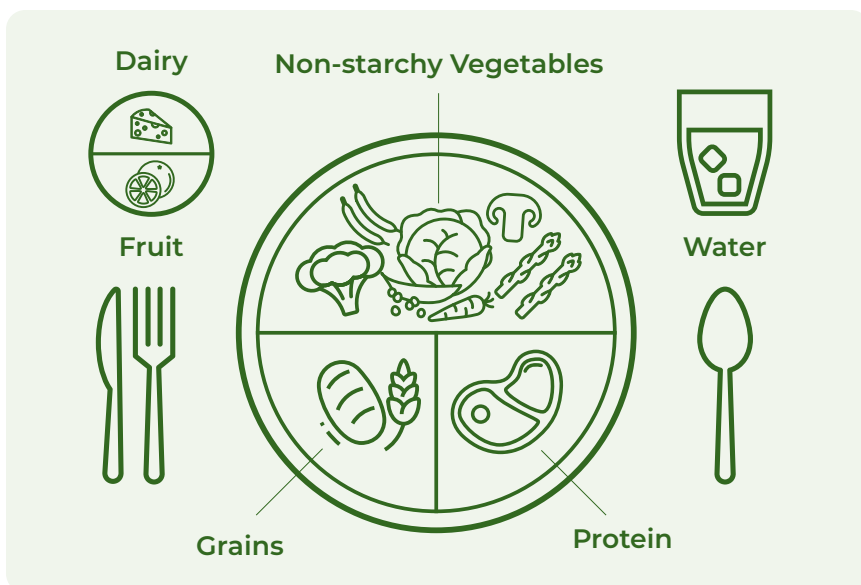


GRANDPARENTS RAISING GRANDCHILDREN

Nutritional Resource Toolkit



OKLAHOMA
State Department
of Health



MyPlate

Healthy eating is important at every stage in life, with benefits that add up over time, bite by bite. Small changes matter!

MyPlate is a visual reminder to find and build your healthy eating lifestyle. MyPlate also offers tips and resources for meal planning and physical activity tracking.

www.myplate.gov

Infant Crisis Services

Serving babies and toddlers from birth to three years. They provide formula, food bags, diapers, clothes, and more. Services are provided up to four times each calendar year.

Infant Crisis Services is based in Oklahoma City. Visit the website below for more information and for their BabyMobile hours and locations.

www.infantcrisis.org

Emergency Infant Services

Offers assistance with basic needs for children five years old and younger. They provide wipes, formula, food, clothing, and more.

Emergency Infant Services is based in Tulsa.

www.eistulsa.org

WIC Foods

WIC is a nutrition education and supplemental food program for pregnant women, postpartum breastfeeding and nonbreastfeeding women and their infants and children who meet eligibility requirements. The program includes nutritious foods, nutrition education classes and breastfeeding support.

Visit the link below for more details and to determine if you qualify.

[Oklahoma.gov/health/services/children-family-health/wic/wic-foods](https://oklahoma.gov/health/services/children-family-health/wic/wic-foods)

Supplemental Nutrition Assistance Program (SNAP)

SNAP enables low-income families to buy nutritious food with Electronic Benefits Transfer (EBT) cards. SNAP recipients spend their benefits to buy eligible food in authorized food stores/farmer's markets.

For more information on eligibility criteria and how to apply:

[Oklahoma.gov/okdhs/services/snap](https://oklahoma.gov/okdhs/services/snap)



211 Oklahoma Emergency Resource Hotline

211 Oklahoma network is confidential and free. Dial 211 to get information about social services and referrals to community services 24/7.

Dial 211 | 211oklahoma.org



Hunger Free Oklahoma

Provides a food resource tool to help search for nutrition assistance programs accessible to you, as well as policy and advocacy on hunger in the state.

Hungerfreeok.org/foodresourcetool



Regional Food Bank

Distributes food through over 1,300 community-based partner agencies and schools in 53 counties.

(405) 972-1111 | regionalfoodbank.org

Food Bank of Eastern Oklahoma

Distributes food and serves in 24 counties.
Their headquarters are in Tulsa, with a
location in McAlester as well.

(918) 585- 2800 | okfoodbank.org

Senior Farmers Market Nutrition Program (SFMNP)

This program provides eligible low income
seniors with a \$50 EBT debit card to to use on
fruits, vegetables, honey and herbs.

oklac.org/ebt

ONIE Project

Provides nutrition information and education
on healthy living for communities, families,
and individuals.

onieproject.org



**NEED ADDITIONAL SUPPORT?
CONTACT US**

Oklahoma State Department of Health Maternal and Child Health Service

MCH@health.ok.gov
(405) 426 - 8113

123 Robert S. Kerr Ave.
Oklahoma City, OK



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U7A33713 for the State Maternal Health Innovation Program. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by HRSA/HHS, or the U.S. Government.

This publication was issued by OSDH, an equal opportunity employer and provider. 1000 copies were printed by OMES Central Printing at a cost of \$1070.00. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at documents.ok.gov.

| Issued March 2025 |