



Hungry for a quick bite? Not sure what you can buy to eat? Here are some easy-to-find foods that are safe to eat and ideas for easy-to-fix snacks or meals.

50+ Easy-to-Find Foods & Snacks

1. Tuna, water or oil-packed
2. Ketchup, mustard
3. Mayonnaise, Miracle Whip
4. Pickles, olives, all vinegars except malt vinegar
5. San J Wheat-Free Tamari sauce
6. Butter, margarine
7. I Can't Believe It's Not Butter (margarine)
8. Eggs & Egg Beaters
9. Black Label bacon
10. Grits, cornmeal, Cream of Rice cereal
11. Fresh fish, meats and poultry
12. Tyson® frozen breasts, wings, thighs
13. Butterball or Albertson's brand turkeys (no sauce packets)
14. Thumann's deli meats
15. Kids Kitchen Beans & Wienies
16. Ball Park all beef hot dogs
17. Hormel Chile *WITH* Beans
18. Dinty Moore Beef Stew
19. Amy's GF Frozen Enchilada dinners
20. Hormel pepperoni – regular & turkey
21. Carl Budding sandwich meats
22. 100% pure ground beef or turkey
23. Fresh or frozen (plain) vegetables
24. Velveeta
25. Sargento Deli cheese slices
26. Sargento shredded cheddar cheese
27. Philadelphia Cream Cheese
28. Daisy sour cream
29. Brown Cow Yogurt
30. Yoplait yogurt
31. Dannon **plain** yogurt
32. Prego spaghetti sauce – original
33. Progresso Creamy Mushroom Soup
34. Thai Kitchen Instant Rice Noodles (lemon grass, curry, garlic & vegetables, others)
35. Rice
36. Corn tortilla chips, 100% corn tortillas
37. Ruffles potato chips
38. Fritos
39. Plain rice cakes
40. Fresh fruit, 100% fruit juice
41. Natural peanut butter
42. Jams and jellies
43. Vanilla ice cream
44. Sorbets, fruit sherbets
45. Hershey's chocolate candy bar
46. Hershey's chocolate syrup
47. Snickers chocolate candy bar
48. Sugar Babies
49. Nestle's chocolate chips
50. Swiss Miss hot chocolate
51. Milk - all except flavored
52. Carnation creamers (liquid & powdered)
53. Carnation Instant Breakfast drinks except the chocolate malt
54. Boost nutritional drink
55. Coffee, regular tea
56. Coca Cola and Pepsi products
57. Raw or salted nuts or seeds
58. Gluten-free Rice Chex
59. Gluten-free Corn Chex

When you shop for groceries:

*Always read labels
ingredients can change*

*Wheat-Free® is not always
Gluten-Free*

*The top 8 allergens must be
declared on labels - includ-
ing wheat*

*An allergy statement always
starts with
"Contains..." The allergen
may also be identified in the
ingredient list*

*Barley and rye are not
included in the top 8
allergens. Watch for these in
the ingredient list*

When you cook:

*Keep preparation surfaces
clean and free of crumbs*

*Do not share utensils used
for non-GF foods*

*Use squeeze bottles to
avoid contamination of con-
ditioners*

*Thorough washing will
remove gluten from utensils,
pans and dishes*

*Store GF foods above
gluten-containing foods in
the pantry*