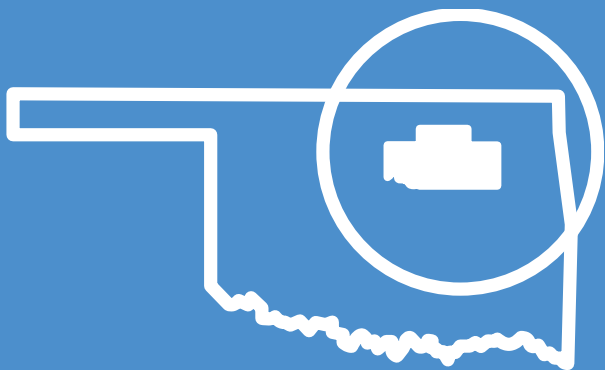


# Payne County Resource Directory



A resource guide for those in need of shelter, food, medical care, and more



# HOTLINE NUMBERS

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Emergency 911

Child Abuse 1-800-522-3511

Domestic Violence 405-624-3020

National Suicide Prevention 1-800-522-3511

Youth Crisis 405-377-1452

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# GROCERY ASSISTANCE (SERVING TIMES)

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<b>Provider</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Name</b>	Time	Time	Time
Community Food Bank of Cushing (see page 6 for more details)		2 <sup>nd</sup> Tues. of Month 9:00am-10:30am	
Glencoe First United Methodist (see page 7 for more details)			
Mehan Union Church (see page 7 for more details)			
Our Daily Bread (see page 8 for more details)	1:00pm-3:30pm	3:00pm-5:30pm	11:00am-1:30pm

# GROCERY ASSISTANCE (SERVING TIMES)

---

<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Time	Time	Time
		2 <sup>nd</sup> Sat. of Month 10:00am-12:00pm
		Sat. after 1 <sup>st</sup> Thurs. of Month 8:30am-10:30am
9:00am- 11:30am		3 <sup>rd</sup> Sat. of Month 9:00am-11:30am

# COMMUNITY MEALS (FREE)

---

<b>Provider</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Name</b>	Time	Time	Time
First Presbyterian Church 524 S Duncan St Stillwater, OK 74074			
First United Methodist 400 W 7 <sup>th</sup> Ave. Stillwater, OK 74074			
Project Heart Inc. 312 W 9 <sup>th</sup> St Stillwater, OK 74074	12:00pm- 12:30pm	12:00pm- 12:30pm	12:00pm- 12:30pm

# COMMUNITY MEALS (FREE)

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<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Time	Time	Time
		11:00am- 12:00pm
5:00pm- 6:00pm		
12:00pm- 12:30pm	12:00pm- 12:30pm	

# FOOD

---

## Community Food Bank of Cushing

802 N Maitlen Dr.  
Cushing, OK 74023  
(918) 225-0497

### Hours:

2<sup>nd</sup> Tues. of Month  
9:00am-10:30am  
Numbers distributed  
beginning at 8:00am

Assistance for: Residents  
of Cushing and Agra  
who meet USDA income  
guidelines

- Food pantry

Application: Verify  
Cushing/Agra residence  
and complete USDA  
application



# FOOD

---

## Glencoe United Methodist Church Food Pantry

103 S Perry  
Glencoe, OK 74032  
(580) 669-2639  
(580) 669-2536

### Hours:

2<sup>nd</sup> Sat. of Month  
10:00am-12:00pm

Assistance for: Individuals who meet USDA income guidelines; residents of Payne County or Glencoe School District

- Food pantry (bring own bags/boxes)

Application: Complete USDA application; show ID and Glencoe mailing address/school attendance

## Mehan Union Church Food Program

8300 E 68<sup>th</sup> St.  
Stillwater, Ok 74074  
(405) 743-2097

### Hours:

Sat. after 1<sup>st</sup>  
Thurs. of month  
8:30am-10:30am

Assistance for: Individuals in need of food

- Supplemental food assistance
- Free clothes closet

Application: Bring ID and local address

# FOOD

---

## Our Daily Bread Food & Resource Center

701 E 12<sup>th</sup> Ave.  
Stillwater, OK 74074  
(405) 533-2555

### Hours:

M 1:00pm-3:30pm  
T 3:00pm-5:30pm  
W 11:00am-1:30pm  
Th 9:00am-11:30am  
3<sup>rd</sup> Sat. of Month  
9:00am-11:30am

