

# FINDING YOUR CHOICES

Finding selections to meet your lifestyle is what AVI is all about. We are dedicated to ensuring your dietary choices are easily accessible.

## If you have a gluten allergy or sensitivity ...

When dining with us at your workplace, school or healthcare facility, please speak to the AVI on-site manager. He or she can gladly direct you to choices that meet your needs. We generally do not operate gluten-free kitchens, which may result in a small or trace amount of unintentional gluten in certain servings.

If you are a guest at a Market C micro market or vending location, the following manufacturers have labeled their products as gluten-free:

### Bagged Selections

PopChips Barbeque  
PopChips Sour Cream & Onion  
Lay's Classic Potato Chips  
Kettle Brand Potato Chips New York Cheddar  
Kettle Brand Potato Chips Jalapeño  
Kettle Brand Potato Chips Honey Dijon

### Snack Selections

Welch's Fruit Snacks  
Kar's Sweet N Salty Mix  
Second Nature Dark Chocolate Medley  
Second Nature California Medley  
Wonderful Raw Almonds

### Bar Selections

Goodness Knows Cranberry and Almond with Dark Chocolate  
Nature Valley Protein Peanut Butter Dark Chocolate  
Nestlé Butterfinger  
PayDay Peanut Caramel Bar

### Fresh Foods

Yoplait Yogurts (assorted varieties)

### Frozen Foods

Start Healthy Gluten-free Turkey Sausage Egg & Cheese on GF Bagel

Other products are available that may meet gluten-free guidelines. As a safety precaution, we have provided only the selections where the manufacturer has stated gluten-free.

# GLUTEN FREE



Manufacturers at times may change their ingredients without advance notice. Verify the specific packaging prior to consumption. Selections are accurate as of revision date. For most up-to-date choices, visit [AVInutriSOURCE.com/nutriFOODS](http://AVInutriSOURCE.com/nutriFOODS)

For more information about Celiac disease or living a gluten-free lifestyle, visit [Celiac.org](http://Celiac.org).

live healthy. eat healthy. be healthy.

For wellness articles and tips,  
visit [AVInutriSOURCE.com](http://AVInutriSOURCE.com)



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THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES

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*This information has been provided as a courtesy to our customers. As always, consult your physician before beginning or changing any health or dietary program.*