Summer 2026 Newsletter

In This Issue

- **This newsletter has updates for WIC participants, vendors, staff, and community partners.**
- Some sections may be just for one group. We are sharing everything so everyone can stay informed.

- Inside this issue:
  - National Breastfeeding Month – August 2026
  - State Office directory: Avoiding Fraudulent Information
  - New Nevada WIC Tools: The WIC Wayfinder and MyNevadaWIC Portal
  - Easy Recipes Using WIC Foods
  - WIC Agency and Staff Spotlights
  - Vendor: NEW Vendor Application Policy, Annual Vendor Training, and help with problems in scanning products

August: National Breastfeeding Month

- **Celebrate National Breastfeeding Month**
  - **Who this is for: Everyone (Participants, Vendors, Staff, Partners)**
  - Each August, we celebrate National Breastfeeding Month.
  - Nevada WIC can help you in your breastfeeding journey, regardless of what stage you're in.

Happening Now and Coming Soon to Nevada WIC

Nevada WIC is launching new tools and updates this summer. These changes will make it easier to use WIC benefits and services.

The WIC Wayfinder
A streamlined and simplified way for busy caretakers to find WIC-relevant nutrition information and resources to help them care for their families. Instead of sending caretakers down a rabbit hole of links, apps, tools, PDFs and printed materials, the WIC Wayfinder will make the nutrition and breastfeeding education experience tailored to the needs of the individual and provide information all in one central online hub. The WIC Wayfinder will also streamline clinic staff's ability to share nutrition and breastfeeding education resources based on the participants needs. Additionally, the WIC Wayfinder will provide nutrition resources in the top five languages used by NV WIC participants. This project is being funded by the USDA FNA WIC Modernization grant.

MyNevadaWIC Portal: Piloting Now!
The MyNevadaWIC Portal is a new online website. New applicants can apply for WIC online. Current participants can check their food balance, request appointments, and find clinic contact information An agency in South and later in Northern Nevada will be piloting. Be on the lookout for the rollout at your local WIC Clinic.

Contact Us

- **Who is this for: Participants**
- Check your Balance or Reset your PIN: call 844-892-2932
- Message the State WIC Office: Click Link to send us a message
- Find your closest WIC Clinic: Click Link to find a clinic near you

NEVADA DIVISION of PUBLIC and BEHAVIORAL HEALTH

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Nevada WIC Participants









NEVADA DIVISION of PUBLIC and BEHAVIORAL HEALTH

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Celebrating National Breastfeeding Month- August 2026

- **Who is this for: Participants**
- **Nevada WIC is here to help!**
  - No matter what stage you're in, if you are interested in breastfeeding, WIC can help guide you in the right direction.
  - Breastfeeding Awareness helps highlight the hard work and effort breastfeeding takes as well as the benefits in doing so.
- **Research indicates:**
  - Breastfeeding lowers infants' risk of some infections and diseases such as
    - Ear Infections
    - Asthma
    - Lower respiratory infections
    - Diarrhea and vomiting
    - Childhood obesity
    - Eczema
    - Type 2 diabetes
    - Childhood leukemia
    - Sudden Infant Death Syndrome (SIDS)
  - Breastfeeding can also help moms
    - Recover from childbirth faster
    - Reduce risk for high blood pressure
    - Reduce risk from some cancers
    - Reduce risk of Type 2 diabetes
  - Breastfeeding is a great way to promote bonding with your baby due to the physical contact.
    - Physical contact is one form your baby can feel safe, warm, secure, and loved
    - Skin-to-skin contact while breastfeeding also helps develop increased levels of oxytocin, a hormone that helps breast milk flow and help you feel calm.
  - Breast milk is amazing!
    - Helps your baby grow and develop
    - Meets your baby's needs as they get older
    - Is rich in vitamins, minerals, and nutrients
    - Is easily digestible for babies
    - Colostrum that is made during pregnancy helps develop and grow your baby's digestive system
    - Is free of charge, babies can have a nutritious meal while you save on formula!
    - Can help babies be sick less often
    - Convenient! Breastfeeding ensures warm and ready to go milk whenever your baby is hungry



