



SODIUM CONTENT GUIDE

Watching Your Sodium at Good Harvest Market

Most Americans use more salt and sodium than they need. The FDA recommends no more than 2.4 grams (2,400 milligrams) of sodium per day. That equals 6 grams of table salt (about 1 teaspoon) per day, which includes all salt used both in cooking and at the table. Those with high blood pressure and certain other medical conditions may be advised by their doctor to consume even less.

Processed foods that are high in salt include canned vegetables and soups, frozen dinners, lunchmeats, instant and ready-to-eat cereals, and salty chips and other snacks.

This Sodium Content Guide lists all the products at Good Harvest Market that meet the FDA requirements for sodium content as follows:

- **Sodium Free** – less than 5 milligrams of sodium per serving
- **Very Low Sodium** – 5 - 35 milligrams or less per serving
- **Low Sodium** – 36 - 140 milligrams or less per serving
- **Reduced Sodium** – usual sodium level is reduced by 25%
- **Unsalted, No Salt Added or Without Salt Added** – made without the salt that's normally used, may still contain naturally occurring sodium.

Tips to Reduce Salt and Sodium

- Buy fresh, plain frozen, or canned “with no salt added” vegetables
- Use fresh poultry, fish, and lean meat rather than canned or processed types
- Use herbs, spices, and salt-free seasoning blends in cooking and at the table
- Cook rice, pasta, and hot cereal without salt. Cut back on instant or flavored rice, pasta, and cereal mixes
- Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings
- Rinse canned foods, such as tuna, to remove some sodium
- Buy low-sodium, reduced-sodium or no salt added versions of foods
- Choose ready-to-eat breakfast cereals that are low in sodium

Updated: 10/17/13

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Unsalted, No Salt Added or Without Salt Added

<u>Product Name</u>	<u>Description</u>	<u>Location</u>
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Baby Food

Earth's Best Organic	Whole Grain Rice Cereal	aisle 3
Happy Baby	Organic Baby Food – select varieties	aisle 3
Happy Bellies	Oatmeal Baby Cereal	aisle 3
	Multi Grain Baby Cereal	aisle 3
	Brown Rice Baby Cereal	aisle 3
Happy Tot	Organic Superfoods	aisle 3
Happy Puffs	Organic Superfoods – Fruit & Veggie Grain Puffs – 3 varieties	aisle 3
Happy Squeeze	Organic Superfoods – select varieties	aisle 3
Healthy Times	Teddy Puffs	aisle 3
Little Duck Organics	Tiny Fruits – 3 varieties	aisle 3
Plum Kids	Organic Mashups Squeezable Fruit	aisle 3
Plum Organics	Little Cremes Organic Rice Milk Snacks – 3 varieties	aisle 3
	Organic Teensy Fruits – Fruit Snacks –3 varieties	aisle 3
	Organic Super Puffs – Fruit & Veggie Grain Puffs – 2 varieties	aisle 3

Baking

Ah!laska	Baker's Cocoa	aisle 3
Ancient Harvest	Organic Quinoa Flour	aisle 3
Arrowhead Mills	Organic Yellow corn Meal	aisle 3
	Organic Millet Flour	aisle 3
	Organic White Rice Flour	aisle 3
	Organic Buckwheat Flour	aisle 3
	Organic Oat Flour	aisle 3
	Organic Barley Flour	aisle 3
	Organic Sprouted Wheat Flour	aisle 3
	Vital Wheat gluten	aisle 3
Authentic Foods	GF Classical Flour Blend	aisle 3
	Multi-Blend Flour	aisle 3
	Brown Rice Flour	aisle 3
	Almond Meal Flour	aisle 3
	Maple Sugar Dehydrated	aisle 3
Bob's Red Mill	Active Dry Yeast	egg cooler
	Potato Starch	aisle 3
	Corn Starch	aisle 3
	Gluten Free All Purpose Baking Flour	aisle 3
	Gluten Free Sweet White Sorghum Flour	aisle 3
	Gluten Free Oat Flour	aisle 3
	White Rice Flour	aisle 3
	Almond Meal/Flour	aisle 3
	Hazelnut Meal/Flour	aisle 3
	Tapioca Flour	aisle 3
	Whole Ground Golden Flaxseed Meal	aisle 3
	Whole Ground Flaxseed Meal	aisle 3
	Arrowroot Starch/Flour	aisle 3
	Dark Rye Flour	aisle 3

	Buckwheat Flour	aisle 3
	Soy Flour	aisle 3
	Semolina Flour	aisle 3
	Masa Harina	aisle 3
	Whole Wheat Flour	aisle 3
	Whole Wheat Pastry Flour	aisle 3
	Unbleached White Flour	aisle 3
Chatfield's	Carob Powder	aisle 3
Dagoba	Cacao Powder	aisle 3
	Pure Potato Starch Flour	aisle 3
	Pure Tapioca Flour	aisle 3
Enjoy Life	Mini Chocolate Chips & Mega Chocolate Chips	aisle 3
Equal Exchange	Baking Cocoa	aisle 3
Gluten Free Mama	Mama's Almond Flour Blend	aisle 3
Let's Do Organic	Sprinkelz Confetti	aisle 3
	Organic Tapioca – 2 varieties	aisle 3
	Coconut Unsweetened	aisle 3
Omanhene	Cocoa Powder	aisle 1
Rapunzel	Organic Cocoa Powder	aisle 3
	Organic Corn Starch	aisle 3
Rumford	Cornstarch – Non Genetically Modified	aisle 3
Spectrum	Organic All Vegetable Shortening	aisle 3
	Spray Oils – all varieties	aisle 3
Sunspire	Bittersweet Chocolate Chips	aisle 3
	Semi Sweet Chocolate Chips	aisle 3
	Semi Sweet Chocolate Baking Bar	aisle 3
	Unsweetened Chocolate Baking Bar	aisle 3

Beverages

Ayala's	Herbal Waters	aisle 5
Biotta Naturals	Bilberry Juice	aisle 5
Brain Tonic	Beverage	aisle 4
Bragg	Organic Apple cider Vinegar Drinks –all varieties	beverage cooler
Cascade Farm	Organic Juices: Orange, Lemonade,Cranberry	freezer
Crispin	Hard Apple Cider – select varieties	beer/wine
Dagoba	Drinking Chocolate – 3 varieties	aisle 1
Drink Chia!	Shake It Baby Drinks – all varieties	aisle 5
Drysoda	Soda – all varieties	aisle 4
Dynamic Health	Black Cherry Juice Concentrate	aisle 5
	Cranberry Juice Concentrate	aisle 5
Essentia Water	Super Hydrating Water	aisle 5
Eternal Water	Spring Water	aisle 5
Function Drinks	Function: Water	aisle 5
Green & Blacks Organic	Hot Chocolate Mix	aisle 1
Just Pik'T	Florida Grapefruit Juice	freezer
	Florida Orange Juice	freezer
Kombucha Wonder Drink	Sparkling Fermented Tea – 3 varieties	aisle 4
La Croix	Sparkling Water – all varieties	aisle 5
Lakewood Organic	Pure Fruit Juices – select varieties	aisle 5
Metromint	Flavored Water Beverages – all varieties	aisle 5
NessAlla	Kombucha – all varieties	beverage cooler
Numi	Ancient Healing Tea – Earl Grey Pu-erh	aisle 4
Oogave	All Natural Agave Sodas' – all varieties	aisle 4
Oregon Café	Espresso Concentrate – all varieties	aisle 5
Poland Spring	Sparkling Waters – 2 varieties	aisle 5
Purity Organic	Juice Drinks – 2 varieties	beverage cooler
R.W. Knudsen	Sparkling Essence Water Beverage–all varieties	aisle 4

Resource	Natural Spring Water	aisle 5
Sambazon	Amazon Energy Drinks – 2 varieties	aisle 4
Sanpellegrino	Limonata	aisle 4
	Aranciata Rossa	aisle 4
	Aranciata	aisle 4
Santa Cruz Organic	Pure Lemon Juice	aisle 5
	Pure Lime Juice	aisle 5
Scheckter's	Organic Energy Drink	aisle 4
Steaz	Iced Green Tea – 2 varieties	aisle 4
Superberries	Aroniaberry Concentrate	beverage cooler
Sweet Leaf	Unsweet Tea	aisle 4
	Sweet Tea	aisle 4
	Green Teas – all varieties	aisle 4
	Iced Teas – all varieties	aisle 4
Tazo	Teas – select varieties	aisle 4
Uncle Matt's	Juices – 2 varieties	egg cooler
Veri	Organic Soda – all varieties	aisle 4
Virgil's	Soda – select varieties	aisle 4
Wild Poppy	Juice Beverages – all varieties	aisle 4
Zevia	Soda – select varieties	aisle 4

Bread

Angelic Bakehouse	Sprouted 7 Grain Bread No Sodium Added	end cap aisle 1
Food for Life	Ezekiel 4:9 Low Sodium Bread	bread freezer
Sonoma	Yellow Corn Tortillas	bread freezer

Candy

Dagoba	Organic Chocolate Bars – select varieties	reg 2
Endangered Species	Chocolate Bars – select varieties	reg 2
Enjoy Life	Dark Chocolate Bar	reg 2
Equal Exchange Chocolates	Chocolate Bars – select varieties	reg 2
Fearless	Chocolate Bars – select varieties	raw shelf
Gleegum	Gum – all varieties	reg 1
Go Raw	Real Live Chocolate – 3 varieties	raw shelf, reg 2
Green & Black's Organic	Chocolate Bars – select varieties	reg 2
Heavenly Organic	Honey Pattie Chocolate Almond	reg 2
	Honey Pattie Chocolate Ginger	reg 2
Honey Acres	Chocolate Honey Mints	reg 2
Neuman's Own	Mints – all varieties	reg 1
	Licorice Twists – 4 varieties	reg 1
	Super Dark Chocolate Cups – Raspberry Centers	reg 2
	Premium Organic Chocolate Bars – select varieties	reg 2
Peelu	Gum with Xylitol – all varieties	reg 1
Stirs the Soul	Chocolate Bars – 3 varieties	reg 1
Sunspire	Organic Dark Chocolate Cranberries	reg 1
Theo Chocolate	Chocolate Bars – select varieties	reg 2
Torie & Howard	Hard Candy – all varieties	reg 1
Xyla	Gum – all varieties	reg 1
	Candies – all varieties	reg 1
	Mints – all varieties	reg 1
Yummy Earth	Candy Drops, Vitamin C Drops, Fruit Lollipops, Vitamin C Pops, Refresh Mints – all varieties	reg 3

Cereals

Arrowhead Mills	Organic Amaranth Flakes	aisle 5
	Organic Sprouted Multigrain Flakes	aisle 5
	Hot Cereals – select varieties	aisle 5
Bob's Red Mill	Natural Granola	aisle 5
	Muesli	aisle 5
	Gluten Free Muesli	aisle 5
	Hot Cereal 8 Grain	aisle 5
	High Fiber Hot Cereal	aisle 5
	Creamy Buckwheat	aisle 5
	Scottish Oatmeal	aisle 5
	Organic Scottish Oatmeal	aisle 5
	Oat Bran – 3 varieties	aisle 5
	Wheat Germ	aisle 5
	Steel Cut Oats – 3 varieties	aisle 5
	Rolled Oats – all varieties	aisle 5
	Oats – all varieties	aisle 5
Country Choice Organic	Whole Grain Cereals – 2 varieties	aisle 5
Earth's Best Organic	Instant Oatmeals & Hot Cereals	aisle 5
Eco-Planet	Organic Oatmeals – 2 varieties	aisle 5
Farm to Table	Instant Oatmeal – Natural	aisle 5
Glutenfreeda	Organic Whole Wheat Cereal Biscuits –select varieties	aisle 5
Kashi	Fruit & Nut Granola	aisle 5
Nature's Path Organic	Qui Superfood Cereals – 3 varieties	aisle 5
	Rice Puffs	aisle 5
	Hot Oatmeal Original	aisle 5
Pocoho	Cream of Buckwheat	aisle 5
Udi's	Granola – all varieties	aisle 5

