

PRODUCTS THAT CAN BE SHIPPED TO HOME



BRAND	WHAT IS IT?	WHERE DO I ORDER?
Good Crisps (an EBK favorite)	GF pringles-like snacks	https://www.thegoodcrispcompany.com
Katz (an EBK favorite)	GF donuts, donut holes & other baked goods	https://katzglutenfree.com
Schar	GF bread & baked items	https://www.schaer.com/en-us
Modern Bread and Bagel	GF Bagels	https://www.modernbreadandbagel.com
Mom's Place	GF Meal, Soup, Breads & other mixes	https://momsplaceglutenfree.com
The Greater Knead	Flour, Bagels, Bagel Chips	https://www.thegreaterknead.com/
King Arthur GF	Certified GF flour, pizza dough mix, muffin mixes + other baking helpers	https://shop.kingarthurbaking.com/gluten-free
Gluten Free Mall	Assortment of items from many GF vendors, check to make sure they are certified before you buy!	https://glutenfreemall.com

NEW ENGLAND GROCERY STORE GUIDE



STORE	WHERE ARE GF ITEMS?
Wegmans	Several GF aisles typically in middle of store including a separate GF freezer section. Look for Bella Lucia GF Pizzelles
Stop & Shop	There's a GF aisle where they group specialty GF brands together & a GF section in most aisles where you would find regular brands with GF options like Barilla Pasta. Separate GF freezer section.
Price Chopper	GF items are mixed in with regular items in every aisle, there is no GF segmentation anywhere.
Shop Rite	GF broken out in regular aisles but no separate GF aisle. Lots of baking mix varieties.
Trader Joe's	GF items mixed in with regular items. Look for their GF muffins!
Whole Foods	GF items mixed in with regular items. They have GF of their house brand like waffles, tons of options here!
Aldi	Their live Gfree brand has standards like baking items througout the year but during May & holidays they have specialty items as well.
Walmart	Supercenters typically have many GF options in the corner of a regular aisle.
Big Y	Big Y has a nice GF section but also GF items mixed in with regular items.
BJ's & Costco	Both stores have GF items mixed in with regular items. Look for GF pizzas, Purdue GF chicken tenders & Barilla Pasta

GLUTEN-FREE SPICES



NAME OF COMPANY	GLUTEN-FREE ITEMS
McCormick	Many McCormick spices & products are gluten free, check ingredients on their allergen page
Simply Organic	They have certified gluten-free spices & mixes
Badia Spices	Many Badia spices & products are gluten free, check ingredients on the product or their allergen page.
Penzeys Spices	Many Penzeys spices & products are gluten free, check ingredients on the product or their allergen page
Ocean State Pepper Company	Tons of GF spices & dip mixes https://www.rhodypepper.com
Beyond Celiac Guide	What to look for when shopping for spices: https://www.beyondceliac.org/gluten-free-diet/is-it-gluten-free/spices-seasonings-herbs/

ATE THAT? TRY THIS!



OLD FOOD	NEW GLUTEN-FREE FOOD CHOICES
Goldfish	Made Good Cheddar Crackers
Chicken Tenders	Ian's Nuggets, Tyson Or Purdue GF Chicken Tenders
Pasta/Mac & cheese	Annie's , Kraft & other brands have GF Mac/Cheese mixes. For pasta there are many brands- Jovial & Barilla are typically found in most stores. Depuma ships specialty pasta like gnocchi.
Frozen Waffles	Vans & Brazi Bites are commonly available
Flour/Baking	King Arthur , Bob's Red Mill , Krusteaz , Pamelas , Betty Crocker are commonly available. Cup4Cup is a flour substitute.
Bread	Everyone has their favorites & it's great there are options to try. Three Baker's , Udi's , Canyon Bakehouse , Schar , Rudi's are commonly available
Snacks	Many common snacks are gluten free like Skinny Pop , Smart Food , chips--look at the label & if the previous brand you used wasn't safe there should be a close GF alternative at any store you visit.
Pizza	Making fresh pizza but want frozen crust? Still Riding has crusts & many brands already mentioned have crusts in the freezer section. Want frozen pizza for a quick meal? Udi's , Against the Grain , Freschetta , Banza & others are readily available in the freezer section.