



*Edible Answers for the Food Sensitive Community*

## **2010 product and price catalog**

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**P I C K   U P   A N D   D E L I V E R Y   A V A I L A B L E**

## ***About Us***

When our daughter was diagnosed with allergies to peanuts, tree nuts, wheat, gluten, corn, dairy, soy, egg whites and shrimp our lives changed. At first it consumed us – what will she eat? Will she be able to lead a normal life?

We researched voraciously online, we grazed at the local health food stores, we experimented with ingredients and recipes. We had some successes and many failures. Our lives became a cycle of researching, shopping, and surfing the Internet. We realized that there was a need for a comprehensive source to help people with food restrictions. Next, our 2 year old son was diagnosed with allergies to peanuts, dairy, soy, and strawberries and we knew it was the time for action. Through much research and consultations with families suffering from restrictive diets due to allergy, illness, or behavioral issues, we determined that what was needed was a central place where one could shop for food items at reasonable prices and find them in stock. We started Solutions to Savor LLC with the idea that it would be a work in progress, adding items upon request. We cater to each of our customers by stocking the foods they use regularly. Though our children have outgrown some of their allergies, the need for Solutions to Savor continues. We are thankful for the opportunity to ease the way for others with food restrictions and look forward to continuing to stock healthy, delicious alternative food selections to meet an array of dietary needs.

<b>Product</b>	<b>Manufacturer</b>	<b>Size</b>	<b>Price</b>
<b>Baking Supplies</b>			
Bette Hagman's 4-Flour Blend DF,EF,GF,K,SF,WF	Authentic Foods	3 lbs	10.89
Bette Hagman's Featherlite Gluten Free Rice Flour Blend DF,EF,GF,K,SF,WF	Authentic Foods	3 lbs	10.99
Gluten Free Pizza Crust Mix DF,GF,K,NF,WF	Authentic Foods	20oz	9.89
All Purpose Bread Mix CF,DF,GF, SF	Chebe	7.5 oz	3.29
Soft Pretzel Mix DF,EF,GF,SF,WF	Dutch Country	1.5 lb	10.99
Sweet Rice Flour, CF,DF,EF,GF, NF,SF,WF casein,potato & yeast free	Ener-G	20 oz	4.15
Corn Free Confectioners Sugar CF,DF kosher for passover	Gefen	16 oz	3.99
Semi Sweet Choc Chips DF	Ghirardelli	12 oz.	3.59
Biscuits, Piecrust, and More Mix CF,DF,GF,NF,SF,WF potato and Casein free	Namaste	48 oz	10.15
Blondies Mix CF,DF,GF,NF,SF,WF potato and Casein free	Namaste	30 Oz	6.15
Bread Mix CF,DF,GF,NF,SF,WF potato and Casein free	Namaste	16 oz	5.72

Brownie Mix CF,DF,GF, NF,SF,WF potato And casein free	Namaste	30 oz	6.15
Chocolate Cake Mix CF,DF,GF,NF, SF,WF potato And casein free	Namaste	26 oz	6.15
Chocolate Fudge Frosting Mix CF,DF,GF,NF,SF,WF potato And casein free	Namaste	17.5 oz	4.90
Cookie Mix CF,DF,GF,NF,SF,WF potato And casein free	Namaste	20 oz	6.45
Muffin Mix CF,DF,GF,NF,SF,WF potato And casein free	Namaste	16 oz	4.67
Spice Cake Mix CF,DF,GF,NF,SF,WF potato And casein free	Namaste	26 oz	6.15
Sugar Free Muffin Mix CF,DF,GF,NF,SF,WF potato And casein free	Namaste	14 oz	4.67
Toffee Vanilla Frosting CF,DF,GF,NF,SF,WF, potato And casein free	Namaste	16.5 oz	4.90
Vanilla Cake Mix CF,DF,GF,NF,SF,WF potato And casein free	Namaste	26 oz	6.15
Waffle and Pancake Mix CF,DF,GF,NF,SF,WF potato And casein free	Namaste	21 oz	5.72
Pizza Crust DF,GF,NF,SF	Udi's	2 pack	5.59

