Fall 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:
  - Introducing the WIC Wayfinder
    - a quick guide to our newest resource
  - Nevada Medicaid Update
  - Easy Recipes Using WIC Foods
  - WIC Agency and Staff Spotlights
  - Vendor Updates
  - Questionnaire

Happening Now and Coming Soon to Nevada WIC

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.
- This project is being funded by the USDA FNA WIC Modernization grant.

Happening Now and Coming Soon to Nevada WIC

WIC Maternal Health Center's Maternal Health Initiative

- Nevada WIC was selected to participate in the WIC Maternal Health Center's two-year maternal health initiative.
- This initiative will support projects that help WIC participants recognize the warning signs of severe maternal morbidity and mortality during pregnancy and the postpartum period.
- Through this work, participating agencies will strengthen services for WIC participants while contributing to a growing evidence base on effective strategies for improving maternal health outcomes through WIC.
- Nevada WIC's initiative will focus on the Blood Pressure Screening and Referral initiative.

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

Fall 2026 Newsletter





Nevada WIC







Participants

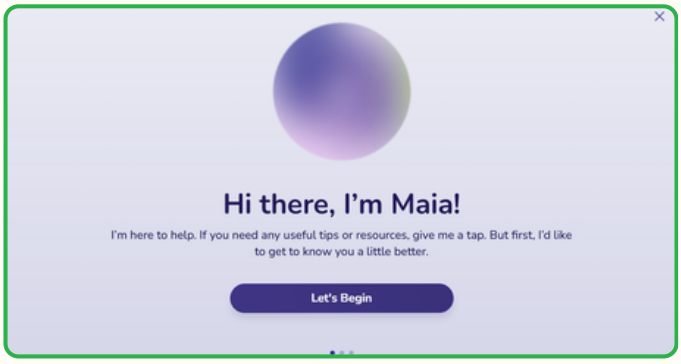


Fall 2026 Newsletter

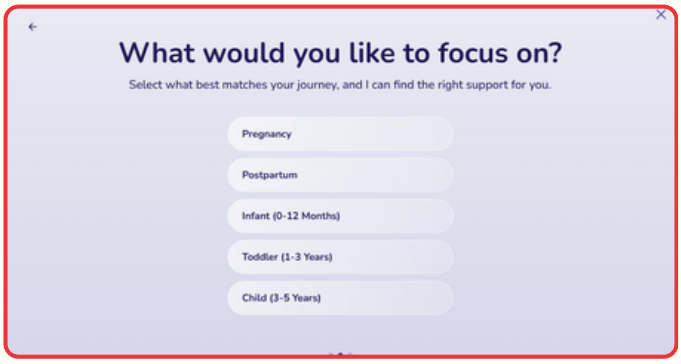
Introducing the WIC Wayfinder

- **Who is this for: Everyone**
- The new Nevada WIC Wayfinder website is here to help you find the information you need, when you need it. Discover WIC foods, find new recipes and resources. Visit the ***WIC Wayfinder*** today!

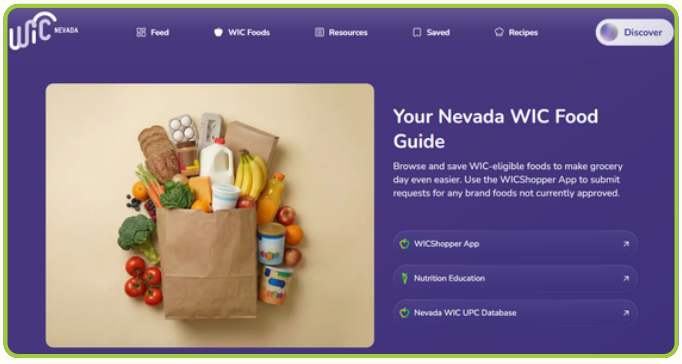
Upon your first visit to the WIC Wayfinder, ***Maia*** is there to guide you through the process



Maia will ask a few general questions to point you in the direction of your current journey



Under the **WIC Foods** tab, you can browse and save WIC-eligible foods. By selecting a food product, you can see what is WIC approved, as well as receive some ideas on recipes with that food product.



