



# Frequently Asked Questions

## **Where are Bakery On Main products made?**

Our Granola, Oatmeal, Granola Bars, and snacks are all made in our dedicated gluten free factory located at 127 Park Ave. in East Hartford, CT

## **Are any ingredients used in Bakery On Main's products GMO free?**

Yes. Bakery On Main is fiercely committed to Non-GMO products and has been since its inception. All our products are Non-GMO Project Verified. For more information on The Non-GMO project, visit their website [www.nongmoproject.org](http://www.nongmoproject.org)

## **What does "Natural Flavors" mean?**

It would violate Bakery On Main's code of ethics to "hide" objectionable ingredients under the term "Natural Flavors." Bakery On Main uses natural flavors that are obtained without the use of any synthetic solvents, genetically modified organisms, irradiated materials, or the addition of MSG. They are mixtures of the essential oils, essences, or extracts derived from a spice, fruit, or vegetable. There is also no MSG or autolyzed yeast in our "natural flavors".

## **What does "gluten free" mean?**

"Gluten free" means our products do not contain gluten proteins which are found in Wheat, Rye, Barley and most Oats (due to cross contamination). Bakery On Main ensures the highest standards of safety in everything we produce. As a GFCO certified producer, Bakery On Main has a gluten standard of less than 10 parts per million, which is half the US FDA standard of 20 part per million. We are also SQF certified.

## **How can I be sure Bakery On Main's products are gluten free?**

Bakery On Main's products are made in a dedicated gluten free facility. Bakery On Main's manufacturing plant is certified for gluten free production by the Gluten Free Certification Organization which means that, as a third-party company, they visit our plant and audit all of our processes and procedures to be sure we are following all protocols to ensure our products are, in fact, gluten free. We also have testing done on incoming raw ingredients and sample every lot before shipment. Please refer to their web site at [www.gfco.org](http://www.gfco.org) for their procedure and standards.

## **How do you make sure your oats are Gluten Free?**

Bakery On Main uses oats that are Certified Gluten Free from farm to table. We begin the process by working with farmers that are certified gluten free and grow only gluten free grains. We never use oats from farmers that rotate their crops with gluten containing crops such as barley. The oats go from the farm to a manufacturer that is also certified gluten free and then the oats are sent to us to be used in Bakery On Main products. Each step in this process is certified by the GFCO which regularly inspects the facilities and has a gluten standard that is twice as strict as the government's allowance of 20 ppm, allowing only 10ppm of gluten or less in any product.

## **Do you offer coupons?**

Yes! We sometimes send out coupons in our newsletter! Make sure to visit our website, [www.bakeryonmain.com](http://www.bakeryonmain.com), to sign up and not miss the next one!

## **Are Bakery On Main products dairy & casein free?**

Yes, Bakery On Main products are all dairy & casein free and certified Kosher Parve. Please refer to their website at [www.ou.org](http://www.ou.org) for their standards.

### **What Makes Bakery On Main's Products Different?**

Our passion is creating delicious clean food with the aim of making everyone who tries a Bakery On Main product happy. We do that by using only premium ingredients in our products that meets our high standards in taste and quality. Our company is fiercely ethical, making sure everything we create is certified by the GFCO and complies by the standards of our SQF certification. We strive to make all our products will be safe for those that are gluten free while tasting great to everyone.

### **Is there Bone Char in your sugar?**

NO. Our syrups and dried cane sugar is just sugar, no bone char added! We use only a variety of healthy and natural sweeteners in our products such as evaporated cane juice, agave, and rice syrup.

### **Is Bakery on Main Vegan?**

All Bakery On Main products are vegetarian as they are all free of animal products of any kind. The only exception to this is we do use honey in some of our products, which keeps those products from being vegan. Vegans can be assured that our products are safe to consume and all products containing honey are clearly labeled so those wanting to avoid it, can easily do so. Honey is an ingredient in our Grain Free Granola, Sprouted Grains and Honey, and Granola Bars. If you choose to eat vegan, you may enjoy our granola line that includes flavors such as Cranberry Almond Maple, Extreme Fruit and Nut, Apple Raisin Walnut, Sprouted Maple Quinoa, Sprouted Blueberry Flax, White Chip Raspberry Swirl, and Monster Cookie. Our entire oatmeal line is also free of honey.

### **Are any of your products low in sugar/sugar free?**

Our traditional oatmeal joined with ancient grains and our Oats line do not use any sweeteners. We also have a new line of 3g Net Carb Granola that has no artificial sweeteners or sugar alcohols. Bakery On Main does not use any refined white sugars. Our products are sweetened with only a variety of healthy and natural sweeteners such as evaporated cane juice, agave, and rice syrup. These types of sweeteners, such as Agave, carry a low glycemic index so you get the desired sweetness without the effects of regular sugar.

### **Why do you use caramel color?**

We use what is referred to as type 1 caramel color in our rice crisps to make it aesthetically pleasing. This caramel coloring is simply cooked sugar and is one of the safe caramel colors. Of the four classes of caramel color, the type that we use is under no scrutiny for potential cancer-causing components such as caramel color types 3 and 4.

### **Why do you use Canola Oil?**

Despite common myths, Canola oil is considered a 'healthy oil.' Canola Oil is derived from the Rapeseed plant- a member of the mustard family, which also includes vegetables such as turnip and radishes, among others. Many of the myths about Canola Oil's use in food are based on its composition prior to 1974 when scientists were able to cross breed plants (not the process of "genetic engineering") to lower its levels of the acid believed to be harmful to lab animals. By 1990, Americans had been introduced to the oil and its range of this acid was dropped from the range of 30%-60% to .5%-1%. This light oil has very healthy properties such as its low levels of unsaturated fat and the Omega-3 fatty acids it offers, which is why we use it. For more information and details, please visit the 'Canola Oil and Rapeseed' article on [www.snopes.com](http://www.snopes.com).

### **Do you make a product without nuts?**

Our current facility makes items with tree nuts, coconut, seeds, sesame, and peanuts. We are SQF certified which is the highest food safety rating a company can achieve. This level of certification includes allergen controls. For most people, nuts are a healthy addition to their everyday diets which is why we include them in our products. We, also, are always reviewing the possibility of the addition of product lines that are dedicated to nut free items.

### **Are your oats Glyphosate Free?**

Our oats are tested for glyphosate regularly. Our trusted oat suppliers have not allowed the use of pre-harvest conditioners on their oats since 2015.