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Celebrating National Breastfeeding Month- August 2026

- **Nevada WIC is here to help!**
- Nevada WIC provides breastfeeding support, referrals to lactation professionals, breast pumps, and accessories at no cost to qualifying breastfeeding WIC participants once you have delivered your baby.
  - **Learn about breastfeeding:**
    - Breastfeeding benefits
    - Setting breastfeeding goals
    - Finding a breast pump
    - Pumping at work
    - Maintaining Milk supply
  - **Starting breastfeeding:**
    - Breastfeeding basics
    - Baby's hunger cues
    - Nutrition while breastfeeding
    - Steps and signs of a good latch
  - **Support while breastfeeding:**
    - Find lactation support from professionals
    - Peer Counselors
      - WIC mothers who have successfully breastfed and are trained to provide mom-to-mom (peer) breastfeeding education and support to other WIC mothers. Available at four Nevada WIC local agencies statewide.
    - Low milk supplies
    - Tips on how to talk to your employer about pumping at work
    - Milk Expression

For additional information, please visit

- Nevada WIC Breastfeeding Support
- WIC Breastfeeding Support
- Nevada Breastfeeds
- The Nevada Breastfeeding Coalition





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How to Avoid Fraudulent Information

- **Who is this for: Participants**
- Have you wondered whether information you're receiving is coming from Nevada WIC?
- **Here's how to be sure:**
- **Our Official App:**



WICShopper



- **Our website:**
  - https://nevadawic.org/
- **Our State Office Phone Number**
  - When the State Office WIC admin call participants to return voicemails, their number shows up as 775-684-1000. This is the State of Nevada mainline, but **you are not able to call back at this number**.
  - If other State Office WIC Staff contact you and you'd like to verify that it's truly them, you can call our WIC mainline and ask to be transferred back to them. Before verifying, please ask for their name.
  - To reach out to the WIC State Office directly, please **call our WIC mainline at 1-800-863-8942,** Monday - Friday 8am-5pm
- **Why is the State Office calling me? The State Office is…**
  - Following up on a voicemail
  - Helping out with any purchase issues experienced
  - Requesting more information regarding any comments, questions, concerns or complaints
- **Who sends alerts to my phone via text and why?**
  - The State office sends alerts to participants via 1-833-826-0223
  - The State Office texts participants to
    - Provide additional resources we are aware of or have partnered with
    - Provide updates to statewide benefits, **not individual benefits**

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"Beet and Orange Salad"

Prep/Cook Time: 5-10 minutes **Servings: 4-6**

Ingredients

- 5oz of leafy greens (such as spring mix, arugula, spinach)
- 14.5oz can of mandarin oranges in its own juice (no light or heavy syrup)
- 15oz can of sliced beets
- 4-5oz soft cheese (i.e. blue cheese, feta, or goat)
- ⅓ cup chopped nuts (such as pistachios, walnuts, pecans, almonds)
- ⅓ cup dried cranberries

Directions

1. Wash prep area and your hands.
2. Drain the liquid from the can of beets and oranges.
3. Add all of the ingredients together in a large bowl.
4. Add salad dressing of your choice, if desired.





Submitted by Rachel K.,
Health Program Specialist 1 State WIC Office

"Strawberry Vinegarette"

Prep/Cook Time: 10 minutes **Servings: 7**

Ingredients

- 2 Tablespoons Honey**
- 2 Tablespoons Extra Virgin Olive Oil
- 2 Tablespoons Apple Cider Vinegar
- 1 cup of frozen Strawberries
- ¼ Teaspoon of salt
- ¼ Teaspoon of pepper





Submitted by Theresa R.,
Admin. Assistant II State WIC Office

Directions

1. Wash prep area and your hands.
2. Add all of the ingredients to a blender (or immersion blender) and blend until smooth.
3. Adjust seasonings as desired.
4. This should be refrigerated and is good for up to a week.



