

# 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

BROWN RICE

CORN TORTILLAS



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