

Standing Rock WIC Newsletter – November 2026



Fort Yates WIC Office: 701-854-7263

McLaughlin WIC Office: 605-823-4260

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Breastfeeding is best for baby!

Breastmilk is the perfect balance of nutrients for baby.

The American Academy of Pediatrics recommends:

That infants be **exclusively breastfed for about 6 months**; that complementary foods be introduced when the infant is developmentally ready to consume them, which is at **approximately 6 months of age**; and that breastfeeding is continued (along with appropriate foods) for at least 2 years or beyond- as long as it is mutually desired by both infant/child and mother. "Complementary foods" are foods & beverages that are introduced during infancy to complement breastmilk and/or infant formula intake.

If the mother chooses not to breastfeed, then the infant should be fed an iron-fortified infant formula.

HAPPY THANKSGIVING

Remember to be "thankful" this Thanksgiving and always. **Don't just be thankful for "stuff", instead be thankful for more important things like family, friends, and your health and the health of your loved ones.**

With the holidays comes excitement and joy as we plan family get-togethers and other activities. For others though the holiday season may be a time of increased loneliness and depression. And for those struggling with alcohol and drug abuse, the holiday season may be overwhelming. We encourage you to seek help if you are feeling overwhelmed or having increased depression. And please seek help if you are struggling with alcohol and/or other drug abuse addiction—do it for yourself and your children – your family. Resources are available. Feel free to ask WIC about available resources in our community.

We will soon be in the middle of the cold winter season. Remember to bundle up and drive safe as winter approaches! STAY WARM!

The SRST WIC staff wish everyone a happy & healthy holiday season.

Benefits of Being THANKFUL:

The benefits of **THANKFULNESS** are both mental and physical. Science has shown that being thankful, or expressing gratitude physically changes our brain & body – for the better! Studies have shown that expressing gratitude can:

- Improve sleep
- Improve your mood
- Build a stronger immune system

Expressing gratitude can decrease depression, anxiety, risk of disease and difficulties with chronic pain. Being grateful – makes us healthier, happier and more resilient. Being "grateful" triggers the release of hormones/chemicals such as dopamine, serotonin, oxytocin, and endorphins – that boost mood and well-being – while also lowering cortisol (stress hormone). Teach your children how to be grateful. Help them notice the "good" things in this world. Gratitude helps build patience, empathy & emotional resilience – which teaches us that even on "bad days" – that "good" still exists in this world!

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/can-expressing-gratitude-improve-health>

November is American Diabetes Month®

November is **American Diabetes Month®**, which makes it a good time to raise awareness about diabetes. Diabetes is on the rise – it is an EPIDEMIC! **Nearly one in two Americans has diabetes or prediabetes.** There are **136 MILLION** Americans living with diabetes or prediabetes. But MANY people don't even know that they have the disease. Diabetes can cause damage to the EYES (even blindness), KIDNEYS, NERVES (increasing risk of amputations) and HEART (heart disease-heart attack) AND is linked to several types of CANCER. Diabetes also increases the risk of having a STROKE.

What is Diabetes? Diabetes is a disease that happens when your **blood glucose** (also called blood sugar) is **TOO HIGH**.

Our bodies need insulin to change sugars and starches into energy. Diabetes is a condition where the body makes **no** insulin or **too little** insulin, or **cannot use** the insulin it does make to change those sugars and starches into energy. This leads to the extra sugar building up in the blood.

Here are some WARNING Signs/Symptoms of Diabetes!

