACKS & ENERGY BARS

Annie's Fruit Bunnies
Bakery on Main Granola Bars
Boomi Bars
Bumble Bars
Enjoy Life Snack Bars
Glutino Breakfast Bars
Go Macro Bars
Go Raw Bars
Just Tomatoes Freeze Dried Fruits
Kind Bars
Lara Bars
Nature's Path Enviro Kids Bars
Oskri Sesame Bars
Purefit Bars
Raw Revolution Bars
Tanka Bites

CEREAL

Ancient Harvest Quinoa Flakes
Arrowhead Mills Cereals
Bakery on Main Granola
Bob's Red Mill Rice Farina
Bob's Red Mill Oats
Eco Planet Hot Cereal
Enjoy Life Cereals, Granolas
Enviro Kids Cereals
Nature's Path Corn Flakes
Nature's Path Mesa Sunrise Cereal
Ruth's Chia Granola
Udi's Granola

NON-DAIRY MILK

Better Than Milk Soymilk Powder
Blue Diamond Almond Breeze
Eden Soy & Rice Milks
Living Harvest Hemp Milks
Pacific Almond, Hazelnut, & Rice Milks
Imagine Rice Dream
So Delicious Coconut Milk Beverage
Sunrich Sunflower Beverage
Westsoy Soymilk

AISLE 4

BEVERAGES

Celestial Seasonings Teas
Dagoba OG Hot Chocolate
Honest Tea
Honest Kids Juice
Lakewood Juice
Reeds Ginger Brew
Republic of Tea
Virgil's Root Beer & Cream Soda
Zico Coconut Water

AISLE 5

BABY FOODS

Happy Baby Snacks
Plum Tots Fiddlesticks

FRUIT SPREAD & NUTBUTTER

Arrowhead Mills Peanut Butter
Artisana Raw Coconut Butter
Barney Almond Butter
Crofter's Fruit Spreads
Earth Balance Nut Butters
IM Healthy Soy Nut Butter
Maranatha Nut Butters
Once Again Sunflower Butter

CANDY & COOKIES

Alter Eco Chocolate Bars
Amy's Shortbread Cookies
Bistro Meringue Cookies
Endangered Species Chocolate Bars



Enjoy Life Cookies & Chocolate Bars
Fearless Chocolate Bars
Glutino Cookies
Jennies Macaroons
Jovial Cookies
Let's Do Organic Gummy Bears
Lucy's Cookies
Midel Cookies
Pamela's Biscotti & Shortbread
Reeds Ginger Chews
Surf Sweets Candies
Taza Chocolate Bars
Tropical Source Chocolate Bars
Yummy Earth Candies
(Some candy located at checkout)

AISLE 6

SOUPS

Amy's Soups & Chilis
Frontier Soup Mixes
Imagine Broths
Pacific Soups & Broths
Saffron Road Broths
Savory Choice Broth Concentrate
Shelton's Chili & Broths

CANNED GOODS, DINNER MIXES & SAUCES

Alter Eco Quinoa
Amy's Refried & Baked Beans
Annie's Rice Pasta & Cheddar
Braggs Liquid Aminos
Ed & Sons Instant Mashed Potatoes
Fantastic Foods Instant Refried Beans
Imagine Gravies
Jyoti Indian Cuisine
Lundberg Rices & Risottos
Mori Nu Tofu
Native Forest OG Coconut Milk
Native Forest Baby Corn
Road's End Gravy Mix
Tasty Bite Indian Entrées
Thai Kitchen Sauces & Rice Noodles
Thai Kitchen Coconut Milk
Patak's Mild Curry Paste
San J Tamaris & Sauces

PASTA & PASTA SAUCE

Ancient Harvest Quinoa Pasta
Bove's Pasta Sauce
Deboles Rice Lasagna
Enrico's Pizza & Pasta Sauces
Food Merchants Polenta
Jovial Brown Rice Pasta
King Arthur Pizza Crust Mix
Mrs. Leeper's Corn Pasta
Tinkyada Pastas

