



LOOKING FOR GLUTEN-FREE? WATCH FOR THESE SIGNS IN THE AISLES

A Air Freshener.....8	F Flour.....5	P Peanuts.....7
All-Purpose Cleaner.....8	Frozen Fish.....seafood	Pesto.....2, dairy, bakery aisle
Aluminum Ware & Foil.....7	Frozen Fish Sticks & Entrees.....frozen	Pickles.....5, meat
Applesauce.....2	Fruit [canned].....2	Pie Filling.....5, produce
B Baby Food & Supplies.....9	Fruit Snacks.....3	Pizza [frozen & gluten free].....frozen
Bagels.....1, dairy, frozen, bakery	Furniture Polish.....8	Pizza Dough.....frozen, bakery aisle
Baking Needs.....5	G Gatorade.....4	Plastic Ware & Wrap.....7
Bar Soap.....9	Granola.....4, bakery	Polenta.....2
Bath Cleaners.....8	Granola Bars.....3	Pop Tarts.....3
Bath Tissue.....10	H Hair Care/Spray.....9	Popcorn & Potato Chips.....7
Batteries.....register 14	Hand Sanitizer.....9	Potatoes [boxed] & Gravy.....2
BBQ Sauce.....5	Honey.....1	Potatoes [frozen].....frozen
Beans.....2	Horseradish.....dairy	Potatoes [mashed].....meat
Beer, Wine & Liquor.....front of 10	Housewares.....8	Pretzels.....7
Birdseed.....produce, 8	Hummus.....bakery aisle	Protein Bars.....1
Bleach.....8	I Ice.....register 14	R Raisins.....5
Bread.....1, bakery, gluten free, frozen	Ice Cream.....frozen	Rice & Grains.....2
Breadcrumbs.....1	Ice Cream Toppings.....frozen	Rice Cakes.....1
Brooms & Mops.....8	Insecticides.....7	Rubber Gloves.....8
Butter & Margarine.....dairy	Instant Coffee.....4	S Salad Dressings.....5
C Cake & Pies.....bakery, frozen	International.....2	Salsa.....2, 7, bakery aisle
Cake Mixes.....gluten free 1, 5	(Asian, Hispanic, Indian, Italian, Mediterranean)	Salt.....5
Candy & Chocolate.....1, bakery	J Jell-O, Pudding Cups & Snack Packs....dairy, 5	School Supplies.....8
Canned Fish & Meat.....2	Jelly & Jam.....artisan cheese, produce, 1	Shampoo & Skin Care.....9
Cat Food & Litter.....8	Juice.....4, dairy, frozen, produce	Shaving Supplies.....9
Cereal [hot & cold].....1, 4	K Ketchup.....5	Snacks & Chips.....7
Charcoal & Starter Fluid.....7	Kool-Aid & Water Enhancers.....4	Soda.....6
Cheese.....artisan cheese, dairy	Kosher.....2, frozen	Soups.....3, deli
Chicken [frozen].....meat	L Laundry Detergent.....8	Spaghetti Sauce.....2, dairy
Chicken Nuggets.....frozen	Lightbulbs.....8	Spices & Seasonings.....5, produce
Chocolate Drink.....4, dairy	M Marshmallows.....5	Stuffing.....1
Cleansers.....8	Matches.....7	Sugar.....5
Coffee.....4	Meatless Meat.....meat	T Tea.....3
Coffee Creamers.....4, dairy	Medicines.....9	Tissue.....10
Cookies.....gluten free 1, 3	Miso.....dairy	Tomatoes [canned].....2
Cool Whip.....frozen	Mustard.....5	Toothpaste & Brushes.....9
Cottage Cheese.....dairy	N Napkins.....7	Toothpicks.....8
Crackers.....artisan cheese, gluten free 1, 3	Nuts [baking].....5	Trash Bags.....7
Cream Cheese.....dairy	Nuts [eating].....7	V Velveta Cheese.....dairy
Cups [styrofoam & plastic].....8	O Oil.....5	Vegan.....produce
D Deodorant.....9	Olives.....2, 5	Vegetables [canned].....2
Diapers.....9	P Pancake Mixes & Syrup.....5	Vegetables [frozen].....frozen
Dinners & Entrees.....frozen	Paper Plates.....8	Vinegar.....5
Dish Detergent.....8	Paper Towels.....10	Vitamins.....9
Dog Food & Treats.....8	Pasta.....gluten free 1, 2, dairy, frozen	W Waffles & Pancakes [frozen].....frozen
Dried Fruit.....5, produce	Peanut Butter.....1	Water.....6
E Eggs.....dairy	Y Yogurt.....dairy	Whipped Cream.....dairy
F Fabric Softeners.....8		Window Cleaner.....8
Facial Tissue.....10		
Feminine Hygiene.....9		
Floor Wax.....8		