

product update: gluten-free & health foods

• The first low-sugar plum jam made with English plums is about to hit the market courtesy of **Thursday Cottage**, which launches a Diabetic Damson preserve this month. All Thursday Cottage products are labelled 'diabetic' and are sweetened with fructose, a better sugar for those who need to manage their sugar intake. Sugar declaration is roughly half that of a standard 'extra jam'. There are seven existing products in the range: strawberry, raspberry, apricot, blackcurrant, raspberry seedless, three fruits marmalade and orange marmalade. Recommended retail price is around £2.25-£2.35



and using point-of-sale to "shout the free-from message". Fosters recently introduced a range of free-from biscuits and cakes from Lazy Day Foods, including its Great Taste Award winning chocolate gingers.

www.fosters-foods.co.uk

• **Chai Stop's** gluten- and wheat-free Indian and Thai frozen curries are now delivered nationwide using eco-friendly sheep's wool insulation. Woolcool Boxed Curries are delivered by APC overnight carriers to all UK mainland addresses at a cost of £9.99. Customers can order a box of 10 or 20 curry dishes. The curries are hand-made in Minster, Kent, in small batches of between 30 and 50 servings.

www.thechaistop.co.uk



• While gluten is found mostly in rye, barley or wheat it can also crop up as a food additive in flavourings, stabilizers or thickening agents. But you won't find any in the **Righteous** range of lemon & mustard seed and raspberry & sweet basil all-natural dressings. Launched at the start of the year, with an RRP of £2.69, these products are free of any flour thickeners or gluten-based additives.

www.loverighteous.com



• Allergen-free frozen

Honeyrose

organic handbaking



Coconice oil and br and is ava strawberry, products are dairy- and gluten-free, with no added sugar or artificial additives. Last month it added 125ml and 500ml tubs to its existing one litre tubs.

www.worthenshaws.co.uk



mini sized crackers and in plain, spicy and seaweed varieties. The brand is in Gourmet World's Christmas and All Season catalogues.

info@gourmet-world.co.uk

• **Prewett's Health Foods** has added three lines to its free-from range: gluten-free triple chocolate cookies half coated in milk chocolate; sultana & apple cookies; and ginger cookies half coated in plain chocolate. The Prewett's range is endorsed by the Coeliac Society. It has also launched Prewetts NoSalt, a table-salt substitute that is virtually sodium free. Made from natural ingredients, it is said to have none of the bitter aftertaste normally associated with salt replacers.

www.prewetts.co.uk

• "Customers with any kind of intolerance are delighted to find an outlet that stocks good quality free-from products," says Mick Carter, a regional sales manager with distributor **Fosters Traditional Foods**. Carter is also a registered coeliac, and says a good free-from range can be a "key differentiator" for independent stores. He recommends grouping all free-from products together in-store to avoid confusing the shopper,

• Herts-based **Gluten Free Foods** has added par-baked bagels, waffles and Barkat branded macaroni and pasta spirals to its range of more than 50 dedicated gluten-free and wheat-free products.

www.glutenfree-foods.co.uk

• **The Food Doctor** recently introduced Easy Grains Organic Quinoa. The gluten-free product can be boiled in the bag in five minutes or microwaved in two minutes and eaten hot or cold.

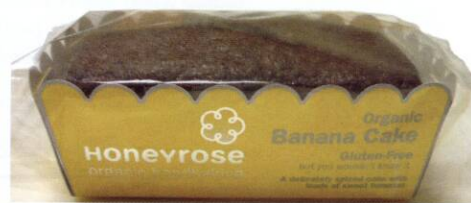
www.thefooddoctor.com

• Lovemore Free From, a division of Welsh Hills Bakery, has launched a gluten-, dairy- and wheat-free range of fresh breads. They include ciabatta, mini baguettes, hamburger rolls, a white loaf and a multi seeded loaf with sunflower seeds, linseeds, pumpkin seeds and poppy seeds.

www.lovemore-freefromfoods.com

• **Honeyrose Bakery** launched three new gluten-free baked treats this month. They are organic walnut brownie (160g), organic banana cake (300g) and organic carrot cake (300g).

www.honeyrosebakery.com



• **Honeybuns** is launching three new gluten-free 35g 'minis' this month: Snowy Hills, Milk Chocolate Brownie and Almond Moon cakes.



These are individually wrapped mini-cakes, increasing the existing minis range to six products. Five of the six are gluten-free: Coppice Cake, Heathcliffe

Brownie, Snowy Hills, Milk Chocolate Brownie and Almond Moon.

www.honeybuns.co.uk

• **Against the Grain**, the free-from brand made under licence by Island Bakery Organics on the Isle of Mull, recently added a fifth variety to its wheat-, dairy- and gluten-free biscuit range. The new chocolate & orange cookies are made with gluten-free and organic ingredients, including dairy-free chocolate chips, and scented with pure organic orange oil. Others in the range include

almond cookies and the Berry Delicious cookie, which is also free from added sugar. Most are available in two-biscuit foodservice packs as well as 150g retail cartons.

www.againstthegrainfoods.com

