



Baking a Difference™

---

## **GLUTEN FREE HANDLING POLICY**

---

### **We're Lab-Tested — Under 5ppm**

We lab-tested our Gluten Free cookies at Bia Diagnostics, an international leader in food testing located here in Vermont. Each of our Gluten Free flavors received a "Certificate of Analysis" that they contain less than 5 ppm (parts per million) of gluten. That's well below the 20ppm standard recognized by the international food regulatory community.

### **How We Avoid Cross-Contamination**

We bake our Gluten Free cookies in the same bakery, but never on the same day as our other cookies. We clean the bakery and wash our bowls, cookie cutting equipment, tools, etc. after every production run. Liz is a clean freak, and we have always received the highest annual reviews from the Vermont Health Inspector.

### **Ingredients We're Using**

Our Gluten Free cookies contain Certified Organic White Rice Flour, Tapioca Starch, Potato Starch, and a teensy bit of Xanthan Gum in place of our typical flours. Our vanilla extract contains a corn-based alcohol, and is free of gluten. Our chocolate is produced in a facility that is free from wheat products and gluten.

### **How We Choose Ingredients & Suppliers**

We're adamant about buying ingredients from responsible sources for all of our products. In this case, we're being diligent to be sure that ingredients are not pre-contaminated with gluten. Several of our ingredients come from Bob's Red Mill, a supplier well known for their gluten free integrity. While our suppliers change from time-to-time our standards do not. We are committed to finding the most ethical, transparent, and reputable ingredients suppliers possible.

### **Questions?**

Feel free to ask us about anything we didn't cover above...

---

**Liz Lovely, Inc. 167 Mad River Canoe Road Waitsfield, Vermont 05673**  
**Phone 802.496.6390 Fax 802.329.2043 [www.lizlovely.com](http://www.lizlovely.com)**

PRINTED ON 100% FSC CERTIFIED RECYCLED PAPER