



Box 1120,  
Qualicum Beach, BC  
V9K 1T3

## Gluten Free Products List

As of 03/23/2012

*Selection varies by Quality Foods store*

Amy's Organic Soup      Lentil  
 Amy's Organic Soup      Lentil Vegetable  
 Amy's Organic Chili Medium  
 Amy's Organic Chili Medium with Vegetables  
 Amy's Organic Chili Spicy  
 Amy's Organic Pot Pie      Vegetable  
 Amy's Organic Pot Pie      Broccoli  
 Amy's Organic Shepherds Pie  
 Annie's      Gluten Free Macaroni & Cheese      Rice Pasta & Cheddar  
 Arrowhead Mills      Gluten Free Corn Pasta      Spaghetti  
 Arrowhead Mills      Gluten Free Corn Pasta      Elbow Macaroni  
 Bella Sun LuciSun Dried Tomatoes In Olive Oil & Herbs  
 Bella Sun LuciSun Dried Tomato      Pesto Sauce  
 Blue Diamond      Almond Breeze Non-Dairy Beverage      Original  
 Blue Diamond      Almond Breeze Non-Dairy Beverage      Vanilla  
 Blue Diamond      Almond Breeze Non-Dairy Beverage      Original Unsweetened  
 Blue Diamond      Almond Breeze Non Dairy Beverage      Vanilla Unsweetened  
 Blue Diamond      Almond Nut-Thins      Rice & Nut Crackers  
 Blue Diamond      Pecan Nut-Thins      Rice & Nut Crackers  
 Bob's Red MillSea Salt  
 Bob's Red MillFlaxseed  
 Bob's Red MillXanthan Gum  
 Bob's Red MillGluten Free Biscuit Mix  
 Bob's Red MillBrown Rice Flour  
 Bob's Red MillSoy Flour  
 Bob's Red MillAll Purpose Baking Flour      Gluten Free  
 Bob's Red MillPancake Mix Gluten Free  
 Bob's Red Mill8 Grain Wheatless Hot Cereal  
 Bob's Red MillMighty Tasty Hot Cereal      Gluten Free  
 Bob's Red MillCorn Grits Cereal      (Polenta)  
 Bob's Red MillBrown Rice Farina Hot Cereal  
 Bob's Red MillFlaxseed Meal  
 Bob's Red MillQuick Cooking Rolled OatsWheat Free  
 Bottle Green Sparkling Beverage Elderflower  
 Bottle Green Sparkling Beverage Ginger & Lemongrass  
 Bottle Green Sparkling Beverage Cranberry Orange  
 Campbell's      Chunky SoupTurkey  
 Campbell's      Chunky SoupSplit Pea & Ham  
 Campbell's      Chunky SoupChicken & Sausage Gumbo  
 Campbell's      Chicken & Rice Soup  
 Campbell's      Tomato with Basil & Oregano Soup  
 Campbell's      Soup      Chicken with White & Wild Rice

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

---

Campbell's	Organic Broth	Vegetarian Vegetable
Campbell's	Broth	Vegetable
Campbell's	Gardennay Soup	Red Pepper Black Bean
Campbell's	Gardennay Soup	Mushroom with Real Cream
Campbell's	Healthy Request Soup	Clam Chowder
Campbell's	V8 Soup	Golden Autumn Carrot
Campbell's	V8 Soup	Sweet Corn with Chipotle
Campbell's	Chunky Chili	Hot & Spicy
Campbell's	Chunky Chili	Homestyle
Casa Fiesta	Chipotle Peppers	
Casa Fiesta	Refried Beans	
Casa Fiesta	Refried Beans	
Casa Fiesta	Refried Beans with Green Chilies	
Casa Fiesta	Green Chilies Whole	
Chapman's	Original Ice Cream	Vanilla
Chapman's	Original Ice Cream	Dutch Chocolate
Chapman's	Original Ice Cream	Butterscotch Ripple
Chapman's	Original Ice Cream	Blueberry Cheesecake
Chapman's	Original Ice Cream	Mint Chip
Chapman's	Original Ice Cream	Neapolitan
Chapman's	Original Ice Cream	Tiger Tail
Chapman's	Original Ice Cream	Canadian Vanilla Eh!
Chapman's	Original Ice Cream	Chocolate & Vanilla
Chapman's	Original Ice Cream	Chocolate Caramel
Christie	Rice Thins Brown Rice Crisps	White Cheddar
Christie	Rice Thins Brown Rice Crisps	Sweet Mesquite Barbecue
Christie	Rice Thins Brown Rice Crisps	Sour Cream & French Onion
Club House	All Natural Rice Flour	Gluten Free
Club House	All Natural Potato Starch	Gluten Free
Dewlands	100% Fruit Juice Blend	Peach
Dewlands	100% Fruit Juice Blends	Guava
Dewlands	100% Fruit Juice Blend	Passion Fruit
Dewlands	100% Fruit Juice Blend	Litchi
Dewlands	100% Fruit Juice Blend	Mango
Dewlands	100% Fruit Juice Blend	Pineapple
Eden	Organic Sauerkraut	
Eden	Organic Baked Beans	
Eden	Organic Beans	Black Soy
Eden	Organic Beans	Pinto
Eden	Organic Beans	Garbanzo
Eden	Organic Beans	Kidney
Eden	Organic Beans	Navy
Eden	Organic Rice & Beans	Cajun Small Red Beans
Eden	Organic Rice & Beans	Pinto Beans
Eden	Organic Apple Cherry Sauce	
Eden	Organic Apple Sauce	

---

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

Eden Organic Apple Strawberry Sauce  
Eden Organic Quinoa  
Eden Organic Red Quinoa  
Elevate Me! Protein & Fruit Energy Bar Cocoa Coconut Cluster  
Elevate Me! Protein & Fruit Energy Bar All-Fruit Original  
Elevate Me! Protein & Fruit Energy Bar Matcha Green Tea with Cranberries  
Elevate Me! Protein & Fruit Energy Bar Blue/Cran/Goji Berry Boost  
Ener-G Foods Gourmet Crackers  
Ener-G Foods Rice Mix  
Ener-G Foods Brownies  
Ener-G Foods Gluten Free Bread Tapioca Loaf  
Ener-G Foods Gluten Free Bread White Rice Loaf  
Ener-G Foods Gluten Free Bread Brown Rice Loaf  
Ener-G Foods Gluten Free Bread Yeast Free Brown Rice Loaf  
Envirokidz Organic Cereal Gorilla Munch  
Envirokidz Organic Cereal Koala Crisp  
Envirokidz Organic Cereal Peanut Butter Panda Puffs  
Ethical Bean Fair Trade Organic Coffee Lush Medium Dark Roast  
Ethical Bean Fair Trade Organic Coffee Bold Dark Roast  
Ethical Bean Fair Trade Organic Coffee Sweet Espresso  
Ethical Bean Fair Trade Organic Coffee Mellow Medium Roast  
Ethical Bean Fair Trade Organic Coffee Exotic Medium Roast  
Ethical Bean Fair Trade Organic Coffee Decaffeinated  
Ethical Bean Fair Trade Organic Coffee Classic Medium Roast  
Ethical Bean Fair Trade Organic Coffee Rocket Fuel French Roast  
Glutino Gluten Free Premium Bread Cheese  
Glutino Gluten Free Premium Bagels Multigrain  
Glutino Gluten Free Premium Bagels Poppy Seed  
Glutino Gluten Free Premium Bread Flax Seed  
Glutino Gluten Free Premium English Muffin  
Glutino Gluten Free Pizza Duo Cheese  
Glutino Gluten Free Pizza BBQ Chicken  
Habitant Soup Garden Style Vegetable  
Imagine Organic Low Sodium Beef Broth  
Imagine Organic Soup Creamy Tomato Basil  
Imagine Organic Soup Sweet Potato  
Imagine Organic Soup Butternut Squash  
Imagine Organic Soup Sweet Corn  
Inglehoffer Mustard Traditional Style Dijon  
Inglehoffer Mustard Stone Ground  
Kettle Potato Chips Sea Salt  
Kettle Potato Chips Sea Salt & Vinegar  
Kettle Potato Chips Honey Dijon  
Kettle Potato Chips Yogurt & Green Onion  
Kettle Potato Chips New York Cheddar with Herbs  
Kettle Natural Chips Sweet Onion

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

Kettle Potato Chips Backyard BBQ  
Kettle Potato Chips Fully Loaded Baked Potato  
Kettle Natural Krinkle Cut Chips Salt & Fresh Ground Pepper  
Kettle Baked Chips Hickory Honey BBQ  
Kettle Baked Chips Salted  
Kettle Baked Chips Sea Salt & Vinegar  
Kettle Baked Chips Salt & Pepper  
Kitchen Basics All Natural Cooking Stock Original Chicken  
Kitchen Basics All Natural Cooking Stock Beef  
Kitchen Basics All Natural Cooking Stock Vegetable  
Kitchen Basics All Natural Cooking Stock Unsalted Chicken  
Kozy Shack Refrigerated Pudding Rice  
Kozy Shack Refrigerated Pudding Chocolate  
Kozy Shack Refrigerated Pudding Tapioca  
Kozy Shack Refrigerated Pudding Cinnamon Raisin Rice  
Larabar Fruit & Nut Energy Bar Apple Pie  
Larabar Fruit & Nut Energy Bar Cashew Cookie  
Larabar Fruit & Nut Energy Bar Cherry Pie  
Larabar Fruit & Nut Energy Bar Cocoa Coconut  
Lundberg Organic Brown Rice Syrup  
Lundberg Organic Long Grain Brown Rice  
Lundberg Nutra-Farmed Basmati Rice Brown  
Lundberg Nutra-Farmed Brown Rice Short Grain  
Lundberg Nutra-Farmed Brown Rice Long Grain  
Lundberg Nutra-Farmed Brown Rice Jubilee Blend  
Lundberg Nutra-Farmed Brown Rice Gourmet Wild  
Lundberg Brown Rice Black Japonica  
Lundberg Brown Rice Country Wild  
Lundberg Nutra-Farmed Long Grain Rice Jasmine  
Lundberg Nutra-Farmed Basmati Rice White  
Lundberg Risotto Creamy Parmesan  
Lundberg Risotto Italian Herb  
Lundberg Risotto Garlic Primavera  
Lundberg Risotto Butternut Squash  
Lundberg Organic Rice Cakes Tamari with Seaweed  
Lundberg Organic Rice Cakes Brown Rice Salted  
Lundberg Organic Rice Cakes Brown Rice Salt Free  
Lundberg Organic Rice Cakes Wild Rice  
Lundberg Wheat & Gluten Free Rice Chips Original Sea Salt  
Lundberg Wheat & Gluten Free Rice Chips Sesame & Seaweed  
Manitoba Harvest Shelled Hemp Seed  
Manitoba Harvest Hemp Pro 70 Water Soluble  
Manitoba Harvest Certified Organic Hemp Protein Dark Chocolate  
Manitoba Harvest Certified Organic Hemp Protein Vanilla  
Maranatha Organic Peanut Butter Smooth  
Maranatha Organic Peanut Butter Crunchy

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

---

Maranatha Natural Almond Butter Roasted No Salt  
Maranatha Natural Almond Butter Raw No Salt  
Mary's Organic Crackers Original  
Mary's Organic Crackers Herb  
Mary's Organic Crackers Black Pepper  
Mayacamas Sauce Mix Alfredo with Real Cheese  
Mayacamas Pasta Sauce Mix Pesto  
Mayacamas Hollandaise Sauce Mix  
Mayacamas Pasta Sauce Mix Creamy Clam  
Mi-Del Gluten-Free Cookies Arrowroot  
Mi-Del Gluten-Free Cookies Mini Chocolate Chip  
Mi-Del Gluten-Free Cookies Ginger Snaps  
Mrs Leeper's Organic Corn RotelliWheat & Gluten Free  
Mrs Leeper's Organic Brown Rice Spaghetti Wheat & Gluten Free  
Mrs. Leepers Rice Vegetable Twists  
Mrs. Leeper's Corn Pasta Spaghetti  
Nairn's Oatcakes Rough Oatmeal  
Natures Path Eco Pac Organic Cereal Honey'd Corn Flakes  
Natures Path Eco Pac Organic Cereal Mesa Sunrise with Raisins  
Nature's Path Organic Gluten-Free Cereal Sunrise Crunchy Maple  
Nature's Path Organic Gluten-Free Cereal Sunrise Crunchy Vanilla  
Nature's Path Eco Pac Organic Cereal Corn Flakes  
Nature's Path Eco Pac Organic Cereal Mesa Sunrise  
Nature's Path Organic Cereal Crispy Rice  
Nature's Path Organic Cereal Honey'd Corn Flakes  
Nature's Path Organic Gluten Free Cereal Whole O'S  
No Nuts Golden Peabutter Peanut Free & Gluten&soy Free  
Nuts To You Natural Cashew Butter  
Nuts To You Organic Tahini  
Nuts To You Organic Peanut Butter Smooth  
Nuts To You Organic Peanut Butter Crunchy  
Nuts To You Natural Almond Butter Smooth  
Nuts To You Natural Almond Butter Crunchy  
Omega Nutrition Essential Organic OilBalance Blend  
Omega Nutrition Organic Coconut Oil  
Omega Nutrition Organic Hemp Seed Oil  
Omega Nutrition Organic Apple Cider Vinegar  
Organicville Gluten Free Organic Vinaigrette Garlic & Sun Dried Tomato  
Organicville Gluten Free Organic Vinaigrette Sesame Tamari  
Organicville Gluten Free Organic Vinaigrette Dijon Tarragon  
Organicville Gluten Free Organic Vinaigrette Herbs De Provence  
Organicville Gluten Free Organic Vinaigrette Non Dairy Ranch  
Oskri Organic Coconut Bar with Natural Almond Flavour  
Oskri Organic Coconut Bar with Mango  
Oskri Organic Coconut Bar Original  
Oskri Organic Coconut Bar with Pineapple

---

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

- Oskri Organic Quinoa Bar
- Pace Salsa Mild
- Pace Salsa Medium
- Pace Chunky Salsa Medium
- Pace Chunky Salsa Mild
- Pacific Foods Organic Broth Chicken
- Pacific Foods Low Sodium Broth Chicken
- Pacific Foods Organic Natural Broth Vegetable
- Pacific Foods Organic Low Sodium Broth Vegetable
- Pacific Foods Organic Soup Creamy Butternut Squash
- Pacific Foods Organic Soup Roasted Red Pepper & Tomato
- Pacific Foods Organic Soup Creamy Tomato
- Pacific Foods Soup Cashew Carrot Ginger
- Pacific Foods Organic Reduced Sodium Soup Creamy Tomato
- Plum-M-Good Organic Rice Cakes Unsalted
- Plum-M-Good Organic Rice Cakes Salted
- Plum-M-Good Organic Rice Cakes Sesame Salted
- R.W. Knudsen Organic Pear Juice
- R.W. Knudsen Just Black Cherry Juice
- R.W. Knudsen Pineapple Coconut Juice
- R.W. Knudsen Simply Nutritious Juice Mega Green
- R.W. Knudsen Fruit Juice Just Pomegranate
- R.W. Knudsen Fruit Juice Just Cranberry
- Real Foods Organic Corn Thins Original
- Real Foods Corn Thins Flax & Soy
- Re-Bar Nutritional Bar
- Re-Bar Nutritional Bar Seeds N Greens
- Renees Greek Feta Dressing 355 MI
- Renees Chunky Blue Cheese Dressing 355 MI
- Renees Poppyseed Dressing 355 MI
- Renees Cucumber & Dill Dressing 355 MI
- Renees Caesar Dressing 355 MI
- Renees Mighty Caesar Dressing 355 MI
- Renees Caesar Light Dressing 355 MI
- Renees Poppyseed Lite 355 MI
- Renees Buttermilk Ranch Dressing 355 MI
- Renees Coleslaw Dressing 355 MI
- Renees Buttermilk Ranch Light 355 MI
- Renees Mediterranean Greek Vinaigrette 350 MI
- Renees Ravin' Raspberry Vinaigrette 350 MI
- Renees Spring Herb Italian Vinaigrette 350 MI
- Renees Parmesan Caesar Vinaigrette 350 MI
- Renees Japanese Ginger Vinaigrette 350 MI
- Renees Honey Dijon Vinaigrette 350 MI
- Renees Asian Sesame Vinaigrette 350 MI
- Renees Pear Guava Vinaigrette 350 MI