Assistance for: Residents of Payne County who meet USDA income requirements

- Grocery assistance
- Educational programs

Application: First visit: ID for all members in household and proof of residence if address is different than ID

## Project Heart Inc.

312 W 9<sup>th</sup> St.  
Stillwater, OK 74074  
(405) 372-1201  
Lunch Served:  
M-F 12:00pm-12:30pm

Assistance for: Individuals 60+

- Meals at the community center
- Homebound meals

Fees: Donation of \$1.50 per day

# FOOD

---

## Stillwater Mobile Meals

1323 W 6<sup>th</sup> Ave.  
Stillwater, OK 74074  
(405) 742-5765

Hours:

M-F 9:00am-3:00pm

Assistance for: Elderly, homebound or convalescing individuals who live within the city limits of Stillwater; must be unable to stand long enough to prepare a well-balanced meal

- Home delivery of nutritious meals
- Free pet food once a month
- Homebound library program

Application: Call office to apply

Fees: \$4 per meal  
Subsidizing available for those that qualify

# MEDICAL CARE

## GENERAL

---

### Payne County Health Department

1321 W 7<sup>th</sup>

Stillwater, OK 74074

(405) 372-8200

Hours:

M-F 8:00am -5:00pm

- Apply for WIC
- Immunizations
- Nutrition counseling by appt.
- STD services by appt.
- Family planning
- Child guidance
- Adult behavioral health

### Stillwater Medical Center

1323 W 6<sup>th</sup>

Stillwater, OK 74074

(405) 372-1480

In the case of a medical emergency, go to the ER

### Stillwater Community Health Center

821 S. Pine St.

Stillwater, OK 74074

(405) 743-3171

Hours: Vary. Call for appointment

Assistance for: 200% of the poverty level, uninsured, resident of Payne County

- Free health care and medications

Application: Call for appointment

# MEDICAL CARE COUNSELING

---

## Stillwater Interfaith Counseling

807 S. Pine St.  
Stillwater, OK 74074  
(405) 624-5840

Hours:

M-F 9:00am-5:00pm

Assistance for: Ages 14 years old and up and those ready to work on their mental health and wellness

- Counseling for anxiety, depression, relationship struggles, teen issues, self esteem, OCD perfectionism, loss/grief, etc.

Application: Call and leave a voicemail

Fees: Sliding scale (based on annual household income), accepts insurance or cash

# MEDICAL CARE COUNSELING

---

## Grand Lake Mental Health Center Children Services

604 S Walnut  
Stillwater, OK 74074  
(405) 372-2202

Hours:

M-F 8:00am-5:00pm

Application: Apply  
online at:

[www.glmhc.net/referral-form\\_id112](http://www.glmhc.net/referral-form_id112)

Fees: Accepts  
individuals with or  
without insurance

Assistance for: Residents of  
Payne County ages 0-18 and  
their families

- Individual Therapy
- Family Therapy
- Circle of Security
- Parent Child Interaction Therapy
- Trauma Focused Cognitive Behavioral Therapy
- Trust Based Relational Intervention
- Collaborative Assessment and Management for Suicidality
- Attachment, Regulation and Competency
- Systems of Care
- Wraparound
- Home Based, School Based and Community Based Services
- Integrated Health Services
- Case Management
- 24/7 Crisis Services

# MEDICAL CARE COUNSELING

---

## Grand Lake Mental Health Center Adult Services

1624 Cimarron Plaza  
Stillwater, OK 74075  
(405) 372- 2237

Hours:

M-F 8:00am-5:00pm

Application: Apply  
online at:

[www.glmhc.net/referral-form\\_id112](http://www.glmhc.net/referral-form_id112)

