

## US Food Items that are failsafe (2018)

### Sweeteners

Golden Syrup; Lyles brand is what I have found; (CSR perhaps better, less sals?)

100% pure maple syrup (no preservatives) organic is what you want

Miss Roben's corn-free powdered sugar (online only? found it here:

<http://www.allergygrocery.com>)

White Sugar from Cane Sugar, Imperial and C&H are couple of brands (or any refined white sugar)

### Dry Goods

Uncle Bob's Red Mill flours--rice, tapioca, buckwheat, arrowroot, potato, quinoa, sorghum and guar gum (has a dedicated Gluten free mill and tests the flours several times in each batch)

Montina brand for GF flours but not sure if facility is dedicated

Azure Standard for many GF grains

Tapioca is failsafe (Bob's Red Mill does have both the flour and regular tapioca)

Fleischman's jar yeast Oil—rice bran oil, canola, sunflower, safflower, failsafe brand Hains?

Aunt Patty's canola, sunflower, safflower

Azure Standard raw carob powder (found here <http://www.azurestandard.com>)

Quinoa at Costco in the 3# packages

Uncle Bob's Red Mill Gluten Free Rolled Oats (found @ most stores)

Bob's Red Mill Egg Replacer (Can be found in most stores)

Bob's Red Mill Gluten Free All-Purpose Flour (Can be found in most stores)

Arrowhead Mills-- Amaranth., rice, tapioca, buckwheat, quinoa etc..(found @ most health food stores)

Arrowhead Mills Gluten Free All Purpose Flour (found @ most health food stores)

Krusteaz Gluten Free All Purpose Flour (Meijer or online stores)

Betty Crocker Gluten Free Cookie Mix (found @ Meijer)

Betty Crocker Gluten Free Panake/Baking Mix (found @ Meijer)

Vitacost GF All Purpose Flour (\*\*has Xanthan Gum) (found @ [vitacost.com](http://vitacost.com))

Vitacost GF Multi-Blend Flour (simple ingredients no added Xanthan Gum) (found @ [vitacost.com](http://vitacost.com))

Yerba Prima Psyllium Husk Powder (found @ Whole Foods or online)

### Pasta, Rice

A Taste of Thai rice pasta similar to egg noodles

DeBoles rice lasagna noodles for lasagna

Plain white or brown rice, no flavored, scented, etc.

Rice Expressions -frozen rice

Tinkyada rice noodles

Trader Joe's rice noodles quinoa/corn noodles if you aren't sals sensitive

Jovial Gluten Free Pasta Penne (found @ Whole Foods)

**Ancient Harvest Pow Pasta --made from Green Lentils-- (found @ Whole Foods)**

### **Dairy, non Dairy, etc.**

Fresh Mozzarella from Wild Oats, packaged in water with expire date

Organic Valley brand milk and cream cheese, butter (DON'T use any from plant 55 1224 may contain corn contamination)

Shedd's Willow Run margarine appears to be Failsafe

Ranchero Cacique Queso Fresco, seen at Wal-Mart

Marie's cream cheese in a sausage roll, seen at Wal-Mart \*\*The only cheeses which are failsafe are fresh white preservative-free cheeses like ricotta, cream cheese and preservative-free cottage cheese if you can find it (Jalna).

Pacific brand rice milk but be sure to check the label

**Rice Dream Rice Milk (found @ most major stores)**

**Periwinkle Goat Milk (\*\*nothing added, simply milk) (found @ Meijer)**

**Meyenberg Goat Milk (found @ Whole Foods, Kroger, possibly Meijer)**

### **Frozen Veggies**

Cascade Farms frozen organic veggies

Stahlbush's frozen organic veggies

Costco has organic frozen veggies sometimes

### **Canned Goods + Cereals**

Del Monte pears in Lite Syrup (water & sugar)

Eden organic brand are the canned bean brands that are just beans and salt and water (on their website they also have rice pasta, and other items that might be failsafe)

Fred Meyer's (branch of Kroger's) organic canned beans (not their brand but they carry them)

There is a can of refried beans at our co-op but can't think of the name

**Cadia ORganic Black Beans (found @ mycadia.com + health food stores)**

**Kuner's Pinto Beans**

**Great Value Black Beans (found @ Walmart)**

Maranatha cashew butter (lightly roasted)

Once Again organic cashew butter (lightly roasted)

Cereals Erewhon Crispy Brown Rice gluten free cereal (get the gluten free version the other is NOT failsafe).