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

Renees	Balsamic Vinaigrette	350 MI	
Renees	Creamy Italian Dressing	350 MI	
Renees	Creamy Asiago Dressing	350 MI	
Renees	Creamy Caesar Dressing	350 MI	
Renee's	Sweet Onion Vinaigrette	350 MI	
Renee's	Pear & Blue Cheese Vinaigrette	350 MI	
Renee's	Tangerine & Lime Vinaigrette	350 MI	
Renee's	Sundried Tomato & Black Olive	350 MI	
Rice Works	Brown Rice Crisps	Sea Salt	
Rice Works	Brown Rice Crisps	Salsa Fresca	
Rice Works	Brown Rice Crisps	Parmesano Sun-Dried Tomato	
Rice Works	Brown Rice Crisps	Sweet Chili	
San-J	Thai Peanut Sauce		
San-J Tamari	Organic Soy Sauce		
San-J Tamari	Soy Sauce		
San-J Tamari	Lite Soy Sauce		
Selection varies by Quality Foods store			
Sezme Gluten Free	Sesame Snaps	Honey	
Sezme Gluten Free	Sesame Snaps	Vanilla	
Sezme Gluten Free	Sesame Snaps	Honey	
Sezme Gluten Free	Sesame Snaps	Vanilla	
Sharwoods	Curry Powder	Hot	
Simply Natural	Organic Ketchup		
Simply Natural	Organic Yellow Mustard		
Simply Natural	Organic Dijon Mustard		
Simply Natural	Organic Salad Dressing	Balsamic Vinaigrette	
Simply Natural	Organic Salad Dressing	Italian with Rstd Garlic Peppers	
Simply Natural	Organic Salad Dressing	Caesar	
Simply Natural	Organic Salad Dressing	Honey Mustard	
Simply Natural	Organic Pasta Sauce	Marinara	
Simply Natural	Organic Pasta Sauce	Tomato & Basil	
Simply Natural	Organic Pasta Sauce	Tomato & Mushroom	
Simply Natural	Organic Pasta Sauce	Tomato with Roasted Garlic	
Simply Natural	Organic Pasta Sauce	Tomato with Roasted Peppers	
Simply Natural	Organic Pasta Sauce	Vodka	
Simply Natural	Organic Chunky Salsa	Mild	
Simply Natural	Organic Chunky Salsa	Medium	
Simply Natural	Organic Chunky Salsa	Pineapple	
Spectrum	Organic Soy Mayonnaise		
Spectrum	Canola Mayonnaise		
Stagg Chili	Dynamite Hot		
Stagg Chili	Straight Steak House		
Stagg Chili	Vegetable Garden	99% Fat Free	
Stahlbush Farms	100% Natural Frozen Vegetables	Green Peas	
Stahlbush Farms	100% Natural Frozen Vegetables	Classic Mixed	
Stahlbush Farms	100% Natural Frozen Vegetables	Diced Sweet Potatoes	