Fees: Accepts  
individuals with or  
without insurance

Assistance for: Residents of  
Payne County 18 years+

- Community Sentencing Program
- Offender Screening Program  
Co-Occurring Drug Court  
Docket
- Housing Assistance
- Intensive Outpatient Services
- Medication Assisted Treatment  
for Opioid Use Disorder
- Self-Pay UAs
- TANF Program
- Child Welfare Program
- Veteran's Outreach Program
- Individualized Placement and  
Supports Employment Program
- Integrated Health Services
- Outpatient Therapy
- Peer Support
- Case Management
- Crisis Service

# SUBSTANCE ABUSE

---

## Central Oklahoma Adult and Teen Challenge

3014 S Main St.  
Stillwater, OK 74074  
(405) 332-5648

Hours:

M-F 9:00am-5:00pm

Assistance for: Males 18 years old and up

- Faith-based discipleship program for men suffering from substance abuse

Application: Visit [www.okteenchallenge.com/centralok](http://www.okteenchallenge.com/centralok)

## Payne County Drug Court Inc.

608 W Highpoint Dr.  
Stillwater, OK 74075  
(405) 743-1968

Hours:

M-W 8:30am-4:30pm  
Th-F 8:30am-2:00pm

Assistance for: Court ordered individuals/residents of Payne County

- Felony Drug Court
- Misdemeanor Drug Court
- Referral drug testing

Fees: Vary. Contact for more info.

Application: Contact office



# PREGNANCY

---

## BabyMobile - Infant Crisis Services

Main Office:

4224 N Lincoln Blvd.

OKC, OK 73105

405-528-3663

Hours:

Vary-Call main office, visit [www.infantcrisis.org/baby](http://www.infantcrisis.org/baby) mobile or text 484848 for current schedule

Assistance for: Families with children 0-3 years old

- Receive a week's worth of formula/food and diapers and wipes at each visit
- Children may receive services 4 times a year until their 4th birthday

Application: Complete intake questionnaire; must know child's name and birthdate

## Stillwater Life Services

1509 W 8<sup>th</sup> Ave.

Stillwater, Ok 74074

(405) 624-3332

Hours:

M-Th 10:00am-5:00pm

(last appointment taken at 3:45)

Assistance for: Sexually active individuals/mothers

- Free pregnancy tests
- Options education
- STI/STD testing (requires small fee)
- Parent mentoring program
- Provides items related to infants once every six months
- Local referrals

# SHELTER

---

## Mission of Hope

1804 S Perkins Rd.  
Stillwater, OK 74074  
(405) 332-5521

### Hours:

24 hours a day  
7 days a week

### Assistance for:

Homeless individuals

- Emergency Shelter
- Transitional Housing
- Permanent Supportive Housing
- Rapid Rehousing

# SHELTER

---

## Payne County Youth Services

501c3

2224 W 12<sup>th</sup> Ave.

Stillwater, OK 74074

(405) 377-3380

Toll Free: 1-866-377-3380

### Hours:

M, T, Th 8:00am-8:00pm

W, F 8:00am-5:00pm

Text "Safe" with location to 4HELP (44357) for a safe place

Find PCYS on Facebook, Twitter, Instagram and YouTube

Assistance for: Children, youth, and young adults ages 4-22 years old

- Emergency Youth Shelter
- Transitional Living Program
- Mental Health Counseling
- Substance Abuse Counseling
- Crisis Counseling
- Telehealth Services for current and new clients
- Life Skills
- Safe Place
- Suicide Prevention Training
- Parenting Education

# SHELTER

---

## Wings of Hope Family Crisis Services

3800 N Washington  
Stillwater, OK 74075  
(405) 372-9922

Hours:

M-F 9:00am-5:00pm

Assistance for: Victims of domestic violence

- Safe Shelter
- Individual and Group Counseling
- Parenting Education
- Victim Advocacy
- Sexual Assault Response Team
- Children's Programs and Relief Nursery
- Interventions for Abusive Individuals
- Consultations
- Legal Aid
- Protective Order Information and Assistance

# DISABILITY

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## Life Adult Day Center

411 W Matthews Ave.  
Stillwater, OK 74075  
405-537-0978

Hours:

M-F 7:30am-5:30pm

Assistance for: Adults with limited independence due to health or physical/cognitive ability

- Adult day program (variety of recreation activities)
- Caregiver respite
- Education and support group

Fees: \$8.75 per hour; up to \$70 per day

# DISABILITY

---

## Oklahoma ABLE Tech

1514 W Hall of Fame  
Stillwater, OK 74078  
405-744-9748

Hours:

M-F 8:00am-5:30pm

Assistance for: Individuals of all ages with disabilities across Oklahoma in need of Assistive Technology (AT) devices and services

- Device Demonstration
- Device Short-Term Loan
- Device Reutilization
- Financial Loans
- Training
- Information and Assistance
- Public Awareness
- Technical Assistance

Application: Visit [oksbletech.org](http://oksbletech.org) to apply for programs and services

# DISABILITY

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## Stillwater Group Homes Inc.

