

We understand how difficult it can be to maintain a gluten free diet and we want to help. We are providing this list of Stop & Shop gluten free products to make your shopping a bit easier. We compiled this list based on information provided to us by the product manufacturers. While we worked with our suppliers to confirm the information they provided and have no reason to believe it is inaccurate or incomplete in any manner whatsoever, please be advised that Stop & Shop did not independently verify the gluten status of such products. Accordingly, your use of this list must be with the express understanding that Stop & Shop will not be held responsible for individual reactions to or any adverse health consequence in connection with any products. Always read the label as ingredient lists may change, thus making our list out of date.

If you have questions, visit our website, stopandshop.com and click on contact us or call our Foodhold product line at 1-877-846-9949

Note: All products in this list are Stop & Shop brand products, including Simply enjoy, Nature's Promise, Sunrise Valley, MiCasa, and Guaranteed Value (GV).

Beverages

Chilled

Grapefruit Juice
Lemon Juice Reconstituted
Orange Cranberry Juice
Sunrise Valley Orange Juice (regular, calcium added)
Orange Strawberry Juice

Frozen

Frozen Concentrate 100% Grape Juice
Frozen Concentrate Apple Juice
Frozen Concentrate Cranberry Cocktail
Frozen Concentrate Fruit Punch

Frozen Concentrate Grape Cocktail
Frozen Concentrate Lemonade
Frozen Concentrate Limeade
Frozen Concentrate Orange Juice
Frozen Concentrate Pink Lemonade
Frozen Concentrate White Grape Cocktail
Frozen Concentrate Wildberry Punch

Shelf Stable

Powdered Mixes

Cherry Drink Mix
Grape Drink Mix
Hot Cocoa (fat free no sugar added, mini marshmallows, light, regular)
Iced Tea Mix
Instant Nonfat Dry Milk
Lemonade Drink Mix
Orange Drink Mix
Pink Lemonade Drink Mix
Strawberry Drink Mix
Sugar Free Drink Mix (fruit punch, iced tea, lemon lime, lemonade)
Tropical Punch Drink Mix

Ready to Drink- Shelf Stable

100% Apple Juice from Concentrate (regular, added vitamin C)
100% Berry Juice
100% Cherry Juice
100% Cranberry Juice Blend
100% Grape Cranberry Juice
100% Grape Juice Blend
100% White Grapefruit Juice
100% Natural Sparkling Apple Juice
100% Raspberry Cranberry Juice Blend
100% Unsweetened Grapefruit Juice
100% White Grape Juice
Apple Juice Cocktail from Concentrate
Artificially Flavored Fruit Drink from Concentrate
Berry Berry Cooler
Big Apple Cooler
Cosmic Orange Cooler
Cran/Apple Juice Cocktail
Cranberry Grape Juice Cocktail
Cranberry Lime Juice Cocktail from Concentrate
Cranberry Raspberry Juice Cocktail
Fruit Punch/ Juice Drink
Fruity Punch Cooler
Goofy Grape Cooler
Grape Drink
Lemon Lime Drink
Light Cranberry Juice Cocktail from Concentrate
Lite CranRaspberry Juice Cocktail
Lite Grape Juice Cocktail

Natural Apple Juice (unsweetened, added calcium)
Nature's Promise Organic Cranberry Juice from Concentrate
Nature's Promise Organic Fair Trade Green Tea (regular, decaf, lemon)
Orange Drink
Pink Lemonade
Prune Juice with Pulp
Ruby Red Grapefruit Tangerine Juice
Simply Enjoy Cosmopolitan Mixer
Simply Enjoy Lemon Drop Martini Mixer
Simply Enjoy Margarita Cocktail Mixer
Simply Enjoy Mojito Cocktail Mixer
Simply Enjoy Watermelon Martini Mixer
Strawberry Kiwi Juice
Tomato Juice
Tropical Carrot/Strawberry/Kiwi Blend
Tropical Juice Drink
Unsweetened Apple Juice with Added Vitamin C
Vegetable Juice From Concentrate
White Cranberry Juice Cocktail
White Cranberry Peach Juice Drink
White Cranberry Strawberry Juice Drink
Wild Cherry Juice Drink
Wildberry Drink

Dairy

Butter/Margarine

Nature's Promise Organic Butter
Salted Butter Quarters
Unsalted Butter Quarters

Cheese

Cheeses in this list are packaged cheeses located in the dairy case (not the Cheese Bazaar). Please note that our cheese supplier will not guarantee that ingredients used from outside sources are free from cross-contamination.