Fall 2026 Newsletter

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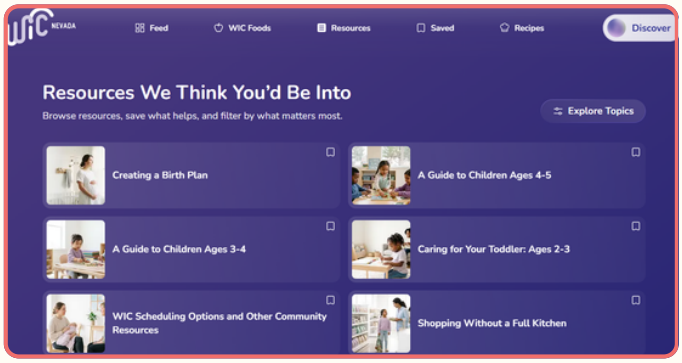
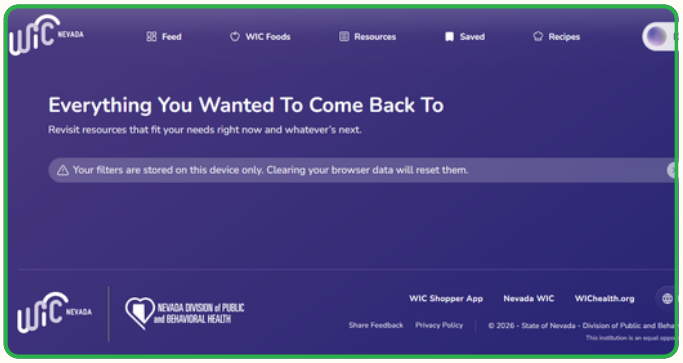
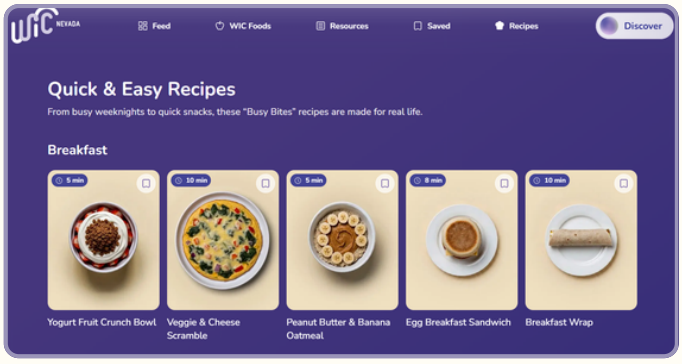
Under the **Resources** tab, you can browse a variety of topics related to the communities we serve: Pregnancy, Postpartum, Infant (0-12 Months), Toddler (1-3 Years), and Child (3-5 Years)

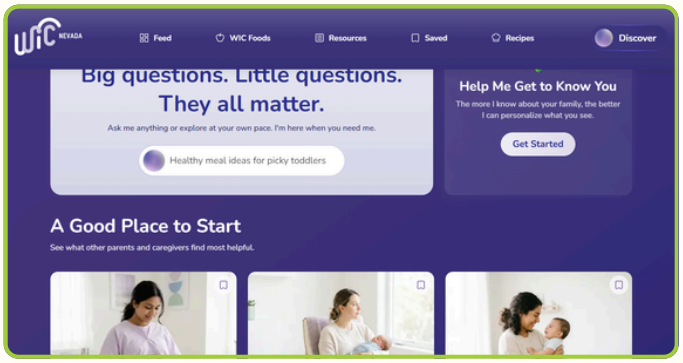




Under the **Saved** tab, you can save resources that fit your current needs and update your personal list, as you please!

Under the **Recipes** tab, you can view quick and easy recipes with a Busy Bite Video





Using the **Discover** button, you can search the big and little questions at your own pace and find helpful resources.

Fall 2026 Newsletter

Nevada Medicaid Update

Medicaid eligibility rules are changing. Get Ready. Stay Covered.

