



Wellness
Nutrition

October 2019

Fun FaCts



WIC and SNAP (Supplemental Nutrition Assistance Program) are programs available to those who qualify in South Dakota which include benefits to purchase healthy foods. Here are a few ways to get the most out of your benefits from these programs:

Use your WIC card first when checking out...

The WIC program provides a specific food package tailored to the needs of you and your family members who are enrolled. By using your WIC card first, you will make sure you use WIC benefits for the specific foods available on your card.

...then use your SNAP benefits.

This can stretch your SNAP benefit, allowing you to purchase more food items such as fish, lean meat, cottage cheese, non-dairy milk (almond, rice, etc.) or canned or dried fruits and vegetables.

Use your SNAP benefits to purchase the remaining formula your baby needs.

If your baby needs more formula than WIC can provide, SNAP can be used to purchase the rest.

If you're not currently participating in SNAP...

For more information call: **1.877.999.5612**
or find out more online at:

<https://dss.sd.gov/economicassistance/snap/>

Medicaid — breast pump — issuance

As of July 1, 2019, South Dakota Medicaid now covers manual and personal electric breast pumps when ordered by a physician, physicians assistant, nurse practitioner, or certified nurse midwife for any lactating mother wishing to nurse her newborn. The breast pumps should be used to promote lactation and to provide lactation support when natural feeding is not possible. These items are available for purchase only and do not require prior authorization.

Breast pumps are covered under the child's Medicaid coverage. Coverage is limited to one manual breast pump per year, per family or one personal electric breast pump per family every 3 years.

NOTE

Breast pumps are required to be billed under the infant's Medicaid ID number so the date of service cannot be before the infant's date of birth.

Delicious & Nutritious!



zucchini stir fry

Heat 1 tablespoon of vegetable oil in a large skillet. Add 2 cups chopped zucchini and 2 cups chopped tomatoes. Stir and fry for 4 to 5 minutes. Season with garlic powder, salt and pepper and Italian herbs.

Information from:

