

Mainstream Gluten Free Snacks Safe for Celiacs and the Gluten Intolerant www.MotherofaHubbard.com

****Please do not substitute brands for generic/store brands, as they may have a different product formulation that is not gluten free.****

Chips/Crackers

BLUE DIAMOND®

Nut Thins (all flavors)
Artisan Nut Thins (all flavors)
Nut Chips (all flavors)

BACK TO NATURE®

Rice Crackers only (look for "Gluten Free" on product packaging)

FRITO-LAY®

BAKED! CHEETOS® Crunchy Cheese Flavored Snacks
BAKED! CHEETOS® FLAMIN' HOT® Cheese Flavored Snacks
BAKED! LAY'S® Original Potato Crisps
BAKED! RUFFLES® Original Potato Crisps
BAKED! TOSTITOS® SCOOPS!® Tortilla Chips
CHEETOS® ASTEROIDS® Cheese Flavored Snacks
CHEETOS® Crunchy Cheddar Jalapeno Cheese Flavored Snacks
CHEETOS® Crunchy Cheese Flavored Snacks
CHEETOS® Crunchy FLAMIN' HOT® Cheese Flavored Snacks
CHEETOS® Crunchy FLAMIN' HOT® Limon Cheese Flavored Snacks
CHEETOS® Crunchy Salsa Con Queso Cheese Flavored Snacks
CHEETOS® Crunchy XXtra FLAMIN' HOT® Flavored Cheese Flavored Snacks
CHEETOS® Puffs Cheese Flavored Snacks
CHEETOS® Puffs FLAMIN' HOT® Cheese Flavored Snacks
CHEETOS® Puffs SIMPLY NATURAL™ White Cheddar Cheese Flavored Snacks
CHEETOS® Puffs SIMPLY NATURAL™ White Cheddar Flavored Puffy Puffed Corn Snacks
CHEETOS® Puffs TWISTED® Cheese Flavored Snacks
CHESTER'S® Cheddar Cheese Flavored Popcorn
CHESTER'S® FLAMIN' HOT® Flavored Popcorn
CHESTER'S® FLAMIN' HOT® Flavored Fries
DORITOS® Toasted Corn Tortilla Chips
FRITOS® Lightly Salted Corn Chips
FRITOS® Original Corn Chips
FRITOS® SCOOPS!® Corn Chips
LAY'S® Classic Potato Chips
LAY'S® Deli Style Potato Chips
LAY'S® Lightly Salted Potato Chips
LAY'S® SIMPLY NATURAL™ Sea Salt Flavored Thick Cut Potato Chips
LAY'S STAX® Cheddar Flavored Potato Crisps
LAY'S STAX® Dill Pickle Flavored Potato Crisps
LAY'S STAX® Mesquite Barbecue Flavored Potato Crisps
LAY'S STAX® Original Potato Crisps
LAY'S STAX® Queso Flavored Potato Crisps

LAY'S STAX® Salt & Vinegar Flavored Potato Crisps
LAY'S STAX® Sour Cream & Onion Flavored Potato Crisps
LAY'S® Wavy Original Potato Chips
RUFFLES® Original Potato Chips
RUFFLES® Reduced Fat Original Potato Chips
RUFFLES® SIMPLY NATURAL™ Reduced Fat Sea Salted Potato Chips
SANTITAS® White Corn Triangles Tortilla Chips
SANTITAS® Yellow Corn Rounds Tortilla Chips
SANTITAS® Yellow Corn Triangles Tortilla Chips
SMARTFOOD® Movie Theater Butter Flavored Popcorn
SMARTFOOD® Reduced Fat White Cheddar Flavored Popcorn
SMARTFOOD® White Cheddar Flavored Popcorn
TOSTITOS® Bite Size Rounds Tortilla Chips
TOSTITOS® Cantina Thin & Crispy Tortilla Chips
TOSTITOS® Cantina Traditional Tortilla Chips
TOSTITOS® Crispy Rounds Tortilla Chips
TOSTITOS® Original Restaurant Style Tortilla Chips
TOSTITOS® Reduced Fat Crispy Rounds Tortilla Chips
TOSTITOS® SIMPLY NATURAL™ Blue Corn Tortilla Chips
TOSTITOS® SIMPLY NATURAL™ Yellow Corn Tortilla Chips
TOSTITOS® SCOOPS!® Tortilla Chips
TOSTITOS® Stadium Style Yellow Corn Rounds Tortilla Chips
TOSTITOS® Thick & Hearty Rounds Tortilla Chips

