



Gluten-Free Trading Co.

Customer Update

April/May 2005



Gluten-Free Trading Co. • 604A W Lincoln Ave • Milwaukee WI 53215 • 1-888-993-9933 • 414-385-9950 • info@gluten-free.net

Leap into Spring with Mrs. Leeper's



On Sale Mrs. Leepers Pasta & Sauce Mixes!

On sale until May 15. Originally \$2.99 now only **\$2.49**

At last: A Gluten-free version of Hamburger Helper! Just add meat (or tofu), water, and milk; serve with a salad and you have a complete meal. Each flavor is ready in 15 minutes.

1 Cheeseburger Mac.

A classic American favorite in a zesty cheese sauce.

Ingredients: Rice pasta (Organic brown rice flour, organic white rice flour), cheeseburger seasoning: whey, modified corn starch, salt, tomato powder, nonfat dry milk, onion powder, sugar, rice flour, autolyzed yeast and dried yeast, natural butter flavor, natural flavor, garlic powder, citric acid, extractives of turmeric, annatto and paprika, caramel color. **Contains milk ingredients**

8.32 oz. Box **\$2.99 Now \$2.49**

2 Creamy Tuna.

Tender lasagna nestled in a flavorful cream sauce.

Ingredients: Corn pasta (Organic corn flour), creamy tuna seasoning: cream, corn starch, salt, onion powder, nonfat milk, sugar, vitamin A Palmitate, soybean oil, sodium phosphate, dried parsley, soy lecithin, guar gum, spice, turmeric extract (color), ascorbyl palmitate, spice extract, tocopherols (to help protect flavor). **Contains soy and milk ingredients**

8.32 oz. Box **\$2.99 Now \$2.49**

3 Beef Lasagna.

A classic Italian favorite in a cheesy tomato sauce.

Ingredients: Corn pasta (Organic corn flour), lasagna seasoning: tomato powder, sugar, salt, potato starch, whey, autolyzed yeast extract, onion and garlic powder, hydrolyzed soy protein, citric acid, spices, beet powder, extractives of turmeric and paprika, natural flavor, lactic acid, xanthan gum, caramel color. **Contains soy and milk ingredients**

8.32 oz. Box **\$2.99 Now \$2.49**

4 Chicken Alfredo.

Fettuccine with a rich Alfredo sauce.

Ingredients: Rice pasta (Organic brown rice flour, organic white rice flour), Alfredo seasoning: whey, corn starch, cream, salt, cheddar/romano/parmesan cheeses (pasteurized milk, cheese cultures, salt, enzymes), nonfat milk, sodium phosphate, garlic powder, soybean oil, natural flavors, vitamin A Palmitate, dried parsley, milk protein concentrate, skim milk cheese (pasteurized skim milk, cheese cultures, salt, enzymes), dipotassium phosphate, spice, citric acid, soy lecithin, ascorbyl palmitate, tocopherols (to help protect flavor). **Contains soy and milk ingredients**

8.32 oz. Box **\$2.99 Now \$2.49**

5 Beef Stroganoff.

Tender rice pasta smothered in a classic cream sauce.

Ingredients: Rice pasta (Organic brown rice flour, organic white rice flour), Stroganoff seasoning: sour cream powder [sour cream (cream, cultures, lactic acid), nonfat milk, citric acid, disodium phosphate, natural flavor], potato starch, salt, rice flour, onion and garlic powder, whey, sugar, corn syrup solids, dextrose, whey protein concentrate, dehydrated parsley, caramel color and autolyzed yeast. **Contains milk ingredients**

8.32 oz. Box **\$2.99 Now \$2.49**

Introducing Glutano Ready Made Cakes

Glutano now offers two delicious already made loaf cakes. They are ideal for a quick dessert. The first is a luscious Chocolate Cake, perfect warmed with vanilla ice-cream. Next is a Chocolate and Yellow Marble Cake just waiting for fresh berries and whipped cream.



1 Chocolate Cake.

Ingredients: Sugar, whole eggs, unhydrogenated vegetable oil (palm oil), corn starch, potato starch, emulsifiers (glycerol, mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids), cocoa powder (2.1%), raising agents (sodium bicarbonate, disodium diphosphate) caramel color, vegetable gum (xanthan gum), flavors (chocolate), salt, acidulants (acetic acid, sodium acetate). **Free from milk. May contain traces of nuts and soy. This product contains eggs.**