AISLE 7

CRACKERS

Blue Diamond Nut Thins
Dr. in the Kitchen Flackers
Ed & Sons Brown Rice Snaps
Glutino Crackers
Lundberg Rice Cakes
Mary's Gone Crackers
Natural Nectar Cracklebred
Sesmark Rice Crackers

CONDIMENTS & PICKLES

Annie's Dressings & BBQ sauce
Daddy Sams BBQ Sauce
Drew's Dressings
Mrs. Clark's Mayo
Nasoya Nayonaise
Organicville Dressings
Organicville Ketchup
Pickapeppa Sauce
Seeds of Change Dressings
Simply Organic Dressing Mixes
Spectrum Mayos
Tillen Farms Pickled Veggies

CHIPS

Angie's Kettle Corn
Boulder Chips & Veggie Crisps
Food Should Taste Good Chips
Glutino Pretzels
Green Mountain Gringo Tortilla Chips
Kettle Chips
Lundberg Rice Chips
Mary's Gone Stix & Twigs
Mr. Krispers Rice Krisps
Rhythm Kale Chips
Robert's Pirate Booty
Seasnax Seaweed Snacks
Season's Cheddar Curls Lite
Snikiddy Baked Fries
Xochitl Tortilla Chips

SALSA

Amy's Salsas
Drew's Salsas
Green Mountain Gringo Salsa
Pace Picante Sauce

FRESH BREAD & BAKED GOODS

Down in the Valley Bakehouse Cakes & Breads (located in the Deli)
Ener-G Brown Rice Bread
Udi's Breads

FROZEN

BREAD & BAKED GOODS

Canyon Bakehouse Breads
Food For Life Breads & English Muffins
Food for Life Tortillas (refrigerated)
Green Bakery Breads
Kinnikinnick Bread & English Muffins
Kinnikinnick Donuts
Nature's Path Waffles
Rudi's Breads & Buns
Thuro Breads & Snack Bars
Udi's Bagels, Rolls, Buns & Muffins
Van's Wheat Free Waffles

APPETIZERS & ENTRÉES

Amy's Entrées & Pizza
Glutino Pizza & Pizza Crust
Helen's Entrées
Kettle Cuisine Soups

Local Roots Soups & Entrées
Organic Bistro Entrées
PJ's Enchilada Meals
Sunshine Burgers
Tandoor Chef Entrées
Udi's Pizza Crust

MEAT & MEAT ALTERNATIVES

Amy's Sonoma Burger
Henry & Lisa's Salmon Burgers
Ian's Fish Sticks
Ian's Chicken Nuggets

SWEETS

Almond Dream Non-Dairy Ice Cream
Ciao Bella Sorbet & Gelato
Coconut Bliss Non-Dairy Ice Cream
French Meadow Ready-To-Bake Cookies & Brownies
Lifeway Frozen Kefir
Julies GF Ice Cream Sandwiches
Pumphouse Creamery Ice Cream
Purely Decadent Coconut Ice Cream
Rice Dream Non-Dairy Ice Cream
Sharon's Sorbet
Soy Delicious Non-Dairy Ice Cream
Soy Delicious Popsicles
Tru Whip

SINGLE SERVING DRINKS

Cheribundi Juice Drink
Dahlsicious Lassi
Ginger People Ginger Drinks
Grainaissance Amazake
Honest Tea
Kevita Probiotic Beverages
Orgain Nutritional Shakes
Reed's Ginger Brew
Stonyfield Smoothies
Switch Soda
True Toniq
Tula's Cocolakefir
Unpeeled Kombucha
Virgil's Sodas
Zico Coconut Water

MEAT

Applegate Breakfast Sausage
Applegate Chicken Apple Sausage
Ferndale Turkey Sausages
Shelton's Sausage Patties & Links
Shelton's Turkey Burgers
Shelton's Franks

WELLNESS

Please ask a member of our Wellness staff for a complete list of GF Personal Care and Supplements.