What is Changing?

- Beginning January 1, 2027, some Nevada Medicaid members will need to work, volunteer, or go to school to keep their health coverage.

Does this apply to me?

- Some people will not have to meet the new requirements, including:
  - People 65+
  - Parents of children under 14
  - People with a disability
  - Pregnant people
  - People with serious physical or mental health conditions
  - American Indians & Alaska Natives
    - For a full list of who this does not apply to, visit, NevadaMedicaid.nv.gov



Frequently Asked Questions

- **What if I'm affected?**
  - Some adults will need to complete 80 hours of work, job training, school, or volunteer service to keep their Medicaid. All 80 hours must be completed in the same month, but that month can be at any point during the review period.

Fall 2026 Newsletter

Continued...

- **What is a "review period"?**
  - Your review period is the length of time before your renewal date that Nevada Medicaid will look at.
  - They will look to see if you completed 80 hours in a month of work, school, or volunteer activities. You will only need to meet these requirements in one month during your review period to keep your coverage.
- **When is the deadline?**
  - You will need to show that you completed 80 hours of work, volunteer, and/or school activities when it is time to renew your Medicaid coverage in 2027. Nevada Medicaid will reach out to you if information cannot be confirmed with your electronic records.
- **Is there anything I should do now?**
  - Yes. Confirm your renewal date and make sure your mailing address, phone number, and email are up to date.
- **How will I know if I'm affected?**
  - Nevada Medicaid will review your information at your next renewal. If the new requirements apply to you, Medicaid will let you know. This is why it's important to keep your contact information up to date.
- **Will I lose my Medicaid?**
  - If the new rules apply to you, you can keep your coverage by meeting the requirements. If you do not meet the new requirements when it is time to renew your Medicaid, you may lose coverage.
- **What if I lose coverage?**
  - Nevada Medicaid will send you a notice explaining why, and you have the right to appeal the decision.
  - If you choose to appeal, you must continue to report changes in your circumstances and follow all other Medicaid reporting rules.
  - You can find additional resources for support to regain coverage at NevadaMedicaid.nv.gov.

Nevada Medicaid

Fall 2026 Newsletter

Nevada WIC Recipes

Bean Salad with Creamy Avocado-Lime Dressing

Prep/Cook Time: 25 minutes **Servings: 6**

Ingredients

Salad Base:

- 1 can (15oz) Kidney Beans (Rinsed and drained)
- 1 can (15oz) Black Beans (Rinsed and drained)
- 1 can (15oz) corn (Drained)
- ½ medium Red Onion (Finely chopped)
- 1 Green Bell Pepper (Finely chopped)
- 1 Roma Tomato (Seeded and diced)
- 1 bundle of Fresh Cilantro (Divided into 2 halves)

Creamy Avocado Lime Dressing:

- ½ Avocado
- Juice of 2 Limes (Approx. 3-4 TBSP)
- 1 TBSP Plain Greek Yogurt (or Sour Cream)
- ½ cup Milk
- ½ TSP Salt



This recipe comes from the Nevada WIC Cuisine Recipe Book that CCSN developed in 2020 using WIC-approved foods!

Directions

1. Prep: Wash your hands, work surface, and fresh produce (tomato, onion, bell pepper, and cilantro).
2. Chop Produce: Dice the tomato, red onion, and green bell pepper. Finely chop the cilantro, separating it into two equal portions.
3. Combine Salad: In a large bowl, mix the drained kidney beans, black beans, corn, diced tomato, red onion, bell pepper, and half of the cilantro.
4. Blend Dressing: In a blender, combine the avocado, the remaining half of the cilantro, lime juice, yogurt (or sour cream), milk, and salt. Blend on high for 1-2 minutes until smooth.
5. Toss and Serve: Pour the blended dressing over the bean and vegetable mixture. Toss gently until evenly coated. Serve fresh alongside tortilla chips or over cooked rice.

Submitted by Catholic Charities WIC Clinic Staff, #801 & #802

= WIC Approved Product

Fall 2026 Newsletter

Nevada WIC Recipes

Thai Red Curry with Fall Vegetables

Prep/Cook Time: 45 minutes **Servings: 4**

Ingredients

- ✦ Cooked brown rice to serve
- ✦ 2 cups of bite sized peeled kabocha squash
- 1 ½ cup full fat coconut milk
- 3-5 TBSP prepared Thai red curry paste (of choice)
- 1 lb of bite sized boneless skinless chicken thigh
- 1 cup chicken stock
- 2 TBSP fish sauce or soy sauce
- 2-3 TBSP palm sugar
- 1 cup Thai basil leaves
- ✦ 1 red bell pepper; quartered and sliced



Submitted by Jackie B.,
Health Program Specialist 1 State WIC Office

Directions

1. Wash prep area and your hands.
2. Bring ½ cup of coconut milk to boil and add in curry paste, stirring to remove any lumps. Reduce to medium heat and cook until very thick.
3. Add the cubed chicken to coat in the coconut curry mixture. Then add chicken broth, remaining coconut milk, palm sugar and 1 tablespoon fish or soy sauce, reserving the rest to adjust the seasoning later. Cook for 8 minutes on medium heat.
4. Add the kabocha squash and simmer until tender when pierced with a fork (6-8 minutes). DO NOT overcook or the squash will fall apart.
5. Remove from heat and add more fish sauce/soy sauce to taste. Stir in the Thai basil leaves and red peppers into the curry. Serve hot with cooked brown rice.



✦ = WIC Approved Product

Fall 2026 Newsletter

Nevada WIC Recipes

Smashed Brussels Sprouts **Prep/Cook Time: 40 minutes** **Servings: 4**

Ingredients

- 24oz (1.5 lbs) Brussels Sprouts
- 1-2 TBSP extra-virgin olive oil (or avocado oil)
- 1 TSP coarse salt
- ½ TSP freshly ground black pepper
- ⅔ cup fresh grated parmesan cheese



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

Directions

1. Wash prep area and your hands.
2. Preheat oven to 425 °F
3. Cook brussels sprouts in a large pot of boiling water for 10-20 minutes or until tender. Draine well and take care to pat them very dry.
4. Place the brussels sprouts on a sheet pan and gently “smash” each one (bottoms of cups work great). Drizzle with oil and sprinkle with parmesan, then gently toss to coat them evenly.
5. Roast for approximately 20 minutes or so, until they’re toasted to your liking. Enjoy immediately or at room temperature.

= WIC Approved Product

Fall 2026 Newsletter

Nutrition Profile: Recipes

Arugula Salad with Roasted Pork Tenderloin, Pears, & Blue Cheese



Nutrition Profile:

- Diabetes-Friendly
- Gluten, Egg, & Soy Free
- Low Calorie
- High-Protein

Healthy Highlights:

- Protein dense dish
- Walnuts help support heart health & brain function due to containing omega-3 fatty acids, antioxidants, and essential minerals.

For more information: Recipe Link

Source: Kirkland, Andrea. "Arugula Salad with Roasted Pork Tenderloin, Pears & Blue Cheese." Edited by Breana Lai Killeen, *Arugula Salad with Roasted Pork Tenderloin, Pears & Blue Cheese*, EatingWell, 24 Sept. 2025, www.eatingwell.com/recipe/269123/arugula-salad-with-roasted-pork-tenderloin-pears-blue-cheese/.

Salmon & Avocado Salad



Nutrition Profile:

- No Added Sugar
- High-Protein
- Dairy, Nut, Soy, & Gluten-Free
- Omega-3

Healthy Highlights:

- Salmon is a great source of omega-3 fatty acids
- The concoction of the dressing, when used in moderation, offers amazing health advantages such as blood sugar control, digestion aid, promotes gut health, antioxidant boost, anti-inflammatory properties.
- The mixed vegetables offer rich quantities of vitamins A, C, K, folate, minerals, & dietary fiber.