8.82 oz Cake **\$5.99**

2 Marble Cake.

Ingredients: Sugar, whole eggs, unhydrogenated vegetable oil (palm oil), corn starch, potato starch, emulsifiers (glycerol, mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids), cocoa powder (2.1%), raising agents (sodium bicarbonate, disodium diphosphate) caramel color, vegetable gum (xanthan gum), flavors (chocolate), salt, acidulants (acetic acid, sodium acetate). **Free from milk. May contain traces of nuts and soy. This product contains eggs.**

8.82 oz. Cake **\$5.99**

Enjoy some of these other sweets from Glutano. We have a wide selection of cookies available. There is the perennial favorite Chocolate O's; they come in two sizes, a 6.2 oz. box for **\$3.99** and a four cookie snack size for **\$1.29**. We also have:

Apricot Biscuits	\$3.09
Chocolate Chip Biscuits	\$3.09
Shortcake Rings	\$3.39
Custard Creams	\$3.49
Double Chocolate Sandwich Cookies	\$3.59
Ginger Sandwich Cookies	\$3.59
Wizard Cookies	\$5.09
Hazelnut Bars	\$4.39
Lemon Cream Filled Wafers	\$3.49

STORE & CATALOG HOURS (CENTRAL TIME ZONE)

Monday	Closed
Tues-Fri	10-1 & 2-7
Saturday	10:00-5:00
Sunday	11:00-4:00

New Chips and Snacks!

Store Construction Update



Introducing Corn Thins

Corn Thins are new crackers that taste like popcorn, are light as a rice cake, but do not shed like a rice cake. They are pressed thin and hold up well to spreads. Corn Thins taste great on their own or covered with your favorite toppings.

High in Fiber with no added sugar Corn Thins and are made with all natural ingredients.

We have two flavors:

1 Original

Thin, crisp & light.

Ingredients: Organic corn, sunflower oil, salt.

5.3 oz. Bag **\$2.39**

2 Sesame

Crisp with a hint of sesame.

Ingredients: Organic corn, sesame seeds, sea salt.

5.3 oz. Bag **\$2.39**

Two New Flavors of Lundberg Rice Chips



Bold and crunchy, Lundberg's Rice Chips are full of flavor. They are great right out of the bag or with your favorite dips or salsa. You can also use them in nachos or crumble them and use them as a topping for your soup, salad, or casserole.

1 Fiesta Lime

Tart and spicy.

Ingredients: Brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, seasonings (rice flour, organic buttermilk powder, salt, organic evaporated cane juice, organic nonfat milk, tartaric acid, dried parsley, safflower oil, organic lime oil, and less than 2% tricalcium phosphate [anti-caking agent]).

6 oz. Bag **\$2.79**

2 Honey Dijon

A little bit sweet with a little bit of heat.

Ingredients: Brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, cane syrup and honey, salt, evaporated cane juice, rice flour, spices (mustard, black pepper, red pepper) garlic powder, onion powder, sunflower oil, gum arabic, vinegar powder, citric acid, tartaric acid, turmeric (color), less than 2% tricalcium phosphate (anti-caking agent), and tarragon oil..

6 oz. Bag **\$2.79**

**Our new easy-to-remember web address:
www.food4celiacs.com**

We are dotting our i's and crossing our t's and hoping to be finished with the construction and moved to our new location in early May. We will be sending out postcards announcing our move. We do suggest checking in with us prior to a visit. Either give a call at 414-747-8700 or toll free 1-888-993-9933. You can also check out our progress on our web site www.food4celiacs.com.



To find our new location: From the south on I-94 use exit 314AB (Howard / Holt Exit). Follow the signs for Holt. Turn Right and go east on Holt until you reach Chase (Hwy 38). There will be a stop light -- turn left. The next light will be Oklahoma. We are on the east side of Chase near the corner.

From the north on I-94 use exit 314A Holt Avenue Eastbound. Turn Right and go east on Holt until you reach Chase (Hwy 38). There will be a stop light -- turn left. The next light will be Oklahoma. We are on the east side of Chase near the corner.



Our new interior -- just waiting for shelves, merchandise and you.

Here is brief listing of some important upcoming events.

Tri-County Celiac Sprue Support Group Annual Food Fair
April 30 from 10 am to 2 pm at the First Presbyterian Church of Farmington, located at 26165 Farmington Road in Farmington Hills, Michigan. For more information check out www.tccsg.com

The 4th International Walk/Run for Celiac Disease
Various cities -- various dates. Check out www.celiacwalk.org to see if there is a walk scheduled in your area.

GIG (Gluten Intolerance Group) Annual Education Conference

June 17 - 19 Double Tree Hotel, Chicago Oakbrook. This 3 day conference includes programs specifically designed for persons with celiac disease and other forms of gluten intolerances, and a program just for kids. For more information go to www.gluten.net.