

## **Gluten Free Stevens Point Meeting**

### **Gluten Free Shopping**

Thursday, March 1, 2012 – 6:00 pm – 7:30 pm

Trig's Grocery Store – 1600 Academy Av., Stevens Point (meet upstairs)

### **Gluten Free Labeling**

- There are many gluten free products mixed with the regular food items throughout the store
- Some products say “gluten free” on the package. Researching different companies will help you understand what that label means. Trusted sources will not produce or package gluten free food on the same machines as gluten containing foods. Examples: Rice Krispies, Chex, Frito Lay
- An item stating “no gluten containing ingredients” does not mean the product was produced in a gluten free facility.
- Some items that are naturally gluten free (vegetables, fruit, etc.) may not be produced in a gluten free facility. Name brands are generally safer than generics. Look for a statement about whether a product was packaged in a facility that also packages items containing wheat.
- Watch for hidden sources of gluten. The labeling law requires that items must state if they contain wheat. Remember that gluten is also present in barley and rye. A label may not list wheat but it may contain something like malt, which comes from barley.
- Something labeled “wheat free” isn't necessarily gluten free.
- Periodically check items you eat regularly to ensure the ingredients have not changed.
- Some companies are more open about their ingredients than others. For example, Kraft will always state any allergens present in their products on the label. Other companies may list ingredients such as “natural flavors” and not disclose if those ingredients contain gluten. Stick with trusted brands.
- When in doubt, don't eat it or call the company.

### **Sampling of Gluten Free Items at Trig's**

- Magazine Section: Living Without
- Grocery Aisle 5: Hormel & Valley Fresh Canned Chicken, Dinty Moore Beef Stew, Classico Pasta Sauce, Thai Kitchen meals, Zatarain's rice
- Bakery Aisle: Bob's Red Mill, Betty Crocker Gluten-Free Cake Mixes, Cream of Rice
- Cereal Aisle: Fruity & Cocoa Pebbles, Rice Chex, Corn Chex, Honey Nut Chex, etc.; Gluten-Free Kellogg's Rice Krispies, Fruity & Cocoa Pebbles bars, Nature Valley bars
- Chips: Frito Lay products - check packaging for gluten-free label
- Deli: Gluten-free pizzas & Kretschmar meats
- Grocery: Gluten-Free and organic food section
- Frozen fish & breakfast meats: Starfish Gluten-Free Battered Cod & Haddock, Jones Dairy Farms breakfast meats, Jenni-O Turkey Sausage, Klements Frozen Polish Sausage
- Meat: Gluten-free sandwich meats, Hormel pepperoni
- Gluten Free Frozen Food Section: Amy's products, Udi's, Katz, O'Doughs, Our Daily Foods
- Frozen Food Section: Van's Waffles, Rice Dreams ice creams, Kemps ice cream (look for label)