For more information: Recipe Link

Source: Ginsberg, Megan. "Salmon & Avocado Salad." Edited by Jessica Ball, *Salmon & Avocado Salad*, EatingWell, 29 Sept. 2025, www.eatingwell.com/recipe/7870123/salmon-avocado-salad/.

Fall 2026 Newsletter

Nutrition Profile: Recipes

Tomato & Onion Salad with Crispy Tofu

Nutrition Profile:

- High-Calcium
- Nut Free
- High-Protein
- Vegetarian
- Low Calorie

Healthy Highlights:

- Castelvetrano and Kalamata olives are rich in heart-healthy monounsaturated fats, antioxidants, and anti-inflammatory compounds
- The concoction of the dressing, when used in moderation, offers amazing health advantages such as blood sugar control, digestion aid, promotes gut health, antioxidant boost, anti-inflammatory properties.
- Tomatoes are rich in vitamins, minerals, & antioxidants

For more information: Recipe Link

Source: Aidells, Bruce. “Tomato & Onion Salad with Crispy Tofu.” Edited by Breana Lai Killeen, *Tomato & Onion Salad with Crispy Tofu*, EatingWell, 18 Apr. 2024, www.eatingwell.com/recipe/259673/tomato-onion-salad-with-crispy-tofu/.



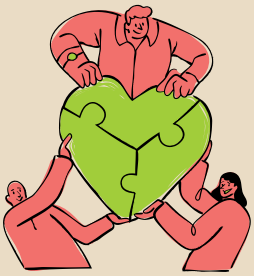
Fall 2026 Newsletter





Nevada WIC



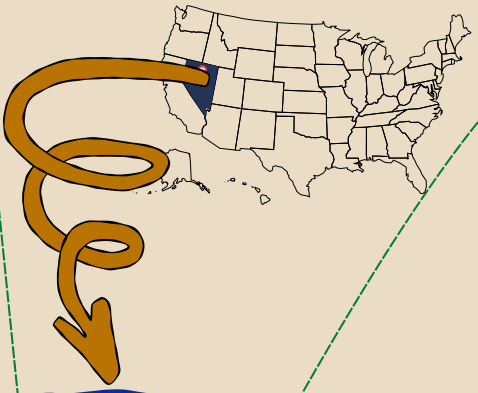




Clinic staff



Fall 2026 Newsletter



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

Fall 2026 Newsletter

Nevada WIC Clinic Updates and Spotlights

Northern Nevada Public Health WIC (NNPH): WIC & Dietetic Internship Partnership

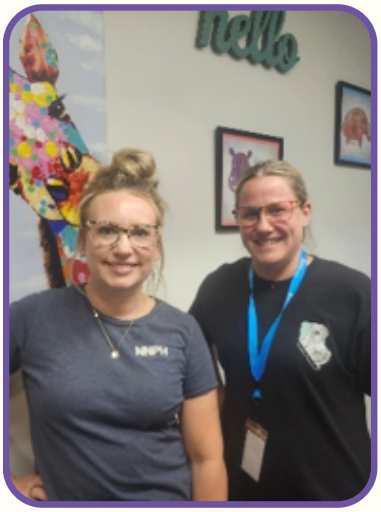
Since 2022, The Northern Nevada Public Health (NNPH) WIC program has been proud to partner with the dietetic internship program at the VA Sierra Nevada Health Care System in Reno, Nevada to give future dietitians hands-on experience in public health. Each year, dietetic interns spend one to two weeks at NNPH WIC learning about pediatric nutrition and the important services WIC provides to women, infants, and children.

This partnership benefits both WIC and the interns. Interns gain real-world experience working with children and families while learning more about nutrition and public health. At the same time, WIC helps build a strong local workforce of future dietitians. By introducing these future professionals to WIC, we help them better understand the important role WIC plays in helping families build healthy habits and supporting children as they grow.

Participation in this program had an even bigger impact on our program in 2024 when the NNPH WIC program welcomed Nicole Drisdale, who had been an intern with WIC and identified the program as a place she would like to work using her skills and knowledge as a Registered Dietitian Nutritionist (RDN).

