

Grand Forks/East Grand Forks/Crookston/Thief River Falls Gluten Free Food Sources

Red River
Celiacs



Hugo's Family Marketplace, 1750 32nd Ave. South, Grand Forks, ND 58201

*Nature's Way Area has many Gluten Free Foods by many different manufacturers. If you can't find something ask **Doris** the Natures Way Manager for help. This is only a small sample of what's at this Hugo's location. Call ahead and ask for specific product. 701-746-0688*

Gluten Free Companies Stocked in the Nature's Way Dept. Aisle 1

Amy's
Altiplano
Ancient Harvest
Annie's - Natural Rice Pasta and Cheese Mix
Arrowhead Mills
Barbara's
Bakery on Main
Blue Diamond - Nut thins Crackers
Bionature
Bob's Red Mill - Pancake Mix and gluten free flour mix other items
Bumble Bar
Chebe
Deboles
Cherry brook Kitchen
EnerG - Premade breads, English muffins (can use as hamburger bun), bread crumbs, gluten free flours, egg replacer, soy quick, crackers (these taste just like saltines) many others.
Enjoy Life - cookies, cereals, Perky Os cereal
Envirokidz - Gorilla Munch Cereal
Erewhon
Fearn
Foods by George
Gifts of Nature
Gluten Free Pantry - mixes, premade pizza crust.
Glutano
Glutino - mixes, pretzels, cookies, fruit bars, frozen macaroni and cheese, frozen duo cheese pizza.
Montina
Mr. Krisper
Mrs. Leeper's
Namaste
Nature's Path
Nu-World Foods
Orgran- mixes, cookies, fruit bars, crumbs for breading, canned spaghetti, dry pastas, crispbread, cup of soup and many others.
Pamela's
Pirate's Booty
Real Foods
Road's End Organics
Save the Forest
Seed's of Change
Sesmark
Thai Kitchen
Think Bars
Tinkyada
Van's Waffles

Health Valley - broths and cream soups
Healthy Valley Rice Bran Crackers (gf graham crackers)
Heartland's Finest - pastas, CerOs cereals, macaroni and cheese.
Ian's - Chicken Nuggets and Fish Sticks
Lundberg
Jennie's
Kind Bars
Kinnikinnick- cookies
Mary's Gone Crackers
Mayacamas - Gravy Mixes
Mi-Del-Wheat Free Gluten Free Cookies, animal cookies, sandwich cookies (gf Oreos)
Michael Season's

Columbia Road – Hugo's

Carries a few flours and pastas in their natural foods aisle.

Heartland- pastas, CerOs cereals, mac and cheese

1925 N 13th Ave – Hugo's

Gluten Free flours and pastas. They are expanding their offerings.

Heartland- pastas, CerOs cereals, macaroni and cheese

Hugo's East Grand Forks, 306 14 St NE-

Nature's Way Area has many gluten free items. Karen manages this area and is very knowledgeable and helpful.

Gluten Free Pantry- mixes

Glutino- mixes, pasta, frozen macaroni and cheese, frozen duo cheese pizza.

Heartland- pastas, CerOs cereals, macaroni and cheese, bean flours

Enjoy Life- snack bars, granola cereals

EnerG gluten free flours, egg replacer, soy quick, crackers (these taste just like saltines) pretzels,

EnviroKids- Gorilla Munch Cereal

Quinoa Flakes, Whole grains, and pastas

Kinnikinnick- cookies, crispy chicken coating mix

Bob's Red Mill- gluten free flour mix, gf brownie mix, gluten free hot cereal, flax seeds, plain

buckwheat flour NOT buckwheat pancake mix

Amy's Organic Soups- many are gluten free read to avoid wheat.

Lifestream- Frozen Buckwheat Waffles with berries

Blue Diamond Nut thins Crackers

Sesmark Rice Thin Crackers

Healthy Valley Rice Bran Crackers (gf graham crackers)
Pamelas Products- cookies, brownie mix, baking and pancake mix
Mayacamas Gravy Mixes
Tinkyada brown rice pastas
Lundberg Rice and rice pastas, rice cakes
DeBoles Rice Pastas
Health Valley broths and cream soups
Many flours and soups etc in Nature's Way are gluten free you just have to read labels.
Van's Frozen Wheat Free Waffles- Original, Apple Cinnamon, Blueberry
Food For Life Frozen Wheat Free, Gluten Free Breads- white Rice, brown rice
Amy's Frozen- Cheese Enchilada with and without Rice and Beans, Mexican Tamale Pie, Enchilada Pie, Asian Noodle Stir-Fry, Thai Stir Fry, Shepard's Pie, Indian Entrees-all flavors, Bowls all flavors except Country cheddar, ravioli or tortellini
Cedarlane 5 layer Mexican Dip
Nate's Taquitos- Black Bean and Soy Cheese only
This is only a sample of what's at this Hugo's location. There are many others.

Crookston, MN Hugos - Hwy 2 & Hwy 75 N
There is a section of the natural foods aisle that has gluten-free foods -Heartland- pastas, macaroni and cheese, EnerG- gluten free flours, etc.

Thief River Falls, MN - Hugo's
Heartland- pastas, mac and cheese, flours, cereal

SuperOne Foods, 2771 32nd Ave S., Grand Forks, ND
There is a section for the natural foods in aisle one that has some of the gluten free items.
EnerG- gluten free flours, granola bars
Hol-Grain Rice Crackers
Health Valley broths and cream soups
These mixes are in the baking aisle
Bob's Red Mill- gluten free flour mix, gluten free bread mix, potato, potato starch flour, flax, other gluten free flours.

SuperTarget, 3601 32nd Ave S., Grand Forks, ND
Cherrybrook Kitchen Mixes- chocolate cake, sugar cookie, chocolate chip cookie. Read box to make sure it says Wheat Free Gluten Free and front. This company also makes wheat filled mixes.
Ians- frozen alphabet potatoes. Should say allergen free on label.
Rice noodles varying brands
Taste of Thai noodles and sauces
Thai Kitchen rice noodles and some of the sauces
Annie Chun's Rice Noodles

Target does not have a separate area for allergy foods like other stores; instead they put items on the shelves next to the regular foods.

Amazing Grains, 214 DeMers Ave, Grand Forks, ND

Every Tuesday and Thursday there are gluten-free muffins
Nature's Hi-lights-Frozen Brown Rice Pizza Crusts
MiDel- gluten free cookies
Namaste Foods-gluten free mixes
Numerous other items. New items frequently.

Nature's Country Store, Grand Cities Mall next to K-mart, 3001 S. Columbia Road, W.of the Post Office

Gluten-free pastas, mixes, breads, vitamins, other supplements
Sometimes they have frozen breads and rice dishes.

Toucan International Market, Grand Cities Mall
Many foreign foods mostly Asian are gluten free such as the rice items also they have many candies that are made with rice flour.

Restaurants in Grand Forks Area Familiar with the gluten free diet.

Konnechiwa, 3750 32nd Ave. S., Grand Forks, ND
701-775-3421 (Chinese)

GF Goodribs 4223 12th Ave. N., Grand Forks, ND
701-746-7115

Whitey's, 121 DeMers Ave. S., East Grand Forks, MN
218-773-1831

Texas Road House – New on 32nd Ave.

Red Lobster, 2675 32nd Ave. S., Grand Forks, ND
701-792-8770

Sanders 1907, 22 S. 3rd St., Grand Forks, ND 701-246-8970

RRC NORTHERN VALLEY GROUP: GRAND FORKS AND SURROUNDING AREAS
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