

## 2014 Gluten updates

**McCormick** phone June, 2014. All spices are gluten free and in a facility that does not have gluten, including mixes of spices such as **Lawry's Season Salt** is also gluten free. Other products, such as Tai Kitchen(?) and ? that may have gluten in some things are made in a different plant in California.

June, 2014 call **Pacific** about Rice milk and soup - left message asking about how many ppm tested and if separate lines, etc. to prevent cc with gluten. All products labeled GF are tested down to 10ppm. If there is any question of possible cross contamination, as with beans, that product is not labeled GF.

6/28/14

Called **Procter and Gambles** re following products:

800-492-7378 **Crest toothpastes** are all GF including no cross contamination.

**Oral-B dental floss**: 800-945-7768. All Procter and Gamble oral toothpastes are GF including having dedicated lines with no cross contamination.

**Pantene** hair products 800-945-7768 - called 7/10/14 many of their fragrances have a very small amount of wheat added, but they have tested on the skin of Celiacs and have had none have a skin reaction to it. It is in shampoo, rinses, and gels, spray on after products - all of them. **Said she knows that all HEAD & SHOULDERS products are Gluten free, if I need totally gluten free.**

Called 1-800-723-9569 **for Head and Shoulders** by Procter and Gamble - 7/2014. All are tested for gluten and are gluten free. They make shampoos and conditioners, but no styling products.

800-436-1569 **Joy and Ivory** liquid hand and dishwashing soaps are GF with no cc.

Second call 7/2014. Gluten is not in the formulation of these liquid soaps and there is no cross contamination in the production. They have fewer ingredients than the dishwasher soaps, so do not have ingredients with possible cross contamination issues.

*\* call for more* info at 1-800-765-5516 **Cascade** dishwasher soap has no added gluten, but they cannot be 100% sure about cross contamination of the raw ingredients before they get them. They do not test the final product, but have separate lines and no gluten raw materials.

800-926-8689 **Bounty** paper towels and napkins, both white and with colored designs, are GF including the adhesive to hold the towels on the center roll.

**Tide** = 800-879-8433 and **Gain** = 800-888-4246 - did not call yet.

**Sun Products Corporation**: 6/2007 phone call.

**All** (800-298-2408). All forms of ALL brand liquid and powdered laundry detergents are GF with no cross contamination.

**Colgate Palmolive**:

All Colgate **toothpastes** are certified as GF. Colgate Total floss from the dentist is also, however they just stopped making dental flosses. See list sent in mail that includes prescription items. Prevident is also certified as GF.

**Soft Soap** body washes and hand soaps - vary by scent - go to their website for a list of which are certified as GF and which are not.

**Unilever** 800-598-5005 called 7/2014).

**Caress** bar soap and **Suave** Naturals liquid body soaps.

Stated that Unilever will declare any gluten ingredients and also include a warning that it may contain gluten, if any cross contamination is possible - is policy for any food or soap items that they make.

Called 7/2014 **Suave** 1-800-782-8301 re hair and bath products. Is a **Unilever** product. Said policy is same for all Unilever products. They do not have a GF facility, but are extra careful. Cannot absolutely guarantee no cross contamination, but do rigorous cleaning. Do extra cleaning beyond the usual if there is an allergen on a line, but do not test the lines after nor the finished products.

Also called **Dove** hair products at 1-800-598-5005. This is also a **Unilever** product. They stated that if any ingredient is derived from something with gluten, it is spelled out in plain English, for example, such as vit. E (from wheat) or perfume (contains wheat).

7/2014 called **Sensodyne toothpaste** at 1-877-844-2797. The ingredients are GF, but the facilities are not, so they cannot totally rule out cross contamination.

**Pacific** soups and rice milks – are GF if labeled as such on box. Phone message June, 2014 confirmed that GF means tested to be GF down to 10ppm. They stated that if there is any doubt about possible contamination, as with beans, the GF label will not be used.

Contacted **Western family** in May 2014 about frozen **baby lima beans** under Western Family Label. These are GF and processed by Norpac. The **Norpac** frozen veggies can be identified by the black stamp on the back of the package which shows a number first, then a letter for the month, and then numbers for the year followed by rest of date and time. Such as 5F13 14, etc. = limas processed in Feb or 2013. Norpac also processes Western Family canned pumpkin, which is also GF. It can be identified as Norpac's by EU in the first line, followed by letter & numbers telling when and where processed.

Western Family eye drops 11/14 - manufacturer does not test for gluten so cannot guarantee is GF.

In 2014 WF dried beans are supplied by **Columbia Bean & Produce** in Washington. Spoke to Jeremy W., good safety manager. He is in the process of trying to determine the gluten status of their beans. They run beans on the same line as a powdered soup that is only made about a half dozen times per year, but can only dry clean and do not know if any gluten from the soup is left on the lines or for how long. He was not aware of the contamination problems from crop rotation with wheat and shared equipment. Has sent out samples for some Elisa testing and waiting for results.

Called Lucerne/Safeway about **Lucerne** sour cream. Message left that stringent cleaning guidelines are followed, but it is not in a GF facility.

Lucerne light sour cream - left message that it is "not produced in a GF facility, but follow stringent cleaning guidelines."

Also called about packaged Waterfront Bristo frozen fish - message left regarding the Mahi mahi. If does not contain gluten, but the facility in which it is processed is not certified as gluten free.

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4/28/14 Mon.

