

# Product FAQ's

## **Where is your pasta made?**

Right here in the USA! Nashville, Tennessee to be exact!

## **What are the ingredients of the pasta?**

Most of our pasta is made with 100% durum wheat flour or semolina flour. This is the best choice for wheat pasta. It contains a high level of protein gluten which has a lot of strength and elasticity, and makes for a wonderful taste and texture. The colored pasta is made with all natural vegetable powders. If the product is Organic, then it has been Certified Organic by the Global Organic Alliance. Our Collegiate Pasta (and Political Pasta) does contain food coloring to achieve the school colors! Note: We no longer use egg whites in our pasta. Our plant is both egg free and nut free. If you see a label with egg whites, then the product contains egg whites and was distributed before the recipe change.

## **What is the shelf life of your pasta?**

24 months if stored in a cool, dry, place. Pasta packages with seasonings are 18 months. Best if used by dates are printed on the pasta bags. Note that the all-natural pasta colors may fade over time.

## **What allergens are in your products?**

Our flour is wheat based, so we do "contain wheat" in our pasta. Some of our seasoning mixes produced and packaged by outside vendors may contain milk or soy. Also, specifically, the organic cheese mix is made in a facility that also processes eggs, fish, tree nuts, and soybeans. Our plant operates as an egg free and nut free plant. Please refer to our nutritional info for details.

## **Does your pasta contain nuts, nut products or soy products?**

No. Our plant operates as nut free environment. Some of our seasoning mixes produced and packaged by outside vendors may contain milk or soy. Please refer to our nutritional info.

## **Do you have a gluten free pasta?**

Yes. We offer one - Gluten Free Quinoa Elbows. They are a blend of quinoa and corn. We purchase this pasta from an outside vendor since we do not run a dedicated gluten free facility. Our "Pastably the BEST sauce ever" is also gluten free.

## **How long should I cook your pasta?**

We recommend 6-8 minutes in gently boiling water. But always taste test on the early side! You want the pasta to be al dente, or "to the tooth", meaning firm to the bite, but not overcooked.

## **Can you explain what Spelt & Sprouted Pasta is all about?**

Both Spelt and Sprouted Pastas are part of our Organic Healthy Grains line. Both are healthy alternatives to whole grain pasta. They are certified Organic and non GMO. Some of the benefits of Sprouted Pasta include:

- Sprouted Pasta is easier to digest. It is not gluten free, although many customers with starch- or gluten-intolerance have reported they are able to digest sprouted flours and products.
- Nutty, delicious flavor with no bitterness sometimes found in other whole grain flour.
- Aids in weight loss, bowel regularity.
- Helps to lower cholesterol, lower blood pressure, and may help better manage diabetes.
- And something we can all benefit from...*more energy for living!*

Spelt is an ancient wheat dating back over 8000 years. Spelt has a nutty and slightly sweet flavor and because of its high water solubility, its nutrients are quickly absorbed by the body. While it is not gluten free, it is higher in protein and easier to digest!

#### **What is Vegan and do you offer any vegan options?**

Vegan means that the product is plant-based. We do offer two Vegan Mac 'n Cheese for Kids: Dinosaur and Snow Days. The cheese mixes are plant based, and you add unsweetened almond milk and vegan butter to the mix.