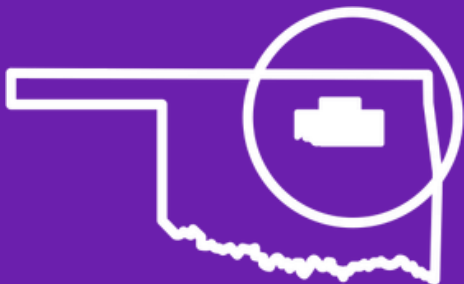


Payne County Resource Directory



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



Printed: January 2026

Hotline Numbers

Emergency 911

Suicide &
Crisis Lifeline 988

Domestic Violence 405-624-3020
1-800-799-7233

Child Abuse 1-800-522-3511

Youth Crisis 405-377-1452

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Food

Free Community Meals

Project Heart Inc.

312 W. 9th Ave. Stillwater, OK 74074

405-372-1201

- Meals for Stillwater/Perkins senior residents 60+
 - Lunch served M-F at the Stillwater Community Center from 12:00pm-12:30pm
 - Homebound meals offered
- A donation of \$1.50 per day is requested

First United Methodist Church - Stillwater

400 W. 7th Ave. Stillwater, OK 74074

405-372-5854

- Community dinner Thursdays 5:00pm-6:00pm in the Family Life Center

First Presbyterian Church - Stillwater

524 S. Duncan St. Stillwater, OK 74074

405-372-5580

- Community Brunch Saturdays 11:00am-12:00pm in the Fellowship Hall

Food

Free Community Meals

First United Methodist Church - Cushing

930 S. Little Ave. Cushing, OK 74023
918-225-5683

- Community dinner the 3rd Saturday of each month from 5:00pm-6:00pm

Lost Creek United Methodist Church

1005 E. Kirk Ave. Perkins, OK 74059
(405) 377-0927

- 805 E. Kirk St. Perkins, OK 74059
 - Free Community drive through meal Tuesday evenings at 5:30pm-7:00pm.

Glencoe United Methodist Church Food Pantry

103 S. Perry Ave. Glencoe, OK 74032
glencoeunitedmethodist@gmail.com

- Serves individuals of Payne County and the Glencoe School District who meet USDA income guidelines
- Open on the 2nd Saturday of each month from 10:00am-12:00pm

Food Grocery Assistance

Cushing Marketplace

324 E. Moses St

918-248-6190

ourdailybreadstillwater.org/cushingmarketplace

- Grocery assistance for residents in Payne County that meet USDA income requirements
- Bring an ID and proof of Payne County residence
- Educational programs and other resources offered on site
- Guest choice shopping sessions every Wednesday from 3:30-5:30pm.

Community Food Bank of Cushing

802 N. Maitlen Dr. Cushing, OK 74023

918-225-4790

- Food pantry for residents of Cushing and Agra who meet USDA income guidelines
- Food distribution the 2nd Tuesday of each month from 8:30am-10:30am

Food

Grocery Assistance

Love Inc.

321 E. Broadway St. Cushing, OK 74023
918-225-1125

- Services include: hygiene pantry, boutique, adult education classes, and infant care ministry
- Open Tuesday - Friday, 12:00pm-4:00pm
- Call to learn how to apply for assistance

Iowa Tribe Food Pantry/Clothes Closet

507 E. HWY 33 Perkins, OK 74059
405-547-4234

Open to Native and Non-Native residents
M-F 8:30am - 4:30pm

- Clothes closet assistance during regular business hours. Open to the public, restocked every Monday. No Application required.
- Food pantry assistance every 60 days
- Call to fill out an application for assistance

Food Grocery Assistance

St. Peter & Paul Catholic Church - Cushing

401 E Oak St. Cushing, OK 74023

918-225-0644

- Food pantry for Cushing residents, available once every 30 days
- Open M-F 9:30am - 4:30pm, must bring ID

Our Daily Bread Ripley Marketplace

108 N Morton Ave. Ripley, OK 74062

405-533-2555 ext. 110

- Supplemental groceries on Thursdays from 3:00pm - 5:00pm
- Shopping hours subject to change. Visit ourdailybreadstillwater.org for updated time

Food

Grocery Assistance

Neighborhood Ministries Regional Food Bank

1005 E. Kirk Ave. Perkins, OK 74059

(405) 377-0927

- Regional food bank that serves Perkins, Tryon, Ripley, Agra, Coyle, and Carney
- Food distribution is held on the 1st and 3rd Thursdays of each month from 6:00pm - 7:00 pm
- Gas and utility assistance offered for Perkins residents once a year, if funding is available

Glencoe United Methodist Church Food Pantry

103 S. Perry Ave. Glencoe, OK 74032

glencoeunitedmethodist@gmail.com

- Serves individuals of Payne County and the Glencoe School District who meet USDA income guidelines
- Open on the 2nd Saturday of each month from 10:00am - 12:00pm

Food Grocery Assistance

Our Daily Bread Food & Resource Center

701 E. 12th Ave. Stillwater, OK 74074

405-533-2555

ourdailybreadstillwater.org

- Grocery assistance for residents in Payne County that meet USDA income requirements
- Bring an ID and proof of Payne County residence
- