



FAQ's About Our Low-Gluten Altar Breads

Low-gluten altar breads that **contain less than 20 PPM gluten** are available to churches across the United States for use in the Catholic Liturgy and the reception of Holy Communion. These wafers are made from wheat starch with 99.999% of the gluten removed thus conforming to the requirements of The Holy See.



All Catholics should be aware that The Vatican's Code of Canon Law requires the use of unleavened bread made only from pure wheat flour and water with the added stipulation that the breads may not contain any other additional non-wheat foreign substances.

The Vatican has made special provisions for those suffering from Celiac Disease. The Congregation for the Doctrine of the Faith has established "Norms for the Use of Low-Gluten Altar Breads" with the proviso that the breads must contain at least trace amounts of gluten (so as to conform to the requirements of Canon Law) and may not contain any non-wheat products. The **low-gluten** breads offered by Parish Crossroads conform to these requirements and have ecclesiastical approval from the US Conference of Catholic Bishops.

It should be noted that these "Norms" also make a distinction between **gluten-free** and **low-gluten** breads. The "Norms" make it clear that **gluten-free** breads constitute **invalid matter** and may not be used in the Catholic Liturgy. Any attempt to use **gluten-free** breads is a serious matter and would invalidate the Consecration during Mass and would invalidate the reception of Holy Communion. Catholics who suffer from celiac disease may also avail themselves of the option of receiving Holy Communion from the chalice.

Low Gluten FAQ's

Our low gluten breads are manufactured in Europe in a gluten free (and nut free) facility and are imported for distribution across America. For quality control purposes, each batch is tested for gluten free content. The following chart shows the most recent results of gluten testing by the manufacturer:

Date of Testing	Gluten Content	The FDA considers gluten content of less than 20 PMM to be gluten free.
20.10.2016	16.6 PPM	These breads are sold as "low-gluten" breads to ensure that the consumer has prior knowledge of the trace amounts of gluten content in the breads. The "low-gluten" designation also avoids confusion with "gluten-free" wafers made of non-wheat products which are not approved for use in the Catholic Liturgy.
11.07.2016	6.8 PPM	
10.12.2015	13.5 PPM	
15.10.2015	15.3 PPM	
17.06.2015	15.3 PPM	
04.03.2015	10.6 PPM	
03.11.2014	10.2 PPM	

Parish Crossroads does not sell altar breads directly to individuals. Individuals who are interested in receiving Holy Communion using these low-gluten breads should contact their local parish office who in turn will contact us to place an order ... or the individual may order Low-Gluten Travel Packs with individually wrapped breads along with a certificate of authenticity to re-assure the clergy that the breads constitute valid matter for use in the Catholic Liturgy. More information can be obtained from www.parishcrossroads.com or by calling 1-800-510-8842 or by writing to Parish Crossroads, P.O. Box 2413, Kokomo, IN, 46904.