MARCH 2026
NEWSLETTER

ITCN WIC
INTER-TRIBAL COUNCIL OF NEVADA
Women, Infants, & Children

FRESH STARTS & HEALTHY BEGINNINGS

GROWING HEALTHY FAMILIES TOGETHER

WHAT YOU WILL FIND INSIDE

NUTRITION TIPS FOR YOUR FAMILY
BABY & PARENT SUPPORT
WIC UPDATES YOU CAN USE
UPCOMING NUTRITION EDUCATION CLASSES
UPCOMING SHOPPING 101 CLASSES
COMMUNITY RESOURCES & EVENTS

INTER-TRIAL COUNCIL OF NEVADA (ITCN) WIC PROGRAM

MAIN OFFICE: 910 ROBERTA LANE SPARKS, NV 89431
PHONE: 775-398-4960
SERVING FAMILIES ACROSS NEVADA

FOLLOW US ONLINE:

INTER-TRIBAL COUNCIL OF NEVADA WIC @ITCN_WIC itcnwic.org

ITCN WIC
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NUTRITION CLASS

MONTHLY NUTRITION EDUCATION CLASS

MARCH NUTRITION CLASS - SIGN UP TODAY!

March 18th, 2026 - @ 11:00am

National Nutrition Month

- Easy Veggies

The preschool years are a perfect time to start cooking with your little ones! This class is for parents and caregivers of children ages 2–5.

CLASS DETAILS:

In this fun, hands-on session, you'll learn how to:

- Get started cooking safely with your child.
- Identify age-appropriate skills for toddlers and preschoolers.
- Try a simple recipe or cooking activity together.

Cooking with your child is a fun way to teach colors, numbers, new words, and build confidence in the kitchen!

Call to join and **complete a nutrition education appointment** while having fun in the kitchen!

ZOOM LINK TO JOIN: HTTPS://ITCN-ORG.ZOOM.US/J/81995329596

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NUTRITION CORNER

NEWS, TIPS, AND SUPPORT FOR YOUR FAMILY

NUTRITION CORNER

Know the most common food allergens and what to do if exposure happens:

- Milk
- Eggs
- Fish
- Shellfish (crustacean)
- Tree nuts
- Peanuts
- Wheat

**Always read labels carefully and talk to your healthcare provider if you have concerns.*

UPCOMING EVENTS & PROGRAMS

📅 **April 7: World Health Day Celebration Nutrition Education Event from 12pm -3pm**

In partnership with Soulful Seeds Garden, ITCN WIC will host a hands-on "Farm to Fork" nutrition education experience. Participants will enjoy a garden tour, nutrition education, and family-friendly activities that promote healthy eating and local food connections.

Come Join Us at the Soulful Seeds Garden - call (775) 398-4960 to secure a spot today!

👉 SCAN THE WAIVER FOR OUR SOULFUL SEEDS NUTRITION EDUCATION EVENT HERE:

Visit https://itcnwic.org for more tips and resources!

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BREASTFEEDING

FEEDING YOUR NEWBORN: BREASTFEEDING BASICS

STEPS TO A GOOD LATCH & WAYS TO HOLD BABY

CRADLE HOLD

CROSS CRADLE HOLD

CLUTCH OR FOOTBALL HOLD

LAID-BACK OR STRADDLE

SIDE-LYING

FEEDING YOUR NEWBORN

Breast feeding should not hurt. Some discomfort at first can be normal, but pain usually means the baby is not latched well.

Watch For Hunger Signs

Your baby may:

- Turn their head side-to-side.
- Bring hands to their mouth.
- Make sucking sounds.

Feed Early

- Babies give many hunger signs at first. If feeding is delayed, your baby may get upset and cry, which makes latching harder.

Get Comfortable

- Hold your baby close.
- Make sure both you and baby are supported.
- Choose a position that feels good for your body.

Check the Latch

- Baby's mouth should be wide open.
- Lips should be flanged (turned outward).
- Feeding should feel comfortable, not painful.

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MODERNIZATION

STAY INFORMED. STAY HEALTHY. STAY EMPOWERED.

WHAT'S NEW, CHANGING, AND HOW DOES THIS HELP?

Making WIC Easier
ITCN WIC is continuing to modernize our services to better support families, improve access, and make nutrition education more flexible and convenient. These updates are designed to save you time, reduce stress, and help you get the most from your WIC benefits.

Participant Portal - Fully Launched!
We have fully launched our Participant Portal, making it easier than ever to manage your WIC benefits online.

Through the portal, you can:

- Register for WIC services.
- Maintain and update your benefits.
- Stay informed about appointments and services.

Visit **itcnwic.org** to get registered today or check your benefits anytime.

WHY THIS MATTERS

These updates help ITCN WIC provide you with:

- Easier access to benefits.
- Flexible nutrition education options.
- Stronger community connections.
- Tools that support healthy families — anytime, anywhere.

WHO CAN APPLY

- Children age 0-5 years.
- Pregnant individuals.
- Postpartum individuals.
- Breastfeeding mothers.

GET REGISTERED TODAY!

Visit https://itcnwic.org for more tips and resources!

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SHOPPING 101 CLASSES

MARCH SHOPPING 101 SHOP ALONG WITH US!

March 20th, 2026
How To Shop with Your WIC Benefits

- WIC Shopping Tips & Tricks

Join us in-store and learn how to:

- Redeem WIC benefits
- Use the WIC Shopper App
- Find WIC-approved items

Times Options: 10:00am, 12:00pm, or 2:00pm

Location:
Wal-Mart 4855 Kietzke Ln Reno, NV 89509

WHAT TO BRING:

Please remember to bring:

- Your WIC card
- Your shopping list
- The WIC Shopper App downloaded on your phone

Please sign up by calling the office or using the QR Code on this page!

NEW WIC-APPROVED ITEMS (JUST A FEW!)

- Hot dog buns.
- Yoplait & LALA yogurt flavors.
- Peanut butter options.
- Monterey Jack & Colby Jack cheese.
- Serenity Kids beef, turkey & salmon.
- Infant fruits & vegetables.

**Found an item that should be approved but didn't scan? Send a request directly through the WIC Shopper App.*

SIGN UP HERE!

Visit https://itcnwic.org for more tips and resources!

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FIND US IN YOUR COMMUNITY

OUTREACH EVENTS WE WILL TABLE AT!

Biggest Little Easter Egg Hunt

- March 28th from 9 am to 1pm
- 9 am to 10 am (sensory friendly hour)
- Address: Boys & Girls Club
  2680 e. 9th Street, Reno, NV 89512

TRAVEL CLINIC NEAR YOU!

Yerington

- March 4th, 2026
- Address: 171 Campbell Ln Yerington, NV 89447

McDermitt

- March 12th, 2026
- Address: 111 Reservation Rd McDermitt, NV 89421

Owyhee

- March 26th, 2026
- Address: 1284 OPD Rd Owyhee, NV 89832

Wadsworth

- April 1st, 2026
- Address: 551 8th St. Wadsworth, NV 89442

Fallon

- April 2nd, 2026
- Address: 1001 Rio Vista Dr. Fallon, NV 89406

CHECK OUT OUR SOCIAL MEDIA PAGES TO FIND THE LATEST TRAVEL CLINICS & OTHER EVENTS IN YOUR AREA!

Visit https://itcnwic.org for more tips and resources!