



### FAQ – A Few Questions & Answers

#### What are the ingredients of the breads?

- The standard altar breads are baked with wheat flour and water only. A trace amount of baking spray is used to ensure that the breads do not stick to the cooking surface. The baking spray contains water, partially hydrogenated soybean oil, lecithin, potassium sorbate, sorbic acid and propellant.
- Low-gluten altar breads are made from Cerestar wheat starch and water and contain less than 20 PPM gluten ... See the Low Gluten FAQ's on the Low Gluten Page for more information.

#### Do the breads contain any nut or nut based products?

- The breads are baked with pure flour and water only, thus adhering strictly to the canonical requirements of Rome. There are no nut based products used in the baking process for either the standard or low-gluten breads.

#### Does the manufacturer bake any other products that are nut based?

- The manufacturers bake only breads for church use. They do not bake any other products that are nut based that might come in contact with the baking surface or breads themselves.

#### Do you provide gluten-free breads?

- There is a distinction between gluten-free and low-gluten altar breads. ***We do supply low-gluten altar breads*** in conformity with the "Norms for the Use of Low-Gluten Altar Breads" established by the Vatican's Congregation for the Doctrine of the Faith. ***We do not supply gluten-free products or breads*** as gluten-free breads do not conform to the requirements of Canon Law and constitute invalid matter for the Sacrament of the Eucharist and thus are not permitted for use in the Catholic Liturgy.

#### What guarantees do you provide?

- We cannot provide guarantees with respect to the breads, since once the packages are opened by the parish officials or individuals, the breads may be subject to cross contamination beyond our control.

#### What are the alternatives for the reception of Holy Communion?

- A person may receive the regular host in the standard way or may receive Communion from the Chalice. Both means of reception are valid. Low-Gluten hosts are an option available to celiac sufferers. Some parishes may offer a separate chalice for celiac sufferers only. Speak to your local parish official to see if this is viable option.

***These statements are based solely upon information provided by the manufacturer of the altar breads. Parish Crossroads is the distributor, not the manufacturer of the actual breads. There have been no reported allergy related issues regarding the breads in many years of distribution. More information is available at our web site located at [www.parishcrossroads.com](http://www.parishcrossroads.com)***