Condiments

Arrowhead Mills	Crunchy Peanut Butter	aisle 3
	Creamy Organic Peanut Butter	aisle 3
Dastony	Cashew Butter	raw shelf
	Coconut Butter	raw shelf
	Almond Butter	raw shelf
	Sesame Tahini	raw shelf
Earth Balance	Natural Shortening Sticks	dairy cooler
I.M. Healthy	Chocolate Soynut Butter	aisle 3
MaraNatha	Organic Raw Almond Butter	aisle 3
	Organic Roasted Peanut Butter – Creamy & Crunchy	aisle 3
Once Again	Almond Butter – Crunchy & Creamy	aisle 3
	Tahini	aisle 3
Tree of Life	Natural Raw Creamy Almond Butter	aisle 3
	Organic Raw Creamy Almond Butter	aisle 3
	Organic Peanut Butter No Salt Added – Creamy & Crunchy	aisle 3

Dairy

Kalona	Super Natural Organic Unsalted Butter	dairy cooler
Natural By Nature	Whipped Cream	dairy cooler
Organic Valley	Cultured Butter	dairy cooler
	Cultured Butter European Style	dairy cooler
Purity Farms	Organic Ghee Clarified Butter	dairy cooler
So Delicious	Coconut Milk Creamers – all varieties	dairy cooler, aisle 5
	Cultured Coconut Milk – Vanilla	dairy cooler
Soyatoo!	Soy Whip topping	dairy cooler
	Rice Whip topping	dairy cooler
Woodstock	Organic Unsalted Butter	dairy cooler

Desserts

Jolly Llama	Sorbet Pops – 3 varieties	freezer
Julie's Organic	Sorbet Bars – Blackberry	freezer
Natural Choice	Strawberry Fruit Bars	freezer
Talenti	Sorbeto	freezer

Ethnic Foods

Eden Foods	Agar Agar	aisle 1
	Kuzu Root Starch	aisle 1
Lotus Foods	Rice – 6 varieties	aisle 1
Tastybite	Jasmine Rice	aisle 1
	Brown Rice	aisle 1
	Basmati Rice	aisle 1

Frozen

Yum Tum	Squash & Rice	freezer
	Tofanaberry Tummy Grub	freezer
	Apple 'N Oats	freezer

Fruits & Vegetables

Cascadian Farm Organic	Fruit Spreads – all varieties	aisle 3
	Organic Strawberries	freezer
	Organic Blueberries	freezer
	Organic Cut Green Beans	freezer
	Organic Sweet Corn	freezer
Earthbound Farm	Sweetened Dried Cranberries	end cap milk cooler
	Dried Dates	end cap milk cooler
	Dried Prunes	end cap milk cooler
Fruit Bliss	Soft Dried Figs	aisle 3
Funky Monkey	Freeze Dried Fruit – select varieties	reg 3
Just Tomatoes, Etc.!	Organic Just Blueberries, Just Bananas, Just Strawberries 'N Bananas, Just Raspberries, Just Fruit Munchies, Just Mangos	
Leroux Creek	Organic Apple Sauce – all varieties	reg 2
Made in Nature	Dried & Unsulfured Mangoes	aisle 3
	Dried & Unsulfured Apples	aisle 3
	Dried & Unsulfured Calimyrna Figs	aisle 3
	Dried & Unsulfured Apricots	aisle 3
Native Forest	Organic Mango Chunks	aisle 3
	Organic Tropical Fruit Salad	aisle 3
	Organic Mandarins	aisle 3
	Organic Papaya chunks	aisle 3
Nature's All	Freeze Dried Organic Banana	aisle 3
Newman's Own	Raisins – Mini Snack Boxes	aisle 3
	Cranberries	aisle 3
R.W. Knudsen	Organic Apple Butter	aisle 3
SnoPac	Organic Cut Green Beans	freezer
	Organic Green Peas	freezer
	Organic Sweet Corn	freezer
	Organic Whole Strawberries	freezer
Stahlbush Family Farms	Red Raspberries	freezer
	Cranberries	freezer
	Butternut Squash	freezer
Tillean Farms	Merry Maraschino Cherries	aisle 3
Tree of Life	Organic Mixed Berries	freezer
	Dark Sweet Cherries	freezer

	Whole Strawberries	freezer
	Blueberries	freezer
	Cut Green Beans	freezer
	Sweet Corn	freezer
	Thompson Raisins	end cap reg 3
	Dried Blueberries	end cap reg 3
	Conadria Figs	end cap reg 3
Vermont Village	Organic Applesauce	aisle 3
Woodstock	Whole Cranberries	freezer
	Organic Wild Blueberries	freezer
	Organic Red Raspberries	freezer
	Organic Peach Slices	freezer
	Tropical Fruit Blend	freezer
	Organic Pineapple Chunks	freezer
	Organic Sweetened Banana Chips	aisle 3
	Organic Sweetened Cranberries	aisle 3
	Organic Mission Figs	aisle 3

Grains/Rice/Pasta

Arrowhead Mills	Organic Adzuki Beans	aisle 2
	Organic Whole Millet	aisle 2
Bionature	Organic Lasagna Pasta	aisle 2
	Organic Linguine	aisle 2
	Organic Spaghetti	aisle 2
	Organic Fusilli	aisle 2
	Organic Whole Wheat Fusilli	aisle 2
	Organic Penne Rigate	aisle 2
	Organic Whole Wheat Penne Rigate	aisle 2
	Organic Whole Wheat Spaghetti	aisle 2
DeBoles	Organic Whole Wheat & Flax Angel Hair Pasta	aisle 2
	Angel Hair Pasta	aisle 2
	Corn Elbow Pasta	aisle 2
	Spaghetti	aisle 2
	Fettuccine	aisle 2
	Rice Plus Flax Angel Hair Pasta	aisle 2
	Elbow Style Pasta	aisle 2
	Rice Spaghetti	aisle 2
Field Day	Organic Capellini	aisle 2
	Organic Whole Wheat Spaghetti	aisle 2
	Organic Lasagna Noodles	aisle 2
	Organic Whole Wheat Penne Rigate	aisle 2
	Organic Whole Wheat Fusilli	aisle 2
	Organic Whole Wheat Pipe Rigate	aisle 2
	Organic Penne Rigate	aisle 2
	Organic Fusilli	aisle 2
	Organic Farfalle	aisle 2
	Organic Elbow Macaroni	aisle 2
	Organic Spaghetti	aisle 2
	Organic Whole Wheat Linguine	aisle 2
	Brown Rice Fettuccine	aisle 2
	Brown Rice Spaghetti	aisle 2
Lotus Foods	Volcano Rice	aisle 2
Lundberg	Organic Brown Rice Couscous	aisle 2
	Rice – select varieties	aisle 2
	Organic Brown Rice Spaghetti	aisle 2
	Organic Brown Rice Rotini	aisle 2
	Organic Brown Rice Penne Pasta	aisle 2

Manitoba Harvest	Hemp Hearts	end cap reg 3
Mrs. Leepers	Corn Spaghetti	aisle 2
	Corn Elbows	aisle 2
Texas Best	Organic Rice – 3 varieties	aisle 2
	Organic Long Grain Brown Rice	aisle 2
	Organic Brown Jasmine Rice	aisle 2
	Organic Southern Delight Rice	aisle 2
Tru Roots	Ancient Grain pasta – 4 varieties	aisle 2
VitaSpelt	Organic Spelt Spaghetti	aisle 2

Salad Dressing

Bragg's	Healthy Organic Vinaigrette	aisle 1
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Seasonings

Bragg	Organic Sprinkle Seasoning	aisle 3
Frontier	Salt Free Organic Lemon Pepper	aisle 3
	Salt Free Organic Garlic & Herb	aisle 3
	Herbs de Provence Salt Free Blend	aisle 3
	Italian Seasoning Salt Free Blend	aisle 3
	Thai Seasoning Salt Free Blend	aisle 3
	All Purpose Seasoning Salt Free Blend	aisle 3
	Tandoori Masala Seasoning	aisle 3
	Vindaloo Curry Seasoning	aisle 3
Simply Organic	Citrus A'Peel	aisle 3

Snacks

Barefruit	Apple Chips – select varieties	end cap milk cooler
Edward & Sons	Brown Rice Snaps Unsalted Plain	aisle 4
Fireworks Popcorn	Popcorn – all varieties	aisle 4
Go Raw	Live Apricot Bar (12 g)	raw shelf, reg 3
	Live Granola Bar (14 g)	reg 3
	Banana Bread Flax Bar (12 g)	reg 3
	Spirulina Energy Bar (14 g)	reg 3
Kopali	Chocolate Covered Cacao Nibs	end cap reg 3
Lundberg	Organic Brown Rice Cakes	aisle 4
Natural Value	Organic Popcorn – White & Yellow	aisle 4
Navitas	Hemp Seeds	raw shelf
	Chia Seeds	reg 3
Newman's Own	Popcorn Unsalted	aisle 4
Raw Revolution	Organic Live Food Bars – select varieties	reg 3
Pure Bar Co.	Pure Wild Blueberry Bar	reg 3
Rhythm Superfoods	Kale Chips – all varieties	end cap milk cooler
Small Planet Foods	Larabar – 4 varieties	reg 3
Stretch Island Fruit Co.	Fruit Strips – select varieties	reg 1
Sun Biotics	Original Almonds	raw shelf
Taste of Nature	Persian Pomegranate Garden Bar	reg 3
Terr Amazon	Raw Organic Cacao Nibs	end cap reg 3
Tree of Life	Whole Raw Almonds	end cap reg 3
	Fancy Pecans	end cap reg 3
	Raw Cashew Pieces	end cap reg 3
	Brazil Nuts	end cap reg 3
	Raw Walnut Halves & Pieces	end cap reg 3
	Tropical Mix	end cap reg 3
	Golden Mix	end cap reg 3
Way Better Snacks	No Salt Naked Blues Tortilla Chips	aisle 4
Woodstock	Dark Chocolate Almonds	end cap reg 3

	Sunflower Seeds	end cap reg 3
	Walnuts Halves & Pieces	end cap reg 3
	Raw Almonds	end cap reg 3
Ziggy Marley's Hemp Rules	Shelled Hemp Seeds	end cap reg 3

Supplements

Zand	Tropical Soother Lozenges	reg 3
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Sweeteners

Ah!aska	Chocolate Syrup	aisle 3
Eden	Barley Malt Syrup	aisle 3
Florida Crystals	Sugars – all varieties	aisle 3
Hey Shuga!	Cane Sugar Syrup	aisle 3
The Honey House	Pure Honey	aisle 3
Madhava	Agave Nectar – all varieties	aisle 3
	Organic Coconut Sugar	aisle 3
	Organic Coconut Sugar – Blonde	aisle 3
Once Again	Killer Bee Organic Honey	aisle 3
Pyure	Organic Stevia	aisle 3
Rapunzel	Organic Whole Cane Sugar	aisle 3
Really Raw	Honey	aisle 3
Rigoni di Asiago	Forest Honey	aisle 3
	Italian Honey	aisle 3
Sweet Leaf	Natural Stevia Sweetener	aisle 3
	Organic Stevia Extract	aisle 3
	Sweet Drops – all varieties	aisle 3
Tree of Life	Organic Cane Juice (Dehydrated)	aisle 3
	Honey – all varieties	aisle 3
	Agave Nectar – Amber & Light	aisle 3
Wholesome Sweeteners	Sugars	aisle 3
	Organic Honey	aisle 3
	Organic Raw Honey	aisle 3
	Organic Molasses	aisle 3
	Organic Stevia	aisle 3
Woodstock	Sugars – all varieties	aisle 3
Xyla	100% Xylitol Sweetener	aisle 3
YS Ego Bee Farms	Honey – all varieties	aisle 3
Zambezi	Organic Forest Honey	aisle 3

