

## DID YOU KNOW?

Many people who are gluten intolerant in the U.S. can go to Europe and eat local pasta and flour products without getting sick. The different agricultural practices, pesticides and refining processes may be a large part of the reason.

Cindy, the founder of Manny's Choice, experiences this herself. She is extremely gluten intolerant when eating American grain products but not when she eats flour products that are made with 100% Italian and European grown grains. Her experience led her to thoroughly research her suppliers to ensure that only true Italian and European products receive the Manny's Choice Stamp of Approval and are sold by Manny's Choice.

Go to [MannysChoiceFlour.com](http://MannysChoiceFlour.com) for news, resources and videos.



## Monthly Recipe Contest:

Enter to win a **FREE 5lb bag of Manny's Choice Flour.**

- Submit your recipe using any of Manny's Choice products.
- Include at least 3 high resolution photos
- The chosen recipe will be featured in the Monthly newsletter and on our website.
- Enter as many recipes as you would like.

## Monthly Newsletter:

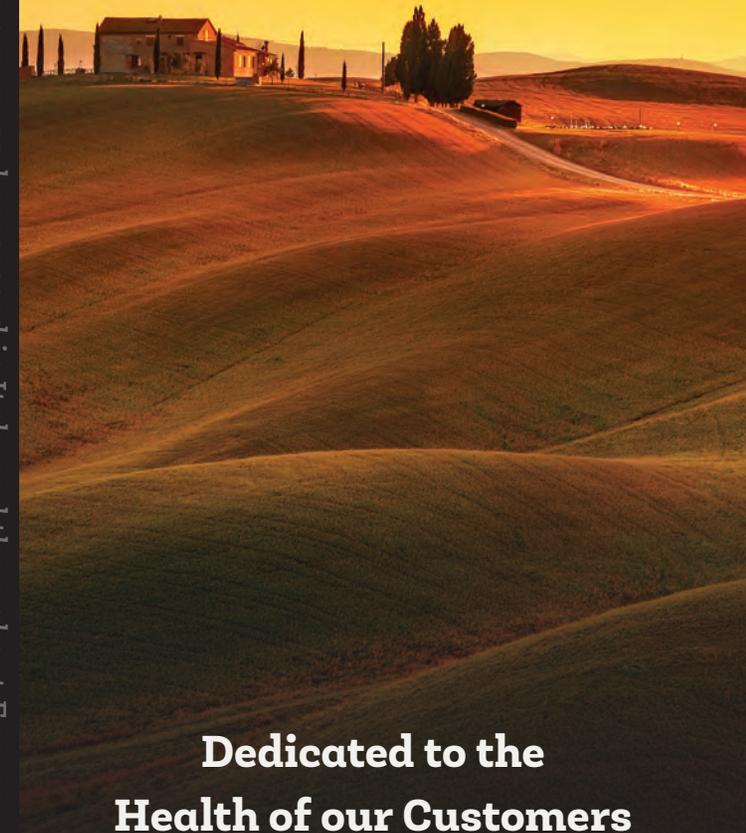
Sign up for our monthly newsletter featuring recipes, current health topics and new products and receive 10% off your next order.



Distributed in  
Oregon City, Oregon

[www.mannyschoiceflour.com](http://www.mannyschoiceflour.com)

100% Authentic - All of our products are grown and processed in Italy and throughout Europe.



Dedicated to the  
Health of our Customers

## OLD WORLD FARMING PRACTICES

**Manny's Choice** is dedicated to the health of its customers. We work very closely with our suppliers to ensure that all our products are 100% authentic Italian and/or European. They come from small farms using Old World Farming Practices which ensure the products are nutrient dense, GMO Free and Organic.



## NOT ALL ITALIAN PRODUCTS ARE CREATED EQUAL:

Many companies say “**Imported from Italy**” and may have an Italian or European association. However many of these products are actually made in part or **entirely from North American or Canadian grain.**

## ABOUT THE FOUNDER



Cooking and eating delicious nutritionally balanced food has always been a passion of Cindy's ever since being in the kitchen with her Mom as a kid. This passion led her to pursue a **bachelor's in dietetics** where she was able to study not only the chemistry of food, but also how it processes in our bodies. After her bachelor's degree she went on to get her MBA to help her combine her passions of food and business.

After several years of being side tracked with life, Cindy's attention became refocused on nutrition when **one of her dogs, Manny, became extremely ill.** Her veterinarian prescribed many things, none of which helped. She changed his diet to pure, unprocessed food she cooked herself and he quickly started getting better.

In 2016, Cindy was diagnosed with breast cancer. While no one can say for sure what caused the cancer, it reopened her eyes to all the toxins she was putting in her body – **fast food, highly processed, gluten free products with their own additives, food treated with pesticides, genetically modified foods, etc.**

As a breast cancer survivor, Cindy knows it is going to be a life-long journey to stay healthy. At the core of her journey is knowing what is going into her body and what is working to either help and heal or harm herself. Cindy hopes you will join her in this next phase of her life - discovering fun new recipes, nutritional studies and lots of wonderful food products that are not only delicious but also good for you!

