

## SOURCES OF GLUTEN-FREE FOODS IN THE EDMONTON AREA Revised May 5, 2008

*The following is provided for information purposes only and is not a complete list of merchants selling gluten-free foods in this area. The Edmonton Chapter of the Canadian Celiac Association does not endorse these merchants in particular, or the products they sell. Please consult your telephone directory for additional outlets. When shopping, remember to **read every label every time**. You should also consider the possibility of **cross contamination of products that are not specifically labeled as gluten-free, OR of those produced in facilities which also produce foods containing wheat, oats, barley or rye.***

**Bosch Kitchen Centre**, 9766 – 51 Ave, 437-3134 - This kitchen shop carries all sorts of gadgets, cook ware and baking supplies. You will find nearly every type of gluten-free flour, its seed of origin, xanthum and guar gums, and Celimix bread mix.

**Kinnikinnick Foods**, 10940 – 120 St, 424-2900 - A totally gluten-free store and bakery, which carries a large variety of freshly baked goods, baking supplies, commercial cereals and soups. They accept special orders including wedding cakes, case lots and mail orders.

**Sugar Free & More**, 3434A – 50<sup>th</sup> Avenue, Red Deer, 403-347-1277. Carry GF products and mixes.

**Nutter's Bulk and Natural Foods**, 4720 - 51 Ave, Leduc, 780-986-1257; 5218 – 50 Ave., Wetaskiwin, 780-352-4555 and in numerous other centers. Check in local phone directories – they carry a lot of gluten-free food and flours.

**Organic Roots**, 10151 – 82 Avenue, 780-413-1730 – newly reopened.

**Planet Organic Market**, 7917 – 104 St, 433-6807; and **Planet Organic North**, 12020 – Jasper Ave., 452-4921 - A knowledgeable, helpful staff sells natural organically grown foods, health aids, cleaning and personal care supplies. They also carry gluten-free baking mixes, flours, gums, frozen breads, snack foods, cereals, bouillon cubes, pastas and energy bars.

**Sweet Tweet Sugar Free Shop** 4345 - 50 Street, 462-2010 - a low-carb, sugar-free shop carrying some delicious gluten-free treats.

### HEALTH FOOD STORES

*Some carry a few products, some don't carry any. Check with your favorite health food store. You may wish to check out the dried herbs, generic gelatin and psyllium. Health food stores in smaller centers may be the best local source of gluten-free foods.*

### GROCERY & DRUG STORES

**Safeway, Sobeys, Save-On, London Drugs, Shoppers Drug Mart & Walmart's Food Section - Check out the natural food sections. Not all branches carry the same items. If you don't see what you want, inquire. This may prompt them to carry more variety. You may find gluten-free items in several locations, such as corn pasta in with wheat pasta. Check the freezers as well.**

**Super Store** - Check the Asian and Oriental sections.

## ETHNIC FOOD STORES

**Chinese grocery stores** generally carry the small packages of rice flour often referred to as oriental rice flour, tapioca flour, and rice pasta at a good price.

*The following carry dried beans, flours, soy, rice, white and yellow corn flour, chickpea and millet:*

**JB Cash and Carry Foods**, 9324 – 34 Ave

**Spice Bazaar**, 9254 – 34 Ave.

**Spice Market**, 128 – 82 St.

**Korean Foods** also referred to as **Canakor Foods**, 3116 Parsons Road, 463-5458

A good place for rice flour (Pacific Rice Brand), potato starch, and tapioca starch. Don't carry much pasta.

**Spinelli's Italian Centres** at 95 St & 108 Ave (424-4869) and 104A St & 51 Ave

Good corn pasta, Italian sausages, legumes, chestnut flour, buckwheat flour & corn flour.

## FARMER'S MARKETS

***Always check with the vendor as to preparation techniques and ingredients used in their gluten-free products. Health Canada has labeling, preparation, and marketing guidelines. Call Capital Health Link, 1-866-408-5465, and ask to speak to a health inspector regarding restaurants or products sold at Farmers' Markets. Call the Canada Food Inspection Agency Edmonton Branch, 780-495-3333, about concerns with name brands sold in grocery stores.***

**Aunt Maud's Mix Company** – St. Albert Market (summer only)

**Epicure Dealers**

**Menno Sausage** - Old Strathcona Market, Sherwood Park Festival Place or Phone 922-3141. Old fashioned style Mennonite sausage.

**Red Tractor Family Farm Meats** – Spruce Grove – 780-960-9689. All products are gluten-free except pork schnitzel. Also free of MSG, growth hormones and preservatives.

**Sunworks** – Old Strathcona Market. Meat products free of fillers, gluten, egg, dairy, nitrates and MSG.

**Watkins Dealers**

## MEAT AND DELI STORES

**Beverly Meats Ltd.**, 4204 – 188 Ave, 479-3739. Well versed in the gluten-free diet.

**Ben's Meats Ltd.**, 15726 Stony Plain Road, 489-1424. Also well versed in the gluten-free diet.

**Grapevine Deli**, 10B Perrin St. St Albert, 459-9859. Customized meat trays and gift baskets.

**Victoria Fancy Sausage**, 6508 – 188 Ave, 471-2283

**Swekla's Sausage and Meat**, 12533 – 129 St, 455-0319

**Acme Meat Market**, 9531 – 76 Ave, 433-1812 Fresh sausage, but call ahead.

**Widynowski's Sausage House**, 4204 – 118 Ave, 477-2851

**K & K Foodliners** – 9942 – 82 Avenue, 439-6913. Use no additives or fillers

## GAME MEAT PRODUCTS

**Elk Shooting Star Ranch**, New Sarepta, 780-941-2274

**The Venison Connection**, Fort Saskatchewan, 998-1882

**Meteor Lake Bison Ranch**, Morinville, 939-2423