

Good2UGood4U: Where to Find It

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June 2 2018



As we transition to a plant based lifestyle, sometimes old comfort foods are so appealing. It is nice to have an alternative without weird ingredients and available (YAAH: yummy-affordable- available-healthy). Over 20 million adults and children suffer from some sort of food allergy that affects quality of life. The most common are soy, eggs, tree nuts, soy, cow's milk, shellfish, fish, wheat.

Here are some of the products currently available in central North Carolina. Please visit the websites for their "where to BUY" section to find additional products near you. These are not only plant based, but are GOOD 2U too and some of my favorites.

Abbreviations: EF= Earthfare; HT= Harris Teeter, LF= Lowes Foods
WTM -= Weaver Street Market co-op ; WH= Whole Foods
RT= Room Temperature WSM= Weaver Street Market (Hillsborough)
TFM= The Fresh Market

HEY DID YOU KNOW?

The Hidden Names for Dairy

- Curds
- Whey
- Ghee
- Casein
- Caseinates
- Rennet casein
- Lactose
- Lactulose
- Hydrolysates
- Lactalbumin
- Lactoglobulin

V T S T A E M D N O Y E B S D
E P E G A M X I I G E P K U A
G C G E G M Q H N R B Q I O I
E P A N R E I H F R L H S I Y
T E R F Q F Y N O X M B Q C A
A S D O O F E F I L T H G I L
R A E N S T B N N A G E V L E
I M I Z U N K O I O E N H E F
A O N L T N E K C E N F U D I
N R G R R K J G P U F G D O L
S T U N A E P W R S R F M S Y
O G C E R T I F I E D G A O O
P L A N T B A S E D L L E C J
G F X X Y I I U A C I L C R N
C O U P O N S P W Q U A A O E

FIND ME

ALLERGENS
BEYOND MEAT
BOCA BURGER
CAFFEINE FREE
CERTIFIED
COUPONS
DAIYA
EGGS
ENJOY LIFE
GARDEIN
GLUTEN FREE
LIGHTLIFE FOODS
NONGMO
PEANUTS
PLANT BASED
ROMA
SO DELICIOUS
VEGAN
VEGETARIAN

Company	Vegetarian	Vegan	Dairy free	Nut free	Soy free	Non GMO	Gluten free	Products	Where to Find	Store Section
Enjoy Life Foods	✓	✓	✓	✓	✓	✓	✓	Rice Milk chocolate & chocolate chips, cookies, crackers, pasta	Food Lion, HT, LF, EF, WF, TFM	Gluten-free section room temp; near chocolate (WF)
Gardein	✓	✓	✓	✓		✓	✓	Meatless chicken, beef products- FROZEN	Wal-Mart, Target, Food Lion, Lowes Foods, HT, Kroger, WF, EF, TFM	Frozen foods section
So Delicious	✓	✓	✓			✓	✓	Coconut, almond cashew milks, yogurt, ice cream novelties, "cheese shreds (NEW)	Food Lion, Walmart, Target, HT, Lowes Foods, EF; WSM, TFM	Shelf stable, freezer near yogurt (top shelf), refrigerated near cows milks
Daiya	✓	✓	✓		✓		✓	"cheese:, pizzas, dressings, mac & cheese, cheezcakes	LF, Kroger, EF, WF, WSM, TFM	Frozen near pizzas; produce near fruits & veggies
Lightlife Foods	✓	✓	✓			✓		Hotdogs, bacon, deli style sandwich,	Walmart, LF, Target, WF, EF, WSM, TFM	produce section
Tofurky								Roasts, deli slices, chik'n strips	Walmart, LF, Target, WF, EF, WSM, Food Lion	Produce section, freezer section
Worthington *	✓	✓ *						Big Franks, Vegetarian burger, Choplets Fri-chik; Turkey & "ham" deli slices	Lowes Foods Kroger, ACBC store	Shelf near crackers, Freezer near breakfast foods
Roma	✓	✓	✓					Caffeine free coffee alternative	Lowes Foods, ACBC store	Top shelf near instant coffee
Boca Burger	✓	✓	✓			✓		Burgers, chik'n patties, breakfast sausage, vegan crumbles	Wal-Mart, Target, Food Lion, LF, HT, Kroger, WF, EF, TFM	Frozen foods section
Pictsweet Farms	✓	✓	✓	✓				Steam in bag or regular vegetables	Dollar Tree, Food Lion, Walmart, HT, LF	Frozen vegetables
Beyond Meat **	✓	✓					✓	Burgers, chik strips	Walmart, Kroger, Target, WSM, LF	Freezer section
Wild Garden	✓	✓	✓	✓	✓	✓	✓	Shelf stable hummus, hummus to go pack	LF, WF, HT, amazon.com	Near dried/canned fruits

*Only canned Vegetarian Burger and canned Choplets are vegan

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