Abundant Earth Puffed Rice cereal

Trader Joe's frosted mini-wheats cereal (check ingredients; this might not be completely

failsafe) Whole Foods's Morning-Os cereal (check ingredients; this might not be completely

failsafe) Oatios cereal (New Morning organic is the brand that comes up in a google search for this) Heritage O's cereal (Nature's Path organic is the brand that comes up in a google search for this)

Cascade Farms "cheerios" not the honey nut

Arrowhead Mills puffed cereals

**Simple Truth Organic Toasted Oats Cereal (found @ kroger)**

Love Grown Power O's (\*\*a legume based cereal) (found @ vitacost.com, amazon.com)

Nature's Path Smart Bran Cereal (found @ whole foods)

### **Rice cakes, crackers, breads, snacks**

LundBerg rice cakes (label says organic, gluten free, wheat free, vegan)

Koyo plain and rice-millet rice cakes appear to be Failsafe.(for poprice, sandwiches)

Kavli, ak-mak, finn crisps for crackers (imports from norway and such)

Siljan Crackers

Late July Classic Rich crackers

Pepperidge farm "All natural" bread, wheat?

Ecce brand multi-grain and white bread at Wal-Mart

Garden of Eatin' brand is corn tortilla chips, organic micro popcorn, & pita chips

Amaranth snacks (nu-world food is one brand found online)

Walker's Shortbread Wild Oats Vanilla Cream sandwich cookies.

Jules Destrooper butter crisp cookies – Safeway (not gluten free)

Shady Maple Farms - Maple Stropwafel (not gluten free)

Barbara's Bakery - classic shortbread (not gluten free)

Snyder's Pretzels, not the sourdough or the butter crisps

Terra Brand potato chips

Doc's choice brand carob-raw cashew candy (found here <http://www.azurestandard.com/> )

Virgil's soda pop after challenges maybe? made with sugar

Natural Brew vanilla cream soda (saa)

Blue Sky seltzer water Sesmark rice crackers

Glutino pretzels

Great Harvest breads Beanitos black bean chips (GFDF)

Rumford baking powder

Whole Foods Brand--Gluten Free White Bread (\*\*kept in their freezer section) (found @ Whole Foods)

Glutino Gluten Free Bread (found @ most health food stores and online)

Cape Cod Potato Chips (found @ Kroger)

365 Everyday Value Potato Chips (found @ Whole Foods)

### **Toiletries**

Clearly Natural Essential Glycerine Unscented Soap Bar (found @ most health food stores, and many online stores)

Soap Works Goat Milk Unscented Soap Bar (found @ [pouresoapworks.com](http://pouresoapworks.com))

Kirk's Castile Unscented Soap Bar (found @ most health food stores, and many online stores)

Schmidt's Unscented Soap Bar (found @ Target or [schmidts.com](http://schmidts.com))

Lard and Lye Unscented Soap Bar (found on [Etsy.com](http://Etsy.com)) (\*\*a simple bar of soap sold by many online stores, farmers markets, you could even make it yourself)

\*\*Unscented doesn't always mean unscented, so when purchasing always smell it yourself and

make a determination. However, the Soap Works Goat Milk and Schmidt's are virtually scent free.

It seems that Fred Meyer's (Kroger's), Trader Joe's, World Market and Whole Foods are carrying much more than FSers can have. Even Safeway is in on the organic produce and a few other products

Enjoy Life brand has a dedicated nut and gluten free facility - they make granolas and cereal bars to die for... but they do have sals. They also avoid other common allergens, like corn, soy, dairy, etc. If you don't react to amines, but can't have dairy, they make dairy free chocolate chips.

