

Allergy Free Shopping List
(Dairy, Egg, Soy, and Wheat Free)

Safeway

Cereals

- General Mills- Rice Chex

Snacks

- Quaker- Caramel Rice Cakes
- Safeway Brand- Plain Rice Cakes

Baking

- Kraft- Jet Puffed Marshmallows
- Safeway- Shredded Coconut

Trader Joe's

Cereals

- Envirokids- Gorilla Munch

Breads

- Trader Joe's- Brown Rice Tortillas, All Corn Tortillas
- Food For Life- Brown Rice Bread

Frozen Foods

- Trader Joe's- Gluten Free Waffles, Chicken Taquitos, Organic French Fries

Snacks

- Calbee- Snapea Crisps
- Lundberg- Rice Cakes
- Trader Joe's- Chips (corn, blue corn, blue potato, corn chip dippers, root chips)

Other

- Trader Joe's- Brown Rice Pasta
- Trader Joe's- Sunbutter

Whole Foods

Baking

- Arrowhead Mill- Rice Flour
- Bob's Red Mill- Gluten Free Baking Mixes and Alternative Flours
- Cherrybrook Kitchen- Gluten Free Dreams Baking Mixes (includes cookie, cake, and frostings)
- Cream Hill Estates- Lara's Rolled Oats
- Earth Balance- Soy Free Spread
- Ener-G Foods- Egg Replacer
- Enjoy Life Foods- Chocolate Chips
- Madagascar Bourbon Vanilla Extract
- Namaste Foods- Baking Mixes (includes muffins, cakes, and cookies)
- Pamela's- Gluten Free Baking Mixes (includes, cakes, bread, frosting)
- Spectrum- Shortening (palm oil)
- Whole Foods Brand- Shortening

Breads

- Ener-G Foods- White Rice, Bread, Brown Rice Bread, Tapioca Bread, Tapioca Hamburger Buns

- Food For Life- Brown Rice Tortillas
- Sanoma- All Corn Tortillas

Cereals

- Barbara's Bakery- Honey Rice Puffins
- Envirokids- Gorilla Munch, Amazon Frosted Flakes, Koala Crisp
- Erewhon- Gluten Free Crispy Brown Rice Cereal
- Perky's-Perky O's

Dairy

- Galaxy Nutritional Foods- Cheddar Flavor Rice Slices
- Ricera- Rice Yogurt
- So Delicious- Coconut Milk Yogurt
- Rice Dream- Rice Drink

Desserts

- Rice Dream- Organic Ice Cream
- Bliss- Coconut Milk Ice Cream
- Just Do Organic- Gluten Free Ice Cream Cones

Frozen Foods

- Ian's- Gluten Free Chicken Nuggets, Gluten Free Fish Sticks, Gluten Free Mac and Cheese
- Van's- Gluten Free Waffles, Gluten Free Pancakes

Proteins

- Applegate Farms Lunch Meats
- Wellshire Lunch Meats and Hotdogs

Snacks

- Cherrybrook Kitchen- Gluten Free Dreams Vanilla Graham Cookies
- Ener-G-Foods- Wylde Pretzels
- Enjoy Life Foods- Bars and Cookies
- Envirokids- Bars and Bookies
- Edward and Sons- Brown Rice Snaps
- Lundberg- Rice Cakes, Sea Salt Rice Chips
- Mary's Gone Crackers- Sea Salt Sticks and Twigs, Original Crackers
- Whole Foods Brand 365 Organic- White Corn or Blue Corn Tortilla Chips, Classic Potato Chips

Other

- Annie's Naturals- Organic Ketchup
- BioNaturae- Gluten Free Pastas
- SunGold Foods- Sunbutter
- Tinkiyada- Brown Rice Pasta

Please feel free to call the parents of children with allergies at any time with questions or concerns.