Shelf Pastas, Rice, & Soups

Annie's Homegrown Macaroni & Cheese

Amy's Organic Soups

DeBole's Pasta

Field Day

Frontier Soups

Gluten Free Café Soups

Namaste Pasta

Le Venezeani Pasta

RP's Pasta

Sam Mills Pastas

Schar Pastas

Tinkyada Rice & Pastas

Snack Foods

Aleia's Cookies

Alive & Radiant Kale Chips

Back to Nature Crackers

Blue Diamond Nut-Thins

Brad's Raw Kale Chips

Crunchmaster Crackers

Enjoy Life Chewy Bars & Cookies

Epic Bars

Gilbert's Goodies

Glutino Bars, Crackers, Pretzels, Cookies

Good Health Natural Foods Olive Oil Chips

KIND Bars

Kinnikinick Cookies

Laurel Hill Chips

Pamela's Cookies

Popcorn Indiana Popcorn

PureFit Protein Bars

Real & Wonderful "Crackers" & Nut Clusters

Tanka Bars

Tates's Cookies

Skinny Pop Popcorn **Snyder of Hanover Pretzels** Vans Crackers

Shelf Breads & Rolls

Paleo Wraps Schar

Spreads, Sauces, Dressings, & Dips

Better than Bouillon Bases

Bone Suckin' Sauces

Brianna's Dressings

Capi d'Roma Sauces

Concord Farms Dips

Cardini's Dressings

Drew's All Natural Dressings

Edward & Son's Bouillon

Full Flavor Gravies & Sauces

Imagine Gravy

Kitchen Basics Cooking Stocks

Green Mountain Gringo Salsas

Massel Bouillion

Maxwell's Gravies

Mr. Spice Organic Marinades

Nielsen Massey Vanillas, Inc. Vanilla

San-J Sauces

Stubb's Marinades

Sunbutter Seed Spread

Candy, Desserts, & Extra

Joy's Ice Cream Cones Girardelli Chocolate Co. **Haribou** Candy Newman's Own Organics PB Cups



YOUR GLUTEN FREE FOOD PROVIDER



631 Center St., Ludlow, MA 01056

Tel: (413) 589-7071

Web: www.ranfarm.com

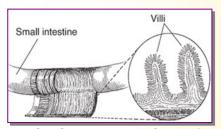
Look for us on facebook.





We Care About Your Dietary Needs

Gluten intolerant people cannot tolerate the gluten protein. When this protein is consumed, the immune system responds by damaging villi, which lines the small intestine and extract nutrients from consumed food. Healthy villi are necessary for absorption of nutrients for good health. It is important for Celiacs to eat Gluten-Free.



Villi on the lining of the small intestine helps to absorb nutrients.

Whether you're gluten intolerant or not, there are more and more options for a tasty, healthy gluten-free diet.

Randall's has a Great Selection of
Gluten-free Specialty Foods as well as
Fresh Fruits and Vegetables, Fresh Meats,
and Boars Head Meats & Cheeses ~
all Gluten-Free!

Freezer Products

Against the Grain Pizza & Rolls
A&J Bakery Cakes
Amy's Organic Macaroni & Cheese,
Desserts*

Bell Evan's Chicken
Bove's Meatballs

Caesar's Italian Entrèes

Canyon Bakehouse Breads

Celiac Specialties Donuts

Chuckanut Bay Cheesecakes

Conte's Italian & Polish Foods

DePuma's Pastas

Feel Good Foods Dumplings, Egg Rolls

Food for Life Breads

Dutch Country Soft Pretzels*

Gaga's Sherbetter Sherbet

Gillian's Food Pies & Cakes

Gluten Freeda Glutino

Grainless Baker Pies, Pie Shells & Muffins

Joan's GF Great Bakes Breads

Julie's Ice Cream Sandwiches

Kinnikinnick

Mikes Paleo English Muffins

Paleo Bread

Piping Gourmet Whoopie Pies & Muffins

Starfish Seafood Entrèes

Udi's Breads, Pastries, & Dinners

*offers dairy free products

† offers nut free products

<u>GF Beer</u> Also Available!

Anheuser Busch
"Red Bridge"

Bard's Tale "Dragon's Gold
Glutenburg—Red Blonde Ale

Cereals & Granolas

Bakery on Main Granola
Cream Hill Estates Rolled Oats
Gluten Freeda Instant Oatmeals
Enjoy Life Chewy Bars
Kind Granola
Paleonola
Renola
Nature's Path
New England Natural's

Baking Mixes

1-2-3 Gluten Free
Among Friends
Anna's Baking Mixes
Bob's Red Mill
CherryBrook Kitchen

Divvies Semi-Sweet Chocolate Chips*† **Enjoy Life** Semi-Sweet Mini Choc Chips*†

Immaculate Bakery
Julie's Flour
King Arthur Flour
Kinnikinick
Maple Grove
Namaste Foods
Pamela's
Sticky Finger's Bakery
Stonewall Kitchen



Wholesome Cravings

Check Our Calendar for Gluten-Free Tastings!