904 W 11<sup>th</sup> Ave.  
Stillwater, OK 74074  
(405) 743-2496

Hours:

M-F 8:00am-5:00pm

Assistance for: Individuals with developmental disabilities before the age of 22 and those approved through DHS Developmental Disabilities unit

- Adult group homes for individuals with intellectual disabilities
- Residential and habilitation training options in individual home or family home
- Respite at a group home
- Vocational services

Application: Apply for Developmental Disabilities services through DHS at 1-800-522-1064 and send a copy of the application to Stillwater Group Homes to be placed on the waitlist

# YOUTH

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## **Big Brothers, Big Sisters**

406 E Hall of Fame Ave.  
Suite 250

Stillwater , OK 74075

(405) 624-9922

### Hours:

M-F 8:30am-5:00pm

Assistance for: Children 6-18 years old

- Big Brothers, Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles") ages 6-18

Application: Call to apply, get interviewed and then be matched

## **United Community Action Program Cushing Head start and Early Head Start**

223 S Wilson  
Cushing, OK 74023

(918) 225-0909

### Hours:

M-F 7:30am-3:30pm

Assistance for: Families with children ages 0-4

- Early Head Start
- Head Start

Application: Call to apply



# YOUTH

---

## Girl Scouts of Eastern Oklahoma

Main Office:

4810 S 129<sup>th</sup> E Ave.

Tulsa, OK 74134

(918) 749-2551

Hours:

M-F 8:30-5:00

Stillwater Office:

315 W 12<sup>th</sup> Ave.

Stillwater , OK 74075

(405) 372-6016

Serves: Girls 5-18 years old

- Community Development
- Girl Scouts Beyond Bars
- Robotics
- Camp

Application: Join online at [www.gseok.org/en/girls---families/join.html](http://www.gseok.org/en/girls---families/join.html), call Customer Care at 800-707-9914 or email [customercare@gseok.org](mailto:customercare@gseok.org)

Fees: \$35 (financial aid is available upon request)

# TRANSPORTATION

---

## Oklahoma State University Transit Services

405-744-2832

Office:

1006 W Hall of Fame

Stillwater, OK 74074

Hours:

M-F 8:00am to 4:30pm

Visit:

<http://thebus.okstate.edu/>  
for bus routes

- General public - 75 cents
- 0-5 year old ride free
- Children 5-18 years old - 35 cents
- Seniors (60+) - 35 cents
- People with ADA Disability card - 35 cents
- People with Medicare card - 35 cents
- All buses are ADA accessible

# MISCELLANEOUS

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## Central Oklahoma Community Action Agency

410 S Lewis St.  
Stillwater, OK 74074  
(405) 624-2533

### Hours:

T-F 8:00am-4:30pm

Application: Bring valid ID, social security cards for all household members, proof of residency, and proof of income

Assistance for: Residents of Payne County who meet agency's income requirements

- Utility Assistance
- Rental Assistance
- Free Laundry Program
- Clothing Vouchers
- Gasoline Vouchers
- OSU-Stillwater "The Bus" Bus Passes
- Operation Christmas (serves as a partner)

### Referrals To:

- Rx For Oklahoma Prescription Assistance Program
- United CAP of Pawnee's Weatherization Program
- Stillwater Noon Lion's Club Eye Care Program
- Other Social Service Agencies in Payne County

# MISCELLANEOUS

## Cushing Housing Authority dba Cherry Lane Apartments

1713 Cherry Ln.  
Cushing, OK 74023  
(918) 225-7205

Hours:

M-F 8:00am-12:00pm

Assistance for: Disabled or elderly individuals

- Income based housing

Application: Fill out application and return to the office to be placed on the waitlist

## Department of Human Services (DHS)

711 E Krayler  
Stillwater, OK 74074  
(405) 707-3700

Hours:

M-F 8:00am-5:00pm

- SNAP
- Day care assistance
- Medical assistance for those receiving benefits from the Social Security Administration
- TANF (Temporary Assistance for Needy Families)

Application: Apply online at [www.okdhslive.org](http://www.okdhslive.org)

# MISCELLANEOUS

---

## Department of Public Safety (DPS) – Driver's License Services

701 E. 12<sup>th</sup> Ave.  
Stillwater, OK 74074  
(west side of building)  
(405) 743-9140

Hours:

M-F 8:00am-12:00pm  
1:00pm-4:45pm

Assistance for: individuals  
in need of ID

Bring proof of  
Identification such as:

- Passport
- Birth certificate
- Social Security card

Fees: \$25

Make an appointment  
online at  
[inlineonline.ok.gov](http://inlineonline.ok.gov) to  
have less waiting time

## Employment Security Commission/ Oklahoma Works

3006 E. 6<sup>th</sup> Ave.  
Stillwater, OK 74074  
(405) 624-1450

Hours:

M-F 8:00am-5:00pm

- Employment
- Unemployment
- Training
- Veterans preference
- Resume writing

Application: Register on  
[OkJOBMATCH.com](http://OkJOBMATCH.com)

# MISCELLANEOUS

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## First United Methodist Church

400 W 7<sup>th</sup> Ave.  
Stillwater, OK 740744  
(405) 372-5854

### Church Office Hours:

M-F 8:00am-12:00pm  
1:00pm-5:00pm

- Free showers (in Family Life Center) Thursdays 2:00pm-3:00pm
- Free community dinner Thursdays 5:00-6:00pm
- Alcoholics Anon. Wednesdays/Sundays 6:30pm (call for location)
- Hope House (314/316 W 8<sup>th</sup> St.)- Free supplies for foster families the 2<sup>nd</sup> Sat. of month
- Foster family support group
- Sunday services:  
Traditional worship- 8:30am and 11:10am  
Modern worship- 10:00am
- Children and youth ministries

# MISCELLANEOUS

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## Legal Aid Services of Oklahoma

312 S Duck St.  
Stillwater, OK 74074  
(405) 624-1734

Hours:

M-F 8:30am-12:00pm  
1:00pm-5:00pm

Assistance for: Low income individuals and individuals over the age of 60

- Legal advice and representation

Application: Call 1-888-534-5243 or apply online at [oklegalconnect.org](http://oklegalconnect.org)

## Love In The Name of Christ

203 W Moses  
Cushing, OK 74023  
918-225-1125

Hours:

Call for Appointment

- Offers poverty alleviation

Application: Submit a request online at [loveincofcushing.org](http://loveincofcushing.org)

# MISCELLANEOUS

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## Salvation Army

1101 S Lowry  
Stillwater, Ok 74074  
405-372-1554

Hours:

M-F 9:30-4:00

Assistance for: Residents of Payne County who meet USDA guidelines

- Food Bank
- Rental Assistance
- Utility Assistance
- Clothing Vouchers
- Church Service at 11:00am with Sunday School at 10:00am

Application: Call to make an appointment for help with social services



# MISCELLANEOUS

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## Stillwater Housing Authority

807 S Lowry Ofc.  
Stillwater, Ok 74074  
(405) 372-4906

### Hours:

M-F 8:00am-12pm  
1:00pm-4:30pm

Assistance for: Individuals and families that meet income requirements; must be of legal age to sign contract

- Housing choice voucher (section 8)
- Public housing (scattered sites)
- Roxie Weber apartment complex (elderly or disabled)

Application: Call the office or apply online at [stillwaterhousing.org](http://stillwaterhousing.org)

# MISCELLANEOUS

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## Stillwater Public Library

1107 S Duck

Stillwater, OK 74074

(405) 372-3633

[library.stillwater.org](http://library.stillwater.org)

