

## Low Gluten Hosts for those with Celiac Sprue Disease

Low gluten altar hosts are available from the following:

- Benedictine Sisters of Perpetual Adoration  
Altar Breads Department  
31970 State Highway P  
Clyde, MO 64432  
Phone: 800-223-2772  
Website: [www.BenedictineSisters.org](http://www.BenedictineSisters.org)  
These low-gluten hosts contain 100 parts-per-million of gluten (which equals 0.01%) and has been approved for use at Mass.
  
- Cavanagh Company  
610 Putnam Pike  
Greenville, RI 02828  
Phone: 800-635-0568  
Website: [www.CavanaghCo.com](http://www.CavanaghCo.com)  
These low gluten hosts contain 4.2 parts-per-million of gluten (which equals .00042%) and has been confirmed as valid matter for the Eucharist by the USCCB Secretariat of Divine Worship. These hosts meet the USDA designation of gluten-free as they contain less than 20ppm of gluten. However, they contain sufficient amounts of gluten to be used as valid matter for the Eucharist.
  
- Parish Crossroads  
P.O. Box 84  
Zionsville, IL 46077  
Phone: 800-510-8842  
Website: [www.ParishCrossroads.com](http://www.ParishCrossroads.com)  
These low-gluten hosts contain 162 parts-per-million of gluten (which equals 0.016%) and were certified in 1996 (and again in 2003) as suitable for the Sacred Liturgy by the Diocese of Würzburg, Germany.
  
- GlutenFreeHosts.com, Inc.  
100 Buckley Road  
Liverpool, NY 13088  
Phone: 800-668-7324, ext. 1  
Website: [www.GlutenFreeHosts.com](http://www.GlutenFreeHosts.com)  
Although referred to as “gluten free” these hosts contain 20 parts-per-million of gluten (which equals 0.002%). For that reason, it was certified in 2009 by the Diocese of Radom, Poland (where they are made) as suitable for use at Mass. According to the USDA, products containing less than 20ppm of gluten can be labeled as gluten free.

Please contact the Office of Worship for more information.