

PLACES TO SHOP

VICTORIA

GROCERY STORES

Market on Yates	903 Yates St.	250-381-6000	www.marketonyates.com
Market on Millstream	2401 Millstream Rd.	250-391-1110	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	250-477-6513	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	250-475-3300 250-389-6115	
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	250-478-3244	Small but comprehensive selection of GF products; Local produce, eggs/dairy. Helpful staff. www.houseofnutrition.com
Lifestyle Markets	2950 Douglas St Victoria	250-384-3388	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	250-381-5450	Smaller store with narrowed selection
	9769 Fifth St Sidney	250-656-2326	Smaller store with narrowed selection; items can be sent from Douglas St store

Planet Organic	3965 Quadra St Victoria	250-727-9838	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	250-382-4343	They offer a 10% discount for Seniors
Sidney Natural Foods	2473 Beacon Ave. Sidney	250-656-4634	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	250-386-1212	A huge selection of supplements at good prices. Knowledgeable staff and free delivery with a \$50 order. www.canadianvitaminshop.com

VICTORIA – SPECIALTY STORES

Five Elements Cooking		250-381-5818	Personal chef Sonja offers in-home cooking sessions with a customized menu to your tastes and needs
Deep Cove Market	10940 W.Saanich Rd. Sidney	250-656-2547	Carries the wonderful breads from the Silly-Yak Bakery in Qualicum.
Good for You Gourmet		250-721-5961	Whole foods personal chef Laura Moore offers personal and event catering. www.gfyg.ca
Headstart Salon	1315 Cook St	250-384-5523	They have developed and sell GF hair care products. All ingredients are listed for those with other sensitivities.
Red Barn Market @ Matticks	129-5325 Cordova Bay Rd.	250-658-2998	Fresh GF sausages. Dedicated GF dry-goods section.
Roger's Chocolates	913 Government St	250-384-7021	A huge selection of GF chocolates; professional staff, comprehensive ingredient list; top quality store.
Starke's Deli & Meats	10055 McDonald Pk Rd Sidney	250-656-4399	A selection of GF meats & sausages.
Village Butcher	2250 Oak Bay Ave	250-598-1115	A wide selection of GF sausages with a 5 lb. Order; all meats are non-medicated/organic; no soy is used in sausages.

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

Updated March 2009

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 Health Food	Harbour Park Mall 2139A Bowen Rd Nanaimo	250-753-5211 250-758-1971	Good selection of gf products. They now offer the line of great breads from Village Bulk Foods in Qualicum Beach.
Heaven on Earth Natural Foods	149 W 2nd Ave Qualicum Beach	250-752-3132	
Island Natural	6560 Metral Nanaimo	250-390-1955	Great selection of gf products and happy to consider items not currently carried. Now sell Village Bulk Food's wonderful breads!
Ladysmith Health Food Store	531 1st Ave Ladysmith	250-245-2123	
Village Bulk Foods/ Silly-Yak Bakery	172 Second Ave Qualicum Beach	250-752-2857	A good selection of GF dry goods. Rave reviews 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

Sugar Plum Fare	Parksville	250-248-9747	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	250-287-7323	They make a GF bread and baked goods.
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SALT SPRING ISLAND

Laughing Daughters Bakery		250-653-2412	Dedicated GF bakery. Great breads and delicious sweet treats. Mar 22-Oct Saturday Ganges market May, June, Sept, Friday only, 126 Heidi Place July 1-Aug 31, Wed-Fri, 126 Heidi Place Oct 1-Apr 30, by appointment only 250-653-2412
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