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**#10-170**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** December 3, 2010

**SUBJECT:** New Texas WIC Shopping Guide for Gluten Free Foods

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This is to inform you of the availability of a new shopping guide flyer for gluten free foods. The new flyer is bilingual and lists the cereals that are allowed and whole grains which should be avoided on the WIC food package. This flyer must be provided to clients when a gluten free food package is issued and replaces the handout entitled "Easy to Be Gluten Free."

The new flyer is posted on the New WIC Food Packages / Approved Foods webpage under the heading *GLUTEN FREE FLYER (for gluten free food packages only)* at [http://www.dshs.state.tx.us/wichd/approved\\_foods/new\\_foods.shtm](http://www.dshs.state.tx.us/wichd/approved_foods/new_foods.shtm).

If you have any questions or need additional information, please contact Cathy Plyler, Formula Specialist, at 512-341-4577 or [cathy.plyler@dshs.state.tx.us](mailto:cathy.plyler@dshs.state.tx.us) or Paula Kanter, Clinic Nutrition Specialist, at 512-341-4574 or [paula.kanter@dshs.state.tx.us](mailto:paula.kanter@dshs.state.tx.us).