Colby and Monterey Blend- all varieties
Colby Half Moon Single Slices
Cottage Cheese (calcium added, lowfat, nonfat with pineapple,)
Cream Cheese Regular, Whipped, Lite (plain, chive & onion, garden vegetable, strawberry, honey walnut)
Fat Free Cream Cheese
Fat Free White Cheese Singles
Feta- all varieties
Havarti- all varieties
Horseradish Cheddar Cheese
Mexican Cheese Blend
Mild Cheddar- all varieties
Mild Longhorn Style Cheddar- all varieties

Monterey Jack- all varieties
Mozzarella- all varieties
Muenster- all varieties
Nature's Promise Organic Cream Cheese
Neufchatel Cheese
NY Extra Sharp Cheddar- all varieties
NY Sharp Cheddar- all varieties
Parmesan Cheese- all varieties
Port Wine Cheddar Cheese
Provolone- all varieties
Ricotta- all varieties
Sharp Cheddar- all varieties
Sharp Cheddar Cold Pack Cheese Food
String Cheese
Swiss Cheese- all varieties
Taco Cheese Blend
Vermont Sharp Cheddar- all varieties
Vermont White Cheddar Cheese
Wisconsin Sharp- all varieties

Cream

Fat Free Nondairy Creamer
Half & Half (regular, fat free)
Heavy Whipping Cream
Light Cream
Sour Cream (light, nonfat)
Sweetened Whipped Light Cream
Whipping Cream

Dips/Spreads

Refrigerated French Onion Dip
Refrigerated Ranch Dip
Refrigerated Veggie Dip
Simply Enjoy Smoked Salmon Dill Sandwich Spread

Eggs

100% Egg Whites
Brown Eggs (extra large, jumbo, large, medium)
Eggs Made Simple
White Eggs (extra large, jumbo, large, medium)

Milk

Egg Nog (regular and light)
Lactose Free Milk (whole, calcium fortified fat free)
Milk [fat free/skim, lowfat (1%), reduced fat (2%), whole]
Nature's Promise Chocolate Soymilk
Nature's Promise Organic Milk [fat free/skim, lowfat (1%), reduced fat(2%), whole]
Nature's Promise Organic Soymilk (chocolate, vanilla, plain)
Nature's Promise Ricemilk (plain, vanilla)

Yogurt

Please note that our yogurt supplier will not guarantee that ingredients used from outside sources are free from cross-contamination.

Grab'ums Yogurt to Go- Cotton Candy/Melon
Grab'ums Yogurt to Go- Strawberry/Blueberry
Grab'ums Yogurt to Go- Tropical
Punch/Raspberry
Lowfat Blended Blueberry
Lowfat Blended Peach
Lowfat Blended Raspberry
Lowfat Blended Strawberry
Lowfat Blended Vanilla
Lowfat Fruit on the Bottom Blueberry
Lowfat Fruit on the Bottom Peach
Lowfat Fruit on the Bottom Raspberry
Lowfat Fruit on the Bottom Strawberry
Lowfat Fruit on the Bottom Strawberry/Banana
Nonfat Light Banana
Nonfat Light Blueberry
Nonfat Light Cherry Vanilla
Nonfat Light Cherry
Nonfat Light Coffee
Nonfat Light Peach
Nonfat Light Raspberry
Nonfat Light Strawberry
Nonfat Light Strawberry/Banana
Nonfat Light Vanilla
Nonfat Plain

Other

Refrigerated Chocolate Pudding
Refrigerated Chocolate/Vanilla Pudding
Refrigerated Fat Free Chocolate Pudding
Refrigerated Fat Free Chocolate/Vanilla Pudding
Refrigerated Gelatin Fun Pack
Refrigerated Rainbow Fruit Gelatin
Refrigerated Rainbow Parfait
Refrigerated Sugar Free Gelatin Fun Pack

