

Gluten-Free – Food Bank Shopping List

The Canadian Celiac Association (CCA) Professional Advisory Council Dietitians have developed a list of gluten-free items that are good for pantry shelves and could be offered by food banks as part of a CCA-approved gluten-free package.

We've added some CCA certified brands to help make your purchases easier to keep individuals with celiac disease safe and healthy. Watch for our mark on other gluten-free brands to give you confidence that the food is safe for them to consume. Contact the CCA if you'd like more assistance on storage, purchasing, volunteers or information about the disease.

Items	Brands
Dried Pulses (Lentils, Beans and Peas)	AGT Foods , Clic , Ingredient
Canned Pulses (place in a colander and rise well with cold water)	Laziza , Canada Garden , Clic , AGT Foods
Peanut and Other Butters	Yupik
Gluten-Free Pastas	Catelli , ItalPasta , Great Value , PC , Sobey's , Pedon , Fresh Thyme
Canned Tomatoes, Tomato Paste	Unico
Shelf Stable Milks (Regular and Dairy Free)	Yupik , Thai Kitchen
Gluten-Free Broths	Campbell's
Coconut Milk	Yupik , Thai Kitchen
Rice	Clic , Mich Asie (see retailers), Uncle Bob's
Gluten-Free Rolled Oats	Anita's Organic Mill , Quaker , Stoked Oats
Gluten-Free Granola and Other Cereals	Living Alive , Oatbox
Gluten-Free Flours and Starches	Clic , Anita's Organic Mill , Western Family
Gluten-Free Crackers, Rice Cakes	Breton , Home Goodness , Quaker , Ancient Provisions
Gluten-Free Snack Bars	Kellogg Joi Bars , Inno Foods , Kirkland Signature

Please note that this is only a sample and not an exhaustive list of certified brand partners available.

Other ingredients safe for people with celiac disease and recommended for their overall diet:

- Canned fruits in their own juice or water
- Canned salmon, tuna, sardines
- Frozen fruits and vegetables
- Lean, unseasoned chicken and other meats

For assistance or information on celiac disease and gluten disorders, please contact The Canadian Celiac Association
www.celiac.ca Phone: 905.507.6208

