Standing Rock WIC Newsletter – August 2026

AUGUST 8-14
is
Indigenous Milk Medicine Week

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

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Support Breastfeeding Families – it Takes a Community!

Everyone is invited to our WIC Annual Breastfeeding Event
August 13th, 2026
Sitting Bull College Auditorium – Fort Yates, ND
10am-2pm

Celebrate Indigenous Milk Medicine Week & Support Breastfeeding
***See 2nd page of newsletter for more details.**

INDIGENOUS MILK MEDICINE WEEK
August 8-14, 2026

Indigenous Milk Medicine Week: supports Native moms on their breastfeeding journeys.

This year's theme is **"We Keep the Fires Lit: Rising Through Milk Medicine — honoring the brilliance, continuity, and cultural strength carried through Indigenous lactation and community care".** This important week honors the cultural, nutritional, and community significance of breastfeeding and traditional knowledge within Indigenous communities.

What is Native/Indigenous Milk Medicine Week? The mission of Indigenous Milk Medicine Week is to reflect the diversity of indigenous breastfeeding experiences to encourage and uplift one another.

Why does indigenous breastfeeding matter? The current literature on breastfeeding patterns among American Indian/Alaskan Native (AI/AN) mothers is scarce.

Why is it important that we celebrate Indigenous Milk Medicine week? *Indigenous Milk Medicine Week celebrates the breastfeeding journeys of Native and Indigenous families, lifting up this important tradition and reminding us that* "Native American women DO breastfeed."

- Increasing support and resources
- Promoting healing and wellness
- Providing stories and knowledge regarding Native breastfeeding

Source: Indigenous Milk Medicine Collective

We also recognize
WORLD BREASTFEEDING WEEK & NATIONAL WIC BREASTFEEDING WEEK
which is celebrated
August 1-7

PLEASE JOIN US AND HELP CELEBRATE

Indigenous Milk Medicine Week: August 8-14 2026

In addition, we recognize World Breastfeeding Week & National WIC Breastfeeding Week

SRST WIC would like to invite you to help celebrate our Annual Breastfeeding event:

Thursday, August 13, 2026

@ the Sitting Bull College Auditorium, located in Fort Yates, ND

10AM-2PM

WHAT TO EXPECT:

*Guest speakers
*Informational booths
*Interactive games/activities
*Door prizes/giveaways
*Lunch will be provided for attendees

Please email or call the SRST WIC Office if your program would like to participate!
(701)854-7263 wic@standingrock.org

August is National Immunization Month

IMMUNIZATIONS

REMINDER to Parents/Guardians of Infant & Child WIC Participants: You need to bring in your infant/child's immunization record(s) when they come in for certification and recertification, mid-certification or nutrition educations contacts – up to the age of 2 years. Educating WIC participants and their families about the importance of immunizations and providing referrals to immunization services are an important part of WIC referral services. Immunizing infants and children against diseases is one of the most important ways to keep them healthy!

Why is Breastfeeding Called the Baby's First "Immunization" or "Vaccine"?

Breastfeeding is often referred to as the **baby's first immunization** or **vaccine** because breastmilk contains **antibodies, immune cells, immune-boosting proteins** and other **immune factors** which provide critical protection from infections and diseases. These components are especially important in the first few months of life – giving the infant time to develop his/her immune system. Breastfeeding provides protection against respiratory illnesses, ear infections, gastrointestinal infections, SIDS, and other diseases. The list of breastfeeding benefits really does go on and on.

Breastfeeding acts as baby's first vaccine because it provides **immediate immune protection.** Most of us know that breastfeeding provides optimal nutrition – but it also serves as a **natural** and **lifelong protection system.**
The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for approximately 6 months followed by continued breastfeeding with complementary foods for at least 2 years and beyond as mutually desired, by mom & baby.

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.**

Non-Discrimination Statement

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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: (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-2pm

McLaughlin: 8am-4:30pm

Wakpala: 10am-2pm

Bullhead: 10am-2pm

Cannonball: 10am-2pm

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

- August United Tribes clinic: August 7th & 14th
- September United Tribes clinic: September 4th & 11th
- October United Tribes clinic: October 2nd & 9th

Current Month
AUGUST 2026

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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					

SEPTEMBER 2026

S	M	T	W	T	F	S
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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

World Breastfeeding Week & National WIC Breastfeeding Week is August 1-7
Indigenous Milk Medicine Week is August 8-14

Annual SRST WIC Breastfeeding Event – August 13th at Sitting Bull College auditorium

Employee Appreciation Event	August 12th – NO WORK
Labor Day	September 7th – NO WORK
American Indian Day	September 25th – NO WORK
Halloween	October 31st

OCTOBER 2026

S	M	T	W	T	F	S
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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 if needed

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.