Frozen

Fruit

Berry Medley
Blackberries
Blueberries
Dark Sweet Cherries
Mango
Mixed Fruit
Peaches
Pineapple
Raspberries
Raspberries in Syrup

Sliced Strawberries
Sliced Strawberries in Sugar
Sliced Strawberries with Artificial Sweetener
Strawberries

Ice Cream/Desserts

Butterscotch Ripple Ice Cream
Chocolate Chip Ice Cream
Coffee Ice Cream
Country Club Ice Cream
Frozen Whipped Topping (nondairy, fat free,
French vanilla, lite, regular)
GV Chocolate Ice Cream
GV Chocolate Marshmallow
GV Fudge Royal Ice Cream
GV Neapolitan Ice Cream
GV Rainbow Sherbet
GV Vanilla Ice Cream
GV Vanilla Orange Ice Cream
Heavenly Hash Ice Cream
Natural Butter Pecan Ice Cream
Natural Chocolate Chip Ice Cream
Natural Chocolate Ice Cream
Natural Coffee Ice Cream
Natural French Vanilla Ice Cream
Natural Mint Chocolate Chip Ice Cream
Natural Mocha Almond Ice Cream
Natural Strawberry Ice Cream
Natural Vanilla Bean Ice Cream
Natural Vanilla Fudge Ripple Ice Cream
Neapolitan Ice Cream
Peppermint Stick Ice Cream
Strawberry Ice Cream
Vanilla Fudge Swirl Ice Cream
Vanilla Ice Cream

Potatoes

Butter Twice Baked
Cheddar Cheese Twice Baked
Crinkle Cut French Fries
Crispy Fries
Extra Crispy Crinkle Cut Fries
Frozen Natural Wedges
Latkes
Puffs with Onions
Shoestring Fries
Shredded Hash Browns
Sour Cream and Chive Twice Baked
Southwestern Style Hash Browns
Steak Fries
Straight Cut French Fries

Vegetables

Asparagus (spears, tips & cuts)
Baby Lima Beans

Broccoli (cuts, spears, chopped)
Broccoli and Cauliflower
Brussels Sprouts
Cauliflower
Chopped Green Pepper
Collard Greens
Cooked Squash
Corn (cut, on the cob, supersweet corn on the cob)
Corn and Butter
Corn and Peas
Corn on the Cob
Country Blend
Cut Wax Beans
Fordhook Lima Beans
Green Beans (cut, french, with garlic, Italian, whole)
Green Beans and Wax Beans
Italian Beans
Japanese Stir Fry Blend
Kale
Latino Blend
Mixed Vegetables
Mustard Greens
Nature's Promise Organic Asparagus Spears
Nature's Promise Organic Broccoli Mini Spears
Nature's Promise Organic Corn (cut corn & corn on the cob)
Nature's Promise Organic Cut Leaf Spinach
Nature's Promise Organic Edamame in Pod
Nature's Promise Organic Mixed Vegetables
Nature's Promise Organic Peas
Nature's Promise Organic Whole & Cut Green Beans
Peas and Diced Carrots
Ranchero Blend
Rutabagas
Spinach (chopped, leaf)
Stew Vegetables
Sweet Peas
Whole Okra
Zucchini

Other

Buffalo Style Wings
Honey BBQ Wings
Nature's Promise Garlic and Cheese Veggie Burger
Nature's Promise Soy Vegetable Burger
Nature's Promise Vegan Soy Vegetable Burger
Simply Enjoy Butter Chicken
Simply Enjoy Pad Thai with Chicken
Simply Enjoy Tikka Masala
Spinach, Artichoke & Cheese Dip

Grocery

Beans

Black Beans
Brown Sugar & Bacon Baked Beans
Homestyle Baked Beans
Kidney Beans (light & dark red)
Pink Beans
Pinto Beans
Red Beans
Romano Beans
Vegetarian Baked Beans