Thanks to Moni, October 2010

**Below is a brief list of brand-name foods recommended by USA failsafers:**

Snyder's Pretzels

Walkers shortbread

Safeway Select Very Maple cookies

Some Ecce breads at Walmart

Veganise (has some salicylates)

Barbara's brand shortbread

Arrowhead Mills dry cold cereals

Many Bob's Red Mill products

Eden brand canned beans

Organic Valley dairy foods (not cultured)

Heartland Industries

Pure Maple lollypops (a Canadian product)

Earth Balance dairy-free margarine

Wild Oats gluten-free chocolate chip cookies ([www.wildoats.com](http://www.wildoats.com)) (amines), also unsulfited

papaya spears (contain amines)

**Vitacost flours, cereals, and mixes ([vitacost.com](http://vitacost.com))**

**Gluten-free oats in the US and Canada:** Cream Hill oats - guaranteed gluten free, see the website for a store locator [http://creamhillestates.com/en\\_home.php](http://creamhillestates.com/en_home.php) **Bob's Red Mills has certified Gluten Free oats as well.**

**Citric acid is available cheaply online** for failsafers in countries where it is difficult to find:  
<http://www.iherb.com/ProductsList.aspx?c=1&cid=8018718637422832197&gclid=CPIJxZLXiJEC FRIUagoddmTUFw>

More information from the failsafe USA email discussion group: send 'subscribe' in the subject line to [failsafeUSA-subscribe@yahoogroups.com](mailto:failsafeUSA-subscribe@yahoogroups.com)

**Some Australian-American terms, with thanks to the Failsafe USA group:**

- biscuits: crackers or cookies
- castor sugar: powdered sugar, very fine white sugar, e.g. processed plain white sugar in your food processor
- cordial: a drink base similar to Kool-Aid but sold as a liquid
- cornflour: corn starch • cold pressed: expeller pressed
- eggs (raw) shouldn't be eaten in the USA, see warning p 00.
- esky: cooler
- fairy floss - cotton candy
- fruit and vegetables
  - choko: chayote, vegetable pear marrow: squash pawpaw (yellow is failsafe): papaya (often red) or pawpaw rockmelon: cantaloupe (green version is honeydew) shallots: green onions, shallots sultanas: golden raisins swedes: rutabaga, rutabaga, yellow turnip
- glucose syrup: White Karo syrup (corn based)
- golden syrup (Lyle's Golden Syrup is becoming more available in USA): make a substitute by combining 1 cup white sugar, 1 cup brown sugar (not raw) and 1 cup water. Boil on low heat in an open saucepan for about 20 minutes, until the temperature is 110°C (230°F). Cool and store in a glass jar at room temperature.
- grilled: broiled (the Australian barbeque is the USA grilled over open flame)
- icypoles: popsicles
- icing: frosting
- icing sugar: confectioner's sugar (sometimes containing added cornstarch in both countries) • jam: jelly
- jelly: jello
- lamingtons: cubes of sponge cake, normally dipped in chocolate and coconut
- lamington tin (swiss roll tin): similar in size to the American standard 13" x 9" pan
- mince (as in beef): ground beef
- muesli: muesli if uncooked "raw" oat grain breakfast cereal not sugared and often with dried fruit, and granola if baked oat grain cereal always sweetened, often with dried fruit and nuts plus flavorings
- Nuttelex is a dairy-free margarine: Shedd's Willow Run dairy-free soybean margarine (if you can tolerate soy), phone toll free 1800 735 3554.
- paracetamol (e.g. Panadol): acetaminophen (e.g. Tylenol), often with cornstarch as the filler.
- Rice Bubbles: Rice Krispies (contains malt, not gluten-free - Erewhon Gluten Free Crispy Rice Cereal is a USA brand that is gluten-free and very tasty)
- rissoles: beef or lamb patties
- sports drinks: thirst quenchers e.g. Gatorade and Pedialyte
- soft drinks: soda, soda pop, pop
- soda water: club soda
- scones: biscuits
- sugar: pure refined white cane sugar. Beet sugar may contain sulfite residues which can affect extra sensitive individuals. Corn syrup may contain some salicylates. Cane syrup is moderate in salicylates.
- sweets, lollies, confectionery: candies

**How to buy fresh meat in the USA:** a reader tells us that to buy fresh 'carcass beef' from Fiesta Mart stores in the Houston, Austin and Dallas/Fort Worth areas, you would need to contact the butcher at your store and ask specifically to have your meat cut from fresh carcass beef. You can ask for the 'kill date' to know how fresh the meat is, and you can also find out which day the butcher receives carcass shipments. 'Box meat' can be considered fresh and still be three months old. – thanks to a failsafer from Texas

Fresh chicken can be found at Whole foods. I've contacted Pine Manor Farms (Pine Manor is their chicken supplier) and they said look at the "sell by" date and count back 12 days from it and that'll tell you the slaughter date of the chicken.