

# FAQ: Rena's Gluten-Free Sourdough Loaves

## 1. About the Flour

**Q: What kind of flour is used in your gluten-free sourdough bread?**

**A:** We use **GF Molino Flour**, a certified gluten-free wheat starch flour from Italy. Ingredients include 53% wheat starch (deglutinated), rice flour, rice starch, dietary fiber (psyllium, potato), thickener (E464), and humectant (E420). **It's certified gluten-free by CSQA at less than 10ppm gluten**, meeting and surpassing the strict standards of the FDA, AOECs & Health Canada (<20ppm).

**Q: How can it be wheat-based and gluten-free?**

**A:** Molino uses a special process to remove the gluten from wheat. They make dough from wheat flour, rinse out the starch, and evaporate the water with dissolved starch. The process is repeated until the wheat starch meets gluten-free standards.

**Q: Is it safe for those with wheat allergies?**

**A:** This bread is **not** suitable for those with **wheat, soy, or sesame allergies**.

**Q: Who certifies the flour as gluten-free?**

**A:** It's certified by **CSQA**, which guarantees gluten content is below 10ppm.

**Q: Is the flour under kosher certification?**

**A:** Yes, it's under the Hashgacha of **Badatz Eidah Chareidis Yerushalayim**.

**Q: What bracha does one make on this bread?**

**A:** As Molino flour contains 53% wheat starch; the bracha is **Hamotzi**.

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## 2. About the Process

**Q: How do you ensure no gluten contamination?**

**A:** Our gluten-free bread is **not baked in a dedicated** gluten-free kitchen or oven, however, all surfaces, equipment, and ovens are thoroughly cleaned and sterilized before our monthly gluten-free baking run.

- A dedicated gluten-free starter made from **Molino flour** in brand-new containers.
- Tools like baskets, mixers, and trays are either brand-new or thoroughly sterilized before use.
- Gluten-free ingredients are stored and handled separately.

**Q: How often do you bake gluten-free bread?**

**A: We do one gluten-free baking run per month.**

**Q: What kind of starter is used for the bread?**

**A: It's made with a home-crafted gluten-free sourdough starter, made from Molino flour, with no commercial yeast.**

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### 3. General Information

**Q: How can I order?**

**A: Orders can only be placed at [renasbread.com](http://renasbread.com).**

**Q: Do you offer local delivery?**

**A: Yes! Local delivery is available from Forest Hill through Thornhill (along the Bathurst Corridor).**

**Q: What is the texture and flavor like?**

**A: Our gluten-free sourdough is soft, flavorful, and authentic, with the taste and aroma of traditional sourdough.**

**Q: How should I store the bread?**

**A: Store at room temperature for up to 1 day, or freeze (sliced or whole) for longer storage.**

#### Image on Right

Kosher Certification and  
Nutrition Label for  
Molino GF flour  
(manufactured in Italy)  
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#### Next Page

Gluten Free certification  
from the CSQA (Italian  
certifier) certifying the  
product meets AOECs  
(EU Standards)  
requirements for Gluten  
Free to have gluten  
content less than 20ppm.  
(20 parts per million)

**Come visit us at**  
**[www.molinoshop.com](http://www.molinoshop.com)**  
**to purchase and to see our recipes!**

**Ingredients:** wheat\* starch (deglutinated) (53%) EU origin, rice flour, rice starch, dietary fiber (psyllium, potato), thickener (E464), humectant (E420).

 **Less than 20 ppm of gluten.**

**Allergy Information:** Contain: wheat\*. May contain: soy, sesame.

**בהשגחת הרב**  
**א. יעקב**  
**ב. המוציא**  
**ג. המזון יש לאכול**  
**ד. כדורים תוך 4 דקות**  
**ה. לא לבלוע לפני השימוש**



Nutrition Facts	
5 servings per container	
Serving size	(100g)
Amount Per Serving	
<b>Calories</b>	<b>330</b>
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Sodium 10mg	0%
Total Carbohydrate 77g	28%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Store in a clean, cool, and dry location.

\*The certified gluten free wheat starch has been processed to allow this food to meet the Food and Drug Administration (FDA) requirements for gluten-free foods.

**Manufacturer:** Molino Merano, Industrial Zone 7, Lana, Italy  
**Importer:** Molino Flour LLC, [info@molinoshop.com](mailto:info@molinoshop.com), Spring Valley, NY 10977  
**Manufactured for:** Nativ Eshkol Ltd. Israel



Product of Italy

**BRCGS**

Gluten-Free

CERTIFICATED

CSQA Certificazioni S.r.l. certifies that, having conducted an audit

For the GFCP product/scope categories: Ambient stable products not involving sterilization as heat treatment: 15 Dried products and Ingredients.

Categories: GFCP plus AOECs

at

***Molino Merano S.r.l.***

**BRCGS SITE CODE: 10001471**

**Zona Industriale, 7 - 39011 LANA (BZ), Italy**

meets the requirements set out in the

***Gluten-Free Certification Program Global Standard, Issue 3  
With GF314 AOECs Position Statement taken into consideration***

Audit Program :	Combined
Certificate No.:	BRCGS 2024-75395
Dates of Audit:	19/06/2024
Certificate Issue date:	09/08/2024
Re-audit due date:	from 01/06/2025 to 29/06/2025
Certificate expiry date:	10/08/2025

Auditor n°:  
21649

For CSQA Certificazioni S.r.l.

  
The Chief Executive Officer  
Dr. Pietro Bonato

CSQA Certificazioni S.r.l. - Via S. Gaetano, 74 - 36016 Thiene (VI) ITALY.  
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To verify certificate validity, please visit <https://directory.brcgs.com/>

