

GF Brand Trust List

The brands we personally buy, organized by store
so you can shop with confidence.

- + 7 stores covered: Costco, Target, Aldi, Walmart, Kroger, Trader Joe's & Amazon
- + 100+ trusted brands across every aisle
- + Katie's Picks highlighted throughout
- + Certified GF vs. check-the-label guidance

LetsGoGlutenFree.com

Katie & Paul Wilson | Updated 2026

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How to Use This Guide

This is our personal brand trust list -- every brand here is one we actually buy for our family. Katie (RN) and Paul have been living gluten-free with our two boys for years. These picks come from real experience, not sponsorships. Brands are organized by store so you can pull up the right page while you shop. Look for Katie's Picks (starred, orange highlight) for our #1 favorites.

GF = Certified gluten-free (GFCO, CSA, or manufacturer-certified). These are the safest bet.
chk = Check the label. The brand makes GF products, but not everything they make is safe.
 Always read the label and look for a GF certification seal or allergen statement.

*** = Katie's Pick** -- Our absolute favorite in that category. The one we'd grab with our eyes closed. Orange highlighted rows throughout the guide mark Katie's top picks.

Stores Covered in This Guide

Costco	Bulk buying powerhouse -- best per-unit prices on GF staples
Target	Great everyday selection + Good & Gather GF line
Aldi	Budget king -- liveGfree store brand is seriously underrated
Walmart	Widest selection + Great Value GF options
Kroger	Simple Truth GF line + great digital coupons
Trader Joe's	Unique finds you won't get anywhere else
Amazon	Subscribe & Save for pantry staples + specialty brands

Brands We Trust Everywhere

These brands are available at most stores and are consistently safe across their GF product lines:

**Canyon Bakehouse | Schar | Bob's Red Mill | Barilla GF | Banza | Siete | Simple Mills
 Enjoy Life | San-J Tamari | Rao's Homemade | Kind | Skinny Pop | Lundberg | Tinkyada**

Important Reminder

Manufacturers can change formulations at any time. Always check the label before purchasing, even for brands on this list. Look for the GFCO seal, CSA seal, or a clear 'Gluten-Free' label. This guide is not medical advice. Consult your doctor or dietitian for personal dietary guidance.

Costco Bulk Buying Powerhouse**Bread & Bakery**

- GF * Canyon Bakehouse GF Bread (2-pack)
- GF Schar GF Artisan Bread (2-pack)
- GF Schar GF Ciabatta Rolls
- GF Udi's GF Hamburger Buns
- GF Against the Grain GF Baguettes
- GF * Simple Mills Almond Flour Crackers -- Our go-to cracker

Pasta & Grains

- GF * Barilla GF Penne (2-pack) -- Best everyday pasta
- GF Tinkyada Brown Rice Pasta (3-pack)
- GF Banza Chickpea Pasta (2-pack) -- Higher protein option
- GF Kirkland Organic Quinoa (4.5 lbs)
- GF Kirkland Jasmine Rice (25 lbs) -- Pennies per serving
- GF Lundberg Organic Rice Cakes

Snacks

- GF KIND Granola Bars (Kirkland 24-ct)
- GF Snyder's GF Pretzel Sticks (22 oz)
- GF * Skinny Pop Popcorn (28-ct) -- Kids love these
- GF Siete Grain-Free Tortilla Chips
- GF Kirkland Mixed Nuts -- Naturally GF
- GF Made Good Granola Bars

Dairy & Eggs

- GF Kirkland Organic Eggs (2 dozen) -- Naturally GF staple
- GF Kirkland Shredded Mozzarella
- GF Kirkland Butter (unsalted)
- GF Organic Valley Cream Cheese
- GF Kirkland Greek Yogurt

Proteins

- GF Kirkland Organic Chicken Breasts
- GF Kirkland Ground Beef 85/15
- GF Kirkland Salmon Fillets
- chk Kirkland Bacon
- GF Foster Farms Turkey Burgers
- GF * Saffron Road GF Chicken Nuggets -- Great for the boys

Frozen

- GF Caulipower GF Pizza Crusts (3-pack)
- GF Udi's GF Frozen Pizza
- GF Kirkland Frozen Broccoli Florets
- GF Kirkland Stir Fry Vegetables
- GF Kirkland Frozen Blueberries

Baking & Pantry

- GF * Bob's Red Mill GF 1-to-1 Flour (5 lbs) -- Our main baking flour
- GF Bob's Red Mill Almond Flour
- GF * San-J Tamari GF Soy Sauce -- GF soy sauce swap
- GF Kirkland Avocado Oil -- Naturally GF
- GF Kirkland Organic Coconut Oil
- GF Kirkland Organic Maple Syrup
- GF * Rao's Homemade Marinara -- Best jarred sauce
- GF Kirkland Marinara Sauce (3-pack) -- Budget option
- GF Kirkland Organic Peanut Butter

