

Please carry spelt products in your store!



What is spelt?

Spelt is an ancient grain widely recognized for its many health benefits. *Triticum spelta*, as it was originally named in Latin, is a hardier and more nutritious cousin to modern wheat (*Triticum aestivum*). One of the earliest domesticated grains, spelt hasn't changed since Biblical

times. It remains unaffected by concepts such as 'agribusiness', 'cross-breeding,' 'hybridization' and 'genetically modified' - words that have come to dominate our modern food supply. Known for its slightly 'nutty' flavor, spelt has long been popular as a health food in Europe. 

Why do I want you to carry spelt products in your store?

Spelt is the ultimate health food grain! It is an excellent (better than whole wheat!) source of:

Protein • Fiber • Complex carbohydrates
• B vitamins • manganese and magnesium • niacin, thiamine and copper

Spelt contains gluten, but it is a much more digestible form of gluten than is

found in its more modern cousin, wheat. Spelt is also highly water-soluble - which means that all of its wonderful nutrients are easily absorbed by the body. You can find much more information about the health benefits of spelt at the World's Healthiest Foods nonprofit website: bit.ly/pu77Tv or by searching for "spelt" on whfoods.org 

What types of spelt products would I like to buy in your store?

There are many spelt products available, including pasta, cereals, granola, pretzels and sesame sticks. Spelt flour can also be purchased and substituted for modern

'common' wheat flour to make breads, pasta, cookies, crackers, cakes, muffins, cereals, pancakes and waffles. 

Where can you order spelt products?

VITA-SPELT® products can often be purchased through a local distributor. To find out how to purchase spelt products for your store, you can contact Purity Foods, Inc. (owner of the VITA-SPELT® brand) at (800) 997-7358. 

*I love your store - and I'll love it even more when I can buy spelt products from you!
Thank you!*