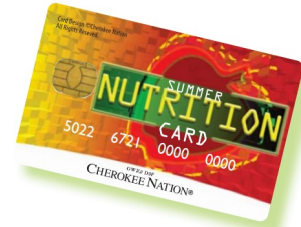


Welcome!

HEALTHY HAPPY KIDS Summer Nutrition Program



We are happy to have you participate in the Summer Nutrition Program. The Summer Nutrition Program is designed to provide healthy foods to school-age children during the months they are out of school for the summer. The foods are loaded onto a Summer Nutrition Card like the one pictured above and can be used at any Cherokee Nation WIC and Summer Nutrition Program approved store. If you have any questions you can talk to a member of the Summer Nutrition Program team at 539-234-3265.

What is the Summer Nutrition Program?

- The Cherokee Nation WIC Nutrition Program is administering the Summer Nutrition Program.
- The Summer Nutrition Program is only available during the summer months when school is not in session.
- This is not the WIC Nutrition Program; however, it provides the same foods WIC offers.
- The Summer Nutrition Card works like a debit card.
- Food is loaded onto your Summer Nutrition Card before you receive it.
- EACH child participating will receive food on the Summer Nutrition Card for each month of the Summer Nutrition Program.
- You can use your Summer Nutrition Card at grocery stores that accept the Cherokee Nation eWIC card.

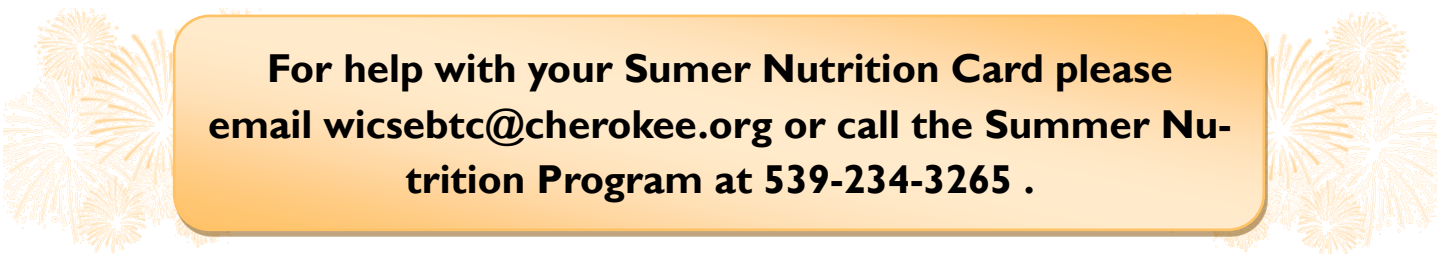


You will receive the following foods on your Summer Nutrition Card:

- Low-fat Milk
- Low-fat Yogurt
- Cheese
- Cereal
- Eggs
- Fruits and vegetables
- Whole grains like whole wheat bread, whole wheat tortillas, soft corn tortillas, oatmeal, brown rice, whole wheat pasta, or bulgur
- Peanut butter

Totals for your family can be found on your Shopping List!





**For help with your Sumer Nutrition Card please
email wicsebtc@cherokee.org or call the Summer Nu-
trition Program at 539-234-3265 .**

Other Services Families May Find Helpful:

Many families around the country depend on free- or reduced-priced meals, served through their children's schools, for help during the school year. However, when school is not in session, some families may find it hard to replace those meals at home. Along with their Summer Nutrition Card, families may also apply for the following services:

Supplemental Nutrition Assistance Program (SNAP) formerly The Food Stamp Program

- Adair County Human Services Center - Section Line Road Stilwell, OK 74960. Phone: (918) 797-2900 or 1-800-225-0049
- Cherokee County Human Services Center - 1298 W. Fourth Street Tahlequah, OK 74464. Phone: (918) 207-4500 or 1-800-225-9868
- Delaware County Human Services Center - 438 S. 9th Street Jay, OK 74346. Phone: (918) 253-4213 or 1-800-433-6772
- Mayes County Human Services Center - 501 S. Elliot Pryor, OK 74361. Phone: (918) 824-4900 or 1-800-815-7572
- Sequoyah County Human Services Center - 1611 S. Kerr Boulevard Sallisaw, OK 74955. Phone: (918) 776-8000 or 1-800-270-0805

Cherokee Nation Food Distribution Program

- Jay Food Distribution Center Highway 59 North, Industrial Park Jay, OK 74346. Phone: (918) 253-8279
- Tahlequah Food Distribution Program Cherokee Nation Complex Tahlequah, OK 74464. Phone: 1-800-865-4462 or (918) 207-3920
- Salina Food Distribution Center 900 Owen Walters Boulevard Salina, OK 74365. Phone: (918) 434-8402
- Sallisaw Food Distribution Center 3400 West Cherokee Sallisaw, OK 74995. Phone: (918) 775-1220
- Stilwell Food Distribution Center Highway 59 South, Industrial Park Stilwell, OK 74960. Phone: (918) 696-5171

Cherokee Nation WIC Nutrition Program

- Kansas WIC Clinic 1020 East Tulsa, Suite 1 Kansas, OK 74347. Phone (918) 868-2010 (Wednesday-Thursday)
- Salina WIC Clinic 900 Owen Walters Boulevard Salina, OK 74365. Phone: (918) 434-8512
- Sallisaw WIC Clinic 301 South J.T. Stites Avenue Sallisaw, OK 74955. Phone: (918) 774-1413
- Stilwell WIC Clinic Highway 51 East Stilwell, OK 74960. Phone: (918) 696-8832
- Tahlequah WIC Clinic 19600 East Ross Street Tahlequah, OK 74464. Phone: (539) 234-3250

Summer Food Service Program

Check with your local School District to see if they or an organization in your community will be hosting a Summer Nutrition Program.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. The Cherokee Nation Summer Nutrition Program is an equal opportunity provider.