

WHOLE FOODS

<u>BRAND NAME</u>	<u>PRODUCT</u>	<u>HECHSHER</u>	<u>NOTES</u>
<u>CHICKENS</u>			
Kosher Valley	Chicken Split Breast	OU	2 pieces chicken breast
Kosher Valley	Chicken Cutlets	OU	Usually 3 pieces of chicken cutlets
Kosher Valley	Chicken Thighs	OU	Usually 2 pieces of boned in chicken thighs (no drumsticks)
Kosher Valley	Ground Dark Meat Turkey	OU	16oz
Kosher Valley	Boneless Chicken Thighs	OU	Pargiyot: Usually 4-6 pieces
<u>BREADS</u>			
Angelic Bake House	No Added Salt Sprouted Whole Grain Bread Sprouted Whole Grain Bread	OK: Pas Yisroel	Pas Yisroel
Base Culture	Keto Seven Nut & Seed, Gluten Free, Grain Free, Soy Free, Dairy Free Bread	OU	
Base Culture	Keto Original Gluten Free, Grain Free, Soy Free, Dairy Free Bread	OU	
Daves Killer Bread	Thin Sliced: Good Seed, 21 Whole Grains and Seeds, Sprouted Whole Grains, Organic White Bread, Burger Buns Done Right, 21 Whole Grains & Seeds Bun, Rockin' Grains English Muffins, Killer Classic English Muffins, Organic Plain Awesome Bagels, Organic 21 Whole Grains and Seeds Bread, Organic White Bread Done Right, Organic Everything Bagels, Good Seed Organic Bread, Powerseed Organic Bread	OU	
Food For Life	Organic Sprouted Flax Seed Bread, Flourless Sprouted Grain Bread, Sprouted Original 3 Seed Bread, Bread Genesis Sprouted Organic Frozen, Flourless Sprouted Grain Bread Sesame Frozen, Bread Sprouted Cinnamon Raisin Organic, Flourless Sprouted Grain Bread Flax Frozen, Organic Ezekiel 4:9 Sprouted Bread Low Sodium, English Muffin Brown Rice Wheat Free, Ezekiel 4:9 Whole Grain Pocket Bread Frozen, Sprout 7 Grain English Muffins, Organic Frozen, Flourless Sprouted English Muffins, Cinnamon Raisin Frozen, Flourless Sprouted Grain English Muffin Frozen,	Kof-K Parve	
Udis	Gluten Free Delicious Multigrain Sandwich Bread Frozen, Gluten Free Delicious Soft White Sandwich Bread Sliced,	Scroll K Parve	
<u>DIPS & SAUCES</u>			
Mina	Hummus Moroccan Chickpea Stew, Lubia Moroccan White Bean Stew, Harira Moroccan Chickpea & Lentil Soup, Moroccan Preserved Lemons, Harissa Mild, Harissa Spicy, Shakshuka,	OU & Kof K	
Nando's	Peri-Peri Sauce Medium, Nando's Peri-Peri Sauce Extra Hot, Hot PERI-PERI Sauce	OU	
Sir Kesington's	Special Sauce, Mayonnaise, Chipotle Mayo,	OU	
Whole Foods 365	Organic Shoyu Soy Sauce Reduced Sodium, Salted Caramel Sauce, Organic Cinnamon Applesauce, Organic Salted Caramel Sauce, Tzatziki, Organic Tahini,	OU, Ou-Dairy, KSA	
Haven's Kitchen	Red Pepper Romesco, Gingery Miso Sauce, Herby Chimichurri, Edamame Green Goddess	Kof-K Parve	
Simply Organic	Alfredo Sauce Mix, Vegetarian Brown Gravy Mix (Vegetarian), Fajita Seasoning, Organic Chimichurri Marinade Mix Gluten free, Certified organic, Mushroom Sauce Mix, Alfredo Sauce Mix,	KSA -Dairy	
Saffron Road	Lemongrass Basil Simmer Sauce	Kof-K Dairy Equipment	
Whole Foods 365	Organic Jellied Cranberry Sauce, Organic Tomato S	OU	
Carbone	Spicy Vodka, Tomato Basil Pasta Sauce,	OU	