Candy

Assorted Fruit Filled Candy
Assorted Star Drops
Assorted Starlights
Blue Gummi Sharks
Butter Toffee
Butterscotch Disks
Canada Wintergreen
Candy Corn
Candy Necklaces
Cinnamon Starlights
Circus Peanuts
Gum Balls
Gum Drops
Gummi Bears
Jelly Beans
Kiddie Mix
Lemon Drops
Neon Sour Crawlers
Orange Slices
Pastel Mints
Peach Rings
Pina Colada Coated Cashews
Red Ju Ju Coins
Red Ju Ju Fish
Root Beer Barrels
Royal Mix
Silver Mints
Smarties
Soft Peppermints
Sour Balls
Sour Gummi Worms
Spearment Leaves
Spearment Starlights
Spice Drops
Starlight Mints
Strawberry Buds
Watermelon Hard Candy

Simply enjoy Chocolates
Simply Enjoy Dark Chocolate Amaretto Coated Cranberries

Simply Enjoy Dark Chocolate Cappuccino
Crunch Bits
Simply Enjoy Dark Chocolate Caramel Squares
Simply Enjoy Dark Chocolate Covered Cherries
Simply Enjoy Dark Chocolate Covered Coffee Beans
Simply Enjoy Dark Chocolate Covered Cranberries
Simply Enjoy Dark Chocolate Covered Kona Almond Coffee Beans
Simply Enjoy Dark Chocolate Covered Strawberries
Simply Enjoy Dark Chocolate Raspberry Sticks
Simply Enjoy Milk Chocolate Butter Toffee Squares
Simply Enjoy Milk Chocolate Coated Cashews
Simply Enjoy Milk Chocolate Cocoa Almonds
Simply Enjoy Milk Chocolate Covered Cashews
Simply Enjoy Milk Chocolate Covered Cherries
Simply Enjoy Milk Chocolate Covered Peanuts
Simply Enjoy Milk Chocolate Covered Raisins
Simply Enjoy Milk Chocolate Pecan Caramel Patties
Simply Enjoy White Chocolate Coated Coffee Nugets
Simply Enjoy Whole Chocolate Covered Raspberries
Simply Enjoy Yogurt Coated Cranberries

Canned Fruit

Applesauce (regular, chunky, cinnamon, mixed berry, strawberry, natural)
Apricots (heavy syrup, splenda)
Bartlett Pear Halves (heavy syrup, pear juice, splenda, light syrup)
Fruit Cocktail (heavy syrup, pear juice, splenda)
Fruit Mix in Heavy Syrup
Island Apricots in Light Syrup
Peaches whole & slices (yellow cling, pear juice, heavy syrup)
Very Cherry Fruit Mix in Light Syrup
Whole Plums in Heavy Syrup

Jelly/Jam/Preserves

Apple Jelly
Apricot Preserves
Apricot Spread
Blueberry Spread
Concord Grape Jelly (squeezable, spreadable)
Currant Jelly
Grape Preserves
Mint Jelly
Nature's Promise Organic Grape Jelly
Nature's Promise Organic Raspberry Fruit

Spread
Nature's Promise Organic Strawberry Fruit Spread
Orange Marmalade
Peach Preserves
Pineapple Preserves
Red Raspberry Preserves
Seedless Blackberry Preserves
Simply Enjoy Balsamic Sweet Onion Preserves
Simply Enjoy Blueberry Preserves
Simply Enjoy Raspberry Champagne Peach Preserves
Simply Enjoy Red Pepper Jelly
Simply Enjoy Roasted Garlic and Onion Jam
Simply Enjoy Spiced Apple Preserves
Simply Enjoy Strawberry Preserves
Squeezable Grape Jelly
Strawberry Preserves
Strawberry Spread
Sugar Free Preserves (apricot, red raspberry, blackberry, strawberry)

Mustards

Creamy Dijon Mustard
Deli Mustard
Dijon Mustard
Honey Mustard
Old Grainy Mustard
Raspberry Grainy Mustard
Spicy Brown Mustard
Tarragon Dijon Mustard
Yellow Mustard