Sodium Free

Product Name	Description	Location
<u>Baby</u>		
Happy Munchies	Rice Cakes	aisle 3
<u>Baking</u>		
Bob's Red Mill	Gluten Free Corn Flour	aisle 3
	TVP (Texturized Vegetable Protein)	aisle 3
	Guar Gum	aisle 3
Nature Crops	Quinoa Flour	aisle 3
<u>Beverages</u>		
Harmless Harvest	100% Raw Coconut Water	beverage cooler
<u>Bread</u>		
Nature's Highlights	Brown Rice Pizza Crust	aisle 1
<u>Candy</u>		
Alter Ego	Dark Quinoa Organic Chocolate	reg 2
Chocolove	Cherries in Dark Chocolate Bar	reg 2
	Dark Chocolate 73% Cocoa Bar	reg 2
<u>Cereal</u>		
Ancient Harvest	Quinoa Flakes	aisle 5
<u>Condiments</u>		
All	All Oils & Vinegars	aisle 1
Nutiva	Coconut Manna	aisle 1
<u>Desserts</u>		
Let's Do...	Gluten Free Ice Cream Cones	aisle 3
Nikki's	Shortbread Cookies – select varieties	aisle 4
<u>Ethnic</u>		
Annie Chun's	Maifun Rice Noodles	aisle 1
	Pud Thai Rice Noodles	aisle 1
	Soba Japanese Buckwheat Noodles	aisle 1
Explore Asian	Organic Mung Bean Fettuccine	aisle 1
	Organic Black Bean Spaghetti	aisle 1
	Lomein Organic Wheat Noodles	aisle 1
Hakubaku	Organic Somen Noodles	aisle 1
<u>Fruits/Vegetables</u>		
Earthbound Farm	Dried Mangos	end cap milk cooler
Eden Organic	Crushed Roma Tomatoes – 3 varieties	aisle 2
Farmers Market	Organic Pumpkin Pie Mix	aisle 2
	Organic Pumpkin	aisle 2
Funky Monkey	Freeze Dried Fruit – select varieties	reg 3
Nature's All	Freeze Dried Organic Mango	aisle 3

	Freeze Dried Organic Strawberry	aisle 3
	Freeze Dried Organic Pineapple	aisle 3
Rigoni di Asiago	Fiordifrutta Fig Spread	aisle 3
SnoPac	Organic Edamame	freezer
Stahlbush Island Farms	Health Berry Blend	freezer
Tree of Life	Mango Chunks	freezer
	Pumpkin Pie Mix	aisle 2
	Sweetened Banana Chips	end cap reg 3

Grains/Rice/Pasta/Seeds

Ancient Harvest	Quinoa – 3 varieties	aisle 2
	Quinoa Rotelle Pasta	aisle 2
	Quinoa Shells	aisle 2
	Quinoa Elbow Pasta	aisle 2
	Quinoa Spaghetti	aisle 2
	Quinoa Garden Pagodas	aisle 2
	Quinoa Linguine	aisle 2
	Quinoa Penne	aisle 2
Andean Dream	Quinoa Pasta – Fusilli	aisle 2
	Quinoa Pasta Spaghetti	aisle 2
Eden	Kamut Spirals	aisle 2
Goose Valley	Wild Rice	aisle 2
Lundberg	Rice – select varieties	aisle 2
Miracle Noodle	Angel Hair Shirataki Pasta	aisle 2
	Fettuccini Shirataki Pasta	aisle 2
Miracle Rice	Shirataki Rice	aisle 2
Nature's Legacy	Organic Spelt Spaghetti	aisle 2
Rice Expressions	Organic Brown Rice	freezer
Tinkyada	Brown Rice Pasta Lasagna	aisle 2
	Brown Rice Pasta Spirals	aisle 2
	Brown Rice Pasta Shells	aisle 2
	Brown Rice Pasta Spirals with Rice Bran	aisle 2
	Brown Rice Pasta Penne	aisle 2
	Brown Rice Pasta Fusilli	aisle 2
	Brown Rice Pasta Vegetable Spirals	aisle 2
	Organic Brown Rice Spaghetti	aisle 2
	Brown Rice Spaghetti	aisle 2
	Brown Rice Pasta Fettucini Pad Thai	aisle 2
Tru Roots	Chia Seeds	aisle 2

Salad Dressing

Bragg	Organic Hawaiian Dressing	aisle 1
	Organic Braggberry Dressing	aisle 1
Sasha's	Sweet Aloha Dressing	aisle 1

Snacks

Next Organics	Dark Chocolate Brazil Nuts	end cap milk cooler
	Dark Chocolate Bananas	end cap milk cooler
	Dark Chocolate Apricots	end cap milk cooler
	Dark Chocolate Walnuts	end cap milk cooler
Tree of Life	Raw Cashews	end cap reg 3

Soup

Bob's Red Mill	Vegi Soup Mix	aisle 2
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Sweeteners

Shady Maple Farms	Organic Pure Maple Syrup	aisle 3
Wax Orchards	Fruit Sweet	aisle 3

Very Low Sodium

<u>Product Name</u>	<u>Description</u>	<u>Location</u>
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Baby

Earth's Best Organic	Infant Formula with Iron	aisle 3
	Sensitivity Infant Formula with Iron	aisle 3
Happy Baby	Organic Baby Food – select varieties	aisle 3
	Organic Greek Yogurt – 2 varieties	aisle 3
Happy Munchies	Baked Organic Cheese & Grain Snack	aisle 3
Happy Squeeze	Organic Superfoods – select varieties	aisle 3
Happy Tot	Organic Superfoods – Greek Yogurt –2 varieties	aisle 3
	Organic Superfoods – select varieties	aisle 3
Nature's One	Baby's Only Organic Toddler Formulas –3 varieties	aisle 3
Peaceful Planet	Toddler Supreme Organically Grown Rice	aisle 3
Plum Kids	Organic Mashups Squeezable Fruit – Berry	aisle 3
Plum Organics	Baby Food– select varieties	aisle 3
	Yogurt Smoothie – 2 varieties	aisle 3
	Little Yums – Organic Teething Wafers – 2 varieties	aisle 3

Baking/Flour/Mixes

Authentic Foods	Bette's Gourmet Rice Flour Blend	aisle 3
	Garbanzo Flour	aisle 3
	Potato Flour	aisle 3
	Pie Crust Mix	aisle 3
Bob's Red Mill	Teff Flour	aisle 3
	Quinoa Flour	aisle 3
	Garbanzo Bean Flour	aisle 3
	Gluten Free Cornmeal	aisle 3
	Organic Coconut Flour	aisle 3
	Organic Brown Rice Flour	aisle 3
	Natural Raw Whole Golden Flaxseed	aisle 3
	Cornmeal	aisle 3
Central Milling Co.	Organic Unbleached All Purpose Flour	aisle 3
	Organic 100% Whole Wheat Flour	aisle 3
Coconut Secret	Raw Coconut Flour	aisle 3
Elyson	Mini Marshmallows & Marshmallows	aisle 3
EnerG	Pure Rice Bran	aisle 3
	Egg Replacer	aisle 3
Ghirardelli	White Baking Chocolate	aisle 3
Let's Do Organic	Coconut Flour	aisle 3
	Coconut Flakes	aisle 3
	Shredded Coconut	aisle 3
Morinaga	Silkin Tofu – Firm	aisle 3
Mori-Nu Mates	Pudding and Pie Mix – 2 varieties	aisle 3
Namaste Foods	Perfect Flour Blend	aisle 3
Red Star	Yeast Flakes	egg cooler
Rumford	Reduced Sodium Baking Powder	aisle 3
Santini	Evaporated Milk	aisle 3
Sunspire	Grain Sweetened Chocolate Chips	aisle 3
	Peanut Butter Chips	aisle 3
Yogourmet	Freeze Dried Kefir Starter	aisle 3
	Freeze Dried Yogurt Starter	aisle 3

Beverages

122e	All Natural Beverages all varieties	aisle 4
Ah!aska	Organic Cocoa	aisle 1
Alo	Aloe Vera Juice Beverages – select varieties	aisle 4
Apple & Eve	Organic Juice Boxes – all varieties	aisle 5
Blk.	Mineral Infused Water	aisle 5
Blue Sky	Organic Soda – all varieties	aisle 4
Cascade Farm	Organic Juices – Apple, Grape	freezer
Crispin	Hard Apple Cider – Honey Crisp	beer/wine
Dynamic Health	Blueberry Juice Concentrate	aisle 5
Eden	Organic Tart Cherry Juice	aisle 5
Evamor	Natural Artesian Water	aisle 5
Evergreen	Wheat Grass Juice	freezer
The Ginger People	Ginger Soother	aisle 4
Good Belly +	Juice Drinks – all varieties	egg cooler
Greens	Ales – 3 varieties	beer/wine
GT's	Kombucha – all varieties	beverage cooler
	Synergy – all varieties	beverage cooler
Hansen's Organic	Junior Juices – 2 varieties	aisle 5
Hi*Ball	Organic Sparkling Energy Drink	aisle 4
Honest Kids	Organic Juice Drinks – all varieties	aisle 5
Honest Tea	Teas – all varieties	aisle 4
Lakewood Organic	Smart Healthy Juices – all varieties	aisle 5
	Light Lemonade	aisle 5
	Juices – select varieties	aisle 5
Maine Root	Sarsaparilla	aisle 4
	Root Beer	aisle 4
Mama Chia	Vitality Beverages – all varieties	beverage cooler
Michelle's Miracle	Cherry Concentrate	beverage cooler
Omanhene	Hot Cocoa Mix – 2 varieties	aisle 1
Oregon Chai	Chai Tea Latte – all varieties	aisle 5
Organic Valley	Organic Soy Creamers: Original & French Vanilla	dairy cooler
Q Tonic	Tonic Water	aisle 5
Redbridge	Gluten Free Sorghum Beer	beer/wine
Reed's	Ginger Brews – all varieties	aisle 4
Rice Dream	Horchata Traditional Rice Drink	aisle 5
R.W. Knudsen	Sparkling Juices – all varieties	aisle 4
	Flavored Sparkling Beverages – all varieties	aisle 4
	Recharge w/ Electrolytes Beverage Mixes – 2 varieties	aisle 5
	Recharge w/ Electrolytes Thirst Quenchers – 4 varieties	aisle 5
	Organic Juices & lemonade – select varieties	aisle 5
S. Pellegrino	Mineral Water	aisle 5
Sambazon	Supergreens Superfood Smoothie	beverage cooler
Santa Cruz Organic	Sparkling Beverages – all varieties	aisle 4
	Juices & Lemonades – select varieties	aisle 5
Silk	Dairy Free Cultured Soymilk – Blueberry	dairy cooler
So Delicious	Coconut Milk Beverage – select varieties	dairy cooler, aisle 5
	Cultured Coconut Milk – Plain	dairy cooler
	Coconut Milk – select varieties	dairy cooler
Steaz	Organic Energy Green Tea Beverages – all varieties	aisle 4
	Iced Green Teas – select varieties	aisle 4
Tazo	Teas – select varieties	aisle 4
Tree of Life	100% Orange Juice – 2 varieties	egg cooler
Uncle Matt's	Organic Lemonade	egg cooler
Virgil's	Zero Root Beer	aisle 4
Westsoy	Organic Unsweetened Soymilk	aisle 5

Woodchuck	Organic Unsweetened Soymilk - Vanilla	aisle 5
Zevia	Organic Unsweetened Soymilk - Chocolate	aisle 5
	Hard Cider – 4 varieties	beer/wine
	Soda – select varieties	aisle 4

Bread

Food for Life	Ezekiel 4:9 Sprouted Corn Tortillas	bread freezer
Olivia's	Garlic & Herb Croutons	aisle 1

