

“Joining forces for healthy food sources.”



Jocelyn Lundon,
Licensed Nutritionist, Lake Region WIC Program

Being a parent can be hard, but parents are not alone!

Public health nutritionists like Jocelyn team up with parents and caregivers to provide nutrition education along with healthy foods through the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Public health nutritionists with the WIC Program listen and offer breastfeeding and food support to new moms and dads and other caregivers as they adjust to parenthood and do their best to give a healthy start to their children.

Learn more about North Dakota WIC and how to participate at:

<https://www.hhs.nd.gov/women-infants-children-wic-program/how-do-i-apply-wic>

Public Health Nutritionists...*share strategies that work.*