Nut Butters

All Natural Smooth Peanut Butter (regular, no added salt, reduced fat)
Nature's Promise Cashew Butter
Nature's Promise Organic Almond Butter (smooth, unsalted)
Nature's Promise Organic Peanut Butter (all varieties)
Peanut Butter (crunchy, creamy, smooth)

Oil

Blended Oil
Butter Flavored Cooking Spray
Canola Cooking Spray
Canola Oil
Corn Oil
Extra Light Olive Oil
Garlic Flavored Cooking Spray
Grill Spray
Meat Fat/ Vegetable Shortening
MiCasa Corn Oil
MiCasa Vegetable Oil

Olive Oil Cooking Spray
Pure Olive Oil
Simply Enjoy Regional Extra Virgin Olive Oil
(Apulian, Sicilian, Tuscan, Umbrian)
Simply Enjoy Flavored Extra Virgin Olive Oil
(Basil, Garlic, Lemon, Orange, Pepper)
Soybean Oil
Vegetable Cooking Spray
Vegetable Oil
Vegetable Shortening

Salad Dressing

Balsamic Vinaigrette
Blue Cheese
Caesar
French (regular, creamy)
Italian (creamy, fat free, lite)
Nature's Promise Ranch
Ranch (regular, fat free)
Raspberry Vinaigrette
Thousand Island

Sauces/Salsa

BBQ Sauce (original, hickory smoke)
Chili Sauce
Nature's Promise Organic Pasta Sauce (plain,
garden vegetable, Parmesan)
Nature's Promise Chipotle Organic Salsa
Nature's Promise Organic Salsa (mild, medium)
Salsa (mild, medium, hot)
Seafood Cocktail Sauce
Simply Enjoy Fra Diavolo Sauce
Simply Enjoy Marinara Sauce
Simply Enjoy Roasted Garlic Sauce
Simply Enjoy Sicilian Eggplant Sauce
Simply Enjoy Tomato Basil Sauce
Simply Enjoy Vodka Sauce
Simply Enjoy Black Bean and Corn Salsa
Simply Enjoy Peach Mango Salsa
Simply Enjoy Pineapple Chipotle Salsa
Simply Enjoy Raspberry Chipotle
Simply Enjoy Tequila Lime Salsa

Snacks

Apple Cinnamon Rice Cakes
BBQ Rice Crisps
Build A Bear Fruit Snacks
Cheddar Rice Crisps
Chocolate Fudge Pudding Snack Cups
Chocolate Pudding Snack Cups
Corn Cakes (caramel, multigrain unsalted)
Crunchy Cheese Corn Snacks
Curious George Fruit Snacks
Dinosaur Fruit Snacks
Justice League fruit Snacks

Kettle Cooked Potato Chips
Microwave Popcorn (butter flavored, butter
light, 94% fat free butter, kettle corn, movie
theatre butter flavored, sweet & buttery,
natural light)
Nacho Tortilla Chips
Nature's Promise Soy Crisps (BBQ, Ranch)
Peanuts Fruit Flavored Snacks
Plain Potato Chips
Puff Cheese Corn Snacks
Ranch Rice Crisps
Rice Cakes (caramel, plain salted & unsalted,
sesame unsalted, sour cream & onion, white
cheddar)
Rice Pudding
Rippled Potato Chips
Salt and Vinegar Potato Chips
Sharks Fruit Snacks
Sour Cream and Onion Chips
Tom & Jerry Fruit Snacks
Underwater World Fruit Snacks
Vanilla Pudding Snack Cups
Variety Pack Fruit Snacks
Veggie Tales Fruit Snacks
Wavy Cut Potato Chips
White Restaurant Tortilla Chips (regular,
round)
Yellow Popcorn
Yellow Round Tortilla Chips

