

# Special Food Package Only Gluten Free Foods

Effective October 1, 2014

## ► Cereals

### Look For:

- 12 oz. General Mills Rice Chex only
- 12 oz. General Mills Corn Chex only



- 14 oz. Cream of Rice only
- 14 oz. Crema de Arroz only

The 18 oz. package is not allowed in the gluten free package.  
(No other WIC Approved cereals are allowed)

## ► Whole Grains **WIC Approved Item**

### Brown Rice and Corn Tortillas

#### Look For:

- 16 oz. bag brown rice
- 16 oz. package corn tortillas

Look for the WIC Approved Item sticker

**Important:** Brown rice and corn tortillas are foods that usually do not contain gluten. However, be sure to check the label or call the manufacturer to make sure the products were not grown or processed with gluten containing foods.

Oatmeal, whole wheat bread and whole wheat tortillas have gluten and should not be purchased.



All other foods shown on your  
**Texas WIC Approved Foods Shopping Guide**  
are allowed on a gluten free diet.

Visit our website at [TexasWIC.org](http://TexasWIC.org)