

Food Distribution Program on Indian Reservations (FDPIR)

Nutrition education and USDA foods are available through convenient FDP grocery stores. Recipients receive a variety of foods representing all food groups, including frozen beef and chicken, as well as fresh fruits and vegetables. Stores are closed the last two working days of the month.

The Food Distribution Program provides services in Ada, Ardmore, Duncan, Purcell and Colbert.

Applicants must provide the following documents to apply:

- Tribal citizenship card or CDIB of a federally recognized tribe
- Proof of address
- Pay stub for previous 30 days (for each working household member)
- Proof of unemployment (if applicable)
- Proof of child care or child support (paid or received)
- School Grant Award letter
- Out-of-pocket medical expenses (60 years or older)

Additional information located at:
www.RecipesWrappedWithLove.com



Clinical Dietetics and Okchamali's Cafe

Registered dietitians provide in-patient and out-patient interactive Medical Nutrition Therapy, along with assistance in developing individualized education and nutrition goals. Our lactation consultant is available to provide breastfeeding support to mothers and families before and after delivery.



Located in the Chickasaw Nation Medical Center, Okchamali's provides healthy meals and snacks for patients, families and employees. In-patients can make selections from a full-service menu. Free kid's meals are available for children ages 1-18, from 10 a.m. to 7 p.m. Monday-Friday, and 11 a.m. to 2 p.m. on Saturday and Sunday.



Okchamali's is designed to provide a variety of nutritious and delicious food choices from 7 a.m.-7 p.m. Monday-Friday, and 11 a.m. to 2 p.m. on Saturday and Sunday!

For more information on all nutrition services programs:
www.Chickasaw.net/NutritionServices

Ada Nutrition Services

518 East Arlington
Ada, OK 74820
Phone: (580) 436-7255 or
(888) 436-7255

Duncan Nutrition Center

1302 West Main St.
Duncan, OK 73533
Phone: (580) 470-2150

Ardmore Nutrition Center

2350 Chickasaw Blvd.
Ardmore, OK 73401
Phone: (580) 226-8289 or
(877) 897-2195

Purcell Nutrition Center

1530 Hardcastle Blvd.
Purcell, OK 73080
Phone: (405) 527-6967 or
(877) 894-7817

Chickasaw Nation Medical Center

1921 Stonecipher Dr.
Ada, OK 74820
Phone: (580) 436-3980



Bill Anoatubby, Governor

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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.
- This institution is an equal opportunity provider.

the Chickasaw Nation

Nutrition Services



*"To enhance the overall quality of life
of the Chickasaw people."*



SNAP-ED (Get Fresh!)

Get Fresh! is an innovative nutrition education program that provides interactive cooking shows that are free and open to the public. We provide nutrition and physical activity education to people of all ages, with class topics such as feeding your family on a budget, gardening and being active with your family and community. Get Fresh! cooking shows are held at the nutrition services centers, and other educational events may be scheduled by request. Visit www.GetFreshCooking.com to find more than 600 recipes, meal planning tips and the cooking show scheduled near you!



The Eagle Adventure program is a semester-long, type 2 diabetes prevention program taught in schools. Eagle Adventure is grounded in research, tradition and fun! Find out more about Mr. Eagle and his friends by visiting www.EagleAdventure.com.



Diabetes Is Not Our Destiny is a social marketing program that provides a vision of hope that type 2 diabetes can be prevented. Videos, recipes and other helpful links can be found at www.NotOurDestiny.com.

Summer Food Program

The Chickasaw Nation Summer Food Service Program partners with national and community organizations to provide nutritious meals to children between the ages of 1 and 18. During the summer, when one out of every four Oklahoma children face hunger challenges, the Chickasaw Nation bridges that gap, serving good food in various locations throughout the Chickasaw Nation.

These locations include the Chickasaw Nation Medical Center, area churches, public libraries, parks and Chickasaw Nation youth camps.

For location information, call our nutrition services team at (580) 272-5368.

Farmers' Market Nutrition Programs

The WIC Farmers' Market and Senior Farmers' Market Nutrition Programs provide checks for the purchase of fresh fruits and vegetables at authorized farmers' markets and farm stands throughout the Chickasaw Nation, from May through October.

Senior farmers' market applications can be taken at any nutrition services locations in Ada, Ardmore, Duncan or Purcell; WIC farmers' market checks can be picked up at the WIC clinics.

The farmers' market program also provides Chickasaw elders with winter fruit and vegetable packages to ensure access to produce year around. This monthly benefit, which begins in November and continues through March, can be picked up at any of the four nutrition services locations.



Four categories of participants are eligible for the program:

- WIC program participants
- Chickasaw seniors (55 and older)
- Fully disabled Chickasaw citizens (as determined by SSI)
- Native American seniors (55 and older), who meet the income guidelines

Senior eligibility requirements:

- Tribal citizenship card or CDIB of a federally recognized tribe
- 55 years of age or older
- Proof of income or SSI

Applications can be received by mail or picked up at nutrition centers in Ada, Ardmore, Duncan and Purcell. For more information, call (855) 572-3433.

Women Infants and Children Supplemental Nutrition Program (WIC)

The Chickasaw Nation Women, Infants and Children Supplemental Nutrition Program (WIC) partners with families to help their children be strong and successful by providing encouragement and support in feeding their children. WIC offers a unique approach to nutrition education, along with an expanded supplemental food package for growing children from the prenatal period up to age 5. The program puts families' feeding concerns first and works with families to provide the very best for their growing children. It also helps participants improve their diets, get immunizations and health care if needed, as well as encourages women to breastfeed.

Through nutrition education, counseling, support and encouragement, the Chickasaw Nation WIC staff connects with families to assist them in improving and enhancing the quality of their lives.

Applicants must meet the following criteria:

- Are currently pregnant or breastfeeding
- Have had a baby in the past six months or have a child younger than 5
- Meet WIC income guidelines
- Have a nutritional screening at the WIC office to determine if you are at nutritional risk

A WIC food package includes milk, cheese, yogurt, fruit juice, eggs, cereal, whole grains, canned fish, peanut butter, beans/peas, as well as fresh and frozen fruits and vegetables. Infant foods are also offered, and formula for infants is provided, if needed. Enhanced food packages are offered to breastfeeding women, and peer counselors are available 24/7.

WIC clinics are located at Ada, Ardmore, Chickasaw Nation Medical Center, Duncan, Tishomingo, Sulphur, Pauls Valley and Purcell. For more information, call (855) 559-0985.

Download the free Apple and Android app: MOMents by momcircle