Candy

Chocolove	Milk Chocolate Bar	reg 2
Dagoba	Organic Chocolate Bars – select varieties	reg 2
Endangered Species	Chocolate Bars – select varieties	reg 2
Enjoy Life	Ricemilk Crunch Bar	reg 2
	Ricemilk Chocolate Bar	reg 2
Equal Exchange	Chocolate Bars – select varieties	reg 2
Fearless Chocolate	Raw Organic Chocolate Bar	reg 2
	Raw Organic Superchocolate Bar	reg 2
Green & Black's Organic	Chocolate Bars – select varieties	reg 2
Newman's Own Organics	Premium Chocolate Bars – select varieties	reg 2
	Milk Chocolate Peanut Butter Cups	reg 2
	Black Licorice Twists	reg 1
Omanhene Cocoa Bean Co.	Dark Milk Chocolate Bar	reg 2
Oskri	Coconut Bar – Milk Chocolate	reg 1
	Coconut Bar – Dark Chocolate	reg 1
Sunspire	Sun Drops Peanut Chocolate Candies	reg 1
Surf Sweets	Gummy Worms	reg 3
Theo Chocolate	Chocolate Bars – select varieties	reg 3
Vermints	Mints – 2 varieties	reg 1
Vitacare	Whitening Gum – 2 varieties	reg 1
Yum Earth Naturals	Sour Beans	reg 3

Canned Meat

Crown Prince	Solid White Albacore Tuna – No Salt Added	aisle 2
Natural Sea	Solid White Albacore Tuna – No Salt Added	aisle 2
	Chunk Light Tongel Tuna – No Salt Added	aisle 2
Raincoat Trading	Wild Sockeye Salmon – No Salt Added	aisle 2

Cereal

Arrowhead Mills	Organic Bulgur Wheat	aisle 5
Bakery On Main	Gluten Free Granolas – 3 varieties	aisle 5
Bob's Red Mill	Apple Blueberry Granola	aisle 5
	10 Grain Hot Cereal	aisle 5
	Creamy Rice Hot Cereal	aisle 5
	Organic Creamy Rice Hot Cereal	aisle 5
	Mighty Tasty Hot Cereal	aisle 5
Erewhon	Crispy Brown Rice No Salt Added Cereal	aisle 5
Go Raw	Granola – 2 varieties	aisle 2
Kashi	Island Vanilla Cereal	aisle 5
Naturecrops	Quinoa Flakes	aisle 5
	Quinoa Puffs	aisle 5
New England Naturals	Organic Granola Clusters	aisle 5
Two Moms in the Raw	Plain Grain Free Cereal	raw shelf

Cheese/Meat

Bel Gioioso	Mascarpone Sweet Cream Cheese	cheeses/meats
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Condiments

Arrowhead Mills	Organic Sesame Tahini	aisle 3
Bubbies	Horseradish	dairy cooler
Dorot	Crushed Garlic	freezer
	Chopped Cilantro	freezer
East Wind	Organic Peanut Butter	aisle 3
	Organic Tahini	aisle 3
Follow Your Heart	Veganise Horseradish Sauce	dairy cooler
The Ginger People	Sweet Ginger Chili Sauce	aisle 1
House Foods	Tofu Shirataki – 4 varieties	dairy cooler
Lars	Imported Crispy Onions	aisle 2
Nasoya	Tofu – 4 varieties	dairy cooler
Rawmio	Chocolate Almond Butter	raw shelf
Sunbutter Organic	Sunbutter Spread	aisle 3
Tree of Life	Sesame Tahini	aisle 3
Wildwood	Sproutofu	dairy cooler
Woodstock	Firm Tofu	dairy cooler
	Extra Firm Tofu	dairy cooler

Dairy

Earth Balance	Organic Culinary Spread – Sweet Cinnamon	dairy cooler
Lightlife	Organic Tempeh – 2 varieties	dairy cooler
Nancy's	Organic Sour Cream	dairy cooler
Organic Valley	Heavy Whipping Cream	dairy cooler
	Half & Half – all varieties	dairy cooler
	Organic Sour Cream	dairy cooler
	Lowfat Sour Cream	dairy cooler
Stonyfield	O'Soy Organic Soy Yogurt	dairy cooler
Vegan Gourmet	Sour Cream	dairy cooler
Wallaby Organic	Sour Cream European Style	dairy cooler

Desserts

Alden's	Organic Ice Cream – select varieties	freezer
Amy's	Gluten Free Shortbread Cookies – all varieties	aisle 4
Cool Fruits	Fruit Juice Freezers	freezer
Coconut Bliss	Coconut Bliss Non Dairy Frozen Dessert –5 varieties	freezer
	Coconut Bliss Bars – 2 varieties	freezer
Ginnybakes	Gourmet Cookies – 2 varieties	aisle 4
Goldbaums	Gluten Free Sugar Cones & Gluten Free Cups	aisle 3
Go Raw	Super Cookies – 5 varieties	raw shelf, aisle 4
Hail Merry	Macaroons – 3 varieties	egg cooler
Helwa	Choco Wafers	aisle 4
Jennies	Macaroons – all varieties	aisle 4
Julie's Organic	Ice Cream Bars – 4 varieties	freezer
	Fudge Bars	freezer
	Coconut Fudge Non Dairy Bars	freezer
	Mango Passion Sorbet Bars	freezer
Kinnikinnick	K-Kritters Animal Cookies	aisle 4
Let's Do Organic	Organic Sugar Cones	aisle 3
Mori Nu	Pudding and Pie Mixes – 2 varieties	aisle 3
Natural Choice	Fruit Bars – Orange, Raspberry, Coconut	freezer
Natural Desserts	Jel Dessert	aisle 3
So Delicious	Non Dairy Frozen Dessert – Vanilla Almond Milk	freezer
	Non Dairy Frozen Dessert – Coconut Milk –3 varieties	freezer
	Coconut Milk Frozen Dessert – Mini's –2 varieties	freezer

Purely Decadent	Non Dairy Frozen Dessert – Chocolate Obsession	freezer
Schar	Cocoa Wafers	aisle 4
Smart Treat	Macaroons – 2 varieties	aisle 4
	Brittles – Peanut, Chocolate, Raspberry	aisle 4
	Krispies – 2 varieties	aisle 4
Stonyfield Organic	After Dark Chocolate Yogurt Bars	freezer
Talenti	Gelato Pops – 2 varieties	freezer
Three Twins	Organic Ice Cream – select varieties	freezer
Tree of Life	Gluten Free Cookies – select varieties	aisle 4
Wax Orchards	Classic Fudge Sauce	aisle 3
Wonderfully Raw	Coco-Roons – all varieties	aisle 4

Ethnic

Accents	Sprouted Quinoa Trio	aisle 1
	Sprouted Rice Trio	aisle 1
	Sprouted Lentil Trio	aisle 1
Bearitos	Yellow Corn Tortilla Shells	aisle 2
	Blue Corn Tortilla Shells	aisle 2
Eden Foods	Hiziki Sea Vegetable	aisle 1
Garden of Eatin'	Yellow Corn Tortilla Shells	aisle 2
	Blue Corn Tortilla Shells	aisle 2
Kame	Water Chestnuts	aisle 1
Let's Do...Organic	Organic Creamed Coconut	aisle 1
Native Forest	Organic Classic Coconut Milk & Light	aisle 1
Sea Tangle	Kelp Noodles	aisle 1
Thai Kitchen	Organic Lite Coconut Milk	aisle 1

Freezer

Caesar's	Potato Gnocchi	freezer
Cascadian Farm	French Fries – 2 varieties	freezer
Earth's Best Organic	Elmo Pasta 'N Sauce	freezer
Manna Organics	Manna Bread – 4 varieties	freezer
Orca Bay	Tilapia Fillets	freezer
Woodstock	Oven Fries	freezer
Yum Tum	Pearrot	freezer

Fruits & Vegetables

Bionature	Organic Strained Tomatoes	aisle 2
	Organic Tomato Paste	aisle 2
Cascadian Farm Organic	Organic Mixed Vegetables	freezer
	Stirfry Blend	freezer
	California – Style Blend	freezer
	Broccoli Cuts	freezer
	Gardener's Blend	freezer
Crofter's	Just Fruit Spreads – all varieties	aisle 3
	Premium Spreads – all varieties	aisle 3
	Superfruit Spreads – all varieties	aisle 3
Dorot	Crushed Garlic	freezer
	Chopped Cilantro	freezer
Earthbound Farm	Raisins	aisle 3
Eden Organics	Organic Applesauce – all varieties	aisle 3
	Organic Black Beans	aisle 2
	Organic Small Red Beans	aisle 2
	Organic Garbanzo Beans	aisle 2
	Organic Pinto Beans	aisle 2
	Organic Black Eyed Peas	aisle 2
	Organic Kidney Beans	aisle 2

	Organic Navy Beans	aisle 2
	Organic Black Soy Beans	aisle 2
	Organic Adzuki Beans	aisle 2
	Dried Cranberries	end cap reg 3
	Dried Cherries	end cap reg 3
	Dried Blueberries	end cap reg 3
Farmers Market	Organic Butternut Squash	aisle 2
Field Day	Diced Peaches & Pears	aisle 3
	Diced Pears	aisle 3
Fruit Bliss	Soft Dried Fruit Medley	aisle 3
Funky Monkey	Freeze Dried Fruit – select varieties	reg 3
Grown Righe	Organic Cranberry Sauces – Whole & Jellied	aisle 3
Jovial	Whole Peeled Tomatoes	aisle 2
Just Tomatoes Etc.!	Organic Just Corn, Just Cherries, Just Peaches	reg 2
Made in Nature	Dried & Unsulfured Pineapple	aisle 3
	Dried & Unsulfured Raisins	aisle 3
	Dried & Unsulfured Plums	aisle 3
Native Forest	Organic Sliced Peaches	aisle 3
	Organic Pineapple – all varieties	aisle 3
	Organic Exotic Fruit – 2 varieties	aisle 3
Newman's Own	Raisins – select packages	aisle 3
	Prunes	aisle 3
Rigoni di Asiago	Fruit Spreads – select varieties	aisle 3
Sambazon	Smoothie Packs – 2 varieties	freezer
Santa Cruz Organic	Fruit Spreads – select varieties	aisle 3
	Tropical Fruit Sauce	aisle 3
	Applesauce – all varieties	aisle 3
Stahlbush Island Farms	Whole Strawberries	freezer
	Marion Blackberries	freezer
	Blueberries	freezer
	Sweet Potato	freezer
	Broccoli Florets	freezer
Sunrich Naturals	Shelled Edamame	freezer
Sunview	Raisins – all varieties	aisle 3
Tillean Farms	Bada Bing Cherries	aisle 3
Tree of Life	Fruit Spreads – all varieties	aisle 3
	Applesauce – all varieties	aisle 3
	Red Raspberries	freezer
	Edamame	freezer
	Tri Colored Peppers	freezer
	California Blend	freezer
	Broccoli florets	freezer
	California Seedless Raisins – all varieties	aisle 3
	Black Mission Figs	end cap reg 3
Woodstock	Organic Tomato Paste	aisle 2
	Organic Cranberry Sauces – Whole & Jellied	aisle 3
	Petite Brussel Sprouts	freezer
	Chopped Kale	freezer
	Organic Prunes	aisle 3
	Organic Turkish Apricots	aisle 3
	Organic Thompson Raisins	aisle 3

Pasta/Grain/Rice

Arrowhead Mills	Organic Pearled Barley	aisle 2
	Organic Chick Peas	aisle 2
	Organic Green Lentils	aisle 2
	Yellow Corn Grits	aisle 2