Nature's Healthy Gourmet	Tahini Sauce, Roasted Garlic & Chives Hummus, Original Hummus, Roasted Red Pepper Hummus, Spicy Hummus, Baba Ghanouj, Sweet Potato Hummus	ORB Parve	
Bitchin' Sauce	Chipotle Almond Dip, Cilantro Chili, Original The Almond Dip, Spinach Artichoke The Almond Dip	OK Parve	
Bianco Dinapoli	Organic New York Style Pizza Sauce, Whole Peeled Organic Tomatoes, Organic Crushed Tomatoes, Organic Tomato Paste,	OU Parve	
Coconut Secret	Coconut Amino Garlic Sauce, Low Sodium Soy Sauce Alternative, Low-Glycemic, Organic Coconut Teriyaki Sauce,	OU Parve	

SAN J INTERNATIONAL	Organic Tamari Lite Sodium, Tamari Reduced Sodium Organic, Organic Tamari, Hoisin, Organic Wheat Free Tamari Soy Sauce, Soy Shoyu Bronze Organic	OU Parve		
YAMASA	Soy Sauce with Dispenser, Reduced Sodium Soy Sauce with Dispenser	OU Parve		
MUIR GLEN ORGANIC	Organic Tomato Paste Double Concentrate, Whole Peeled Tomatoes, Diced Tomatoes, Tomato Sauce, Petite Diced Fire Roasted Green Tomatoes Petite Diced,	OU Parve		
Pomi	Strained Tomatoes, Chopped Tomatoes, Tomatoes Chopped Finely	Kof-K Parve		
Big Tree Farms	Organic Teriyaki Coconut Aminos, Coco Aminos Seasoning Sauce,	Earth Kosher Parve		
Ohsawa Organic/ Gold Mine Natural Food Co.	Nama Shoyu,	Kof-K Parve		
Soy Vay	Teriyaki Marinade and Sauce	OU Parve		
Sabatino Tartufi	Tartufata Sauce (Truffle Spread),	OU Parve		
Marukan	Ponzu Sudachi Soy Citrus Dressing, Seasoned Gourmet Rice Vinegar, Genuine Brewed Rice Vinegar,	Star K Parve		
California Olive Ranch	Chili Lime Verde Marinade & Sauce, Golden Thai Marinade & Sauce	OU Parve		
King's Cupboard	Organic Hot Fudge Sauce - The Perfect Hot Chocolate Sauce for Topping Ice Cream & Desserts, Coffee Drizzle, Baking, Fondue, Gluten-Free,	OU Dairy		
D'ARBO (CONSERVES)	Wild Lingonberry Sauce,	OU Parve		
Paesana	Sauce Caking Marsala	Kof-K Parve		
Cedar's Foods	Cucumber Garlic Tzatziki, Dark Chocolate Hummus, Organic Original Hommus	OU- Dairy		
Maille	Mike's Hot Honey Special Edition Savory-Sweet Condiment with a Spicy Kick Hot Honey Dijon Mustard	MK Kosher Parve		
Soom	Premium Tahini, Dark Chocolate Tahini with Sea Salt	OU Parve		
Hadar	Seasoned Tahini, Tahini Sesame Paste	OU Parve		
Once Again	Natural Sesame Tahini-Salt Free, Unsweetened	BVK - Parve		
	<u>FROZEN</u>			
365 Whole Foods Market	Organic Tropical Fruit Medley, Organic Sliced Peaches, Organic Mango Chunks, Organic Sliced Strawberries and Bananas, Pineapple Chunks, Organic Whole Strawberries, Organic Pineapple Chunks, Organic Wild Blueberries, Organic Sweet Whole Cherries, Organic Blueberries, Dark Sweet Cherries, Blueberries, Mango Chunks, Sliced Peaches, Frozen Fruit Pop-Ups	OU		
PITAYA PLUS	Organic Dragon Fruit Superfruit Smoothie Packs, Bite Sized Passion Fruit Pieces, Organic Coconut Smoothie Packs, Bite Size Aloe Vera Pieces, Organic Jackfruit Bite Sized Pieces	Earth Kosher		
