

What is gluten?

Gluten is the common name for a family of proteins in specific grains. These proteins are found in ALL forms of wheat (including durum, semolina, spelt, kamut, einkorn and faro) and related grains rye, barley and triticale. Oats contain avenin, a protein with a gluten-like structure that causes a reaction in a percentage of people with gluten sensitivities, and are also often cross-contaminated with wheat or barley unless produced in a gluten-free facility.

Why go gluten free?

Gluten Free foods are vital for people with celiac disease, wheat allergies or gluten sensitivity.

Some recent publications note that some parents of children with autism also report improvements with their children when they avoid gluten and casein (a protein found in dairy products).

Gluten in surprising places

It is not surprising to find gluten in products commonly made with wheat flour like cookies, crackers, breads and pastas.

What may be surprising are the foods that contain gluten that you wouldn't expect – including things like the capsule covering for some vitamins and supplements, salad dressings and syrups, fruit fillings and puddings, candy, gum and many more.

Sometimes grains/flours are added as a thickening agent or flavor enhancer, or used in production. It is important to read product labels carefully or shop for items marked "gluten free" because you will find gluten in the most surprising places!

An important note

If you suspect you may have celiac disease, **get tested by a physician before going on a gluten-free diet.** Cutting out gluten before testing can mask other signs of the disease and can cause test results to return false negatives.

For more information on Celiac Disease, visit www.celiac.org or www.neohioceliac.com.

The Story of Nature's Bin

Did you know that Nature's Bin is much more than just a natural foods store? This comfortable place where many Cleveland area residents have shopped for years is also a vocational rehabilitation training facility for people with disabilities. It is owned and operated by Cornucopia, Inc. whose mission is **to help people with disabilities develop their skills, confidence and workplace potential.**

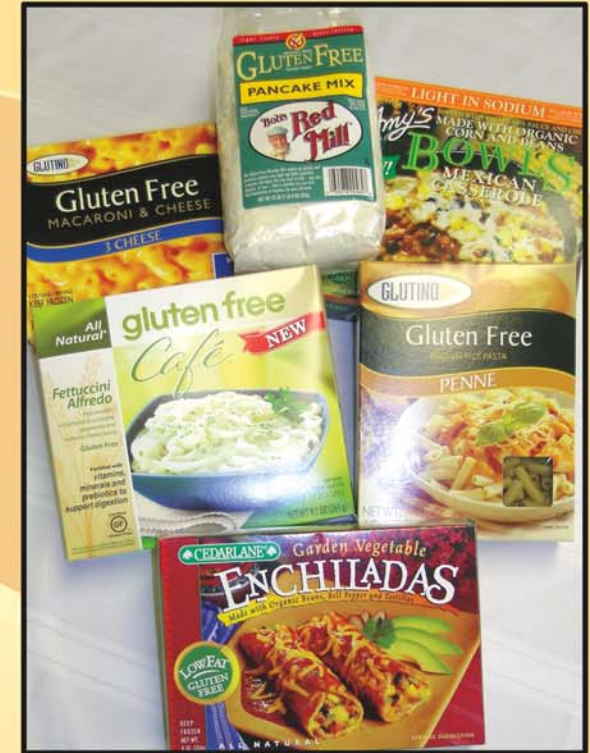


So what's the connection? Nature's Bin provides real-life work experience through which people with significant physical or mental disabilities learn basic work and social skills under the watchful eye of specially trained coaches and other full-time staff.

People referred to Cornucopia come from a wide range of circumstances. Following an average of 8-12 weeks of "on the job training," trainees can choose to work with Cornucopia's employment specialists to find jobs throughout the community.



So as you can see, there's more to Nature's Bin than meets the eye. Every time you shop at Nature's Bin you are helping people with disabilities become more independent through vocational training and job placement. Thank you for your continued patronage and support!



Gluten Free Product Guide

Nature's Bin - Owned and Operated by Cornucopia, Inc.
18120 Sloane Avenue, Lakewood, OH 44107
(216) 521-4600 | www.naturesbin.com

Product Listing

Below is a partial list of gluten-free products available at Nature's Bin. The number of gluten-free products we carry is growing all the time. If you have a question about the products Nature's Bin carries, give us a call at (216) 521-4600.

