June 2026
Monthly Newsletter

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

Nutrition Corner
Nutrition Tips For Your Family 02

Fresh Highlights
Fresh Connect! 03

Breastfeeding
Dad's role in breastfeeding 04

Modernization
WIC Participant Portal 05

Vendor
New WIC Foods & Stores 06

Community
Community & Travel Clinics 07

Nutrition Corner

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News, Tips, & Support

Make fruits & veggies the fun part of the Day!

Healthy habits don't have to be perfect or complicated, sometimes the smallest changes make the biggest difference for the whole family. From colorful breakfast to easy snack swaps, adding more fruits and vegetables into daily meals can be simple, fun and budget-friendly.

Easy & fun ways to add more fruits and veggies:

- Slice bananas into cereal or add berries to yogurt for a quick breakfast boost
- Keep grab and go favorites ready like apples, oranges, cucumbers, and baby carrots.
- Let kids help choose a new fruit or vegetable during grocery shopping trips
- Try filling half of the plate with fruits and vegetables during meals
- Mix veggies into foods your family already enjoys, tacos, pasta, eggs, soups and rice
- Use your WIC benefits to fresh, frozen, or canned fruits and vegetables for flexible meal options

June 12th, 2026 at 11 am
Nutrition Education Class

Farmers Markets for WIC Families

Learn how to use farmers' markets to find fresh, seasonal fruits, vegetables, an herbs!

Sign Up Today!

Easy Blueberry Banana Muffins

These quick and kid-friendly muffins are a fun way to use WIC foods at home! Made with bananas, blueberries, eggs, and peanut butter, they are perfect for breakfast, snacks, or lunchboxes.

- Prep Time: about 10 minutes
- Bake Time: 20 minutes at 400 degrees F
- Family Tip: Let kids help mash bananas and mix ingredients for extra kitchen fun!

WIC Tip: Fresh, frozen, or canned fruits can all work great in recipes like this. Try swapping blueberries for strawberries or chopped apples for a fun twist!

Fresh Highlights

Free Fruits & Veggies!

WIC participants may be eligible to receive FREE vouchers to buy fresh fruits and vegetables at local farmers markets!

🍎 Healthy food for your family
🛒 Easy to use
🌱 Support local farmers

🌸 Starting in June, visit our office or call to schedule pickup

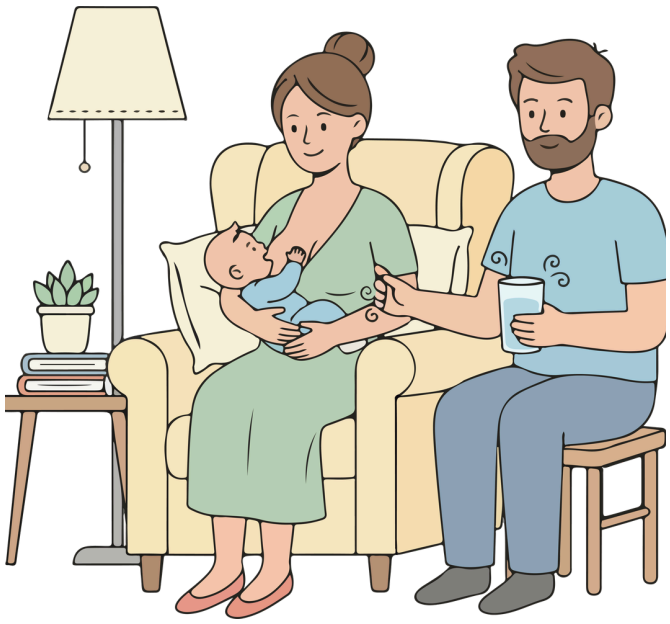
📞 775-398-4960

Don't miss out!

Breastfeeding

Dad's Role in the Breastfeeding Journey

Breastfeeding is not just a mom and baby experience, dads play an important role too! A father's support, encouragement, and involvement can make a huge difference during the breastfeeding journey.



Ways Dads Can Support Mom:

- Help with meals, housework, or caring for older children
- Bring baby to mom during feeding times
- Offer encouragement and remind mom how amazing she's doing
- Help create a calm, relaxing environment during feedings
- Support breastfeeding at home and in public with confidence and positivity

Did You Know?