Talked to **Pinnacle group** about gluten on either last Monday or Tuesday. They have never done special cleaning for allergens between products, and they run everything on the same lines - they have increased their production of sauces, many of which contain gluten, so do not claim any of their veggies are free of cross contamination issues. Some of the Steam-fresh bags in my freezer, including the Brussels sprouts, have ads for new products with sauce. So the risk of cross contamination seems to have increased with the addition of these new products.

Talked to **Norpac** - says the test for protein (gluten) and other allergens after cleaning lines and before processing pure veggies, but do not test the final products - put warning on anything with gluten, and consider anything else they produce to be actually GF - also got names of a couple of items they make that are GF and sold under the Western Family label, and how to tell if WF changes suppliers.

The Norpac frozen veggies can be identified by the black stamp on the back of the package which shows a number first, then a letter for the month, and then numbers for the year followed by rest of date and time. Such as 5F13 14, etc. = limas processed in Feb of 2013. Canned goods can be identified as Norpac's by EU in the first line, followed by letter & numbers telling when and where processed. They have not heard of any problems with gluten.

Later phone call to ask about their dried beans in Fiesta mix. They have a means of checking visually for any foreign material, and have not seen anything so far to suggest wheat contamination, and they have dried beans coming from a variety of suppliers that can change.

The beans also go through an extensive cleaning process in preparation for being included in a frozen veg. mix.

They often sell under the name Flavopac in this area of the country.

Company moved to Salem in 2014. 583-480-2100 Ext. 2131. Bob Veck at Norpac plant is at 503-769-2101 Ext. 1133

Also talked to

**Ranch Gordo** in Napa, CA - says there are problems with getting uncontaminated dried beans, similar to the problem with oats. They are going to try to find if they have any from farmers who do not rotate crops and do not use machinery to harvest the beans - possibly some of their Mexico farmers. If I cannot find GF beans to eat, I can buy them to plant to try to produce my own.

Talked to nuts.com and their GF items are all certified GF and the website is up-to-date. They have a couple of kinds of dried beans to order on-line that are GF as well as a number of other GF items.

I have also located a **slug bait** to use for this that is not 99% wheat gluten, as most of the new ones are now which have an iron based active ingredient instead of meta. A rep for **Corry's** told me to return the new one and not even touch the box! But they have a liquid one with corn starch that is called **Deadline Force II Slug and Snail Killer**.

**Desert Essence Organics** has gluten free soaps and hair products and lotions. See gluten free list at: <https://www.desertessence.com/gluten-free>.

Phone 1-800-645-5768. They said that all the organics are gluten free and some in other categories are also. Call 1-800-679-6733 to find distributors in your area. Lifesource has some and also they can be purchased on-line. **They use the ELISA test for gluten on their products to less than 5 ppm.** Those that test GF also have GF written on the back of the product.

**Andalou Naturals** sold at Life Source are all **certified GF**. They have hair products including hair styling products. Website: <http://www.andalou.com/>.

Q. Is this product Gluten Free?

A. Yes. All Andalou products have been tested by the Food Allergy Research & Resource Program (FARRP) on behalf of Celiac Sprue Association (CSA) and are verified to be gluten-free.

**Kettle Potato chips** update by phone 8/2014. All flavors of potato chips are made in a GF area and are now gluten free. In an earlier conversation re: their almond butter, it is not produced in a GF environment, so there is a risk of cross contamination.

**C&H sugar** - called 9/30/14 All the granulated and brown sugars are pure sugar and gluten free and in a gluten free environment. However the powdered, confectioners sugar has 3% corn starch added, which they cannot be sure has had no cross contamination issues. So it is an unknown.

**Elemental Herbs**. All of their "Good Lips" are run on one line, but not in a gluten free facility. The product is labelled as "gluten free" but their definition of GF is not the the same as the new FDA regulation, and they do not test for gluten, just do not purposely add any. They may try to seek a GF certification sometime in the future.

#### **www.boodaorganics.com**

A small company with handmade products. Only make lip balm and hand cream. Have not contacted suppliers to ask about cross contamination of ingredients. Their label of "gluten free" does not meet the new FDA guideline for that definition and they do not test their products for gluten. Are not food, or otherwise fall under the new FDA rule.

#### **Chebe**

2014 All Chebe mixes and frozen breads are certified gluten free by the Celiac Sprue Association - stated on their boxes of mix. See [www.chebe.com](http://www.chebe.com).

**Blue Diamond Nut-thin crackers** - 2014 box states "produced in a facility that also makes products containing: wheat, pecans and hazelnuts. Each production run is sampled and tested to confirm gluten levels do not exceed 20 ppm. [www.bluediamond.com](http://www.bluediamond.com)

#### **5/1/16 phone call yo 800-888-6488.**

**Minute Made** Orange juice frozen or in reconstituted in containers is gluten free, if 100% juice, as is usually the kind in the US. Canada has a version with Ca & vit C added - would have to research that to find out if it is also GF, but it is not usually available in the US. Call again for info on any of their other products.

#### **5/1/16 Langers Juice Co. tel:(626) 336-1666**

All juices still GF with no possible cross contamination. Will send me e-mail about who in my area carries the frozen OJ they make in the bottles. Roth can't get it from their supplier now.

11/2016 called J.M. Suckers Company. (888) 550-9555

They are putting a gluten free label on items they have tested, otherwise can only tell you that there are no gluten ingredients, as before, but cannot guarantee things such as cross-contamination until testing.

Adams peanut butter now has a gf label, but Crisco products have not been tested, nor have some jams - need to watch for the label. Seem to be concerned and are working on it.