May 2026
Monthly Newsletter

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

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Nutrition Corner

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News, Tips, & Support

May 15th, 2026 at 11AM Nutrition Education Class

Vitamin D for WIC Families
Learn how it supports strong bones, healthy growth, and wellness for families

Sign Up Today!

Building Healthy Habits for Growing Kids

Helping children grow at a healthy weight supports their physical and emotional well-being. Small daily habits can make a big difference!

Healthy tips for families:

- Offer fruits, vegetables, whole grains, and lean protein
- Choose water or milk instead of sugary drinks
- Aim for 60 minutes of active play each day
- Limit screen time to 1-2 hours outside of schoolwork
- Make sure children get enough sleep

Ready to Start?

Parents and caregivers play an important role by leading by example and creating a positive, supportive environment at home.

Focus on building healthy habits, not weight loss. Growth happens over time!

Read more by scanning QR code: National Institute of Diabetes and Digestive and Kidney Diseases

Fresh Highlights

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We've MOVED!

PLEASE NOTE: THIS IS OUR ONLY MAIN OFFICE!

We're all in one place and ready to serve you with the same great care you know and trust.

910 Roberta Lane, Sparks, NV 89431

REMOTE APPOINTMENTS

Available!

Can't make it in?
We've got you covered.
Ask us about phone or video appointments.
Call us at **775-398-4960** to schedule an appointment.

Breastfeeding

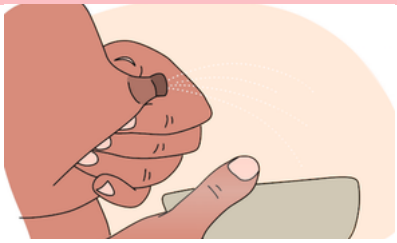
Breastfeeding & Pumping: What Works for You

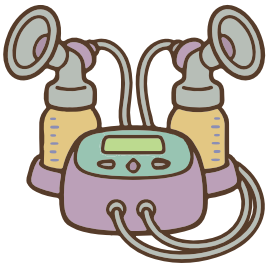
Breastfeeding directly from your breast is often the easiest way to feed your baby. But sometimes, pumping or expressing milk can help make feeding fit your daily life, especially if you're working, in school, or away from your baby.

Ways to Express Breast Milk

There's no one "right" way, many families use a mix of methods.

- Hand Expression
  - Use your hands to gently massage and compress your breast to collect milk.
- Manual Pump
  - A simple, low-cost option for occasional use.
- Electric Pump
  - Helpful if you're away from your baby often (like for work or school)





Helpful Tips for Success

- It's normal to get small amounts at first, your body will adjust with practice.
- Try pumping or express as often as your baby feeds to keep your milk supply strong.
- Find a quiet, relaxing space, looking at a photo of your baby can help milk flow.
- Always clean your pump and bottles well to keep your baby safe.

Every breastfeeding journey is different, and that's okay. WIC is here to support you every step of the way. Call us at 775-398-4960 to speak with a WIC staff member or get help with breastfeeding and pumping.

Modernization

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Participant Portal News–We're Live!

Making WIC easier for you and your family 💚

ITCN WIC is excited to share that our Participant Portal is officially LIVE! 🎉
Now you can manage your WIC benefits anytime, anywhere—quick, easy, and stress-free.

☀️ **Why You'll Love It**
✔️ Apply for WIC services
✔️ Update your information anytime
✔️ Check your benefits 24/7
✔️ View upcoming appointments
✔️ Stay connected with your WIC team
✨ Less stress, more convenience for your family!

📱 What Can You Do in the Portal?

Everything you need, all in one place:

🛒 **Food Balance**
See your monthly WIC benefits anytime

📅 **Appointments**
Stay on top of upcoming visits

💬 **Message Us**
Chat with WIC staff through the Discussion Board
(Please allow 24–48 hours for a response)

👨‍👩‍👧 **Family View**
See benefits for your whole household

💰 **Benefit Savings**
Track how much WIC helps your family save

📄 **Important Documents**
Access forms like Rights & Responsibilities anytime

🔗 **Helpful Links**
Quick access to the WIC Shopper App & more

WIC Shopper App Reminder

Did you know you can manage your WIC shopping right from your phone?

With the WIC Shopper App, you can:

- View approved foods and items
- Check your current benefits
- Scan items in-store to see if they are WIC-approved
- Find approved stores near you

Download the app today to make shopping easier and more confident.

🚀 Get Started Today!

Scan the QR code or visit itcnwic.org to sign up!
💚 ITCN WIC is here to support you every step of the way—making healthy choices easier for your family.

Vendor Updates

New WIC Approved Foods & Stores!

Did You Know? New WIC Approved Items!

Be sure to look for these new approved items during your next shopping trip:

Martinelli's Gold Medal Organic Apple Juice
- Half Gallon/1.89L UPC: 041244006434

Nature's Own Bread Loaf (12oz)
- UPC: 072250008136

Single Serve Yogurts
- Yoplait Light Strawberry (6oz)
  - UPC: 070470006505
- Yoplait Strawberry (6oz)
  - UPC: 070470003009
- Yoplait Orange Creme (6oz)
  - UPC: 070470003191

New Authorized Stores Coming Soon!

We are excited to announce additional stores will soon be available to ITCN WIC participants:
- Smith's–6855 Aliante Pkwy, North Las Vegas, NV 89084
- Smith's 3013 W Craig Rd North Las Vegas, NV 89032
- Smith's–84 E Lake Mead Parkway Henderson, NV 89011

For a full list of approved ITCN WIC stores, please check out the WICShopper App!

FRESH CONNECT
ITCN WIC

Fresh Connect is BACK!

Get ready, Fresh Connect returns this summer!

WIC families can enjoy fresh, local fruits and veggies straight from farmers and markets.

🗓️ June – September 2026
🍓 Fresh picks for your family
🌽 Support your local farmers
🥬 Eat fresh, feel good

Don't miss out—more details coming soon!

Community

Find Us in Your Community!

Outreach Events We Will Be At

Community Maternity & Baby Share Doula Co-OP

- May 9th from 9am to 12pm
- Location: 294 E. Moana Ln #25 Reno, NV

Fort McDermitt Wellness Center- Community Health Fair

- May 16th from 11am to 1:30pm
- Location: Tribal Youth Center, 111 N Reservation Road Mc Dermitt, NV 89421

Travel Clinic Near You

Pyramid Lake Tribal Administration Building

- May 6th @ 10 am to 2pm
- Location: 108 Capital Hill Nixon, NV 89442

Schurz Community Center

- May 7th @ 10 am to 2pm
- Location: 1031 B Hospital Road Schurz, NV 89427

Hungry Valley Gym

- May 14th @ 12pm to 3pm
- Location: 9075 Eagle Canyon Drive Sparks, NV 89441

Check out our social media pages to find the latest travel clinics & other events in your area!

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