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**Bread**

Small Challah Rolls (frozen)DF,GF,K, NF,PF	Katz Gluten Free	4 pack	3.99
Sandwich Petals Agave Grain flavor DF,GF,NF,SF	Sandwich Petals	1 bag	3.99
Sandwich Petals Chimayo Red Chili Flavor DF,GF,NF,SF	Sandwich Petals	1 bag	3.99
Sandwich Petals Spinach Garlic Pesto Flavor DF,GF,NF,SF	Sandwich Petals	1 bag	3.99

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Bagels, plain DF,GF,NF,SF	Udi's	4 pack	5.99
White Sandwich Bread DF,GF,NF,SF	Udi's	12 oz	5.59
Whole Grain Bread DF,GF,NF,SF	Udi's	12 oz	5.59

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**Breakfast**

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Cinnamon Sugar Donuts CF,DF,NF, PF, SF,WF potato free	Kinnikinnick	9.5 Oz	6.89
Mintz's Blintzes Cheese, DF	Tofutti	6 pack	3.15

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**Candy**

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Boom Choco Boom Crispy Rice Milk Bar DF,EF,GF,NF,PF,SF,WF	Enjoy Life	1 bar	2.09
Boom Choco Boom Ricemilk Bar DF,EF,GF,NF,PF,SF,WF	Enjoy Life	1 bar	2.09

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Lollipop	People Pops	1 pop	.75
Lollipops	People Pops	10 pops	5.00

### Cheese/Cheese Subs

Italian Shredded Cheese CF,DF,GF,NF,SF	Daiya	5lbs	34.95
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Vegan Grated Topping, Parmesan DF	Galaxy	4 oz	3.29
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Soy Cheese Slices, American DF	Tofutti	8 oz	3.35
Soy Cheese Slices, Mozzarella DF	Tofutti	8 oz	3.35

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### Cookies

Chocolate Rugelach DF,GF,K,NF,PF	Katz Gluten Free	8 oz	5.99
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Cinnamon Rugelach DF,GF,K,NF,PF	Katz Gluten Free	8 oz	5.99
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KinniToos Chocolate Vanilla Sandwich Cookies DF,EF,NF,PF, Yeast Free	Kinnikinnick	7 oz	5.99
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KinniToos Vanilla Sandwich Crème Cookies DF,EG,NF,PF Yeast Free	Kinnikinnick	8 oz	5.99
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### Crackers

Classic Round	Back to Nature	8.5 oz	3.15
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Brown Rice Snaps, Plain	Edward & Sons	3.5 oz	3.75
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### Entrees

Chicken Nuggets (Frozen)	Bell and Evans	12 oz`	6.99
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Buffalo Ground Patties (Frozen)	Blackwing	8 oz	5.29
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Pasta Pisavera Meal CF,DF,GF,NF,SF,WF,potato And casein free	Namaste	9 oz	5.25
Say Cheez Pasta Meal CF,DF,GF,NF,SF,WF potato And casein free	Namaste	9 oz	5.25
Taco Shell Pasta Meal CF,DF,GF,NF,SF,WF, potato And casein free	Namaste	8.75 oz	5.25

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Tongol Tuna, SF	Natural Valley	6 oz	2.19
Yellowfin Tuna, SF	Natural Valley	6 oz	2.14

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Canned GF Spaghetti in tomato/basil Sauce DF,EF,GF,NF,SF	Orgran	14.8 oz	3.11
Canned GF Spaghetti in tomato Sauce DF,EF,GF,NF,SF	Orgran	7.7 oz	2.40
Macaroni and "Chreese" DF, OG, SF	Road's End Organics	6.5 oz	2.99

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Chorizo and Black Bean Soy Taquitos (Frozen) DF, GF, Vegan	Starlite Cuisine	14 oz	6.79
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## Granola

