

Gluten-Free WIC Items



- 1 CHECK THE LABEL.** Look for the "Gluten-Free" (GF) label on packages. If this label is present, it means the manufacturer of that product adheres to FDA guidelines mandating gluten content.
- 2 EDUCATE YOURSELF ABOUT CROSS CONTAMINATION.** Sometimes foods that are naturally gluten-free (quinoa, rice, oats, etc.) are not labeled "gluten-free." Instead, a label showing "may contain" or "made on shared equipment with..." wheat/gluten may appear. The cross-contact amount may affect some people and not others. Talk with your doctor about gluten levels you or your child can tolerate.

WIC Options:

The WIC options listed are naturally occurring gluten-free foods. Some are labeled gluten-free and some are not. Refer to the food label.

CEREAL BENEFIT

CEREAL



OATS



WHOLE GRAINS BENEFIT

OATS



CORN TORTILLAS



BROWN RICE