Bionaturae	Traditional Egg Pasta Papparpelle	aisle 2
DeBoles	Multi Grain Penne	aisle 2
	Organic Lasagna Noodles	aisle 2
	Organic Rice Lasagna Noodles	aisle 2
	Rice plus Golden Flax Spiral Pasta	aisle 2
	Rice plus Golden Flax Angel Hair Pasta	aisle 2
	Rice Spaghetti	aisle 2
Eden Organics	Organic Vegetable Alphabet Pasta	aisle 2
	Organic Vegetable Shells	aisle 2
Ezekiel 4:9	Sprouted Grain Spaghetti	aisle 2
	Sprouted Grain Fettuccine	aisle 2
	Sprouted Grain Penne	aisle 2
Lotus Foods	Jasmine Rice	aisle 2
Nature Crops	Quinoa Seeds	aisle 2
	Precooked Quinoa	aisle 2
Seeds Of Change	Brown Basmati Rice	aisle 2
Tru Roots	Sprouted Quinoa	aisle 2
	Germinated Brown Rice	aisle 2
	Whole Grain Quinoa	aisle 2
	Sprouted Green Lentils	aisle 2
	Sprouted Mung Beans	aisle 2

Seasonings

Dorot	Crushed Ginger	freezer
	Chopped Basil	freezer
Simply Organic	Spicy Steak Grilling Seasons	aisle 3

Snacks

Amazing Grass	Green Superfood Bar – Berry	reg 3
Barefruit	Apple Chips – select varieties	end cap milk cooler
Bearitos	Yellow Corn Tortilla Chips – No Salt Added	aisle 4
Clif Kid	2 Fruit Rope – 4 varieties	reg 1
Coconut Secret	Classic Coconut Bar	reg 3
	Mint Coconut Bar	reg 3
	Almond Coconut Bar	reg 3
Eden Organic	Wild Berry Mix	end cap reg 3
Edward & Sons	Brown Rice Snaps – Toasted Onion	aisle 4
	Exotic Rice Toast	aisle 4
Field Day	Organic Popcorn – Salted	aisle 4
	Organic Popcorn – Light Butter	aisle 4
Garden of Eatin'	Blue Chips – No Salt Added	aisle 4
Garden of Life	Superseed Bar	reg 3
	Fruits of Life Bar	reg 3
Glenny's	Whole Fruit & Nut Bars – select varieties	aisle 4
	Brown Rice Marshmallow Treats	aisle 5
Go Raw	Live Apricot Bar (1.8 oz.)	reg 3
	Spirulina Energy Bar (1.7 oz.)	reg 3
	Live Granola Bar (1.8 oz.)	reg 3 & raw shelf
	Flax Snax	reg 3 & raw shelf
	Banana Bread Flax Bar (1.2 oz.)	raw shelf
	Spirulina Super Chips	raw shelf & aisle 4
Health Valley Organic	Multigrain Granola Bar Double Chocolate Chip	aisle 5
InBalance	In Bars – 4 varieties	reg 3
Ines Rosales	Rortas De Aceite – select varieties	aisle 4
Kettle Brand	Potato Chips – Unsalted	aisle 4
Kind	Fruit & Nut Bars – 2 varieties	reg 3
	Plus Bars – 2 varieties	reg 3

Lundberg	Organic Brown Rice Cakes Lightly Salted	aisle 4
	Organic Brown Rice Cakes Mochi Sweet	aisle 4
	Organic Wild Rice Cakes Lightly Salted	aisle 4
Mama Chia	Chia Squeeze Vitality Snack	reg 1
Nature's Path Organic	Chewy Granola Bars – Chococonut	aisle 5
Next Organic	Dark Chocolate Cherries	end cap milk cooler
Oskri	Coconut Bar Almond	reg 3
Pashen	Raw & Healthy Snacks – 2 varieties	raw shelf
The Pure Bar Co.	Pure Organic Bars – select varieties	reg 3
Pure Organic	Fruit & Veggie Strips – 2 varieties	reg 1
	Fruit Sandwich Bars – 2 varieties	reg 1
Raw Revolution	Organic Live Food Bars – select varieties	reg 3
Real Foods	Corn Thinks – Original & Sesame	aisle 4
Really Goods	Raw Fruit & Nut Thing	reg 3 & raw shelf
Simply Delicious	Bobo's Oat Bars – all varieties	aisle 4
Small Planet Foods Inc.	Larabar – Chocolate Chip Brownie	reg 3
	Larabar – Apple Pie	reg 3
Stretch Island Fruit Co.	Autumn Apple Fruit Strip	reg 1
Sun Biotics	Chocolate Almonds	raw shelf
Superberries	AroniBerry Gummy Chews	reg 2
Suzie's	Whole GrainThin Cakes	aisle 4
Taste of Nature	Organic Fruit and Nut Bars – 5 varieties	reg 3
Terra	Sweets & Carrots Chips	aisle 4
	Sweets & Beets Chips	aisle 4
	Sweets & Apple Chips – Hint of Cinnamon	aisle 4
	Sweet Potato Chips – No Salt Added	aisle 4
Two Moms in the Raw	Sea Crackers – Tomato Basil	raw shelf
	Nut Bars – all varieties	raw shelf
World Berries	Toasted Hemp Seeds with Sea Salt	end cap reg 3

Soup/Broth

Bob's Red Mill	Vegetable Soup Mix	aisle 2
	Whole Grains and Beans Soup Mix	aisle 2
	Black Bean Soup Mix	aisle 2
Health Valley	Organic No Salt Added Black Bean Soup	aisle 2
	Organic No Salt Added Potato Leek Soup	aisle 2
	Organic No Salt Added Lentil Soup	aisle 2

Supplements

Garden of Life	Raw Fit, Raw Protein	reg 3
Rainbow Light	Vanilla Protein Energizer	reg 3

Sweeteners

Anderson's	Pure Maple Syrup	aisle 3
Coconut Secret	Coconut Nectar	aisle 3
	Raw Coconut Crystals	aisle 3
Coomb's Family Farms	Organic Maple Syrup	aisle 3
Field Day Organic	Organic Maple Syrup	aisle 3
Maple Valley	Organic Maple Syrup	aisle 3
Santa Cruz	Chocolate Flavored Syrups – all varieties	aisle 3
Spring Tree	Organic Maple Syrup	aisle 3
Sweet Tree	Coconut Palm Sugar	aisle 3
	Organic Evaporated Palm Sugar	aisle 3
Tree of Life	Organic Maple Syrup Grades A & B	aisle 3
Wax Orchards	Classic Fudge Sauce	aisle 3

Low Sodium

<u>Product Name</u>	<u>Description</u>	<u>Location</u>
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Baby Foods

Earth's Best Organic	Organic Letter of the Day Cookies – 2 varieties	aisle 3
	Sunny Days Snack Bars – 2 varieties	aisle 3
Happy Baby	Organic Baby Food – select varieties	aisle 3
Nature's One	Pedia Smart - Complete Nutrition Beverage	aisle 3
Plum Kids	Organic Morning Mashups – Oatmeal	aisle 3
Plum Organics	Baby Food: Just Carrots	aisle 3
	Baby Food: Just Sweet Peas	aisle 3

Baking

Among Friends	Hand Crafted Baking Mixes – select varieties	aisle 3
Arrowhead Mills	Gluten Free All Purpose Baking Mix	aisle 3
Authentic Foods	Chocolate Cake Mix	aisle 3
Bob's Red Mill	Gluten Free Shortbread Cookie Mix	aisle 3
	Gluten Free Chocolate Cake Mix	aisle 3
	Gluten Free Cinnamon Raisin Bread Mix	aisle 3
Chebe	Original Cheese Bread Mix	aisle 3
	Pizza Crust Mix	aisle 3
Dr. Oetker	Vanilla Icing Mix	aisle 3
	Chocolate Icing Mix	aisle 3
	Chocolate Chip Organic Cookie Mix	aisle 3
	Chocolate Chip Cookie Mix	aisle 3
	Organic Brownie Mix	aisle 3
European Gourmet Bakery	Chocolate Pudding & Pie Filling Mix	aisle 3
Glutino	Double Chocolate Brownie Mix	aisle 3
Kinnikinnick	Angel Food Cake Mix	aisle 3
Lasaffre	Instant Yeast	aisle 3
Namaste Foods	Blondie Mix	aisle 3
	Vanilla Cake Mix	aisle 3
	Brownie Mix	aisle 3
	Cookie Mix	aisle 3
Morinaga	Silkin Tofu – Lite Firm & Extra Firm	aisle 3
Organic Valley	Buttermilk Blend	aisle 3
	Nonfat Dry Milk	aisle 3
Pamela's	Dark Chocolate Frosting Mix	aisle 3
	Vanilla Frosting Mix	aisle 3
	Chocolate Brownie Mix	aisle 3
	Chocolate Chunk Cookie Mix	aisle 3
Rumford	Baking Powder	aisle 3
Santini	Sweetened Condensed Milk	aisle 3
	Organic Sweetened Condensed Milk	aisle 3
Sunspire	Unsweetened Carob Chips	aisle 3

Beverages

Alo	Aloe Vera Juice Beverages – select varieties	aisle 4
Amy & Brian	All Natural Coconut Water	aisle 5
	Coconut Juice – 3 varieties	beverage cooler
Biotta Naturals	Breuss Vegetable Juice	aisle 5

	Beet Juice	aisle 5
	Elderberry Juice	aisle 5
Blue Diamond	Almond Breeze Almond Milk Coconut Milk Blend – all varieties	aisle 5
Blue Monkey	Pure Coconut Water	aisle 5
	Pure Coconut Water with Pulp	aisle 5
C2O	Pure Coconut Water – 2 varieties	beverage cooler
Coco Hydro	Coconut Water Electrolyte Drink Mixes – 3 varieties	aisle 5
Dream Blends	Almond, Cashew and Hazelnut Drink	aisle 5
Edenroy Extra	Vanilla Soymilk – 3 pack	aisle 5
Equal Exchange	Hot Cocoa	aisle 1
Good Belly	Fermented Probiotic Coconut Water	beverage cooler
Harvest Way	Coconut Water	aisle 5
Kevita	Sparkling Probiotic Drinks – 2 varieties	beverage cooler
Lakewood Organic	Fruit & Garden Juices – select varieties	aisle 5
Nature's Way	Aloe Vera Leaf Juice	aisle 1
	Aloe Vera Leaf Gel & Juice	aisle 1
Navitas	Coconut Water Powder	reg 3
Orgain	Healthy Kids Nutritional Shakes – all varieties	aisle 5
Organic Valley	Soy – Original, Unsweetened & Vanilla	dairy cooler
Pacific	Hemp Non-Dairy Beverage – Original & Vanilla	aisle 5
	Organic Oat Beverage – Original & Vanilla	aisle 5
	Hazelnut Non Dairy Beverage – Original & Chocolate	aisle 5
	Organic 7 Grain Beverage – Original & Vanilla	aisle 5
R.W. Knudsen	Organic Very Veggie Low Sodium	aisle 5
Rice Dream	Rice Drink 3 pack – Original & Enriched	aisle 5
Sambazon	Acai The Original Superfood Juice	beverage cooler
Silk	Soymilk – Vanilla & Chocolate	milk cooler
	Organic Soymilk Unsweetened	milk cooler
	Pure Coconut Milk Original	milk cooler
So Delicious	Coconut Milk Beverage Sugar Free 8 boxes	aisle 5
	Coconut Milk Beverage Chocolate 8 boxes	aisle 5
	Cashew Milk Beverage – 2 varieties	aisle 5
Soy Dream	Soy Milk 3 pack	aisle 5
Sprecher	Shakparo Gluten Free Beer	beer & wine
Sunrich Naturals	Sol Sunflower Beverage	aisle 5
Vita Coco	Pure Coconut Water	aisle 5
	Pure Coconut Water w/ Pineapple	aisle 5
Westsoy	Organic Plus Plain Soymilk	aisle 5
Zola	Organic Acai Juices – 2 varieties	beverage cooler
Zukay Live Foods	Raw Kvass Veggie Drink	beverage cooler