Sambazon	Organic Unsweetened Acai Superfruit Packs, Organic Superberry Acai Bowl, Acai Berry and Guarana Smoothie Superfruit Pack, Organic Berry Bliss Acai Bowl, Organic Original Berry Sorbet, Organic Acai Strawberry and Banana Smoothie Pops, Organic Mango and Acai Blenderless Smoothie Cubes	OU-Parve & OU-Dairy		
Whole Foods	Organic Golden Mango passionfruit Chia Seed Bowl			
Cape Cod Select	Premium Farm Fresh Cranberries	KVH Kosher		
Deebee's	100% Organics Super Fruit Freezie Frozen Juice Bars Nut, Gluten and Dairy-Free, No Added Sugars	OU		
	<u>ICE CREAM</u>			
Alden's Organic	Cookies & Cream, Vanilla Bean, Mini Squares Vanilla Ice Cream Sandwich, French Vanilla, Old School Vanilla Ice Cream Sandwich, Chocolate	OK- Dairy		
Talenti	GELATO: Double Dark Chocolate, Coffee Chocolate Chip, Madagascan Vanilla Bean, Black Raspberry Chocolate Chip, Pacific Coast Pistachio, Mediterranean Mint, Chocolate Peanut Butter Cup, Southern Butter Pecan, Salted Caramel Truffle, Sea Salt Caramel SORBETTO: Non-Dairy Ice Cream Alternative Alphonso Mango	Kof-K Dairy		
Yasso	Chocolate Chip Cookie Dough, Mint Chocolate Chip, Fudge Brownie, Seasalt Caramel Chocolate Crunch, Birthday Cake, Coffee Chocolate Chip	OU-Dairy		

DOLCEZZA	GELATO: Coffee & Cookies, Swiss Chocolate, Chocolate Chip, Mascarpone & Berries, Roasted Strawberry, Dulche De Leche & Cookies, Peanut Butter Mash	Kof-K Dairy	
Bubbies	MOCHI: Triple Chocolate, Strawberry, Passion Fruit, Green Tea, Mango Oat Milk, Vanilla, Pistachio, Cookies & Cream, Chocolate	KSA-Dairy	
OATLY	Vanilla, Coffee, Fudge Brownie, Strawberry, Salted Caramel, Chocolate, Mint Chip, Non-Dairy Mint Chip, Banana Split, Raspberry Swirl,	OU-Dairy	
	FROZEN MEALS		
Dr Praeger	For kids (or children at heart): Oatmeal Littles, Sweet Potato Littles, Spinach Littles. For Everyone: Veggie Burgers: Black Bean Quinoa, Mushroom Risotto, California, Super Greens, Perfect Chicken Spinach pesto, Fiesta, Perfect Burgers. Chicken Nuggets: General Tso's Chicken Morsels, Nashville Hot Chicken Morsels	OU Parve	
365 By Whole Foods	Plant Based Chicken Style Nuggets, Chicken Style Bites (garlic & herb, fajita seasoned,), Chicken Style Breaded Patties, Plant Based Meatballs, Traditional Plant based Burgers,	OU Parve	
Beyond Meat	Ground Beef, Burger Patties, Sausage Links: Hot Italian Style, Brat Original. Meatballs Italian Style, Breakfast Sausage Patties, Beyond Chicken: Chicken Tenders, Chicken Fillet (spicy & original)	OK Parve	
Gardein	Ultimate Plant Based Chicken Nuggets, Ultimate Plant Based Chick'n Filets (Spicy), Ultimate Plant based Breakfast Sausages (Original)	Kosher Check - Parve (Orthodox Rabbinical Council of British Columbia)	
Hillary's	Organic Spicy Veggie Sausage, Organic World's Best Veggie Burger	Star K - Parve	
	FROZEN VEGETABLES AND RICE		
365 By Whole Foods	Organic Three Pepper Blend, Edamame, Asparagus Spears, Organic Whole Grain Brown Rice, Organic White Indian Basmati Rice,	MK, OU Parve	MK(Vaad Hair of Montreal) approved by the CRC. I'm only listing the frozen vegetables that have the kosher certification that is approved by the CRC.
