

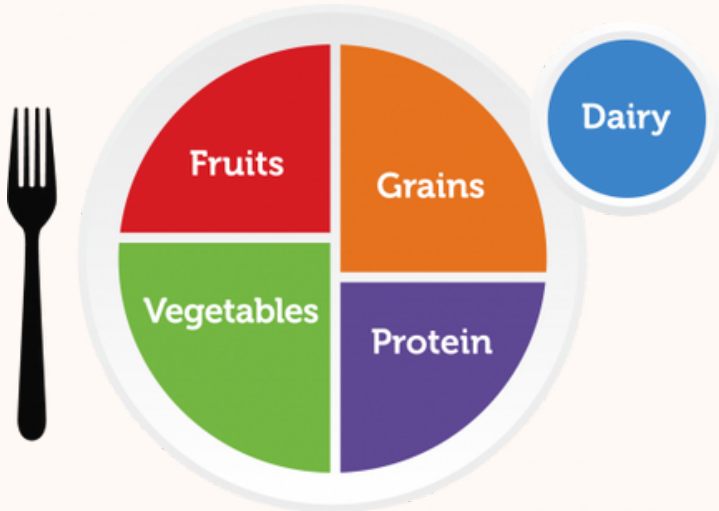
# Grandparents Raising Grandchildren Nutritional Resource ToolKit



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 change matter.



Five Daily Food Groups - Based on a 2,000 Calorie Plan



<https://www.myplate.gov/>

# Local Resources



## Infant Crisis Services

Serving babies and toddlers under the age of four. They provide formula, food bags, diapers, clothes, and more.

<https://www.infantcrisis.org>

## Emergency Infant Services



Offers assistance with basic needs for children 5 years old and under. They provide wipes, formula, food, clothing, and more .

<https://www.eistulsa.org/>



## WIC Foods

Offers supplemental food packages to help participants meet their nutritional needs.

<https://oklahoma.gov/health/services/children-family-health/wic/wic-foods.html>



## Supplemental Nutrition Assistance Program (SNAP)

Helps families to buy nutritious food with Electronic Benefits Transfer (EBT) cards to buy eligible food in authorized retail food stores/Farmers' Markets.

<https://oklahoma.gov/okdhs/services/snap.html>



# Oklahoma 211

## Emergency Resource Hotline

211 provides easy-access for  
information and referrals to  
community services

Call 2-1-1

<http://www.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.

<https://www.hungerfreeok.org/foodresource/tool/>



## **Regional Food Bank**

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

Call (405) 972-1111

<https://www.regionalfoodbank.org>

## **Food Bank of Eastern Oklahoma**



Distributes food and serves in 24 counties. Thier headquarters are in Tulsa, but has a McAlester location as well.

Call (918) 585- 2800

<https://okfoodbank.org>



## **Senior Farmers Market Nutrition Program (SFMNP)**

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

<https://onieproject.org/senior-farmers-market-nutrition-program/>

## **ONIE Project**

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

<https://onieproject.org/home/>

# OSDH Nutrition Handout PDF



This detailed PDF packet will provide information and education on...

- Choking Hazards
- Conscious Choking
- Estimate Portion Sizes
- Food Allergies and Choking
- Federal Agencies
- My Plate
- Making Better Beverage Choices
- Dine in/Take Out
- Grandparents Play an Important Role: Breastfeeding
- Safe Food Sizes and Shapes for Babies

Scan  
Here





# Need Additional Support ?

**Contact us**



Oklahoma  
State Department  
of Health - OSDH

**Maternal & Child Health Service**

**[MCH@health.ok.gov](mailto:MCH@health.ok.gov)**

**(405) 426-8113**