Bread

Against the Grain	Pizza Shell	freezer
Alvarado Street Bakery	Breads – select varieties	bread freezer
Angelic Bakehouse	Sprouted Breads – select varieties	end cap 1
Edward & Sons	Lightly Salted Organic Breadcrumbs	aisle 3
	Organic Panko	aisle 3
	Organic Croutons - Italian Herbs	aisle 1
EnerG	Light Tapioca Loaf	end cap 2
	Tapioca Loaf	end cap 2
	White Rice Loaf	end cap 2
	Wheat Free Pizza Shells	end cap 1
Food For Life	Ezekiel 4:9 Breads – select varieties	bread freezer
	Genesis 1:29 Bread	bread freezer
	7 Sprouted Grains Bread	bread freezer
	Ezekiel 4:9 Prophet Pocket Bread	bread freezer

Glutino	Ezekiel 4:9 Sprouted Grain Tortillas	bread freezer
	Multigrain Sandwich Bread	freezer
	Fiber Bread	freezer
	White Sandwich Bread	freezer
Ian's	Panko Breadcrumbs – Original	aisle 3
Julian Bakery	Paleo Bread	freezer
	Paleo Bread w/ Almonds	freezer
Kinnikinnick Foods	Gluten Free Pie Crusts	freezer
Rudi's	Cinnamon Raisin Sandwich Bread	bread freezer
	Breads – select varieties	end cap 2
	Wheat Hamburger Buns	end cap 2
	100 % Whole Wheat Hamburger Buns	end cap 2
	Wheat Hot Dog Rolls	end cap 2
	White Hot Dog Rolls	end cap 2
	White Hamburger Buns	end cap 2
Wholly Wholesome	Organic Pie Dough	freezer
	Organic Whole Wheat Pie Shells	freezer
	Organic Traditional Pie Shells	freezer
	Gluten Free Pie Shells	freezer

Candy

Coconut Secret	Ecuadorian Crunch Milk Chocolate & Toasted Coconut	reg 2
	Peruvian Crunch Dark Chocolate & Toasted Coconut	reg 2
Chocolove	Almonds & Sea Salt in Dark Chocolate Bar	reg 2
Endangered Species	Chocolate Bars – select varieties	reg 2
Enjoy Life	Rice Milk Crunch Bar	reg 2
Equal Exchange	Chocolate Bars – select varieties	reg 2
Justin's	Organic Peanut Butter Cups: Milk Chocolate	reg 2
	Organic Peanut Butter Cups: Dark Chocolate	reg 2
Newman's Own Organics	Super Dark Chocolate Cups w/ Peanut Butter Centers	reg 2
	Dark Chocolate Peanut Butter Cups	reg 2
Panda	Raspberry Licorice	reg 1
	Soft Licorice	reg 1
	Candy Coated Licorice	reg 1
Sunspire	Coconut Dark Chocolate Bar	reg 2
	Coconut Almond Milk Chocolate Bar	reg 2
	Sundrops Chocolate Candies	reg 1
Surf Sweets	Sour Worms, Sour Berry Bears, Gummy Swirls	reg 3
Tasty Brand	Fruit Gummies – 2 varieties	reg 3
Theo Chocolate	Chili 70% Dark Chocolate Bar	reg 2

Canned Meats

Crown Prince	Brisling Sardines in Spring Water	aisle 2
	Alaskan Pink Salmon	aisle 2
	Solid White Albacore Tuna in Spring Water	aisle 2
	Kipper Snacks	aisle 2
	Clam Juice	aisle 2
	Yellowfin Tuna	aisle 2
Natural Sea	Solid White Albacore Tuna – Salted	aisle 2
	Chunk Light Tongol Tuna – Salted	aisle 2
	Chunk Light Tuna – No Salt Added	aisle 2
Raincoast Trading	Wild Sockeye Salmon	aisle 2
Tree of Life	Tongol Tuna – No salt Added	aisle 2
	Tongol Tuna in Spring Water	aisle 2
Wild Planet	Wild Albacore Tuna – No Salt Added	aisle 2
	Wild Albacore Tuna in Extra Virgin Olive Oil	aisle 2

Cereal

Arrowhead Mills	Organic Spelt Flakes	aisle 5
Bakery on Main	Fiber Power Granolas – 2 varieties	aisle 5
	Instant Oatmeal – 3 varieties	aisle 5
Barbara's	Puffins Cereals – select varieties	aisle 5
	Brown Rice Crisps	aisle 5
	Snackanimals Cereals – 2 varieties	aisle 5
Bob's Red Mill	Granolas – select varieties	aisle 5
Cascadian Farm Organic	Granola – select varieties	aisle 5
	Fruitful O's Cereal	aisle 5
	Cinnamon Crunch Cereal	aisle 5
	Chocolate O's Cereal	aisle 5
Country Choice Organic	Instant Oatmeal – select varieties	aisle 5
Earth's Best	Instant Oatmeal Maple & Brown Sugar	aisle 5
Enjoy Life	Nut & Gluten Free Granola – 2 varieties	aisle 5
	Crunchy Flax with Chia	aisle 5
Erewhon	Cereals – select varieties	aisle 5
Glutenfreeda	Instant Oatmeal – 3 varieties	aisle 5
Glutino	Frosted Corn Rice Flakes	aisle 5
	Apple & Cinnamon Rings	aisle 5
	Honey Nut Rings	aisle 5
Health Valley Organic	Oat Bran Flakes	aisle 5
	Sprouted Amaranth Flakes	aisle 5
Kashi	Organic Corn Flakes – 2 varieties	aisle 5
Laughing Giraffe Organics	Cherry Ginger Granola	aisle 4
Nature's Path Organic	Love Crunch Granola – 3 varieties	aisle 5
	Gluten Free Granola – select varieties	aisle 5
	Hemp Plus Granola	aisle 5
	EnviroKidz – Amazon Flakes	aisle 5
	EnviroKidz – Leapin' Lemurs	aisle 5
	EnviroKidz – Panda Puffs	aisle 5
	EnviroKidz – Koala Crisp	aisle 5
	EnviroKidz – Gorilla Munch	aisle 5
	Heritage O's Cereal	aisle 5
	Multigrain Cereal	aisle 5
	Corn Flakes – Gluten Free	aisle 5
	Millet Rice	aisle 5
	Honey'd Corn Flakes – Gluten Free	aisle 5
	Mesa Sunrise	aisle 5
	Flax Plus Multibrain Flakes	aisle 5
	Sunrise Cereals – 3 varieties	aisle 5
	Whole O's Cereal	aisle 5
	Heritage Flakes	aisle 5
	Multibrain Oatbran Cereal	aisle 5
	Smart Bran	aisle 5
	Hot Oatmeals – select varieties	aisle 5
New England Naturals	Organic Unsweetened Muesli	aisle 5
Two Moms in the Raw	Granola – all varieties	raw shelf

Cheese/Meat

Andre & Everett	Parmesan Cheese	cheese/meat
Bel Gioioso	Freshly Shredded Cheeses – all varieties	cheese/meat
	Fresh Mozzarella Cheese	cheese/meat
Cedar Grove	Organic Farmers Cheese	cheese/meat
	Baby Swiss Cheese	cheese/meat
Daiya	Slices: Swiss Style, Cheddar Style, Provolone Style	cheese/meat

Follow Your Heart	Vegan Gourmet Mozzarella	cheese/meat
Good Nature	Pork Loin Back Ribs	cheese/meat
Go Veggie!	Parmesan Style Topping	cheese/meat
The Laughing Cow	Mini Babybel Cheddar	cheese/meat
Montchevre	Crumbled Goat Cheese	cheese/meat
	Fresh Goat Cheeses – all varieties	cheese/meat
Mt. Sterling Co-op Creamery	Cheeses – select varieties	cheese/meat
Niman Ranch	Maple Uncured Bacon	cheese/meat
Nordic Creamery	Grumpy Goat Goat Cheese	cheese/meat
Organic Valley	Baby Swiss Cheese Slices	cheese/meat
	Mild Cheddar Cheese Reduced Fat & Sodium	cheese/meat
	Baby Swiss Cheese	cheese/meat
Pasture Pride	Guusto Baked Goat Cheese	cheese/meat
Pederson's	Cowboy Bacon – all varieties	cheese/meat
President	Brie Cheese	cheese/meat
Red Apple Cheese	Mozzarella Cheese	cheese/meat
Roth	Grand Cru Original Alpine Style Cheese	cheese/meat
Smart Chicken	Organic Whole Chicken	cheese/meat
	Organic Chicken Breast Fillets	cheese/meat
	Organic Boneless Skinless Thighs	cheese/meat
	Organic Drumsticks	cheese/meat
	Young Whole Chicken	cheese/meat
	Natural Chicken Breasts	cheese/meat
	Chicken Breast Split	cheese/meat
	Natural Chicken Thighs	cheese/meat
	Chicken Wings	cheese/meat
Superior Farms	Pure Lamb – Rib Chops and Stew Meat	cheese/meat
Tree of Life	Cheddar Cheese Reduced Fat & Sodium	cheese/meat

Condiments

Annie Chun's	Thai Peanut Sauce	aisle 1
Annie's Naturals	Organic Worcestershire Sauce	aisle 1
	Organic Dijon Mustard	aisle 1
	Organic Honey Mustard	aisle 1
	Organic Yellow Mustard	aisle 1
	Organic Horseradish Mustard	aisle 1
	Organic Ketchup	aisle 1
Boulder Hot Sauce Co.	Harry's Habanero	aisle 1
	Smoky Serrano	aisle 1
Bubbies	Bread & Butter Chips	dairy cooler
Cascadian Farm	Sweet Relish	aisle 1
Drews	Salsas – all varieties	aisle 4
Earth Balance	Coconut & Peanut Spread – Creamy & Crunchy	aisle 3
	Natural Peanut Butter and Flaxseed – Creamy & Crunchy	aisle 3
	Mindful Mayo	dairy cooler
Eden	Brown Mustard	aisle 1
Enrico's	Organic Salsa – Mild & Mellow	aisle 4
	Black Bean & Corn Salsa	aisle 4
Field Day	Pitted Olives	aisle 1
	Sliced Olives	aisle 1
	Green Olives	aisle 1
	Salsas – all varieties	aisle 4
Follow Your Heart	Vegenaise Tartar Sauce	dairy cooler
	Vegenaise Better Than Mayo – 6 varieties	dairy cooler
Frontera	Chipotle Salsa	aisle 2
Green Mountain Gringo	Salsas – all varieties	aisle 4

Hain Pure Foods	Safflower Mayonnaise	aisle 1
I.M. Healthy	Honey SoyNut Butter	aisle 3
	SoyNut Butter	aisle 3
Just Great Stuff	Powdered Organic Peanut Butter	aisle 3
Mara Natha	Organic Creamy Peanut Butter	aisle 3
	Organic Crunchy Peanut Butter	aisle 3
	Maple Almond Butter	aisle 3
	Organic No Stir Creamy Peanut Butter	aisle 3
	Organic No Stir Crunchy Peanut Butter	aisle 3
Mediterranean Organic	Sundried Tomatoes – Naturally Dried	aisle 1
Muir Glen Organic	Salsa – all varieties	aisle 4
Nasoya	Vegan Mayonnaise Sandwich Spread	aisle 1
Native Forest	Organic Marinated Mushrooms – 3 varieties	aisle 1
	Organic Hearts of Palm	aisle 1
	Marinated Artichoke Hearts	aisle 1
Natural Value	Sliced Black Olives	aisle 1
Once Again	American Classic Peanut Butter	aisle 3
	Organic Sunflower Seed Butter	aisle 3
Organicville	Organic Ketchup	aisle 1
Salba	Chia Salsa – 2 varieties	aisle 4
Santa Barbara Olive Co.	Medium Pitted Ripe Olives	aisle 1
	Green Medium Pitted Olives	aisle 1
	Large Pitted Olives	aisle 1
Spectrum	Organic Mayonnaise with Olive Oil	aisle 1
	Canola Mayonnaise	aisle 1
	Organic Mayonnaise	aisle 1
	Omega-3 Mayonnaise	aisle 1
	Light Canola Mayonnaise	aisle 1
Tassos	Organic Greek Olives – 4 varieties	aisle 1
Tree of Life	Organic Mustards – 3 varieties	aisle 1
	Sweet Pickle Relish	aisle 1
	Peanut Butter – Creamy & Crunchy	aisle 3
Uncle Dougie's	Sneaky Spicy Barbeque Sauce	aisle 1
Westbrae Natural	Unsweetened Ketchup	aisle 1
Woodstock Farms	Sweet Relish	aisle 1
	Organic Mayonnaise	aisle 1
	Organic Dijon Mustard	aisle 1
	Organic Yellow Mustard	aisle 1
Wowbutter	Tastes Just Like Peanut Butter	aisle 3

