

## Shopping Choices in Olympia

### Our son's current diet:

These are all gluten, casein, soy, corn, egg, and rice free. Few refined sugars, nitrates or preservatives.

Food	Brands/Stores/Price		
AppleCider Vinegar	Hain	Fred Meyer	\$3 a bottle
Applesauce	Santa Cruz	Fred Meyer, Thriftway, Food Co-op	\$2.50 per jar or 6 minis for \$3.85
Bacon - Honey-Sweetened	Organic Valley	Fred Meyer Olympia Food Co-op	\$4 a slab
Breakfast Sausage with no fillers (does have cane juice)	Organic Valley	Fred Meyer Olympia Food Co-op	\$4 for 8 links
Cooking Oils – we use Grapeseed and Olive	Spectrum	Fred Meyer	\$6 per bottle
Dish Soap	Crystal White Octagon	All	\$1.25 for a big bottle
Chocolate Chips	Enjoy Life Foods (gf/cf/soy free!)	QFC	\$3 bag
Candy Bar – Rice Milk Chocolate	Terra Nostra	Ralph's Thriftway	\$3.50 for a huge bar
Egg Substitute	Ener-G Foods	Fred Meyer, Food Co-op, Thriftway	\$3-5 a box
Fruit Dices (for school, etc)	Gerber Graduates	All Stores	Varies
Fruit Juices	Cascadia Farms	Fred Meyer	Varies by juice
Fruit Leather (we use it as candy sub)	Stretch Island	Most stores (including Costco)	\$.40 ea
GF/CF Baking Powder, Spices, Soda, Vanilla, etc.	Bulk Available for powders – make sure it's Frontier Foods brand	Fred Meyer, Thriftway, Food Co-Op	Varies
GF/CF Flours	Bob's Red Mill	Most stores	Varies
GF/CF Spices	McCormick	All stores	Varies
Ground Beef or Turkey with no fillers	Organic Valley	Fred Meyer, Food Co-op	\$4-5 a package
Hash Browns	Cascadia Farms	Ralph's, Top Foods	\$2-3 per bag
Hot Dogs	Applegate Farms – beef, non-organic at Smart Nutrition are the tastiest and cheapest	Fred Meyer, Smart Nutrition (Tumwater), Olympia Food Co-op, Thriftway	\$3-\$6 a package depending on type and whether or not organic
Juice Boxes	Juicy Juice – Apple Only	Dollar Store Target	4 for \$1 12 for \$3
	Horizon Organic	Food Co-Op	8 for \$4
	Santa Cruz	Fred Meyer	3 for \$2
Lite Salt – High Potassium	Morton	All Stores	\$1.50
Lunch Meat	Applegate Farms	Fred Meyer, Olympia Food Co-op, Thriftway	\$5 a package
Olive Oil French Fries	Alexia	Fred Meyer, Thriftway	\$2.25 a bag
Olive Oil Potato Chips	Archer Farms	Target	\$1.50-1.99
	Terra	Food Co-Op/Ralph's	\$3
Orange Juice	Any pure juice brand (Florida Natural or	All stores	Varies

	Tropicana Pure) Check the label		
Organic Fruit and Vegetables	All	Thriftway is best in our opinion, but most stores have organics	Varies
Potato Milk Powder	DariFree	Kirkman Labs www.kirkmanlabs.com	\$8 a carton (lasts us about a month)
Puffins RICE Cereal	Puffins	Top Foods only	\$3 box
Pure Honey	Organic is best	Fred Meyer	\$2.50 per bottle
Pure Maple Syrup	Grade B – any brand (Grade A is okay, but higher sugar)	All Stores	Varies
Soap	Kiss My Face – Olive Oil	Fred Meyer, Top Foods	\$2 a bar
Soup	Amy's lentil Soup	Most Stores	\$2 can
Toothpaste	Tom's of Maine Silly Strawberry	Fred Meyer	\$3 a big tube
Bratwurst	Organic Valley	Fred Meyer, Food Co-op	\$4 a box

Other foods used during initial GF/CF/SF period - before allergies to tomatoes, corn, mustard, and rice were identified (these are great if your child can handle them):

Food	Brand/Store/Price		
Corn Chips	Fritos	All	\$2 a bag
Corn or Safflower Oil Potato Chips	Lays or Ruffles Natural	Fred Meyer	\$2.50 a bag
Frozen Chicken/ Fish Nuggets	Ian's	Smart Nutrition	?
GF/CF Rice Milk	Pacific	Fred Meyer (cheapest) Thriftway	\$1.25-\$2 per depending on week
Hot Dogs	Shelton's	Most stores	\$2.59
Ketchup	Westbrae Farms or Annie's Natural	Fred Meyer, Food Co-op	\$2.25 bottle
Nut Butters (Macadamias are least allergenic)	Marantha or Kettle	Fred Meyer (cheapest) Food Co-op	Varies by type of nut
Rice Bread, Almond Bread	Ezekiel (I think...) Ener-G Foods	Fred Meyer, Albertson's, Food Co-op	\$3-\$3 per
Rice Pasta	Lundburg Farms DeBole's	Thriftway, Fred Meyer, Food Co-op	\$2-3 per box
Suckers	Dum Dum, Starburst	Top Foods Bulk	Varies
Tater Tots and Fries	Cascadian Farms (have corn)	Most Stores	\$2.50
Tings	Most stores – Freddy's, Top Foods, Ralph's		
Waffles	Flax Plus, etc.	Freddy's, Top Foods	\$3.50

