

HARMONY FARMS NATURAL FOODS

**5653 CREEDMOOR RD. RALEIGH
919-782-0064**

**HARMONYF@BELLSOUTH.NET
WWW.HARMONY-FARMS.NET**

GLUTEN FREE SHOPPING GUIDE

***O= ORGANIC PRODUCTS**

FROZEN FOODS

Kinnikinnick -Breads, Bagels, Muffins, Donuts
Glutino - Breads, Bagels, Entrees, Pizza
Food For Life –Breads, Tortillas
Gillian’s-Rolls, Breads
Udi’s-Breads, Bagels, Muffins, Pizza Crust
Bella Monica Pizza
Allergy Free Foods –Chicken Breast Cutlets
Assorted Amy’s Entrees and Pizzas
Gluten Free-Entrees
Conte’s-Pasta Entrees
Bell & Evans-Chicken Tenders
Applegate Farms-Chicken Nuggets
Ian’s-Fish Sticks
Rice Dream-Frozen Novelties and Pints *O
French Meadow-Brownies, Breads
S’Better Farms

REFRIGERATED FOODS

Daiya-Vegan Cheese
Earth Balance-Assorted buttery spreads
Lifeway-Kefir *O
Applegate Farms-Deli Meat Slices
Organic Prairie-Deli Meat Slices *O
Andrew & Everett -Cheeses

CANNED GOODS, SOUPS

Eden-Beans, tomatoes *O
Shelton-Chicken Broth
Pacific Foods-Assorted Soups *O
Health Valley-Chili
GlutenFree Café -Soups

BOXED SIDES, SAUCES

Lundberg-Risotto Mixes *O
Mori- Nu-Silken Tofu
Thai Kitchen-Assorted Products
San-J- Wheat- Free Tamari, Marinades
Dr. McDougals – Noodle Cups

CEREALS AND NON- DAIRY

BEVERAGES

Erewhon-Cereals *O
Bakery On Main- Granola
Arrowhead Mills -Cereals *O
Envirokids- Cereals *O
Barbara’s-Rice and Corn Cereals
Vance’s-Dari-Free potato beverage
Grawnola-Granola
Almond Breeze-Assorted Beverages
Pacific-Rice and Almond Beverages *O
Better than Milk-Rice and Soy Mixes
Mimic Cream-Creamers
So Delicious- Coconut beverages
Blue Diamond- Assorted Beverages
Nature’s Path –Cereals *O

SALSA, CHIPS, & BARS

Green Mountain Gringo-Chips and Salsa
Lundburg-Rice Chips
Mr. Krispers-Rice Chips
Pirate Booty-Assorted Snacks
Real Foods-Corn Thins *O
Assorted Rice Cakes

Flamous Organics- Falafel Chips *O

Garden Of Eatin’ -Corn Chips
Little Lad’s - Popcorn
PepperDog - Salsa
Miguels-Tortilla Chips
Mediterranean Snacks-Assorted Snacks
Boulder-Adzuki Chips, Assorted Potato Chips
Popcorn-Assorted Brands *O
Glutino and Ener-g-Pretzels
Prana Bars *O
Booni Bars
LaraBars
Bumblebar *O
Tree Huggin’ Crispy Cat Bars *O
Raw Revolution Bars *O

COOKIES, CRACKERS, CHOCOLATES

Blue Diamond Nut Thins
Food’s Alive-Flax Crackers
Kinnikinnick-Cookies and Crackers
Glutino-Cookies and Crackers
Edward and Sons-Rice Snaps
Mr. Krispers-Rice Crackers
Schar-Cookies, crutons
Mary’s Gone Crackers-Assorted Crackers
Koyo-Rice Chips
Pamela’s-cookies and biscotti
Enjoy Life-Cookies, Bars, Chocolate Chips
Jennie’s-Macaroons
Nana’s-Cookies
Sunflour-Cookies
Mi-Del-Cookies
Dr. Lucy’s-cookies
Tropical Source –Chocolate Chips
AhLaska-Chocolate Syrup
Glenny’s - Cookies, Marshmallo Treats