**Do not provide children under the age of 1 honey.

✦ = WIC Approved Product

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"Lemon Lentil Salad" **Prep/Cook Time: 40-45 minutes** **Servings: 4**

Ingredients

- 1 cup dried brown or green lentils
- 2 ½ cups water or broth of your choice (vegetable or chicken)
- 2 cloves garlic minced or grated
- 2 small lemons
- 3 bay leaves (dried or fresh)
- Pinch of salt and pepper
- 1 cup cherry tomatoes, halved
- 1 large cucumber, chopped
- 1 large red bell pepper, chopped
- 2 large bunches of parsley, minced
- ½ cup feta or cotija cheese

Dressing

- 2 tsp lemon zest
- 3 tbsp lemon juice
- 1/3 cup olive oil
- 2 cloves minced garlic
- 1 tsp dried thyme or oregano or a combination of the two
- Salt and pepper to taste

Directions

1. Wash prep area, all fresh produce and your hands.
2. Rinse lentils in a fine mesh strainer.
3. In a medium pot, bring water and lentils to a boil along with garlic, lemon peel, bay leaves, salt and pepper.
4. Turn heat down to medium low and simmer uncovered for 20-25 minutes, until water is absorbed. Be sure to check at the 15 min mark (you don't want lentils to get mushy).
5. Stir a few times so they do not stick to the pan.
6. Remove lentils from stove and using a spoon, pick out bay leaves, larger garlic pieces, and lemon peel.
7. Add lentils to a large bowl along with tomatoes, cucumber, red pepper, and parsley.
8. Prepare dressing by adding all ingredients into a sealable jar and shake until incorporated.
9. Drizzle dressing over lentil/veggie mixture and stir to coat.
10. Crumble cheese on top of the salad prior to serving.
11. Store lentil salad covered, in the fridge, for 4-5 days.
12. Notes: Cilantro or mint can be used along with the parsley. Salad is best if prepared the day before and refrigerated overnight.



Submitted by Evelyn D.,
Health Program Specialist 1
Vendor Coordinator,
State WIC Office

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“Smashed Cucumber Salad with Cilantro and Mint”

Prep/Cook Time: 10 minutes **Servings: 4**

Ingredients

- 2 English Cucumbers
- 1 Tablespoon Sugar
- 2 Teaspoons of toasted sesame oil
- 1 Tablespoon of Soy Sauce
- 1 ½ Tablespoons of rice vinegar
- 2-4 cloves of garlic, minced
- 2 Teaspoons of Toasted sesame seeds
- 2 Tablespoons of Chopped Cilantro
- 2 Tablespoons of Chopped Mint
- 1-2 Teaspoons of Chili Oil (optional garnish, to taste)

Directions

1. Wash prep area, all fresh produce and your hands.
2. Combine all ingredients except cucumbers and chili oil in a large bowl. Mix and set aside.
3. On a large cutting board, lay out cucumbers and use a large knife laid out on the ‘flat’ side to ‘smash’ or flatten the cucumbers. The cucumbers should flatten and break into several pieces.
4. Once smashed, remove cucumber ends and discard. Cut cucumbers into ½ inch pieces and transfer to the bowl with the dressing.
5. Mix well. Adjust seasoning as needed to taste. Garnish with chili oil as desired.
6. Serve with protein of your choice and brown rice for a refreshing, summery meal.



Submitted by Jacquelyn B., Health Program Specialist 1 Breastfeeding Coordinator, State WIC Office

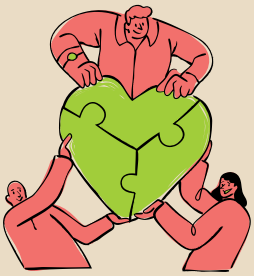
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Nevada WIC



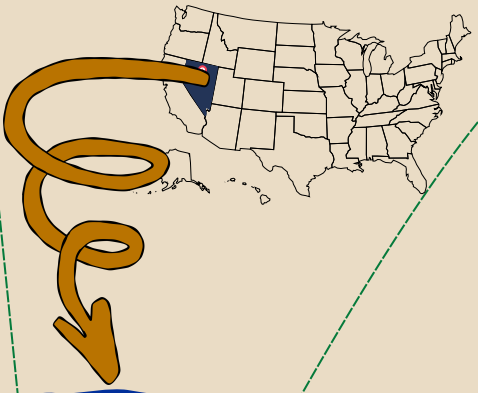




Clinic Staff



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Nevada WIC Clinics

- **Sun Valley**
  - Community Health Alliance #313
- **Lemmon Valley**
  - Community Health Alliance #318
- **Reno**
  - Community Health Alliance (#312, #315-317)
  - Northern Nevada Public Health (#301-302)
- **Sparks**
  - Community Health Alliance #314
- **Incline Village**
  - Northern Nevada Public Health #306