Grain Trust	Organic Steamed Brown Rice		
Petit Pot	Vanilla Bean, Dark Chocolate, Rice Pudding	Star D (Dairy)	
Jackson Honest	Coconut Oil Sweet Potato Chips	OU	
Goodles	Vegan Mac & Cheese		
	CHEESE/YOGURT		
Tillamook	Kosher Medium Cheddar Cheese	CK (Kehilla Kosher)	Make sure it says kosher and has the CK hashgacha on the top left side of the packaging.
Good Culture	Organic Cottage Cheese including flavors, Cream Cheese all flavors, Probiotic Sour Cream,	OU- Dairy	
365 By Whole Foods Yogurt	Almond Milk Non-Dairy Yogurt plain & flavors, Organic Whole Milk, Low Fat, Greek, Yogurt & flavors,	OU- Dairy	
365 By Whole Foods Cream Cheese/ Farmer Cheese/Cottage Cheese	Cream Cheese Spread, Whipped Cream Cheese, Organic Cream cheese, regular Cream Cheese, Farmer Cheese	OU- Dairy, CRC - Dairy	
Nature's Fynd	Original Dairy Free Cream Cheese	OU- Dairy	
Brown Cow Yogurt	All Flavors	OU- Dairy	
La Fermeiere	Creamy Whole Milk Yogurt all varieties	OU- Dairy	
Harmless Harvest	Organic -Dairy Free Coconut Yogurt Alternative all varieties	OU- Dairy	
Alexandre Family Farms Organic Yogurt	100% Grass-Fed A2/A2 Organic Plain, Whole and Low fat Yogurt	OU- Dairy	
Maple Hill 100% Grass Fed Organic	All Yogurt & Butter Varieties	OU- Dairy	
Miyoko's	Oat Milk Butter, Plant Milk Butter, Plant Milk Mozzarella, Artisan Vegan Cheese Wheel Organic Plant Milk, Double Cream (2 flavors) Garlic Herb & Chive, Organic Seasonal Plant Based Cheese Lemon Rosemary	Kof -K Parve, Dairy Equipment	
Treeline	Dairy Free, Vegan Plant Based French Style Cheese Creamy Scallion, Herb & Garlic Cheese	Kof-K Parve	
Follow Your Heart	Dairy Free Vegan Parmesan Shredded Cheese	Kof-K Parve	
Ceder's (Foods)	Labne	Ok-Dairy	
Tofutti	Sour Cream	Kof-K Parve	
Califia Farms	Better Half Unsweetened Dairy Free Coconut Cream & Almond Milk, Heavy Whip Substitute Dairy Free	OU- Parve	
	KOSHER WINES		
Baron Herzog	Cabernet Sauvignon,		
Bartenura	Moscato d'Asti		

Barkin	Pinot Noir			
Jeunesse	Pink Moscato			
	COOKING WINES			
Kedem	Red Cooking Wine, White Cooking Wine	OU		
	GRAPE JUICE			
Kedem	Organic Grape Juice	OU - P		
Lakewood	Organic Pure Concord Grape Juice	Kof-K - Parve		