- Increased thirst
- Urinating often
- Increased hunger (even though you are eating)
- Extreme fatigue
- Blurred vision
- Slow healing sores/cuts/bruises & frequent infections
- Weight loss (even though you are eating more (Type 1)
- Tingling, pain, or numbness in hands or feet (Type 2)

Tips for healthy lifestyle habits:

- **Plan healthy meals & snacks** - (Eat plenty of fruits & vegetables; choose lean meats, poultry & fish; choose whole grains & eat more fiber; choose low-fat or skim milk; limit fried foods; limit sugary drinks & foods; choose foods with less fat & WATCH YOUR PORTIONS.)
One tip: Fill half of your (9-inch) plate with non-starchy vegetables, fill one quarter of your plate with lean protein foods & fill the other one quarter of your plate with "Quality" carbohydrates such as: whole grains, starchy vegetables, fruits, or low-fat dairy foods. Limit processed foods.
- **MOVE! Aim to be PHYSICALLY ACTIVE – on most days**
- **Lose excess body weight**
- **Get enough sleep**
- **Do NOT smoke**
- **Take your doctor prescribed medicines on time**
- **Take care of your mental health & limit stress**
- **Work with your health care team – which may include a primary care provider, diabetes specialist-certified diabetes educator, and dietitian.**

Living with diabetes is a challenge - the most important person of your diabetes care team is **YOU!**

WIC provides healthy foods to help manage your diabetes -such as vegetables, fruits, whole grain foods & lean proteins! WIC nutrition staff are here to help you plan balanced meals & give individualized nutrition counseling to adjust your diet – to help manage your diabetes. Follow your eating plan & other healthy lifestyle habits & see your doctor/health care team as recommended!

Sources:

<https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444>
<https://usdss.cdc.gov/diabetes/report.html>
<https://diabetes.org/sites/default/files/2025-10/2025%20ADM%20press%20release.pdf>

Vegetables and Turkey Stir Fry – Makes 4 servings

Ingredients:

- 1 Tablespoon vegetable oil
- 2 thin slices of ginger root (minced)
- 1 garlic clove (peeled & minced) – or ¼ teaspoon garlic powder
- 1.5 cups turkey (cooked, cut into ½ inch cubes)
- 2 cups chopped vegetables (fresh, frozen, or canned) – try a mixture of celery, mushrooms, water chestnuts, bok choy, cabbage, zucchini, carrot or broccoli
- ½ teaspoon salt
- ½ teaspoon sugar
- Water (optional)
- 3 cups cooked brown rice or whole grain noodles

Optional Gravy:

- 1 Tablespoon cornstarch
- 2 teaspoons soy sauce, low sodium
- ½ cup chicken stock

Directions:

1. Heat oil in skillet over medium heat.
2. Add ginger, garlic, turkey, vegetables and salt. Stir fry about 2-4 minutes.
3. Reduce heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
4. If the vegetables are firm, add 1-2 Tablespoons of water, cover & cook for another 2-4 minutes or until tender.
5. Serve at once! Or – if you prefer to add the gravy...
6. Mix the gravy ingredients well. Pour over vegetables & turkey and cook for 30 seconds. Serve warm over rice or noodles. ENJOY!

Source: Food Hero, Oregon State University Cooperative Extension Service

WIC Participants: When submitting documents to WIC staff at wic@standingrock.org – please state why the document is being submitted – such as: for certification/recertification—NEED APPOINTMENT, weight & height follow-up, hemoglobin (hgb) follow-up from doctor/clinic, was missing proof of ID or income at certification/recertification, etc. This will assist WIC staff with processing the documents/data received in a timely manner. We also ask that you call our office after you have sent the proof of ID/INCOME & RESIDENCY (if needed) – if you need to schedule appointment for certification or recertification. Thank You!

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: (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: 9am-3pm

- November United Tribes clinic: November 6th & 13th
- December United Tribes clinic: December 4th
- January United Tribes clinic: January 8th & 15th

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

Veterans Day	November 11 th – NO WORK
Thanksgiving	November 26 th – NO WORK
Chief Sitting Bull Day	December 15 th – NO WORK
Christmas	December 25 th – NO WORK
Wounded Knee Massacre	December 29 th – NO WORK
New Year's Day	January 1 st – NO WORK
Martin Luther King Jr. Day	January 18 th – NO WORK

Current Month NOVEMBER 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					

DECEMBER 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	31		

JANUARY 2027

S	M	T	W	T	F	S
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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 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.