KETTLE BRAND® Potato Chips (all flavors of potato chips only)

SNYDER'S OF HANOVER®

EatSmart Naturals
Garden Veggie Crisps
Whole Grain Tortilla
Whole Grain Cheese Curls
Gluten-Free Pretzel Sticks

CHI-CHI'S® Chips (all varieties)

FOOD SHOULD TASTE GOOD® Chips (all varieties)

LUNDBERG® Rice Chips (all varieties)

Dips

CHI-CHI'S®

Nacho Cheese Snackers
Con Queso

MARZETTI®

Caramel Apple Dip
Fruit Dips and Fruit Glazes
Veggie Dips (All EXCEPT Southwestern Ranch)
Sour Cream

PACE® Salsas

Chunky Salsa – mild, medium, hot
Pico de Gallo

Pineapple Mango Chipotle Salsa
Restaurant Style - medium
Salsa Dip – mild and medium
Salsa Verde
Thick & Chunky Salsa – extra mild, mild, medium and hot

Fruit Snacks

ANNIE'S® Organic Fruit Snacks

BETTY CROCKER®
Fruit Snacks (all)
Fruit by the Foot (all)
Fruit Gushers (all)
Fruit Roll-ups (all)
Fruit-Flavored Shapes (all)
Simply Fruit (all)

CLIF KID® Fruit Rope
Fruit Punch
Grape
Mixed Berry
Sour Apple
Strawberry

WELCH'S® Fruit Snacks

Drinks/Juices

APPLE AND EVE® Juices and Juice Boxes

CAPRI SUN® (All flavors)

CRYSTAL LIGHT® (All flavors)

KOOL-AID® (All flavors)

NESTLE®
Juicy Juice® (All flavors)
Nesquik®
All flavors of milk and syrup, but not powdered mix
Hot Cocoa Mix

TANG® (All flavors)

TRUMOO® Chocolate Milk

V8® Vegetable Juice
100% Vegetable Juice
Essential Antioxidants V8®

High Fiber V8®
Low Sodium V8®
Low Sodium Spicy Hot V8®
Spicy Hot V8®
Diet V8 Splash® Juice Drink
Diet Berry Blend
Diet Tropical Blend
Campbell's® Tomato Juice
Tomato Juice
Healthy Request® Tomato Juice
Low Sodium Tomato Juice

WELCH'S®

100% Juices (All flavors)
Juice Beverages (All flavors, including light versions)
Sparkling Juice Cocktails (All flavors)
Essentials Juice Cocktails (All flavors)
Refrigerated Cocktails (All flavors)
Juice Concentrates (All flavors)
Chillers Juice Drinks (All flavors)

Meats/Cheese/Yogurt

BOAR'S HEAD® Meats, Cheeses, and Condiments

HORMEL®

Pepperoni Stix
Hard Salami Stix
Italian Dry Sausage Stix
Turkey Pepperoni Stix
Pizza Topping Original Pepperoni
Hot & Spicy Pepperoni
Fully Cooked Bacon
Natural Choice packaged deli meats
Smokies

SPAM®

Classic (including Lite and Less Sodium versions)
Hot and Spicy
Smoke Flavored
Oven Roasted Turkey
SPAM® with Cheese
SPAM® with Bacon
Jalapeño Flavored
Black Pepper Flavored

STONYFIELD FARM®

All yogurts, smoothies, and soy yogurts (EXCEPT YoToddler)

YOPLAIT®

All yogurts, except parfaits with granola
GoGurt
Trix yogurt

Condiments/Spreads

FRENCH'S® Mustard

HEINZ® Ketchup

HELLMAN'S®

Mayonnaise (including light and low-fat versions)
Tartar Sauce

WELCH'S®

Natural Spreads (All flavors)

