Standing Rock WIC Newsletter – April 2026

Fort Yates WIC Office: 701-854-7263 **McLaughlin WIC Office: 605-823-4260**

Inside This Issue

1 **Attention WIC Participants: NEW WIC EMAIL & YOGURT CHANGES**

1 **April is Autism Acceptance Month**

2 **April is Alcohol Awareness Month**

3 **Replacing EWIC Cards; Buche Foods SRST WIC vendor, Non-Discrimination Statement**

4 **WIC Clinic Days/Times (3 months); Remote/Phone Services Continue; Holidays/Observances; Reminder-proof of Income, ID & Residency**

ATTENTION WIC PARTICIPANTS

The Standing Rock WIC Program has a new email: please submit all documents such as proof of income, ID, residency, etc. to:

wic@standingrock.org

When submitting documents via email: state why the document is being submitted-such as: for scheduled certification/recertification, weight & height follow-up, was missing proof of ID or income at certification/recertification, etc. This assists staff with processing the documents/data in a timely manner.

ATTENTION WIC PARTICIPANTS

YOGURT OPTIONS ARE CHANGING. WIC is removing some yogurt products as of April 17, 2026. To meet mandatory Food Rule changes, the sugar content limit for yogurt must be 16 grams of added sugars or less per an 8 ounce serving. WIC participants are encouraged to use the WIC NATIONS app and scan items to see if they are allowed.

April is Autism Acceptance Month

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control (CDC):

- about **1 in 31 (3.2%) children** has been identified as having autism or autism spectrum disorder (ASD) and
- **1 in 45 adults** in the U.S. today are affected by autism.
- ASD is reported to occur in all racial, ethnic, and socioeconomic groups.
- ASD is 3 to 4 times more common among boys than among girls.

Autism Acceptance Month promotes understanding, inclusion, and acceptance.

An example of a tool for parents/caregivers to utilize is CDC's *Milestone Tracker* app. Encourage parents/families to "track" their infant/child's development from 2 months to 5 years of age with this app (or similar tools). Early identification of developmental delays and disabilities, such as autism, is important-to help with supportive resources, etc. If parents/caregivers have concerns or questions, the app can give information on things they can do next such as talking with their doctor, setting up developmental screenings, etc. How an infant and child plays, moves, acts, talks, and learns -- gives important information about the infant/child's development. WIC staff can also assist with information and referrals for autism resources/services.

Autism Acceptance Month reflects a broader movement that emphasizes acceptance and belonging, rather than mere awareness.

Autism is not caused by vaccines. Extensive research has shown NO LINK between vaccines and autism.

Sources: https://www.cdc.gov/autism/php/toolkit/index.html https://www.autismspeaks.org/what-autism

April is Alcohol Awareness Month

Alcoholism affects all areas of a person's life such as: family, friends, financial issues, emotional stability, and health. Alcohol is sometimes a part of social occasions but **EXCESSIVE** drinking both in the form of heavy drinking (long-term) or binge drinking, is associated with:

- Chronic diseases such as liver cirrhosis (damage to liver cells); pancreatitis (inflammation of the pancreas); gastrointestinal diseases; various cancers (liver, mouth, throat, larynx, and esophagus); high blood pressure; cardiovascular (heart) disease; and psychological disorders.
- Malnutrition
- Brain damage
- Unintentional injuries, such as motor-vehicle/car traffic crashes, falls, drowning, burns, and firearm injuries.
- Violence, such as child abuse/maltreatment, homicide, and suicide.
- Harm to a developing fetus if a woman drinks during pregnancy, such as fetal alcohol spectrum disorders.
- Sudden infant death syndrome (SIDS) or Sudden unexpected infant death (SUID)
- Alcohol use disorders
- Drug interactions

Alcohol affects every organ of the body. Long-term use can be fatal.

Pregnancy

Women who are pregnant are especially encouraged not to drink alcohol. Drinking any type or amount of alcohol during pregnancy can be harmful to the baby. When a pregnant woman takes an alcoholic drink—the unborn baby does too. Alcohol use during pregnancy can cause: premature labor, miscarriage, stillbirth, and fetal alcohol spectrum disorders (FASD). Babies do not "outgrow" fetal alcohol spectrum disorders (FASD) - they have it for life. Fetal alcohol spectrum disorders include: developmental, physical, mental and emotional disabilities.

Breastfeeding

Breastfeeding mothers should not drink alcohol because any alcohol (or other drugs) taken passes through mom's breastmilk to the baby. So if a breastfeeding mother takes an alcoholic drink, her breastfed baby does too.

Don't Drink & Drive

Drinking alcohol & driving is not only dangerous—it is ILLEGAL! If you choose to drink alcohol - please do so responsibly and do NOT drive if you have been drinking alcohol. Remember to choose a designated driver ahead of time, catch a ride, or call a taxi or use Uber or Lyft, etc. (where available).

Remember the Children

If you choose to drink alcohol, do not drink around your children (or anyone else's children). Also, talk with your children about the dangers of alcohol (and other drug) use and abuse.