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

- Stahlbush Farms 100% Natural Frozen Vegetables Diced Butternut Squash
- Sunshine Farms Pickled Organic Garlic
- Sunshine Farms Pickled Asparagus Dill
- Sunshine Farms Pickled Asparagus Zesty
- Sunshine Farms Pickled Beans Regular
- Sunshine Farms Pickled Beans Zesty
- Taste of Nature Organic Food Bar Nova Scotia Blueberry Fields
- Taste of Nature Organic Food Bar Himalayan Goji Summit
- Taste of Nature Organic Food Bar Quebec Cranberry Carnival
- Taste of Nature Organic Food Bar Brazilian Nut Fiesta
- Thai Kitchen Fish Sauce
- Thai Kitchen Noodle Cart Pad Thai
- Thai Kitchen Noodle Cart Thai Peanut
- Thai Kitchen Noodle Cart Roasted Garlic
- Thai Kitchen Stir Fry Rice Noodles Original Pad Thai
- Thai Kitchen Premium Coconut Milk
- Thai Kitchen Pure Coconut Milk Lite
- Thai Kitchen Peanut Satay Sauce Original Recipe
- Thai Kitchen Roasted Red Chili Paste
- Thai Kitchen Thai Chili Sauce
- Thai Kitchen Curry Paste Red
- Thai Kitchen Curry Paste Green
- Tree of Life Organic Fruit Spread Blueberry
- Tree of Life Organic Fruit Spread Cherry
- Tree of Life Organic Fruit Spread Peach
- Tree of Life Organic Fruit Spread Strawberry
- Try Me Specialty Sauce Carribean Oyster & S
- Try Me Specialty Sauce Yucatan Sunshine Hab
- Try Me Specialty Sauce Original Tiger
- Try Me Specialty Sauce Cajun Sunshine Hot Pepper
- V-8 Vegetable Cocktail
- V-8 Vegetable Cocktail
- V-8 Vegetable Cocktail
- V-8 Vegetable Cocktail
- V-8 V-Go Vegetable Cocktail
- V-8 V-Plus Vegetable Cocktail High Fibre & Low Sodium
- V-8 Vegetable Cocktail
- V-8 V-Go Vegetable Cocktail
- V-8 Vegetable Cocktail Low Sodium
- V-8 Splash Tropical Blend
- V-8 Splash Berry Blend
- V-8 V-Fusion Vegetable & Fruit Blend Peach Mango
- V-8 V-Fusion Vegetable & Fruit Blend Strawberry Banana
- V-8 V-Fusion Vegetable & Fruit Blend Pomegranate Blueberry
- V-8 V-Fusion Vegetable & Fruit Blend Acai Mixed Berry
- V-8 V-Fusion Vegetable & Fruit Blend Passionfruit Tangerine

**Changing with you since '82**



# Quality FOODS

Box 1120,  
Qualicum Beach, BC  
V9K 1T3

---

V-8	V-Fusion Vegetable & Fruit Blend	Cranberry Blackberry
V-8	Splash Tropical Blend	
V-8	Splash Berry Blend	
V-8	Vegetable Cocktail	
V-8	V-Go Vegetable Cocktail	
V-8	Vegetable Cocktail Low Sodium	
Van's	Gluten Free Toaster Waffles	Original
Van's	Gluten Free Toaster Waffles	Blueberry
Want-Want	Superslim Brown Rice Crisps	Multigrain
Want-Want	Superslim Brown Rice Crisps	Original
Want-Want	Superslim Brown Rice Crisps	Black Sesame
Want-Want	Superslim Brown Rice Crisps	Sea Salt
Want-Want	Superslim Brown Rice Crisps	Sesame

---

**Changing with you since '82**