Bars/Cereals/Granola

CHEX® Cereals

All flavors **EXCEPT Wheat Chex and Multi-Bran Chex**

CLIF®

Kit's Organic Fruit and Nut Bars (all flavors)

KIND®

Bars (all flavors)
Granola (all flavors)

KELLOGG'S®

Gluten Free Rice Krispies (not original)

LÄRABAR® (all flavors)

LUNA® Bars

Chocolate
Chocolate Cherry Almond
Chocolate Peanut Butter
Cookie Dough
Mint Chocolate Chip

POST®

Gluten Free Fruity Pebbles (not original)
Gluten Free Cocoa Pebbles (not original)

Fruit (Canned or Dried)

DEL MONTE®

Canned/Jarred Fruits
Fruit Snack Cups (Metal and Plastic)
Canned Vegetables
Tomatoes & Tomato Products
Fruit Chillers

SUN-MAID®

Raisins

Zante Currants

Avoid other products produced at facilities that use wheat; check label.

Candy

TOOTSIE ROLL INDUSTRIES® (all products except Andes cookies)

Tootsie Rolls

Fruit Rolls

Frooties

Dots

Tropical Dots

Crows

Cella's Milk Chocolate Covered Cherries

Cella's Dark Chocolate Covered Cherries

Junior Mints

Charleston Chew

Junior Caramels

Tootsie Pops

Tootsie Peppermint Pops

Caramel Apple Pops

Fruit Smoothie Pops

Tropical Stormz Pop

Child's Play

Charms Blow Pops

Charms Super Blow Pops

Charms Pops

Zip-A-Dee-Mini Pops

Fluffy Stuff Cotton Candy

Sugar Daddy Pops

Sugar Mama Caramels

Charms Squares

Charms Sour Balls

Charms Candy Carnival

Pops Galore

Andes Mints

Sugar Babies

SPANGLER CANDY COMPANY®

Dum Dum Pops

Dum Dum Chewy Pops

Saf-T-Pops

Swirl Saf-T-Pops

Spangler Circus Peanuts

Spangler Candy Canes

Spangler Chewy Canes

HERSHEY'S®

****Dark chocolate candies/bars are NOT gluten free.**

****Miniature bars are not gluten free**

Almond Joy (all)
Mounds (all)
Hershey's Milk Chocolate Kisses
Hershey's Filled Chocolate Kisses (caramel and cherry cordial creme)
Hershey's Nuggets
Hershey's Milk Chocolate Bar, *only in the 1.55 oz. size*
Hershey's Milk Chocolate with Almonds Bar, *only in the 1.45 oz. size*
Heath Bars
Reese's Peanut Butter Cups (all *except* for seasonal shaped items)
Skor
Skor Toffee Bar
York Peppermint Pattie (all)

JELLY BELLY®

Jelly Beans (all flavors)
Candy Corn

JUST BORN®

Peeps Marshmallow Treats (only if label states gluten free)

NESTLE®

Baby Ruth
Bit-O-Honey
Butterfinger Bar (original flavor only, NOT Crisp, Giant Bar, Snakerz, Medallions, Jingles, Hearts or Pumpkins)
Milk Chocolate
Goobers
Nips (including both regular and sugar-free)
Oh Henry!
Raisinets (including Cranberry and Dark Chocolate flavors)
Sno-Caps
Wonka Pixy Stix
Laffy Taffy (including Laffy Taffy Rope)
Wonka Lik-M-Aid Fun Dip

MARS®

CAUTION: Check labels and avoid if package states "contains wheat" or "may contain traces of wheat" under ingredients list.

M&M's (all EXCEPT for pretzel-flavored M&M's)
3 Musketeers Bars (all flavors)
Milky Way Midnight Bar
Milky Way Caramel Bar
Dove Chocolate products (all flavors EXCEPT for milk chocolate cinnamon graham/cookies and cream)
Snickers Bars (all flavors)

WRIGLEY'S®

Skittles
Starburst
Lifesavers
Cremesavers
All gum except Hubba Bubba Gummi Tape