- **Carson City**
  - Ron Wood Family Resource Center #423
  - Carson City Health and Human Services #455
- **Gardnerville**
  - Carson City Health and Human Services #427
- **Hawthorne**
  - Consolidated Agencies of Human Services #409

- **Winnemucca**
  - Pershing County #422
- **Elko**
  - Family Resource Center of Northeastern Nevada #417
- **Battle Mountain**
  - Pershing County #403
- **Lovelock**
  - Pershing County #421
- **Fernley**
  - Lyon County Human Services WIC #424
- **Fallon**
  - Pershing County #425
- **Dayton**
  - Lyon County Human Services WIC #420
- **Silver Springs**
  - Lyon County Human Services WIC #428
- **Yerington**
  - Lyon County Human Services WIC #419

- **Mesquite**
  - Sunrise Children's Foundation #504
- **Las Vegas**
  - Catholic Charities #801
  - Nevada Health Centers WIC (#204-206, #208-209, #601-602)
  - St Rose WIC #721
  - Sunrise Children's Foundation (#501-503, #803)
  - Urban League WIC (#650-651)
- **Henderson**
  - Catholic Charities #802
  - St Rose WIC #720
  - St Rose WIC #722

- **Tonopah**
  - Nye County WIC #406
- **Alamo/Caliente/ Ely**
  - Little Peoples Head Start WIC #413, #414, and #426
- **Pahrump**
  - Nye County WIC #505

NEVADA DIVISION of PUBLIC and BEHAVIORAL HEALTH

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Nevada WIC Clinic Updates and Spotlights

Northern Nevada Public Health WIC (NNPH): Important Update

Northern Nevada Public Health (NNPH) WIC is making some changes to where we provide services:

- The WIC office at **601 W. Moana Lane (Clinic 301) will close in late June** after more than 20 years of service.

- The WIC office at **1001 E 9th Street (Clinic 302) will stay open** and will have more space and staff to serve clients and the community.
  - Location: 1001 E 9th Street
- NNPH WIC is working on adding new, convenient satellite locations, with more details to be shared soon.

We know many families depend on the Moana office, and the change may impact clients who rely on this location. NNPH WIC is committed to ensuring a smooth transition with no interruption in services. Clients who get services at the Moana location do not need to move to another program or office.

What Moana clients can expect:

- WIC benefits and services provided as usual
- Ability to have appointments in person or by phone
- Scheduled appointments will continue
- During visits, staff will help clients understand options and next steps
- Phone and text message updates as the closure date gets closer

There will be no changes to clients' eligibility, benefits, or ability to get an appointment. For those that currently visit the Moana office, services will transition to the 1001 E 9th Street office or one of our new locations when they open.

If you have questions, we're here to help. Call us at 775-828-6600 or visit www.NNPH.org/WIC for updates.



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Nevada WIC Clinic Updates and Spotlights

Lyon County WIC

What's been happening…

- During March, WIC Staff and Children's Services partnered with the Boys & Girls Club of Mason Valley and Truckee Meadows to support Child Abuse Prevention Month. Together, they created pinwheels, national symbols of safe, happy, and healthy childhoods, to be displayed throughout the county in April. On April 3rd, WIC Staff participated in four pinwheel planting events across the communities, helping raise awareness and demonstrate a shared commitment to strengthening families and preventing child abuse. The impactful relationships between WIC, Boys & Girls Clubs, El Centro de la Familia, and many other agencies made these events so meaning to the communities.

