

Gluten-free cereals - Utah WIC Allowed

*Only cereals labeled gluten-free by the manufacturer are listed.

Corn cereals:



General Mills Corn Chex



Essential Everyday Crunchy Corn Squares



Food Club Corn Squares



Great Value Corn Squares

Oat cereals:



General Mills Cheerios



General Mills Multi Grain Cheerios



General Mills Vanilla Spice Cheerios

Corn & rice cereal:



Essential Everyday Crispy Hexagon

Rice cereals:



General Mills Cinnamon Chex



General Mills Rice Chex



General Mills Blueberry Chex



Malt-O-Meal Crispy Rice



Food Club Rice Squares



Great Value Rice Squares



Essential Everyday Crunch Rice Squares



Instant Cream of Rice



Regular Cream of Rice