

January 2, 2018

SBARE Committee:

We are writing in support of the NDSU Extension Services and the Family Nutrition Programs that go along with NDSU Extension. We administer the Nelson County and Griggs County WIC Programs (nutrition guidance and financial help in the form of healthy food vouchers) to low and middle income Women, Infants, and Children.

We rely on NDSU Extension and all the programs offered and supported by NDSU Extension to further teach our clients about menu planning, stretching food budgets, gardening, keeping infants and children safe in the home and community, and more. These programs go above and beyond what any other programs such as Public Health or the school systems offer. We offer classes to our clients, taught by Kristi Berdal, Home Extension Agent, several times a year.

Our focus at the WIC Program is health and nutrition. WIC stands for Women, (pregnant, breastfeeding, or postpartum), Infants (breastfed or formula fed), & Children up to age 5 years old. We weigh, measure, teach good nutrition, teach breastfeeding classes, and check blood iron levels for anemia. We are a USDA Program, also Government funded. Using NDSU Extension programs, we enable our clients to become better parents and caretakers of children who are the future of ND.

Thank you for your attention. We hope that the State of ND/NDSU continues to provide funding to the Extension Service. It is a valuable resource that we rely on.

Sandra Schuh, Director

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Nelson & Griggs County WIC Program

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