

# GLUTEN FREE SHOPPING MADE EASY!!!!

(Lori Bakes)

These are my favorite online links to sites which specialize in GFCF ready to eat items, flours, cereals, snacks, prepackaged mixes and/or treats:

[www.gfmall.com](http://www.gfmall.com)  
[www.allergygrocer.com](http://www.allergygrocer.com)  
[www.causeyourespecial.com](http://www.causeyourespecial.com)  
[www.glutensolutions.com](http://www.glutensolutions.com)  
[www.glutenfree.com](http://www.glutenfree.com)  
[www.reallygreatfoods.com](http://www.reallygreatfoods.com)  
[www.kinnikinnick.com](http://www.kinnikinnick.com)  
[www.choclat.com](http://www.choclat.com)  
[www.somethingbetternaturalfoods.com](http://www.somethingbetternaturalfoods.com)  
[www.bobsredmill.com](http://www.bobsredmill.com)  
[www.ener-g.com](http://www.ener-g.com)  
[www.edwardandsons.com](http://www.edwardandsons.com)  
[www.elpeto.com](http://www.elpeto.com)  
[www.quinoa.com](http://www.quinoa.com)  
[www.glutenfreeoats.com](http://www.glutenfreeoats.com)  
[www.glutino.com](http://www.glutino.com)  
[www.enjoylife.com](http://www.enjoylife.com)  
[www.montina.com](http://www.montina.com)  
[www.sylvanborderfarm.com](http://www.sylvanborderfarm.com)  
[www.candylandcrafts.com](http://www.candylandcrafts.com)

Here is a list of several whole foods stores specializing in organic foods and high quality vitamin and herbal supplements:

[www.sunnybridgenaturalfoods.com](http://www.sunnybridgenaturalfoods.com) (McMurray)  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com) (Shadyside)  
[www.eastendfoodcoop.com](http://www.eastendfoodcoop.com) (Wilkinsburg/Shadyside)  
[www.marketdistrict.com](http://www.marketdistrict.com) (Shadyside/South Hills)  
[www.goodlifemarket.com](http://www.goodlifemarket.com) (Pittsburgh)  
[www.traderjoes.com](http://www.traderjoes.com) (Pittsburgh)  
Today's Market (Oakmont)

Here are my favorite sites to find baking aids, tools, utensils, pans, and equipment. You can also find things such as filling, extract and flavorings here too:

[www.kingarthurfour.com](http://www.kingarthurfour.com)  
[www.lorannoils.com](http://www.lorannoils.com)  
[www.kitchenkrafts.com](http://www.kitchenkrafts.com)  
[www.countrykitchensa.com](http://www.countrykitchensa.com)  
[www.penzeys.com](http://www.penzeys.com)  
[www.bulkfoods.com](http://www.bulkfoods.com)  
[www.foodservicedirect.com](http://www.foodservicedirect.com)  
[www.chefscatalog.com](http://www.chefscatalog.com)