OTHER SNACKS

Made In Nature-Dried Fruit *O
Go Raw- Seeds, Chips *O

Eden-Assorted nuts and fruit *O
Yummy Earth-Hard candy and Lollipops *O

CONDIMENTS, NUT BUTTERS

Arrowhead Mills-Peanut Butter
Annie's-Dressings, Ketchup *O
Nasoya-Veggie Spreads
Spectrum-Natural Mayo
Organicville-Dressings, Ketchup *O
Artisana-Nut Butter
Coconut Secret –Aminos, Vinegars

PASTA AND SAUCES

Enrico's-Pasta and sauce
Bove's-Sauce
Organicville –Sauce *O
Ancient Harvest-Quinoa Pasta *O
Mrs. Leepers-Pastas
Explore Asian- Bean Pastas *O
Tinkyada-Brown Rice Pastas
Jovial –Brown Rice Pastas *O
Debole's-Rice and Corn Pastas
Bionaturae-Assorted Pastas *O
Eden-Sauce
Schar-Assorted pasta, breadsticks

BAKING PRODUCTS

Bob's Red Mill-Assorted Flours, Mixes *O
Pamela's-Assorted Mixes
Gluten Free Pantry-Assorted Mixes
Ener-G-Baking Products
Namaste-Assorted Mixes, Flour
Kinnikinnick-Baking, Cookie, Cake Mixes
Arrowhead Mills-Baking and cookie mixes *O
Cherrybrook Kitchen -Assorted frosting mixes
Spectrum- Shortening
Orgran -Breadcrumbs
Suzanne's Rice Mallow Crème
Coconut Secret -Flours, Sweetners

ALSO FOR KIDS...

Lets Do Organic-Ice Cream Cones
Cool Fruits- Fruit juice freezer pops
Hot Kids- baby and toddler crackers

SUPPLEMENTS / PROTEIN MIXES

Vega-Protein Mixes
Rainbow Light-Protein Mixes
NutraBiotic-Protein Mixes
Aloe Life-Aloe Vera Juices
Amazing Meal-Protein Mixes
Vibrant Health Products
Nature's Plus-Spirtutein Products
Trace Minerals-Concentrated Minerals
Peter Gilliam's-Natural Vitality Products
Pure Essence Labs-Supplements
New Chapter -Supplements
Country Life/ BioChem-Supplements
Nature's Plus-nearly all products
Enzymedica-Enzymes
Fit Smart-Fiber
Zand Lozenges
Dr. Ohira's -Probiotics

BODY CARE

Dessert Essence-Shampoo/Conditioner, Lip
Balms, Facial Care, Sunscreens
Kiss My Face-Toothpaste, Mouthwash, Lotion,
Moisturizer, Olive Oil soaps, Bug repellent
Tom's Of Maine-Toothpaste, mouthwash,
deodorant, soaps
Beauty without Cruelty-Cosmetics
Dr. Ohira's –Soaps
Mineral Fusion -Cosmetics
Derma-e –Cosmetics, Lotions

BEER

Green's
New Grist
Planet
Redbridge

...And more products are being added all the time!!

Other Raleigh- Area Organizations and Businesses Catering to the GF Lifestyle

The Celiac Society of North Raleigh
Zach's Blog : Glutenfreeraleigh.blogspot.com

Area Restaurants with GF Offerings:

Bella Monica
www.bellamonica.com
Bonefish Grill
www.bonefishgrill.com
Fiction Kitchen
www.thefictionkitchen.com
Zpizza
www.zpizzatriangle.com

Shoppers please note..

Please check labels on Gluten Free products for other allergy information, such as dairy, nut, soy, or seed information. In the case of high sensitivity to gluten, look for brands which produce goods on a dedicated gluten free line. Some of these brands include: Enjoy Life, Glutino, Namaste, and Dr. Lucy's cookies. Many products not made in a dedicated gluten free facility will indicate on the back label that the item is also produced in a facility that manufactures tree nuts or wheat products.

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