Canned Vegetables

Beets (whole, sliced)
Black Eyed Peas
Carrots
Chick Peas
Crushed Tomatoes (regular, no added salt, Italian
seasonings)
Cut Sweet Potatoes in Light Syrup
Diced Tomato (regular, no added salt, Italian
seasonings)
Golden Cut Wax Beans
Green Beans (French style, no added salt)
Lima Beans
Mexican Style Corn
Mixed Vegetables (regular, no added salt)
Nature's Promise Organic Corn
Nature's Promise Organic Crushed Tomatoes
with Basil
Nature's Promise Organic Cut Green Beans
Nature's Promise Organic Diced Tomatoes
Nature's Promise Organic Tomato Paste
Nature's Promise Organic Tomato Sauce
Nature's Promise Organic Sweet Peas
Nature's Promise Organic Whole Peeled
Tomatoes

Para Micasa Minced Garlic in Water
Peas and Carrots
Peas- No Salt Added
Sauerkraut
Spinach (regular, no added salt)
Stewed Tomatoes (regular, no added salt,
Mexican style, Italian seasonings)
Sweet Peas
Tomato Paste
Tomato Puree
Tomato Sauce (regular, no added salt)
Whole Kernel Corn
Whole Peeled Tomatoes (regular, no added salt)
Whole Potatoes (regular, no added salt)

Other

Baking Cocoa
Baking Soda
Beef Broth
Beef Flavored Bouillon Cubes (regular, instant)
Butterscotch Pudding Mix
Cherry Gelatin Mix
Chicken Broth
Chicken Flavored Bouillon Cubes (regular,
instant)
Chocolate Instant Pudding and Pie Filling
Chocolate Syrup
Cider Vinegar
Condensed Chicken with Rice Soup
Cranberry Gelatin Mix
Cranberry Sauce (jellied, whole berry)
Granulated Sugar
Instant Brown Rice
Instant Low Calorie Vanilla Pudding and Pie
Mix
Iodized Salt
Manzanilla Olives (stuffed, sliced)
Nature's Promise All Natural Beef Broth
Nature's Promise Organic Chicken Broth
Nature's Promise Organic Vegetable Broth
Orange Gelatin Mix
Organic Long Grain Rice (brown & white)
Para Micasa Adobo (regular, with pepper)
Pitted Black Ripe Olives Chopped, Whole &
Sliced (jumbo, large, medium, small)
Plain Salt
Premium Chunk Chicken Breast in Water
Raspberry Gelatin Mix
Ready To Serve Chunky Vegetable Soup
Semi-Sweet Chocolate Chips
Simply Enjoy Balsamic Vinegar of Modena
Simply Enjoy White Balsamic Vinegar
Stuffed Queen olives
Sucralose
Sugar Free Chocolate Instant Pudding Mix

Sweet Measure
Tapioca Pudding Mix
White Vinegar
Wine Vinegar

Meat/Deli

Center Cut Sliced Bacon
Cooked Ham- 97% Fat Free
Cooked Ham with Natural Juices- 98% Fat Free
Danish Brand Ham with Natural Juices- 97% Fat
Free
Lower Sodium Bacon
Maple Flavored Bacon
Nature's Promise Deli Meats- All Varieties
Nature's Promise fresh meat, pork and poultry
Nature's Promise Italian Spicy Pork Sausage
Nature's Promise Mild Italian Chicken Sausage
Nature's Promise Red Pepper and Provolone
Pork Sausage
Nature's Promise Spiced Apple Chicken Sausage
Nature's Promise Spinach and Feta Chicken
Sausage
Nature's Promise Sun Dried Tomato and Basil
Chicken Sausage
Oven Roasted Turkey Breast- Fat Free
Regular Sliced Bacon
Smoked Turkey Breast

Produce

Crispy & Crunchy Organic Clover Sprouts
Nature's Promise Broccoli and Carrots
Nature's Promise Broccoli Florets
Nature's Promise Broccoli Slaw
Nature's Promise Organic Arugula
Nature's Promise Organic Asian Salad
Nature's Promise Organic Baby Spinach
Nature's Promise Organic Heart of Romaine
Nature's Promise Organic Herb Salad
Nature's Promise Organic Italian Salad
Nature's Promise Organic Spring Mix
Nature's Promise Vegetable Medley
Organic Baby Whole Carrots
Organic Golden Potatoes
Organic Red Potatoes
Organic Russet Potatoes
Simply Enjoy Fruit Medley
Tofu (firm, extra firm)

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