History of Kids Day

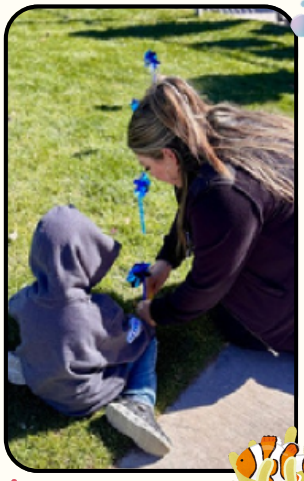
- Each year, Lyon County Children's Services hosts four community events for children and families in Dayton, Yerington, Fernley, and Silver Springs. What began in 2013 as a LANSP goal to bring WIC families together for a day at the park has grown into a countywide tradition.
- Over time, the events have expanded to include Home Visiting and Family Support Program families, and now we welcome all families in the community. Local partnering agencies eagerly participate each year, providing free activities and resources to ensure no child is turned away due to financial barriers.
- WIC continues to play a major role in these events dedicating outreach tables at each event, bringing valuable resources to participate, and connecting families with services and resources available in their communities.
- As attendance has grown, so has the need for larger venues. Last year, two events were relocated to accommodate increasing participation and even allow space for helicopter landings, a highlight for many families.
- From just 13 participants at the first "WIC Days in the Park" to nearly 500 attendees at one location in 2025, these events continue to strengthen community connections. We look forward to another successful year in 2026.

Upcoming Events

- **Kids Days in the Park** are coming back! This year's theme is **UNDER THE SEA**
  - **Dayton:** Mark Twain Park **- June 17, 2026, 10AM-1PM**
  - **Yerington:** Mountain View Park **- June 18, 2026, 10AM-1PM**
  - **Fernley:** Out of Town Park **- June 25, 2026, 10AM-1PM**
  - **Silver Springs:** Silver Stage Park**- June 26, 2026, 10AM-1PM**







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Nevada WIC Vendors









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Nevada WIC Vendor Updates

Vendor Updates

- **Who is this for: Vendors**

- **New Vendor Application Policy**
  - Nevada WIC has updated their new vendor application policy. The previous policy allowed vendor applications to be submitted any time throughout the authorization period. In order to streamline the process, new vendor applications may be submitted annually from **October 1 – February 1.** Applications will be reviewed for completeness and preauthorization inspections will be scheduled March 1 through May 30. If approved, applicants will be authorized once the preauthorization inspection is passed. New vendors will be required to attend a new vendor training.

- **Annual Vendor Training**
  - Reminder: Annual Training is a requirement of WIC Vendor Authorization
  - Vendor agrees to

1. Have at least one representative participate in interactive training annually. Vendor training may be provided by the State Agency in a variety of formats, including newsletters, videos, and interactive training. The State Agency will have sole discretion to designate the date, time, and location of all interactive training. The State Agency will provide the Vendor with at least one alternative date on which to attend such training.
2. Train and update all cashiers and other employees who handle WIC purchases on WIC program requirements and provide special or additional training as required by the State Agency to ensure that all cashiers and other employees who handle WIC purchases understand WIC program requirements.

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Nevada WIC Vendor Updates

- **Training Dates**
  - ***English***
    - July 21- 2:00PM-3:30PM
    - July 28- 10:00AM-11:30AM
    - August 4- 1:30PM-3:00PM
    - August 7- 9:00AM-10:30AM

  Spanish

  July 22- 1:30PM-3:00PM

  August 6- 10:00AM-11:30AM
- **Register for training here:**
  - https://nevadawic.org/vendors/training-resource-materials/

- **Problems with scanning WIC-Approved Items**
  - Vendors experiencing problems scanning WIC foods should contact their Point of Sale (POS) provider and the State WIC Office (SO) as soon as a pattern of failed transactions becomes apparent.
  - Scanning problems can come from a variety of issues, from unmapped produce to items with new UPCs.
  - Some systems will decline just the product in question, but others will decline the entire transaction.
  - The fastest way to resolve problems is to contact your POS provider for assistance.
  - The SO can assist in troubleshooting and helping participants.
  - It is important to let the SO know when there are problems with scanning so participants can be informed. Letting participants know of any issues ahead of time may save them an unnecessary trip to the store.

This institution is an equal opportunity provider.