Breastfed babies often have fewer colds, ear infections, and tummy troubles. Breastmilk also helps support brain growth and a strong immune system!

Sometimes the best support is simply being present, patient, and proud.

Bonding Beyond the Bottle: Special Moments for Dads & Baby

Breastfeeding does not take away bonding time for dads, it creates even more opportunities for connection and love!

Simple Ways Dads Can Bond with Baby:

- Enjoy skin to skin cuddle time
- Rock, sing, read or talk to baby
- Help with diaper changes and bath time
- Burp and soothe baby after feedings
- Spend one on one quiet time together

Those everyday moments help babies feel safe, loved, and connected.

Family Tip:
Babies love hearing their dad's voice and feeling comfort from both parents. Love, support, cuddles, and teamwork help create a strong family bond from the very beginning.

Modernization

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Connect with ITCN WIC Anytime, Anywhere!

Did you know you can connect with ITCN WIC from the comfort of your home?
Our WIC Participant Portal makes it easier than ever to begin the application process, upload documents, complete forms, and stay connected with your WIC team—all from your phone, tablet, or computer.

What Can You Do Through the Portal?

✅ Start the WIC application process online
✅ Upload required documents securely
✅ Complete forms before your appointment
✅ Update your contact information
✅ Reduce paperwork and save time
✅ Stay connected with your WIC team

Why Use the Portal?

Life is busy, and we know your time is valuable. The Participant Portal helps make the WIC certification process faster, easier, and more convenient for families. By completing forms and uploading documents ahead of time, you'll spend less time gathering paperwork and more time focusing on your family.

New to WIC?

You may qualify if you are:

- Pregnant
- Breastfeeding
- Recently had a baby
- Have children under age 5

Don't wait—see if your family qualifies today!

Ready to Get Started?

Ask an ITCN WIC staff member for assistance or visit our Participant Portal to begin your application online.

Your healthy journey starts here!

Please note that submitting information through the Participant Portal does not automatically enroll you in WIC. A WIC appointment is still required to determine eligibility and complete the certification process.
Whether you're expecting a baby, caring for a young child, or interested in learning more about WIC services, the Participant Portal is a great first step toward connecting with our team.

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:

Oroweat Whole Wheat Hamburger Buns
- UPC: 073130000752

Oroweat Whole Wheat English Muffins
- UPC: 073130000677

Stonyfield YoBaby Apple Blueberry
- UPC: 052159701154

Ripple Shelf-Stable Original
- UPC: 810029770170

Silk Soy Milk
- Original
  - UPC: 025293600393
- Organic
  - UPC: 025293600232

New Authorized Stores Coming Soon!

We are excited to announce additional stores will soon be available to ITCN WIC participants:

- Smith's-10616 S Eastern Ave Henderson, NV
- Smith's- 2255 Centennial Pkway North Las Vegas, NV
- Safeway-1751 Hwy 95 Bullhead City, Az

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

Fresh Connect is BACK!

Fresh Connect vouchers are available for eligible participants this season!

📍 New Location: Midway Market, Battle Mountain, NV

For voucher requests, questions, or assistance, please text 775-398-4960. All Fresh Connect communication is handled by text message only.

Enjoy fresh, local produce while supporting Nevada farmers this season!

FRESH CONNECT
ITCN WIC

Community

Strong Fathers, Strong Families

Father figures help shape a child's world. Whether it's a father, grandfather, uncle, stepfather, or mentor, their guidance, encouragement, and presence make a lasting difference.

From sharing stories and teaching life lessons to offering support and love, these everyday moments help children build confidence and thrive.

This Father's Day, ITCN WIC celebrates all the fathers and father figures who help create strong families and brighter futures.
Thank you for all you do.

Happy Father's Day!

Find Us in Your Community!

Travel Clinic Near You

Dresslerville & Woodfords-Washoe TANF Office

- June 3rd
  - Minden Location: 1650 Lucerne St Minden, NV 89423
  - Woodfords Location: 75 Washo Blvd Markleeville, CA 96120

Carson City-Washoe TANF Office

- June 11th
- Location: 2310 S Carson St. Carson City, NV 89701

Lovelock

- June 12th
- Location: 310 B Sawabe Lovelock, NV 89419

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

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