

Our Standards for Good Food

We've been serving Southern Illinois since we first became a store front in 1985. Our staff has a passion for healthy living and all our products speak to that goodness! Our buyers look at thousands of products every year, sourced from all over the world, and choose only those that are the most flavorful and the best for you. They base their decision also on whether a product is local/regional, certified organic, grown sustainably, Fair Trade™ certified or cooperatively made. This enthusiasm for offering only the best makes shopping easy, because you know we care about what you eat and serve your family. This is why you will not find the following process or ingredients in the products we sell.

UNDESIREABLE PROCESSES

antibiotic treatments
irradiation (except where required by law)
animal hormone therapies

genetic engineering (GMO)
sweat-shop labor
confined animal feedlot

UNDESIRABLE INGREDIENTS

ANTIMYCOTIC AGENTS
calcium propionate
potassium benzoate
propionates
ARTIFICIAL COLORING
ARTIFICIAL FLAVORINGS
disodium guanylate
disodium inosinate
disodium guanylate (GMP)
disodium inosinate (IMP)
ethyl vanillin
monosodium glutamate (MSG)
vanillin

ARTIFICIAL SWEETENERS, INCLUDING
acesulfame-K
acesulfame-potassium
aspartame
calcium saccharin
cyclamates (artificial, not allowed in US)
high fructose corn syrup
EQUAL™
Nutrasweet™
saccharine
Sweet-n-Low ©
sucralose



Growing in Southern Illinois Since 1985

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UNDESIREABLE INGREDIENTS *CONTINUED*

LEAVENING AGENTS

sodium aluminum phosphate
sodium aluminum sulfate

PRESERVATIVES

benzoates
potassium sorbate*
sodium benzoate*
sodium propionate
sorbic acid
potassium bisulfite
potassium metabisulfite
sodium bisulfite
sodium metabisulfite
sulfites (sulfur dioxide)*

ARTIFICIAL PRESERVATIVES

butylated hydroxyanisole (BHA)
butylated hydroxytoluene (BHT)
propyl gallate
tertiary butylhydroquinone (TBHQ)
nitrates/nitrites*
sodium nitrate/nitrite
calcium disodium EDTA
disodium calcium EDTA
EDTA (except topically)

DOUGH CONDITIONERS

azodicarbonamide
calcium peroxide (also bleaching agent)

THICKENERS & STABILIZERS

cellulose (carbomethylcellulose)
carbomethylcellulose
dioctyl sodium sulfosuccinate (DSS)

EMULSIFIERS

dioctyl sodium sulfosuccinate (DSS)

FATS, OILS & FAT SUBSTITUTES

brominated vegetable oil (BVO)
caprenin
Olestra
hydrogenated oil
partially hydrogenated oil
solvent extracted oils
Simplese
sucrose polyester
trans fats

MISCELLANEOUS

Bisphenol A (BPA)* *when possible*
bleached flour
bromated flour
chlorine (maturing, bleaching agent)
natamycin (mold inhibitor)
lead soldered cans

OTHER CONSIDERATIONS

To limit exposure for those with Multiple Chemical Sensitivity Disorder (MCS), heavily scented items such as incense and candles will be stored in enclosed bins.

* In a small percentage of cases, demand can cause us to carry a product with undesirable ingredients, but these will be clearly labeled. The only ingredients considered for this exception are nitrates, nitrites, potassium sorbate, sodium benzoate, calcium propionate and sulfur dioxide. We encourage everyone to read the labels on the packages, should they have a concern not addressed by these standards.