

## Celiac Friendly Shopping in Victoria 2012

The Victoria chapter of the Canadian Celiac Association provides this list but 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.	Fully GF bakery, sweet, savoury, lunches, eat-in or take-out
Lifestyle Market	2950 Douglas St. (& smaller store at 343 Cook)	<b>Tour.</b> Largest GF section & freezer. Best GF flour selection
Planet Organic	McKenzie & Quadra next to Thrifty Foods	<b>Tour.</b> Good GF section & freezer. Pasta, cereal also elsewhere in store.
Jubilee Pharmasave	1775 Fort St @ Richmond	Cookies, cereal, nut butter pasta, crackers, salad dressings. GF cosmetics.
Country Grocer	Royal Oak Shopping Centre	GF shelf labels. Udi's bread products. GF freezer in bakery
Market on Millstream & Market on Yates	Millstream Village Langford & Yates St. @ Quadra	Free current GF shopping guide by aisle & shelf labels. GF Freezer. Good selection of basics. Udi's & Kinnikinnick soft bread. Kettle Cuisine soup
Thrifty's	All locations	Free current GF shopping guide, Freybe, cereals & basics. Informed pharmacists. Some shelf labels.
Superstore	Langford	Basic GF section & GF freezer, frozen pasta, Udi's, O'Dough's, Glutino Genius, KK, Kettle Cuisine soups.
Niagara Grocery	579 Niagara St, James Bay	Breads, incl Silly-Yak, pastas, basics
Fairfield Market	1275 Oscar, Fairfield	Basics
Peppers	3829 Cadboro Bay Rd.	Pasta, baking items, basics
Deep Cove Market	North Saanich	Silly-Yak bread, basics
Red Barn	Various	Pasta, cereal, specialty meats
Walmart	Uptown	Cereal, Patsy Pie cookies, Frozen breads & pizza, Freybe/Grimm's meats, Van's waffles
Safeway	Various	Most now have GF section, Udi's bread, KK & Glutino. GF freezer in bakery and GF in regular freezer as well.
Save On Foods	3510 Blanshard & 172 Wilson in Esquimalt	Growing selection, Silver Hills GF bread in bakery freezer, Kinnikinnick
Fairway	Shelbourne @ Cedar Cross	Cereals, bread, crackers, pasta, bread. Small GF section.
Forbe's Pharmacy	2349 Millstream, Langford	Cereals, pasta, cookies, nutritious snacks
Sidney Natural Foods	2473 Beacon Ave. Sidney	Good general selection
London Drugs/ Shopper's	Various	Enjoy Life Cookies & cereal, Envirokids & Nature's Path cereal, vitamins
Vitamin Shop	1212 Broad, downtown	Vitamins & informed staff
Epicureselections.com	Private consultants	Many gluten-free seasonings, spices, dip mixes
M & M Meats	Various	Stores can print GF list
Candy Bouquet	Athlone Court, Oak Bay	Can prepare GF candy baskets
Arbonne.ca	private consultants	GF Skin & body care, cosmetics, health & wellness
Santé GF Cafe	2630 Quadra 590-7174	Fully GF café - breakfast & lunch menu. Can prepare to-go.
Old British Fish & Chips	1507 Pandora 598-6112 (next to Origin GF Bakery)	GF fish, chips, battered onion rings & desserts. Good prices for take-out.