Standing Rock WIC Newsletter – May 2026

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

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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 ALLOWED ON WIC CHANGED APRIL 17th: WIC participants are encouraged to **use the WIC NATIONS app and scan items to see which yogurt options are allowed.** This was a mandatory change to be in compliance with federal Food Rule changes. **The sugar content limit for yogurt must be 16 grams of added sugars or less per an 8 ounce serving.**

May is **Mental Health Awareness Month**.

Our "Mental Health" includes our emotional, psychological and social well-bring. Mental health is crucial for overall well-being at every stage of life. **How Can Food Affect Mood?** Studies show that what we eat and drink can affect how we feel. Improving our diet may help to: improve our mood, give us more energy & help us think more clearly. Below are a few diet/eating tips and "Foods" to eat to improve our "Mood":

Eat Regularly – Start the day with a good breakfast. Instead of eating 1 or 2 large meals a day-eat smaller portions throughout the day. Limit or avoid foods & drinks that make your blood sugar rise & fall quickly – such as sweets, sugary drinks (pop, Kool-Aid, etc.) and alcohol.

Stay Hydrated – Drink at least 6-8 cups of fluid per day –WATER is a great choice. When dehydrated, it may be difficult to think clearly and concentrate. You may also get constipated if you're not drinking enough liquids.

Look after Your Gut – Getting enough fiber & fluids in our diet helps with healthy digestion. Good choices are: vegetables, whole grains, fruits, yogurt (with live active cultures) & other foods high in probiotics. Also, exercise regularly.

Managing Caffeine – Limit caffeine. Caffeine can make us feel anxious or depressed – and can interfere with getting good sleep. It can also cause "withdrawal" symptoms if we stop consuming caffeine- "suddenly".

Make Half your Plate Fruits & Vegetables – Vegetables & fruits contain many minerals & vitamins that we need to keep us "physically" AND "mentally" healthy. They also contain fiber which is important. Eat a variety of different "colored" vegetables & fruits each day!

Getting Enough Protein – Protein has amino acids which are chemicals our brain needs to "regulate" our thoughts & feelings. Protein is found in lean meats, fish, eggs, cheese, peanuts butter, beans/lentils, nuts & seeds.

Eating the Right Fats – Our brain needs fatty acids (such as omega-3 & omega-6) to keep working well. Heathier fats include: fats found in oily fish (such as salmon, mackerel, sardines, herring & trout), poultry, nuts (like walnuts & almonds), avocados, olive & sunflower oils, seeds (like sunflower & pumpkin seeds), low-fat milk, yogurt, cheese & eggs. Limit/avoid "trans fats" & "partially hydrogenated oils" which are found in many store-bought sweets -cakes, cookies, etc.

Source: https://www.samh.org.uk/documents/FoodAndMood.pdf

WHY is ACTIVE PLAY IMPORTANT for CHILDREN?

Active Play can Promote:

- **Cooperation and Sharing -** Playing with other children/people teaches your child socialization skills and helps them learn to get along with others.
- **Curiosity and Creativity -** Playing and exploring their surroundings encourages learning.
- **Confidence and Independence -** As your child plays he/she learns to make choices and control their actions and behavior.
- **Learning -** As your child's body and brain continues to develop, playing and interacting with others encourages and enhances learning opportunities.

Active Play can Develop Body Skills:

- **Strength, Flexibility, and Endurance -** which helps your child experience and explore their surroundings safely.
- **Coordination -** of large and small muscles which helps with overall growth, development, and learning.
- **Body Awareness -** which helps your child learn what his/her changing body is all capable of doing!

Active Play Promotes:

- **Stress Relief and Good Sleeping Habits**
- **Healthy Weight**
- **Lifelong Health**

According to the second edition of the Physical Activity Guidelines for Americans: the key guidelines for children ages 3 years through 5 years of age state that **preschool-aged children should be active throughout the day to enhance growth and development**. Adults caring for children of this age should encourage **active play** (light, moderate, or vigorous intensity) & aim for at least **3 hours per day**.

Parents – Responsibilities:

- Encourage your children to "Actively Play".
- Be physically active role models yourselves!
- Include physical activities as part of family get-togethers, birthday parties, etc. Focus on FUN – not performance.
- Provide your children with safe and supervised places to play – both indoors & outdoors.
- Provide your children with age appropriate toys and equipment for physical activity – examples: tricycles, bicycles, balls, etc. Provide helmets and other safety gear for safety. Make active play – FUN.

Raise Active Children

The best way to promote physical activity for your child is to be active yourself! Children often "inherit" their family's lifestyle. If you - the parents - do active things, there is a better chance that your children will too! **Play with your children.** Don't just watch or supervise them. Have fun together!

Limit TV, Phone use and other "Screen" Time

Our generation (or each generation) continues to become "Higher Tech". We have become a society of fancy phones and other electronic gadgets. The internet is at our fingertips. While there can be advantages to all of these advancements in technology, there can also be disadvantages. We encourage you and your families to set limits on TV, phone use and other "Screen" time. Remember the importance of quality family time.

Active Families!!!

Being physically active helps your family enjoy life. "Active living" helps us enjoy life to its fullest. Being active boosts energy and helps us get better sleep. Being active is a lifelong way for you and your child(ren) to keep a healthy weight and stay healthy! Set some time aside each day for "activity" time.

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.

The goal of the WIC Program is to provide nutrition education to improve the dietary and health status of our participants and help them meet their individual health goals. Please ensure that you come to your nutrition education appointment(s) as scheduled to receive this education and your WIC benefits for the month.

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-Noon – for May

McLaughlin: 8am-4:30pm

Wakpala: 10am-3pm

Bullhead: 10am-3pm

Cannonball: 10am-2pm

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

- May United Tribes clinic: May 1st
- June United Tribes clinic: June 4th & 11th
- July United Tribes clinic: July 2nd & 9th

Current Month
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

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
1st Day of Summer- Yay!!	June 21st
Little Big Horn Victory Day	June 25th – NO WORK
Independence Day	July 4th – NO WORK on July 3rd

JULY 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	

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.