

Dairy Case

Butter (use a fresh stick to avoid bread crumbs)
Milk
Eggs & Egg Beaters
Kraft Philadelphia cream cheese
Kraft or Great Value brand shredded cheese
Daisy light sour cream
Yoplait yogurt (without crunchies or granola)
International Delight coffee creamers (labeled gluten-free!)
Smart Balance buttery spread (labeled gluten-free!)

Fresh Fruits & Vegetables

Washed fresh fruits (great for a snack)
Washed fresh vegetables (don't forget potatoes!)

Meat Case

Plain (unmarinated/unseasoned) cuts of meat (beef, pork, chicken, turkey)
Plain (unmarinated/unseasoned) cuts of fish (avoid artificial crab or breaded fish)
Boar's Head pre-packaged cold cuts (will be labeled gluten-free)
HoneyBaked Ham turkey breasts and hams (even the glaze is gluten free, as per the manufacturer!)

Canned/Dried Foods

Plain brown, white, or wild rice (instant is fine)
Canned, diced or stewed tomatoes
Canned or dried unseasoned beans
Del Monte canned/jarred fruit and snack cups
Starkist tuna (avoid Tuna Creations or Teriyaki)
Lundberg's risotto mixes (labeled gluten-free!)
Applesauce

Freezer Case

Plain frozen vegetables (Steamfresh packs are great; steer clear of sauces or seasoning)
BlueBell Vanilla Ice Cream
Fruit juices (watch for wheat or barley in superfruit style juices)

Condiments, Toppings, Oils, Etc.

Olive Oil
Ketchup
Kraft mayonnaise (be sure it's a fresh jar or a squeeze bottle)
Mustard
Tabasco sauce
Jams and jellies (from an uncontaminated jar)
Classico pasta sauce (most varieties are labeled gluten-free)
Distilled vinegar & apple cider vinegar (NOT malt vinegar)
Olive oil
Sugar, brown sugar, and honey (use individual packets when possible to avoid cross-contamination)

Miscellaneous

Wine & distilled alcohol
Hot-air popped popcorn
Coffee
Corn tortillas
Kozy Shack pudding (all varieties, labeled gluten-free!)
Plain corn tortilla chips
Blue diamond nut thins (all flavors!)
Plain chocolate
Sunmaid Raisins
Rice Chex (the only mainstream gluten-free cereal!)