### Hours:

M-Th 9:00am-9:00pm

F-Sat 9:00am-6:00pm

Sun 1:00pm-6:00pm

Assistance for: Anyone living, working, or going to school in Payne County; bring ID To apply for a free library card

- Computer use with library card or ID and free wifi
- Free tech tutoring by appointment
- Free classes, programs, and story times

# MISCELLANEOUS

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## Stillwater YMCA

204 S Duck St.  
Stillwater, OK 74074  
(405) 372-5833

### Hours:

M-Th 6:00am-9:00pm  
F 6:00am-8:00pm  
Sat 8:00am-5:00pm  
Sun 1:00pm-5:00pm

- Land and water exercise classes
- Exercise classes for seniors
- Youth sports
- Swim lessons
- Summer day camp

Application: Apply at the YMCA

Fees: Youth \$10 per month, Teens \$20 per month, Adults \$40 per month, Household \$65 per month

## United Way of Payne County

109 E Ninth Ave.  
(405) 377-2161  
Unitedwaypayne  
county.org

### Hours:

M-F 9:00am-5:00pm

United Way raises funds for local partner nonprofits who provide assistance with education, financial stability and health to more than 25,000 Payne County residents annually. United Way of Payne County also assists volunteers in finding opportunities within the community.

Application: For volunteer opportunities apply online

# SNAP BENEFITS

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## **What is SNAP?**

SNAP is the supplemental nutrition assistance program, commonly known as food stamps. SNAP is the largest anti-hunger program in the United States. The USDA sets the standards and provides funding, and the Oklahoma Department of Human Services (OKDHS) administers the program.

## **Who is eligible for SNAP?**

- US citizens or individuals with specific immigration status
- Individuals who meet an income below 130% poverty level; households with seniors or disabled individuals have higher limits

Ultimately, a client is determined eligible by OKDHS staff. In Oklahoma SNAP eligibility is determined mostly by income per household. Work requirements are also considered.

# SNAP BENEFITS

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## **How can I apply for SNAP?**

- Apply online at [okdhslive.org](http://okdhslive.org)
- Or visit the DHS office for Payne County located at 711 E Krayler Stillwater, OK
- Or call the DHS office at 405-707-3700 to receive further guidance and assistance

## **Where can I use my SNAP benefits?**

- Major grocery stores and most convenience stores

## **What can I purchase with my SNAP benefits?**

- Fruits/vegetables
- Protein: meat, fish, poultry
- Dairy
- Bread
- Baked goods
- Legumes
- Jams, honey, sauces
- Soups
- Food producing plants and seeds

## **What am I not able to purchase?**

- Hot foods or items eaten on-site
- Alcohol
- Tobacco products
- Non-food items

# WIC BENEFITS

---

## What is WIC?

WIC is a supplemental nutrition program for women, infants, and children that provides nutritional foods, nutrition counseling and education, and referrals to healthcare and social services.

## Who is eligible for WIC?

- Women who are pregnant, breastfeeding, or have recently given birth; infants and children up to the age of five
- The applicant must be a resident of the state of Oklahoma
- The applicant must meet income requirements; if receiving Medicaid, SNAP, or TANF, individuals are automatically eligible for WIC benefits

For more information concerning eligibility, visit [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic).

## How can I apply for WIC?

- Apply online at [www.ok.gov/health](http://www.ok.gov/health) under the Family Health tab, or call a WIC clinic near you to schedule an appointment
- Have proof of identification, income and address available

# WIC BENEFITS

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## WIC clinics in Payne County:

Payne County Health  
Department - Stillwater  
1321 W 7<sup>th</sup> Ave.  
Stillwater, OK 74075  
405-372-8200

Payne County Health  
Department - Cushing  
1026 N Linwood  
Cushing, OK 74023  
918-225-3377

## Where can I use my WIC benefits?

- Most retail grocery stores, but not at convenience stores

## What can I purchase with my WIC benefits?

- Infant formula, baby food
- Infant and adult cereal
- Fruits/vegetables
- Protein: meats, eggs, peanut butter, canned fish, tofu
- Grains: whole wheat bread, brown rice, soft/corn/  
whole wheat tortillas
- Juice, soy beverage
- Dairy: milk, cheese
- Dried beans or peas

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