SUBSTANCE USE/ABUSE – PREVENTION IS KEY

Take care of yourself AND your family. And please Do NOT smoke, drink alcohol, or use drugs during pregnancy or while breastfeeding. Take only doctor approved medicines. If you need help quitting drugs – GET HELP. Ask your healthcare provider for referrals and information. Also – if you suspect that a loved one has an alcohol or drug problem: speak up, talk to the person about your concerns and offer your support and help.

WIC staff can also help with information and referrals for alcohol/drug treatment & counseling services.

REPLACEMENT OF WIC EWIC CARDS

ALL PARTICIPANTS WILL RECEIVE A NATIONS EWIC CARD AT INITIAL CERTIFICATION PERIOD. WHEN FIRST CARD IS LOST, THE 2ND CARD WILL BE MAILED TO PARTICIPANT'S CURRENT ADDRESS WE HAVE ON FILE. ALL CARDS WILL BE MAILED OUT ONLY ON THURSDAYS. IF THE 2ND CARD NEEDS TO BE REPLACED, PARTICIPANT WILL HAVE TO DO A NUTRITION EDUCATION, ALONG WITH A QUIZ IN ORDER TO RECEIVE A 3RD CARD. AFTER THIS IS DONE YOUR CARD WILL BE MAILED, AGAIN ON THURSDAY. A $5.00 FEE MUST BE PAID FOR REPLACEMENT OF 4TH CARD (AND BEYOND) - SEE BELOW.

1ST CARD

EX: CERTIFICATION, TRANSFER, PLACEMENT

2ND CARD

LOST, DAMAGED, STOLEN

*WILL BE MAILED OUT **ONLY ON THURSDAYS**

3RD CARD

LOST, DAMAGED, STOLEN

*NUTRITION ED. APPT, QUIZ, WILL BE MAILED OUT **ONLY ON THURSDAYS**

4TH CARD

LOST, DAMAGED, STOLEN

***PARTICIPANT OR PARENT/GUARDIAN MUST PAY $5.00 FOR 4TH CARD & EVERY CARD REPLACED THEREAFTER;** NUTRITION ED. APPT/QUIZ, WILL BE MAILED OUT **ONLY ON THURSDAYS**

*ALL CARDS WILL BE MAILED OUT EVERY THURSDAY OF THE MONTH, NO EXCEPTIONS.
*PARTICIPANTS ARE RESPONSIBLE FOR UPDATING THEIR ADDRESS.

WIC Participant Question: Can I redeem my Standing Rock Sioux Tribe WIC benefits (using EWIC card) at Buche Foods in Mobridge, SD?? Answer: YES

The store changed ownership a while ago – but they now have the Store Sign & Flyer/Ads changed to Buche foods! The store – now Buche Foods - remains a SRST WIC vendor.

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. You may submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) Fax: 1 (833) 256-1665 or (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.

WIC Clinic Days and Times

Fort Yates: Our main office is open every day from 8am-4:30pm for services (except holidays).

Little Eagle: 10am-3pm

McLaughlin: 8am-4:30pm

Wakpala: 10am-3pm

Bullhead: 10am-3pm

Cannonball: 10am-2pm

United Tribes - Bismarck: 8:30am-3:30pm

- April United Tribes clinic: April 2nd & 10th
- May United Tribes clinic: May 1st
- June United Tribes clinic: June 4th & 11th

Current Month
APRIL 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2026

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE 2026

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Some Remote (Over-the-Phone) WIC Services Continue

Some of our participant services can be completed remotely. Many Nutrition Education appointments can be completed "Over-the-Phone". WIC staff will inform applicants/participants when a weight, height/length, and/or hemoglobin is needed.

If you need an appointment for NEW APPLICANT Certification or Recertification – please call our Fort Yates office at 701-854-7263 or McLaughlin office at 605-823-4260: appointments will be scheduled after the proof of income, ID and residency (if applicable) are received. If you HAVE an appointment for Certification, Recertification, or Midcertification - come into WIC office for scheduled appointment.

HOLIDAYS/OBSERVANCES

Good Friday	April 3rd
Easter	April 5th
Easter Monday	April 6th – NO WORK
Mother's Day	May 10th
Traditional Memorial Day	May 30th – NO WORK on May 29th
Juneteenth	June 19th – NO WORK
Father's Day	June 21st
Little Big Horn Victory Day	June 25th – NO WORK

Appointments will be made for certifications and recertifications after the WIC office obtains documentation required – documentation may be Faxed, Emailed, sent by picture message, or dropped off at the WIC Office. PLEASE CALL to ensure all documents have been received-if sent via fax, email or picture message.

Fort Yates office: Fax: 701-854-7122 McLaughlin office: Fax: 605-823-4184

Email: wic@standingrock.org

Mobile: call WIC office for mobile number

Note that required proofs of income, identification, & residency MUST still be provided for certifications and recertifications. All income verifications must be CURRENT. Must bring a month's worth (the most recent 28-31 consecutive days' worth) of most recent available paystubs. For participants living off the Standing Rock Reservation - please bring in a Utility, Rent, or Mortgage Bill, or Medicaid/ SNAP letter with address on it for the proof of residency.