Dairy

Andrew & Everett	Parmesan Cheese	aisle 2
Brown Cow	Yogurts – select varieties	dairy cooler
Chobani	Yogurts – all varieties	dairy cooler
Earth Balance	Organic Culinary Spread – Roasted Garlic & Herb	dairy cooler
	Vegan Buttery Sticks	dairy cooler
	Organic Coconut Spread	dairy cooler
	Natural Buttery Spreads – 4 varieties	dairy cooler
Fage	Greek Strained Yogurt – all varieties	dairy cooler
Farmhouse Kitchens	Hand Rolled Butter	dairy cooler
Go Veggie	Cream Cheese Alternative – Strawberry	dairy cooler
Good Karma	Flax Milk – Vanilla & Unsweetened	dairy cooler
Greek Gods	Greek Yogurts – select varieties	dairy cooler
Green Valley Organics	Lactose Free Yogurts – 3 varieties	dairy cooler
Hain Celestial	Almond Dream Almond Non Dairy Yogurt –all varieties	dairy cooler
Helios Organic	Nonfat Kefir – all varieties	dairy cooler
Hope Foods	Lentil Dip – 3 varieties	dairy cooler

Horizon Organic	Hummus Dip – 3 varieties	dairy cooler
	Strawberry Lowfat Milk – 3 boxes	dairy cooler
	1% Lowfat Milk – 3 boxes	dairy cooler
	Cream Cheese – Original & Reduced Fat	dairy cooler
Kalona	Supernatural Yogurt – all varieties	dairy cooler
	Supernatural Sour Cream	dairy cooler
	Supernatural Organic Lightly Salted Butter	dairy cooler
Laclare Farms	Goat Milk – Whole & Lowfat	dairy cooler
Liberte	Coconut Yogurt	dairy cooler
Lifeway	Organic Lowfat Kefir – all varieties	dairy cooler
	Probugs Organic Whole Milk Kefir – 3 varieties	dairy cooler
Melt Organic	Dairy Free Buttery Spread	dairy cooler
	Soy Free Buttery Spread	dairy cooler
The Noisy Kettle	Tahini Hummus	dairy cooler
Organic Valley	Whole Milk	dairy cooler
	1% Lowfat Milk	dairy cooler
	Grassmilk Organic Whole Milk	dairy cooler
	Lactose Free Whole Milk	dairy cooler
	Lactose Free Fat Free Milk	dairy cooler
	Lactose Free Lowfat Milk	dairy cooler
	Lowfat Milk	dairy cooler
	Fat Free Milk	dairy cooler
	Organic Whole Omega-3 Milk	dairy cooler
	Organic Reduced Fat Omega-3 Milk	dairy cooler
	Neufchatel Cheese & Spread	dairy cooler
	Cream Cheese & Spread	dairy cooler
	Ricotta Cheese	dairy cooler
	Salted Butter	dairy cooler
	Pasture Butter	dairy cooler
	Whipped Butter	dairy cooler
	Egg Whites	egg cooler
Redwood Hill Farm	Goat Milk Yogurt – Plain & Vanilla	dairy cooler
Rejuvenative Foods	Vegi-Delite Zing Salad	dairy cooler
Rice Dream	Rice Drink – Original & Vanilla	dairy cooler
Sassy Cow Creamery	Organic Milk – all varieties	dairy cooler
Seven Star Farm	Yogurt – Vanilla & Maple	dairy cooler
Siggi's	Strained Non Fat Yogurt – 3 varieties	dairy cooler
Silk	Dairy Free Cultured Soymilk – Strawberry 4 pack	dairy cooler
	Dairy Free Cultured Soymilk – Peach Mango	dairy cooler
	Dairy Free Cultured Soymilk – Strawberry	dairy cooler
So Delicious	Almond Plus Almond Milk Unsweetened	dairy cooler
	Cultured Coconut Milk – select varieties	dairy cooler
Stonyfield	Super Smoothie – select varieties	dairy cooler
	Yogurts – many varieties	dairy cooler
Sugar River Dairy	Yogurts – all varieties	dairy cooler
Vegan Gourmet	Cream Cheese	dairy cooler
Wallaby Organic	Organic Lowfat Yogurt – all varieties	dairy cooler
	Organic Greek Yogurt – all varieties	dairy cooler
Woodstock	Organic Salted Butter	dairy cooler

Desserts

Alden's	Organic Ice Cream – select varieties	freezer
Alternative Baking Co. Inc.	Cookies – 8 varieties	reg 3
Andean Dream	Quinoa Cookies – 3 varieties	aisle 4
Back to Nature	Organic Shortbread	aisle 4
Country Choice Organic	Snacking Ginger Snaps	aisle 4
	Sandwich Cookies – all varieties	aisle 4

Cybele's	Cookies – all varieties	aisle 4
Enjoy Life	Cookies – all varieties	aisle 4
Fellers	Cookie Bars & Cake Bars	freezer
French Meadow Bakery	Fudge Brownies	freezer
Glutino	Gluten Free Wafers – all varieties	aisle 4
	Gluten Free Cookies – Vanilla Cremes	aisle 4
	Gluten Free Chocolate Vanilla Cremes	aisle 4
Hail Merry	Miracle Tarts – select varieties	egg cooler
Hain Celestial Group	Rice Dream Non Dairy Frozen Dessert – 3 varieties	freezer
	Almond Dream Non Dairy Frozen Dessert – select varieties	freezer
	Almond Dream Bites – 2 varieties	freezer
	Almond Dream Lil' Dreams Dessert Sandwiches	freezer
	Almond Dream Bars – Vanilla	freezer
Heartsnacks	Cookies – select varieties	aisle 4
Ian's	Chocolate Chip Cookie Buttons	aisle 4
Immaculate Baking Co.	Cookies – 3 varieties	dairy cooler
Julie's	Organic Ice Cream – 5 varieties	freezer
	Gluten Free Vanilla Sandwich Cookies	freezer
	Vanilla Ice Cream Sandwiches	freezer
Kinnikinnick	K-Toos Sandwich Crème Cookies – 2 varieties	aisle 4
Lifeway	Frozen Kefir Bars – 3 varieties	freezer
Liz Lovely	Cookies – select varieties	freezer
Mary's Gone Crackers	Love Cookies – all varieties	aisle 4
Matt's	Cookies – all varieties	reg 1
Mi-Del	Ginger Snaps	aisle 4
	Gluten Free Cookies – all varieties	aisle 4
Nana's	Cookie Bars – 2 varieties	aisle 4
Newman's Owns	Hermits	aisle 4
	Fig Newmans: Low Fat, Wheat Free, Dairy Free	aisle 4
	Newman-O's – select varieties	aisle 4
	Ginger-O's	aisle 4
	Family Recipe Cookies – Double Chocolate Chip	aisle 4
	Family Recipe Cookies – Chocolate Chip	aisle 4
	Alphabet Cookies – Vanilla & Chocolate	aisle 4
Pamela's	Simplebites Chocolate Chip Mini cookies	aisle 4
	Gourmet All Natural Cookies – all varieties	aisle 4
Purely Decadent	Non Dairy Frozen Dessert – 2 varieties	freezer
Smart Treat	Chocolate Cups – 2 varieties	freezer
Sassy Cow Creamery	Ice Cream – 3 varieties	freezer
Schar	Shortbread Cookies	aisle 4
So Delicious	Coconut Milk Non Dairy Frozen Dessert – Cookie Dough	freezer
	Organic Non Dairy Frozen Dessert	freezer
	Almond Milk Vanilla Sandwiches – Minis	freezer
Stonyfield	Organic Ice Cream and Frozen Yogurts	freezer
Talenti	Gelato – 6 varieties	freezer
	Gelato Pops – Sea Salt Caramel	freezer
Three Twins	Organic Ice Cream – select varieties	freezer
	Ice Cream Sandwiches – 2 varieties	freezer
Tofutti	Totally Fudge Dairy Free Pops	freezer
Tree of Life	Gluten Free Cookies – select varieties	aisle 4
Two Moms in the Raw	Almond Butter Cacao Truffle	raw shelf
Udi's	Cookies – 3 varieties	freezer
Whole Foods Market	Coconut Frozen Fruit Bars	freezer
Zenjoy	Almond Milk Chocolate Pudding	dairy cooler
	Soymilk Chocolate Pudding	dairy cooler

Dips/Mixes

Simply Organic	Ranch Dip Mix	aisle 2
	Creamy Dill Dip Mix	aisle 2
	Spinach Dip	aisle 2
	French Onion Dip Mix	aisle 2
	Southwest Ranch Greek Yogurt Dip Mix	aisle 2
	Mediterranean Herb Greek Yogurt Dip Mix	aisle 2 & chips
	Zesty Spinach Greek Yogurt Dip Mix	aisle 2
	Organic Chipotle Black Bean Dip	aisle 2
	Salsa Mix	aisle 2 & chips
	Salsa Verde Seasoning Mix	aisle 2
	Guacamole Dip Mix	aisle 2

Ethnic

Annie Chun's	Roasted Seaweed Snacks – Sesame	aisle 1
Coconut Secret	Coconut Aminos	aisle 1
Eden	Mirin Rice Cooking Wine	aisle 1
	Pickled Ginger	aisle 1
Eden Organic	Udon Pasta	aisle 1
	Soba Pasta	aisle 1
	Gomasio – 3 varieties	aisle 1
Emerald Cove	Pacific Kombu	aisle 1
Explore Asian	Organic Soybean Spaghetti	aisle 1
Maine Coast Sea Vegetables Inc.	Dulse Flakes	aisle 1
Organic Gourmet	Ginger Miso Paste	aisle 1
Sea's Gift	Roasted Seaweed Snacks – 2 varieties	aisle 1
Staranise Foods	Happy Pho Brown Rice Noodles	aisle 1
	Happy Pho Brown Rice Noodle soups –3 varieties	aisle 1

Frozen

Applegate	Organic Turkey Burgers	freezer
Dominex	Veggie Fries	freezer
Earth's Best	Organic Mini Waffles	freezer
Hilary's Eat Well	Veggie Bites	freezer
Orca Bay	Flounder Fillets	freezer
	Cod Fillets	freezer
	Ahi Tuna Steaks	freezer
	Sockeye Salmon Fillets	freezer
	Pacific Salmon Fillets	freezer
Organic Prairie	Organic Ground Beef	freezer
	Organic Ground Turkey	freezer
	Organic Ground Chicken	freezer
Sophie's Kitchen	Breaded Vegan Scallops	freezer
Van's	Whole Grain Mini Waffles	freezer
	Cinnamon French Toast Sticks	freezer

Fruits & Vegetables

Alexa	Sweet Potato Fries	freezer
Barefruit	Bake-dried Mangos	end cap milk cooler
Cascadian Farm	Asparagus Cuts	freezer
	Garden Peas	freezer
	Sweet Peas	freezer
	Peas & Carrots	freezer
Eden Organics	Organic Cannellini Beans	aisle 2
	Organic Great Northern Beans	aisle 2
	Organic Baked Beans	aisle 2
Farmer's Market	Organic Potato Puree	aisle 2

