

Celiac Friendly Shopping in Victoria 2014

While we provide this list, the Victoria chapter of the Canadian Celiac Association does not endorse any of these locations. Read every label every time, don't assume a product is still safe today because it was in the past. Contact manufacturers via their web sites (try their FAQs) or toll-free numbers for more information. **We recommend that you attend free GF tours where offered**, as each store has some unique products not found elsewhere, and the tours are invaluable.

Origin Bakery	1525 Pandora @ Fort St. & 110-1790 Island Hwy, Colwood	Fully GF bakery, sweet, savoury, lunches, eat-in or to-go
Lifestyle Market	2950 Douglas St. (& smaller store at 343 Cook)	Monthly Tour. Largest GF section & freezer. Best GF flour selection
Planet Organic	McKenzie & Quadra next to Thrifty Foods	Monthly Tour. Good section & freezer. Pasta, cereal, cookies. O'Dough's, Canyon Bakehouse, Udi's
Jubilee pharmacy	1775 Fort St @ Richmond; 851 Johnson St. @ Quadra	Cookies, cereal, nut butter, pasta, crackers, salad dressings. Benjamin's Bites. Cooler with dairy-free items. GF cosmetics.
Thrifty's	All locations	GF shopping guide, cereals & basics. Wendel's & Joseph's baking, Sweets from the Earth. Informed pharmacists
Country Grocer	Royal Oak Shopping Centre	GF shelf labels. Udi's bread. GF freezer in bakery
Market on Yates & Millstream Superstore	Yates at Quadra; Millstream Village Langford	GF shopping guide & shelf labels. GF Freezer. Good selection of basics. KK, Udi's, La Tortilla Factory
Niagara Grocery	579 Niagara St, James Bay	Breads, pastas, basics
Mother Nature's	240 Cook St	Grocery & deli. Good selection of basics except flours.
Fairfield Market	1275 Oscar, Fairfield	Basics
Peppers	3829 Cadboro Bay Rd.	Pasta, baking items, basics
Ingredients	201 Store Street	Small selection of organic groceries, café. Avoid 'GF' bulk bins.
Deep Cove Mkt.	North Saanich	GF bread, groceries, basics
Red Barn	Various	Pasta, cereal, specialty meats
Walmart	Uptown	Cereal, Patsy Pie cookies, Frozen pizza, Freybe/Grimm's & Marc Angelo meats, waffles, All But Gluten bread
Safeway	Various	Most now have GF section, Udi's, Rudi's, KK & Glutino. GF freezer in bakery & some GF in regular freezers as well
Save On Foods	3510 Blanshard & 172 Wilson in Esquimalt	Growing selection, some shelf labels. Freezer in bakery with Wendell's, Udi's etc.
Fairway	Shelbourne @ Cedar Cross	Cereals, bread, crackers, pasta, bread. Small GF section
Costco	Langford	Quinoa, pasta, vanilla, Sabatasso pizza, crackers, Costco GF wieners
Forbe's Pharm.	2349 Millstream, Langford	Cereals, pasta, cookies, nutritious snacks
Sidney Natural	2473 Beacon Ave. Sidney	Good general selection
London Drugs	Various	Enjoy Life Cookies & cereal, Holy Crap, Envirokids & Nature's Path cereal, Jamieson vitamins, Glutino crackers

Vitamin Shop	1212 Broad, downtown	Vitamins & informed staff
Epicureselections.com	Private consultants	Seasonings, spices, dip mixes GF since November 2012
M & M Meats	Various	Stores can print GF list
Arbonne.ca	Private consultants	GF skin & body care, cosmetics, health & wellness products
Candy Bouquet	Athlone Court, Oak Bay Ave	Can prepare GF candy baskets
Santé GF Cafe	2630 Quadra 590-7174	Totally GF café - breakfast & lunch menu & to-go. Some groceries.