Beverages

- GF Kirkland Almond Milk (Organic)
- GF Kirkland Organic Chicken Broth

Target Everyday Essentials + Good & Gather**Bread & Bakery**

- GF * Canyon Bakehouse Heritage Honey White -- Best sandwich bread anywhere
- GF Canyon Bakehouse Everything Bagels
- GF Schar Artisan Baker White Bread
- GF Schar Multigrain Ciabatta
- GF Good & Gather GF Bread -- Decent budget option

Pasta & Sauces

- GF * Barilla GF Spaghetti & Penne -- Best mainstream GF pasta
- GF Banza Chickpea Pasta (all shapes)
- GF Good & Gather GF Mac & Cheese
- GF Rao's Homemade Marinara
- GF Victoria Fine Foods Marinara

Snacks & Crackers

- GF * Simple Mills Almond Flour Crackers -- All flavors are great
- GF Siete Grain-Free Chips
- GF Good & Gather GF Pretzels
- GF Snyder's GF Pretzel Sticks
- GF Skinny Pop Popcorn
- chk KIND Bars (check flavors) -- Most are GF

Baking & Flour

- GF * Bob's Red Mill GF 1-to-1 Flour
- GF Bob's Red Mill Almond Flour
- GF King Arthur GF Measure for Measure -- Premium alternative
- GF Simple Mills Baking Mixes -- Pancake, brownie, cookie
- GF Betty Crocker GF Cake Mix -- Budget baking mix

Cereal & Breakfast

- GF Nature's Path GF Cereals
- GF Purely Elizabeth Granola
- GF Good & Gather GF Granola
- GF * Bob's Red Mill GF Oatmeal Cups -- Certified GF oats

Frozen

- GF Saffron Road Chicken Pad Thai
- chk Amy's GF Frozen Meals -- Check labels -- not all are GF
- GF Caulipower GF Chicken Tenders
- GF Good & Gather GF Frozen Pizza

Condiments & Pantry

GF * San-J Tamari

GF Primal Kitchen Dressings -- Most are GF + clean label

GF Tessemae's Dressings

GF Good & Gather Olive Oil -- Naturally GF

Aldi Budget King -- liveGfree Line**liveGfree Bread & Bakery**

GF * liveGfree White Bread -- Best budget GF bread

GF liveGfree Hamburger Buns

GF liveGfree Pizza Crust

GF liveGfree Pancake Mix

GF liveGfree Brownie Mix

liveGfree Pasta & Meals

GF * liveGfree Penne Pasta -- Affordable and tastes good

GF * liveGfree Mac & Cheese -- Kids ask for this weekly

GF liveGfree Frozen Meals

liveGfree Snacks

GF liveGfree Pretzel Sticks

GF liveGfree Cookies (multiple varieties)

GF liveGfree Crackers

GF liveGfree Granola Bars

Naturally GF Aldi Staples

GF SimplyNature Organic Quinoa

GF * Kirkwood Chicken Thighs -- Cheapest protein per lb

GF Friendly Farms Almond Milk

GF SimplyNature Organic Eggs

GF Season's Choice Frozen Veggies -- Stock the freezer

GF Specially Selected Olive Oil

Walmart Widest Selection + Great Value GF

Bread & Bakery

- GF * **Canyon Bakehouse (full line)** -- Usually best price on Canyon
- GF **Schar (full line)**
- GF **Sam's Choice GF Bread** -- Budget Walmart brand
- GF **Great Value GF Hamburger Buns** -- Surprisingly decent

Pasta & Grains

- GF * **Barilla GF Pasta (all shapes)**
- GF **Great Value GF Penne & Spaghetti** -- Cheapest GF pasta option
- GF **Banza Chickpea Pasta**
- GF **Great Value White & Brown Rice** -- Buy the big bag

Snacks

- GF **Simple Mills Crackers**
- GF **Snyder's GF Pretzels**
- GF **Glutino Crackers & Pretzels**
- GF **Lance GF Sandwich Crackers**
- GF **Skinny Pop Popcorn**

Baking

- GF * **Bob's Red Mill GF Flours (full line)**
- GF **Betty Crocker GF Mixes** -- Cake, brownie, cookie
- GF **Krusteaz GF Pancake Mix**
- GF **Great Value GF Baking Mix** -- Budget option

Cereal & Breakfast

- chk **Cheerios (labeled GF)** -- Controversial -- check comfort level
- GF * **Nature's Path EnviroKidz** -- Certified GF kids cereals
- GF **Chex (Rice & Corn)** -- Labeled GF

Frozen & Meals

- GF **Udi's GF Frozen Pizza**
- GF **Caulipower Chicken Tenders**
- chk **Amy's GF Burritos** -- Check labels carefully
- GF **Great Value Frozen Veggies** -- Naturally GF

Condiments & Pantry

- GF **San-J Tamari**
- GF **French's Mustard** -- Naturally GF
- GF **Heinz Ketchup** -- Naturally GF
- GF **Great Value Olive Oil**

Kroger Simple Truth GF + Digital Coupons

Simple Truth GF Line

- GF Simple Truth GF Bread
- GF Simple Truth GF Pasta
- GF Simple Truth GF Crackers
- GF Simple Truth GF Baking Mix
- GF Simple Truth GF Mac & Cheese -- Good budget option
- GF Simple Truth GF Frozen Pizza

