HOW TO READ A LABEL

Where is the food label?
This can be located on the bottom or back of the product under a bolded heading titled "Nutrition Facts". Once you find the food label, direct yourself to the section located near the bottom of the label called "Ingredients".

Example:

Here is an example of Kirkland not from concentrate – apple juice. After looking at the ingredients, we check our list of permitted and unpermitted foods. This food is permitted.

Example:

Here is an example of Westsoy Organic Unsweetened Plain Soy milk. Although it is a non-gmo and organic product, the food label on the back shows that it contains soy, making it an unpermitted food.

Example:

Here is an example of Welch’s 100% Grape Juice. The label front label shows that there is no sugar added, no artificial flavors or colors, and it is non-gmo, which are all things we are looking for in permitted food. To be sure of this we look at the ingredients. All of which are permitted.