Dry Grocery

123 GLUTEN FREE

Baking mixes

ANCIENT HARVEST

Quinoa pastas, grains, cereal flakes

ANNIES

Select dressings, select pasta meals, graham cookies

ANNIE CHUN'S

Select Asian entrees, rice noodles

ARROWHEAD MILLS

Select cold and hot cereals

BAKERY ON MAIN

Granola, granola bars

BIONATURAE

Select pastas

BLUE DIAMOND

Nut thin crackers

BOB'S RED MILL

Select flours, hot cereals, grains, baking mixes

BORA BORA

Nutritional bars

BOULDER

Rice chips

CHOCOLATE DREAM

Chocolate bars

DEBOLES

Select pastas

DR MCDUGALL'S

Select soup cups

EDEN

Tamari soy sauce

EDWARD AND SONS

Bouillon cubes

ENER-G

Breads, bread crumbs, crackers, pretzels

ENJOY LIFE

Cookies, cereal, breadsticks, breakfast bars, chocolate bars

ENVIROKIDZ

Cold cereals, rice bars

GLEE

Gum

GLENNY'S

Rice crisp marshmallow bars

GLUTENFREEDA

Instant oatmeals

GLUTEN FREE PANTRY

Baking mixes

GO RAW

Nutritional bars

HODGSON MILLS

Select baking mixes, rice pastas

IMAGINE

Gravies

JOI

Fresh and frozen baked goods

KETTLE

Potato chips

KIND

Nutritional bars

KINNIKINNICK

Bread crumbs, graham crackers

LARABAR

Nutritional bars

LET'S DO ORGANICS

Cornstarch, ice cream cones

LUCY'S

Cookies

LUNDBERG

Rice chips, rice cakes

MARY'S GONE CRACKERS

Crackers, cookies, snacks

MIGUEL'S

Tortilla chips

NAMASTE

Baking mixes

NATURAL NECTAR

Select crispbreads

NATURE'S PATH

Select cereals

NIELSEN-MASSEY

Vanilla

NU GO

Select nutritional bars

ORGANICVILLE

Dressings, pasta sauces, pizza sauce, marinades, teriyaki sauce, mayonnaise

PAMELA'S

Baking mixes, cookies, biscotti

POPCHIPS

Snack chips

PURE BARS

Nutritional bars

RAW REVOLUTION

Nutritional bars

REAL FOODS

Corn thins

ROAD'S END

Select pasta meals, gravy mixes

RUSTIC CRUST

Select pizza crust

SEASON'S

Potato chips, lite cheese puffs

SINGING DOG

Vanilla

SMARTTREAT

Cookies

STONEWALLS

Meatless jerky

SURF SWEETS

Select gummy candy

TEMPT

Hemp milk

TREE OF LIFE

Almond milk

Dairy

HOUSE FOOD

Tofu noodles

WILDWOOD

Pastaslim noodles

Frozen

AGAINST THE GRAIN

Pizzas

AMY'S

Select pizzas, entrees, burritos

BAHAMA

Rice burgers

CAESAR'S

Pasta entrees

CONTE'S

Raviolis

FOOD FOR LIFE

Select breads, tortillas, English muffins

GILLIAN'S

Pizza dough

GLUTEN FREE CAFÉ

Entrees

GLUTINO

Breads, pizzas, entrees

KINNIKINNICK

Breads, donuts, pizza crusts, muffins

LEAN ON ME

Quiches

PURELY DECADENT

Coconut ice creams

RUDI'S

Select breads

SUNSHINE BURGER

Meatless burgers

S BETTER FARMS

Corndogs

TEMPT

Hemp ice cream

UDI'S

Breads, muffins, bagels

VAN'S

Select waffles

Beer

Green's

New Grist

Bard's

Original Sin hard cider

Crispin hard cider

Vitamins & Supplements

SELECT PRODUCTS IN THESE SUPPLEMENT LINES

Country Life

Jarrow

Megafood

Nature's Bin Brand

Rainbow Light

Solgar

PROTEIN POWDERS

Jarrow

Lifetime

NutriBiotic

Vega

Health & Beauty

BURT'S BEES

Select body care

DESERT ESSENCE

Select shampoos, conditioners, moisturizers, body care

EARTHLY ELEMENTS

Shampoos, conditioners, hand & body lotions

GABRIEL

Cosmetics (except eyeliner)

LARÉNIM

Mineral cosmetics

PLEASE NOTE: We have made every effort to be as accurate as possible, however we are not responsible for errors, individual reactions to any products we sell, or possible cross-contamination.

ALWAYS READ THE LABEL before purchasing any product as ingredients do change.