Field Day	Diced Peaches	aisle 3
Field Day Organic	Beans – 4 varieties	aisle 2
La Preferida	Mild Green Chiles	aisle 2
	Pinto Beans	aisle 2
	Black Beans	aisle 2
	Garbanzos	aisle 2
Jyoti Organics	Kidney Beans	aisle 2
	Black Beans	aisle 2
Muir Glen	Crushed Tomatoes – 4 varieties	aisle 2
Santa Cruz Organic	Fruit Spreads – select varieties	aisle 3
Stahlbush Family Farms	Sliced Beets	freezer
	Cut Spinach	freezer
	Green Peas	freezer
Tree of Life	Sweet Potato Puree	aisle 2
	Beans – 5 varieties	aisle 2
	Diced Tomatoes – No Salt Added	aisle 2
	Crushed – Tomatoes	aisle 2
	Mixed Vegetables	freezer
	Chopped Spinach	freezer

Grains/Rice/Pasta

Eden	Spinach Ribbons	aisle 2
WestBrae	Organic Beans & Lentils – 11 varieties	aisle 2

Packaged Meals

Eden Organics	Rice & Beans – 5 varieties	aisle 2
	Brown Rice & Chick Peas	aisle 2
Fantastic	Whole Wheat Couscous	aisle 2
Lotus Foods	Heirloom Forbidden Rice	aisle 2
RP's Pasta Co.	Butternut Squash Ravioli	freezer

Salad Dressing

Annie's Naturals	Balsamic Vinaigrette	aisle 1
Field Day Organic	Balsamic Vinaigrette Dressing	aisle 1
Organicville	Pomegranate Organic Vinaigrette	aisle 1
Sasha's	Sweet Ole Dressing	aisle 1
	Sweet & Savory Dressing	aisle 1
	Sweet & Lean Dressing	aisle 1
	Sweet & Sultry Dressing	aisle 1
Simply Organic	Pineapple Cilantro Vinaigrette Mix	aisle 1

Seasonings

Frontier	Bac'Uns Vegetarian Bits	aisle 3
	Seafood Seasoning 30% Less Sodium	aisle 3
	Seafood Seasoning Blackened	aisle 3
Simply Organic	Garlic Pepper	aisle 3
	Lemon Pepper	aisle 3
	Vegetable Grilling Seasons	aisle 3
	Steak Grilling Seasons	aisle 3

Snacks/Bars

22 Days	Goji Mate Firecracker Energy Bar	reg 3
Amazing Grass	Green Superfood Bar – Chocolate Chip Coconut	reg 3
	Green Superfood Energy Bar – Sweet & Savory Almond	reg 3
Annie's	Bunny Fruit Snacks – 3 varieties	reg 1

	Bunny Grahams – all varieties	aisle 4
	Bunny Cookies – Cocoa & Vanilla Crackers	aisle 4
	Organic Stone Ground Wheat Crackers	aisle 4
Bakery on Main	Truebars – 5 varieties	reg 3
	Granola Bars – all varieties	aisle 5
Barbara's	Snackanimals – all varieties	aisle 4
Beanitos	Bean Chips – all varieties	aisle 4
Bearitos	Lite Organic Popcorn	aisle 4
	All Natural Tortilla Chips	aisle 4
	Yellow Corn Tortilla Chips	aisle 4
Blue Diamond	Pecan Nut Thins	aisle 4
	Almond Nut Thins	aisle 4
	Almond Nut Thins Hint of Sea Salt	aisle 4
	Hazelnut Nut Thins	aisle 4
Blue Farm	Blue Corn Tortilla Chips	aisle 4
Boulder Canyon Natural Foods	Avocado Oil Canyon Cut Potato Chips	aisle 4
Brad's Raw Foods	Brad's Raw Chips – all varieties	aisle 5
	Brad's Raw Leafy Kale Pina-Kale-ada	aisle 5
Cascadian Farm Organic	Chewy Granola Bars – all varieties	aisle 5
Cliff Bar	Black Cherry Almond Energy Bar	reg 3
	Apricot Chocolate Almond Fudge	reg 3
	Kit's Organic Fruit & Nut Bars – 4 varieties	reg 3
	Shot Bloks Energy Chews	reg 2
	Clifkid 2 Bar – select varieties	aisle 5
	Clifkid Crispy Rice – all varieties	aisle 5
	Crunch Granola Bar – 3 varieties	aisle 5
Coconut Secret	Coconut Macaroon Bar	reg 3
Crunchmaster	Multi-Seed Crackers – all varieties	aisle 4
Doctor in the Kitchen	Flackers – Savory & Dill	aisle 4
Doctor Kracker	Crispbreads Klassic 3 Seed	aisle 4
	Crispbreads Seeded Spelt	aisle 4
Eden	All Mixed Up – Nuts & Dried Fruit	end cap reg 3
	Pumpkin Seeds – 2 varieties	end cap reg 3
EduFoods	Bitsy's Brainfood Snacks – all varieties	aisle 4
Edward & Sons	Brown Rice Snaps – Cheddar	aisle 4
Enjoy Life	Soft Baked Bars – 3 varieties	aisle 5
	Baked Chewy Bars – 4 varieties	aisle 5
Erewhon	Grahams – all varieties	aisle 4
Field Day	Organic Popcorn – Organic Butter Flavor	aisle 4
	Water Crackers	aisle 4
	Tortilla chips – all varieties	aisle 4
	Snack Bars – 3 varieties	aisle 5
Famous	Zatar Chips	aisle 4
	Falafel Chips – Spicy & Original	aisle 4
Food Should Taste Good	Tortilla Chips – select varieties	aisle 4
	Sweet Potato Chips – all varieties	aisle 4
Garden of Eatin'	Tortilla chips – select varieties	aisle 4
Garden of Life	Fuco Protein Bars – 2 varieties	reg 3
	Perfect Food Bars – 2 varieties	reg 3
GimMe	Roasted Seaweed Snacks – 2 varieties	reg 3
Glenny's	Whole Peanut Bar – Peanuts & Peanut Butter	aisle 4
Glutino	Gluten Free Organic Bars – Chocolate & Peanuts	aisle 4
	Gluten Free Breakfast Bars – all varieties	aisle 4
	Gluten Free Bagel Chips – Cinnamon & Sugar	aisle 4
Good Health Natural Foods	Avocado Oil Potato Chips	aisle 4
Go Raw	Pumpkin Super Chips	raw shelf
	Live Pumpkin Bar (13 g)	reg 3

Greens	Chocolate Energy Bar – select varieties	reg 3
Green Mountain Gringo	Tortilla Strips – all varieties	aisle 4
Greens Vegan	Crisp Bars – 3 varieties	reg 3
Health Valley Organic	Multigrain Cereal Bars – 3 varieties	aisle 5
Holgrain Crackers	Brown Rice Crackers	aisle 4
Ian's	Animal Cookies	aisle 4
Kettle Brand	Krinkle Cut Potato Chips – Sea Salt	aisle 4
	Krinkle Cut Potato chips – classic Barbeque	aisle 4
	Potato Chips – Maple Bacon	aisle 4
	Bakes Potato Chips – Sea Salt	aisle 4
	Potato Chips – Honey Dijon	aisle 4
	Potato Chips – New York Cheddar	aisle 4
Late July Organic	Classic Saltines	aisle 4
	Multigrain Snack Chips – select varieties	aisle 4
Luna	Whole Nutrition Bar – select varieties	reg 3
Lundberg	Organic Brown Rice Cakes – Sesame Tamari	aisle 4
	Organic Brown Rice Cakes – Tamari w/ Seaweed	aisle 4
	Organic Brown Rice Cakes – Koku Seaweed	aisle 4
	Rice Chips – select varieties	aisle 4
Natural Nectar	Gluten Free Cracklebred Original	aisle 4
Nature's Path Organic	Granola Bars – select varieties	aisle 5
	EnriroKidz Crispy Rice Bars – all varieties	aisle 5
	Toaster Pastries – 2 varieties	aisle 5
Navitas	Trail Mix	reg 3
	Power Snack – 2 varieties	reg 3, raw shelf
Newman's Own Organics	Unsalted Pretzel Rounds	aisle 4
NuGo	Go Organic Bars – 4 varieties	reg 3
NuGo Free	Gluten Free Bars – 2 varieties	reg 3
Oskri	Chewy Sesame Bars – 2 varieties	reg 3
	Quinoa Bar	reg 3
Pirate's Booty	Baked Rice and Corn Puffs – Aged White Cheddar	aisle 4
ProBar	The Real Whole Food Bar – select varieties	reg 3
	Bold Organic Energy Chews – all varieties	reg 1
Pure Bar Co.	Pure Organic Bars – select varieties	reg 3
Que Pasa	Tortilla chips – all varieties	aisle 4
Raw Revolution	Organic Live Food Bars – select varieties	reg 3
Rudi's	Organic Soft Pretzels	freezer
Sharkies	Organic Fruit Chews	reg 1
	Organic Kids Sports Chews	reg 1
	Organic Energy Sports Chews - 2 varieties	reg 1
	Turbo Energy Chews	reg 1
Simply Delicious	Jane's Lightly Salted Popcorn	aisle 4
Small Planet Foods Inc.	Larabar – select varieties	reg 3
	Larabar Uber Fruit & Nut Bar – 4 varieties	reg 3
Snyder's of Hanover	8 Grain & Seeds Pretzel Sticks	aisle 4
Sun Biotics	Truffle Almonds	raw shelf
Tasty Brand	Organic Fruit Snacks – 3 varieties	reg 1
Terra	Vegetable Chips – Thai Basil Curry	aisle 4
	Vegetable Chips – Original	aisle 4
	Vegetable Chips – Stripes and Blues	aisle 4
	Vegetable Chips – Sweet Potato	aisle 4
Think Thin	Mixed Nuts Bars – 3 varieties	reg 3
Tree of Life	Cracked Pepper Crackers	aisle 4
	Water Crackers – 2 varieties	aisle 4
	Roasted & Salted Sunflower Seeds	end cap reg 3
Two Moms in the Raw	Sea Crackers – Garden Herb	raw shelf
Vega One	Nutrition Bar – 4 varieties	reg 3

Way Better Snacks Woodstock	Tortilla Chips – select varieties Tamari Pumpkin Seeds Wasabi Peas	aisle 4 end cap reg 3 end cap reg 3
Xochitl	White Corn Chips Blue Corn Chips	aisle 4 aisle 4

Soup/Broth

Edward & Sons Health Valley	Low Sodium Veggie Bouillon Cubes Organic No Salt Added Tomato Soup Organic No Salt Added Minestrone Organic No Salt Added Vegetable Soup Organic No Salt Added Split Pea Soup Organic No Salt Added Chicken Noodle	aisle 2 aisle 2 aisle 2 aisle 2 aisle 2 aisle 2
Imagine	Organic Low Sodium Free Range Chicken Broth Vegetable Broth Low Sodium Beef Flavored Broth Low Sodium Beef Flavored Cooking Stock Low Sodium	aisle 2 aisle 2 aisle 2 aisle 2
Organic Gourmet Pacific	Organic Low Sodium Vegetable Broth Organic Free Range Chicken Broth Low Sodium Organic Vegetable Broth Low Sodium	aisle 2 aisle 2 aisle 2
Rapunzel	Vegan No Salt Added Vegetable Bouillon	aisle 2

Supplements

Garden of Life Green Organics Teraswhey Vitalah	Raw Meal CamuKaze Energy Shot – 2 varieties Whey Protein – 2 varieties Oxylent Multivitamin Supplement Drink –3 varieties	reg 3 aisle 5 reg 3 reg 2
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Sweeteners

Lundberg	Organic Brown Rice Syrup	aisle 3
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