RDNs play an important role in WIC by helping families meet their nutrition needs. They use their knowledge of food and nutrition to support healthy growth, provide nutrition education, and help families address nutrition concerns. RDNs also help connect families with health care and community resources when needed. Their work helps WIC improve the health and well-being of women, infants, and children.





Registered Dietitian Nutritionists Kelcie Olson and Nicole Drisdale.

Fall 2026 Newsletter

Nevada WIC Clinic Updates and Spotlights

Lyon County Human Services WIC

Recent Events

- The Annual Kid's Day in the Park in June was a great success! WIC Staff promoted nutrition education with fun activities. The events were attended by hundreds of Lyon County residents.



Breastfeeding Awareness Clinic Bulletin Boards





Fall into a season of support, nourishment, & connection

Upcoming

- Lyon County WIC will be participating in many back-to-school events, fall harvests, trunk or treats, and other fall activities around the county.

LCHS WIC OFFICES

YERINGTON, 419
26 Nevin Way
Phone: 463-6583 Fax: 463-6534
Hours: M-F 8:00AM-4:30PM

FERNLEY, 424
105 Lois Lane
Phone: 575-1703 Fax: 575-3373
Hours: M-F 8:00AM-5:00PM

SILVER SPRINGS, 428
620 Lake Ave
Phone: 577-5009 Fax: 577-5211
Hours: T & TH 8:00AM-4:30PM

DAYTON, 420
5 Pine Cone Rd, Suite 103
Phone: 246-6326 Fax: 246-6312
Hours: M-W-F 8:30AM-4:00PM

Fall 2026 Newsletter





Nevada WIC







Vendors



Fall 2026 Newsletter

Nevada WIC Vendor Updates

Vendor Updates

Who is this for: Vendors

Open Enrollment for New Vendor Applications

- Applications for new vendors may be submitted from October 1 through February 1. Applying for Nevada WIC Vendor Authorization is a process that takes time. Please ensure the entire application is complete.
  - Frequently omitted items include:
    - SNAP number
    - Square footage
    - Health Permit
  - Do not submit incomplete applications; if all items are not available, wait until you have all the required information. Incomplete applications will be returned.
  - Applications will be reviewed and preauthorization visits will be conducted March 1 through May 31.

Reauthorization

- Reauthoization is due in 2027. Details will be provided in the Winter Newsletter.

Door Decals

- With winter weather approaching, please check to ensure “Nevada WIC Accepted Here” decals are in place and in good condition. If the decals are peeling, loose, or fading - please contact *DPBHWICVendor@health.nv.gov* for replacement.
- Weathered decals are more prone to come loose due to doors being more frequently exposed to wet weather and cleaning in the winter months. Faded decals should be replaced to keep them bright and fresh!

Fall 2026 Newsletter

Nevada WIC Vendor Updates

Continued...

Troubleshooting Tips

- If a transaction fails at the register, make sure the WIC Card has been swiped correctly, and that the participant has entered the correct PIN.
- If the PIN has exceeded the number of attempts, please have the customer call the State WIC Office to unlock their card.
- If the pre-purchase balance inquiry prints, the card is working.
- Make sure each item is scanned individually.
- Separate any yogurt into nonfat and other yogurt. Scan the nonfat yogurt first.
- If the transaction is still not going through, or some items are not going through, give the customer the option to pay for those items with another payment method, or put the items back.
- WIC Participants also have the option to troubleshoot with the State WIC Office. Have your customers call 1-800-863-8942. The State WIC Office is available Monday through Friday, 8:00am-5:00pm to assist with transactions.

Fall 2026 Newsletter

Nevada WIC Survey

Nevada WIC Outreach Survey

If you have the time, we would appreciate if you participated in our survey. Our intent is to better serve our communities and provide the best service possible. Your input is greatly appreciated.

- Do you have a preferred method of communication between you and your WIC Clinic?
  - Please take this short **survey**



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NEVADA DIVISION of PUBLIC and BEHAVIORAL HEALTH