Name Brand GF

- GF * Canyon Bakehouse (full line)
- GF Schar (full line)
- GF Barilla GF Pasta
- GF Bob's Red Mill GF Flours
- GF * Enjoy Life Cookies & Snacks -- Top 8 allergen free
- GF Simple Mills Crackers & Mixes

Naturally GF Kroger Staples

- GF Kroger Fresh Produce -- All fresh produce is GF
- GF Simple Truth Organic Eggs
- GF Simple Truth Chicken Breasts
- GF Kroger Frozen Vegetables
- GF Simple Truth Almond Milk

Trader Joe's Unique Finds & GF Adventures

Bread & Bakery

GF * TJ's GF Norwegian Crispbread -- Unique find -- great with cheese

GF TJ's GF Bread (white & multigrain)

GF TJ's GF Pancake Mix

GF * TJ's GF Joe-Joe's Cookies -- GF Oreo alternative

Pasta & Meals

GF TJ's GF Brown Rice Penne -- Solid everyday pasta

GF TJ's GF Mac & Cheese (frozen)

GF * TJ's Cauliflower Gnocchi -- Huge TikTok hit for a reason

GF TJ's Indian Simmer Sauces -- Naturally GF, amazing flavor

Snacks

GF TJ's GF Cheese Pizza Bites (frozen)

GF TJ's Inner Peas / Veggie Chips

GF TJ's Peanut Butter Cups -- Dark chocolate, naturally GF

GF TJ's Plantain Chips

GF TJ's Rice Crackers (Savory Thin)

Pantry & Sauces

GF * TJ's Coconut Aminos -- Soy-free GF soy sauce swap

GF TJ's Everything But the Bagel Seasoning -- GF flavor booster

GF TJ's Almond Flour -- Usually cheapest per lb

GF TJ's Organic Marinara

Amazon Subscribe & Save for Pantry Staples**Bread & Bakery (shipped)****GF** * Canyon Bakehouse (multi-packs) -- Subscribe & Save eligible**GF** Simple Mills Crackers (variety packs)**GF** Schar Bread & Rolls**Pasta & Grains****GF** * Barilla GF Pasta (12-pack) -- Best bulk deal on GF pasta**GF** Banza Chickpea Pasta (6-pack)**GF** Tinkyada Brown Rice Pasta (12-pack)**GF** Jovial GF Cassava Pasta -- Premium option, great texture**Snacks & Bars****GF** * Enjoy Life Cookies & Bars (variety) -- Top 8 allergen free**GF** KIND Bars (GF flavors bulk)**GF** Made Good Granola Bars (bulk)**GF** Siete Chips (variety packs)**Baking & Specialty****GF** * Bob's Red Mill GF 1-to-1 (4-pack) -- Cheapest per lb in bulk**GF** Anthony's Almond Flour (5 lbs) -- Great bulk price**GF** King Arthur GF Measure for Measure**GF** Cup4Cup GF Flour -- Premium pastry flour**Sauces & Condiments****GF** * San-J Tamari (2-pack)**GF** Rao's Homemade Marinara (4-pack)**GF** Primal Kitchen Avocado Mayo -- GF + clean label**GF** Bragg Liquid Aminos -- Another GF soy sauce swap**Supplements & Specialty****GF** * Thorne Methylfolate -- Essential for MTHFR families**GF** Garden of Life Probiotics -- GF certified**GF** Nordic Naturals Fish Oil**GF** Seeking Health Multivitamin -- MTHFR-friendly formulation

Quick Reference: Our Top Picks by Category

Best GF Sandwich Bread	Canyon Bakehouse Heritage Honey White Target, Walmart, Costco
Best GF Pasta	Barilla GF Penne / Spaghetti Everywhere
Best GF Flour	Bob's Red Mill 1-to-1 Everywhere
Best Budget GF Brand	Aldi liveGfree (entire line) Aldi
Best GF Crackers	Simple Mills Almond Flour Crackers Target, Costco, Walmart
Best GF Soy Sauce	San-J Tamari Everywhere
Best GF Marinara	Rao's Homemade Costco, Target, Amazon
Best GF Snack Bars	KIND Bars (GF flavors) Costco, Target, Walmart
Best GF Frozen Pizza	Caulipower Crusts Costco, Target, Walmart
Best GF Chicken Nuggets	Saffron Road Costco, Target
Best GF Kids Cereal	Nature's Path EnviroKidz Walmart, Kroger, Target
Best GF Mac & Cheese	Aldi liveGfree Mac & Cheese Aldi
Best GF Cookie Brand	Enjoy Life (allergen-free) Kroger, Amazon, Target
Best GF Popcorn	Skinny Pop Everywhere
Best GF Oats	Bob's Red Mill GF Oats Target, Walmart, Amazon
Best GF Tortilla Chips	Siete Grain-Free Chips Costco, Target, Amazon
Best MTHFR Supplement	Thorne Methylfolate Amazon

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