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Choc Chip Granola Bars DF,EF,NF,WF	No Nuttin	16 Bars	24.00
Choc Chip Granola Bar DF,EF, NF, WF	No Nuttin	1 Bar	1.99
Double Choc Chunk Granola Bars	No Nuttin	16 Bars	24.00
Double Choc Chunk Granola Bar	No Nuttin	1 Bar	1.99
DF, EF, NF, WF			
Raisin Granola Bars DF, EF, NF, WF	No Nuttin	16 Bars	24.00
Raisin Granola Bar DF, EF, NF, WF	No Nuttin	1 Bars	1.99

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## Milk Substitute

Non Dairy Milk Alternative (Powder) Chocolate Flavor DF, GF, SF	Vances	23.3 oz	10.99
Non Dairy Milk Alternative (Powder) Original Flavor DF,GF,SF	Vances	23.3 oz	10.99

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**Miscellaneous**

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Corn Free Marshmallows	AllerEnergy	6 oz	5.99
Bread Crumbs GF,WF	Gilians	12 oz.	4.75
Whipped Topping, frozen DF,K,SF	Kineret	16 oz	4.29
Sunbutter, Natural Crunch PF, TF	Sungold	16 oz	4.95

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**Oils, Gourmet Flavoring**

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Blueberry	LorAnn Oils	1 oz	4.15
Bubble Gum	LorAnn Oils	1 oz	4.15
Butterscotch	LorAnn Oils	1 oz	4.15
Cherry	LorAnn Oils	1 oz	4.15
Chocolate	LorAnn Oils	1 oz	4.15
Grape	LorAnn Oils	1 oz	4.15
Mint Chocolate	LorAnn Oils	1 oz	4.15
Peppermint Natural Oil	LorAnn Oils	1 oz	7.25

\*other gourmet flavors available

**Pasta**

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Brown Rice Lasagna CF,DF,GF,PF,SF,TF,WF, sugar free Yeast free	Pastariso	8 oz	3.69
Brown Rice Pasta Elbows, CF,DF,GF,PF,SF,TF,WF, sugar free Yeast free	Pastariso	10 oz	2.99
Brown Rice Spaghetti, Angel Hair CF,DF,GF,PF,SF,TF,WF sugar free Yeast free	Pastariso	10 oz	2.99

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**Sauce**

Original Flavor, DF,GF, K	Bone Suckin' Sauce	16 Oz	6.19
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VeriVeri Teriyaki	SoyVay	21 oz	4.99
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**Snacks**

Kettle Corn DF,EF,K,NF,PF,seame free Vegan	Divies	4 oz	5.75
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No Nuts Beach Bash Trail Mix DF,EF,GF,NF,PF,SF,WF	Enjoy Life	6 oz	4.39
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No Nuts Mountain Mambo Trail Mix DF,EF,GF,NF,PF,SF,WF	Enjoy Life	6 oz	4.39
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Veggie Booty BBQ GF,WF	Roberts	4 oz	3.69
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Veggie Booty, Original GF,WF	Roberts	4 oz	3.69
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**Soup**

Vegetarian Beef Flavor Bouillon	Celifbr	2.0 oz	2.19
Vegetarian Chicken Flavor Bouillon	Celifbr	2.0 oz	2.19

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We are not manufacturers, only distributors. We make every effort to provide the most accurate information in our labeling and any accompanying material. IF YOU OR ANY MEMBER OF YOUR FAMILY IS ALLERGIC TO OR MAY REACT TO ANY INGREDIENT MAKE SURE YOU CAREFULLY READ THE WRITING AND LABELS PROVIDED BEFORE CONSUMING THE PRODUCT. Questions on manufacturing procedures and interactions of ingredients need to be addressed to the manufacturer. As we all know, the same product manufactured at different plants may not contain the identical ingredient. Therefore, all labels and written material need to be read each time before the product is used. The abbreviations are representations made by the manufacturers and not by this page. The abbreviations are defined below.

**Abbreviation Key**

DF-Dairy Free

EF-Egg Free

GF-Gluten Free

NF-Nut Free

OG-Organic

PF-Peanut Free

SF-Soy Free

WF-Wheat Free