



**Organizations/Resources:**

**Celiac Sprue Association:** [www.csaceliacs.org](http://www.csaceliacs.org)

**The Gluten Intolerance Group of North America:** [www.gluten.net](http://www.gluten.net)

**The Celiac Disease Center at Columbia University Med Center:**  
<http://asp.cumc.columbia.edu>

**Celiac Disease Foundation:** [cdf@celiac.org](http://cdf@celiac.org)

**Celiac.com:** [www.celiac.com](http://www.celiac.com) (gluten-free resources-general)

**Recipes & Answers for Gluten-Free Cooking and Baking:**  
[www.glutenfreebaking.com](http://www.glutenfreebaking.com)

**Helping You Enjoy Life  
Gluten Free**





**For those living a gluten-free lifestyle, the options are ever-increasing, and Price Chopper is working hard to bring them to you.**

Gluten-free items can be found throughout our stores. Our bakery, deli, seafood, meat and grocery departments all have special gluten free items available – this guide will help you enjoy them!

**Ingredient Lists And Food Labels**

Always read food labels. Rye, wheat and barley all contain gluten. Anything made with these grains or ingredients that are made from them also can contain gluten, so it takes a close look at the label to ensure a food is suited to a gluten-free diet. The following items and ingredients do typically contain gluten and should be avoided.

**This is not an exhaustive list.** Barley, beer, bread, bulgur, couscous, durum, farina, "flour", gluten, graham,

kamut, matzoh, oats made in US, rye, spelt, semolina, wheat, most bakery items, most boxed cereals, many already prepared and processed frozen entrées, snack foods and sauces. Items change ingredients frequently, so be sure to always check the label.

**The Best in Fresh is Naturally Gluten-Free**

The Best in Fresh at Price Chopper is also a great choice for a gluten-free lifestyle. Fresh fruits, vegetables, meats, seafood, and poultry do not contain gluten, so can be included at every meal.

**In Our Bakery**

We offer delicious French Meadow gluten-free baked goods, including brownies, cookies, tortillas, muffins, white and multigrain breads. All products are certified Gluten-Free by the Gluten-Free Certification Organization, a program of Gluten Intolerance Group®. These items can be found in the frozen section of the Bakery Department to maintain freshness until customers are ready to enjoy them. **Tip:** some items may need to be ordered, so plan ahead for special occasions with our Bakery team.

**In Our Seafood Department**

Delicious and convenient, you can find great quality gluten-free crab cakes, crab and shrimp risotto cakes, battered cod and haddock, and gluten-free panko-breaded shrimp. All of these items are located in the Seafood Department freezer. Be sure to check out the frozen Price Chopper shrimp too; like so much of our seafood, it is naturally gluten-free.

**In Our Deli**

We have a great variety of gluten free items! Dietz and Watson, Sara Lee, and Price Chopper brand premium meats are all gluten-free. Work with our Deli team at Price Chopper – they are glad to plan with you to have your order sliced first in the morning.

**In Our Grocery Departments**

In many stores, we have designated gluten-free grocery sections as well as a gluten-free frozen section. We have included a select list of national brand items that are available on the opposite page. You can also find this list at [www.pricechopper.com](http://www.pricechopper.com) under the Health and Wellness section tab.

**Price Chopper Brand Items**

Look for the Price Chopper brand gluten-free cake and bread baking mixes, easy and delicious, they can make baking at home quick and fun! Our Greek yogurts are also gluten-free, check the label for the designation. Many other dairy items, condiments, rice, eggs, frozen and canned plain fruits and vegetables are naturally gluten-free, but always check the labels. **Product inquiries can be made to our Customer**

**Communications Center at 1-800-666-7667, option 3,** or emailed from our website at [www.pricechopper.com](http://www.pricechopper.com).

**Special Orders:** Some items may be available for special order. Speak with the store manager if you are looking for a particular item, and they can assist or direct you. You can also check out our Expanded Aisles Special Order catalog on the website at <https://pricechopper.elsstore.com>.

**EatingWell® Recipes** – In stores, EatingWell® recipe cards have gluten-free noted on the recipe card. Find more gluten-free recipes on our website under the gluten-free link.

**Gluten-Free Cooking Videos** - Cooking and baking gluten-free has unique challenges. Get professional tips and techniques with cooking and baking videos on our website by renowned gluten-free chef/baker Elizabeth Barbone. [http://www.pricechopper.com/fresh\\_ideas/tips-for-preparing-gluten-free-foods](http://www.pricechopper.com/fresh_ideas/tips-for-preparing-gluten-free-foods).

Below, please find some of the gluten-free brands available at Price Chopper. These brands are available in most Price Chopper stores.

**Baking Mixes**

Annie's  
Betty Crocker  
Bob's Red Mill  
Cherrybrook Kitchens  
Gluten Free Sensations  
Hodgson Mills  
King Arthur  
Pamela's  
Price Chopper

**Baking Needs (rice flour, etc.)**

Bob's Red Mill  
Hodgson Mills  
King Arthur

**Bars (candy/chocolate and fitness type)**

Enjoy Life (chocolate)  
Glutino (breakfast bars)

**Bread/Rolls/Muffins/Donuts**

Foods By George  
Ener G  
Schar  
Udi's

**Breakfast Items**

Ian's  
Van's

**Cereal (hot/cold/granola)**

Arrowhead Mills  
Dr. McDougal  
Erewhon (cereal)  
Glutenfreeda  
Glutino (cereal)  
Bakery on Main (granola)  
Bob's Red Mill (oats)

**Cookies**

Glutino

Lucy's  
Midel  
Pamela's

**Crackers (table/animals, etc.)**

Blue Diamond Crackers  
Mary's Gone Crackers

**Donuts**

Kinnikinnick (available in the Grocery freezer)

**Entrées**

Amy's (available in the Grocery freezer)

Contes

Glutenfreeda

**Grains/Pasta**

Ancient Harvest  
Deboles  
Lundberg

Tinkyada

**Muffins**

Foods by George  
Udi's

**Pizza (Pizza Dough/Crust)**

Gillian's  
Kinnikinnick

**Quinoa**

Ancient Harvest  
Bob's Red Mill

**Soup**

Amy's  
Gluten Free Cafe

**Snacks (pretzels, chips, etc.)**

Ener G  
Glutino (pretzels)  
Snyder (pretzels)  
Snikiddy