





# Intolerances

There are many people who live with specific food intolerances. Here at Interfaith, we try to accommodate their specific needs as best as we can. Here is a list of food items that will help us meet the needs of our clientele:

## Gluten-free

-  Gluten-free flours (buckwheat, arrowroot, corn, potato, bean, quinoa, rice)
-  Xanthan gum
-  Gluten-free cereal
-  Gluten-free snacks

## Lactose-free

-  Almond/soy milk
-  Lactose-hydrolyzed milk
-  Casein/soy cheese
-  Rice beverage