**Food Ideas:**

- Meatballs – use ground meat and add veggies, etc. to get in the nutrients
- Fried Bananas – a great breakfast – as seen on Elmo
- Potato Pancakes – use hasbrowns and egg replacer with syrup or honey
- GF/CF Ice Cream or sorbet
- Frozen Juice bars

If they are fighting new tastes, try putting a lot of little things in an ice cube tray with lots of condiments and colors.

Great sites for free diet tips:

<http://www.tacanow.com/>

<http://www.geocities.com/ARNFL/recipes3.html>

<http://www.authenticfoods.com/recipes/recipes.htm>

<http://www.bobsredmill.com/recipe/>

<http://www.redstaryeast.com/collection.html> (scroll to the bottom of the page for GREAT gf/cf recipes)

### DairiFree Ice Cream

In a Rubbermaid-type beverage container with a screw on lid, or a mixer/server/pitcher and pour:

1 C warm water

1/3 cup dry, powdered DariFree mix

Shake or mix until dissolved, then add:

1/3 cup sugar or honey

1 1/2 tsp. egg replacer (or 1 beaten egg)

1 tsp. canola oil/ if desired

1/2 tsp. Vanilla (optional)

pinch of salt

If desired you can add cocoa powder, chips, nuts, berries, etc. for variety. You could also add 1 T. liquid calcium. Shake well. Add ice cubes to make 16 oz. liquid. Once those are melted, this mixture should be cold enough to use in the ice cream maker, without further chilling.

### **Grant's Yummy Rice, Corn, Gluten-free, Casein-free Bread**

Place wet ingredients in a large mixing bowl and mix for 30 seconds:

2 C warm water - 120 degrees F

2 T honey

1 t apple cider vinegar

3 T olive oil

Place dry ingredients in a big ziplog bag or tupperware bowl with a cover - SHAKE WELL:

2 C Bob's Red Mill All-Purpose GF/CF Flour (can substitute Garbanzo or Garfava Flour)

1 C Tapioca flour

1/2 C Potato Starch (can use corn starch if allowed)

4 t xanthan gum

1.5 t salt

4 T egg replacer

1/2 C dry milk (Darifree)

2.25 t Active Dry Yeast (Red Star is gluten/casein free)

Add dry ingredients on top of the wet ingredients and mix for about 10 minutes. Dough will look similar to muffin dough -- stiffer than cake batter but not as stiff as cookie dough. Pour batter into greased gf/cf bread pans (you can buy disposable ones if that's easiest). Allow batter to rise one hour in a warm place.

Heat oven to 375 degrees F. Bake 45 to 60 mins -- allow it to get a brown crust -- if you underbake, it won't hold it's shape.

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### **Best-Ever Mac Nut Sugar Cookies**

In a mixing bowl, combine:

2 1/4 cups tapioca flour

1 teaspoon salt

1/3 cup sugar

1/2 teaspoon xanthan gum

In a separate bowl mix:

1/2 cup Macadamia Nut butter

1/4 cup water

1/4 cup oil

1 teaspoon vanilla

Mix dry ingredients well in one bowl. Mix wet ingredients in another bowl. Combine. The dough will be a little dry like shortbread but you have to be able to roll it, so add just a few drops of water if needed (don't overdo or it will get really chewy - bad). Roll out the dough and cut with cookie cutters. Bake on a greased gf/cf cookie sheet (I use parchment paper and don't grease the sheet) at 350 degrees for 10 - 15 minutes or until they begin to turn golden brown. They are a bit crispier if a bit golden. I use large cookie cutters for these cookies.

## GF Playdough

Regular playdough is gluten full and a BIG NO NO on a GF CF diet. You can use CRAYOLA MODEL MAGIC or create your own. Here are some recipes:

1/2 c rice or tapioca flour

1/2 c corn or potato starch

1/2 c salt

2 tsp. cream of tartar

1 cup water

1 tsp. cooking oil

colorings can be added

Cook and stir on low heat for 3 minutes or until it forms a ball.

Taken from "Gluten Free News" Spring 1996 issue

In rereading my notes I see that the recipe I used was the same, except it called for corn flour rather than corn starch. I stirred it over low heat until it couldn't be stirred any longer, then kneaded in more white rice flour by hand. It was still sticky so I sat it in a ziploc freezer bag for 2 days at room temperature and then it seemed to be OK. Mine lasted 5 years, kept in a freezer

ziploc bag in the frig when not in use.