

PLACES TO SHOP

VICTORIA

GROCERY STORES

Market on Yates	903 Yates St.	381-60	www.marketonyates.com
Market on Millstream	2401 Millstream Rd.	391-11	Request their comprehensive list of GF products; Organized by aisle, available from Customer service. www.marketonyates.com
Pepper's	3829 Cadboro Bay Rd. Cadboro Bay	477-65	If they don't have the GF product you want, they will order it for you. www.peppers-foods.com
Save-On Foods	3510 Blanshard St 172 Wilson St	475-3300 389-6115	
Safeway Stores	Several locations		www.safeway.com
Superstore	835 Langford Parkway		Dedicated gf section called 'Healthy Sides', aisle #29. Selection incl Glutino, Kinnikinnick, Panne Rizo, Natures Path etc. www.superstore.ca/west/
Thrifty foods	Several locations		Good selection incl. Freybe meats, Hertels sausages, Lifestream waffles & Kinnikinnick breads. www.thriftyfoods.com
HEALTH FOOD STORES			
House of Nutrition	6-310 Goldstream Ave Colwood	478-32	Small but comprehensive selection of GF products; Local produce, eggs/dairy. Helpful staff. www.houseofnutrition.com
Lifestyle Markets	2950 Douglas St Victoria	384-33	One-stop shop for all GF needs including frozen breads. A dedicated GF aisle & offers a CCA membership Discount on case lots of some GF items. www.lifestylemarkets.com
	343 Cook St Victoria	381-54	Smaller store with narrowed selection
	9769 Fifth St Sidney	656-23	Smaller store with narrowed selection; items can be sent from Douglas St store
Planet Organic	3965 Quadra St Victoria	727-98	Excellent selection of GF dry goods, frozen breads and Panne Rizo & Mountain Top baked goods at the Deli-counter & freezer. www.planetorganic.ca
Seed of Life Natural Foods	1316 Government St	382-43	They offer a 10% discount for Seniors
Sidney Natural Foods	2473 Beacon Ave. Sidney	656-46	Large selection of flours & baking mixes, bulk & packaged. Frozen breads, cookies, rice & pastas etc. Special orders available. Ideal shopping for all incl. Folks from the Gulf Islands.
The Vitamin Shop	1212 Broad St	386-12	A huge selection of supplements at good prices. Knowledgeable staff and free delivery with a \$50 order.

****REMEMBER...always check ingredient labels and "if in doubt, check it out with the manufacturer"!**

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VICTORIA – SPECIALTY STORES

Conscious Kitchen Cooks		721-59	Whole foods personal chef Laura Moore offers personal & event catering ckcchefs.com
Five Elements Cooking		381-58	Personal chef Sonja offers in-home cooking sessions with a customized menu to your tastes and needs
Headstart Salon	1315 Cook St	384-55	They have developed and sell GF hair care products. All ingredients are listed for those with other sensitivities.
Kettle Catering Home Services	Victoria	474-50	Owner Karen Morgan offers prepared GF meals. With a seven meal order, delivery is free.
Roger's Chocolates	913 Government St	384-70	A huge selection of GF chocolates; professional staff, comprehensive ingredient list; top quality store.
Starke's Deli & Meats	10055 McDonald Pk R Sidney	656-43	A selection of GF meats & sausages.
Village Butcher	2250 Oak Bay Ave	598-11	A wide selection of GF sausages with a 5 lb. order; all meats are non-medicated/organic; no soy is used in sausages.

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CENTER ISLAND - Ladysmith, Parksville, Nanaimo, Qualicum Beach

GROCERY STORES

Save-On Foods Several locations

Safeway Stores Several locations

Thrifty Foods Several locations

HEALTH FOOD STORES

Charlie Brown's Harbour Park Mall 753-52 Good selection of gf products. They now offer the line of great
Health Food 2139A Bowen Rd 758-19' breads from Village Bulk Foods in Qualicum Beach.
Nanaimo

Heaven on Earth 149 W 2nd Ave 752-3132
Natural Foods Qualicum Beach

Island Natural 6560 Metral 390-19: Great selection of gf products and happy to consider items
Nanaimo not currently carried. Now sell Village Bulk Food's wonderful
breads!

Ladysmith Health 531 1st Ave 245-2123
Food Store Ladysmith

Village Bulk Foods 172 Second Ave 752-28: A good selection of GF dry goods. Rave reviews
Qualicum Beach on their selection of home-made GF breads, muffins,
Cookies, pie shells & pizza crusts. Baked in a GF
Kitchen and then fresh frozen.

BAKERY & SPECIALTY

Claire's Home Care & Nanaimo 758-81 Specialty care and food services for those
Services O 751-81 in need of short or long term care.

Sugar Plum Fare Parksville 248-97' Gourmet quinoa bread, scones, squares &
cookies. Call ahead to order.

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NORTH ISLAND - Courtney/Comox, Campbell River

GROCERY STORES

Save-On Foods	Several locations
Safeway Stores	Several locations
Thrifty Foods	Several locations

BAKERY & SPECIALTY

Steiner Bakery	231 Dogwood St Campbell River	287-73:	They make a GF bread and baked goods.
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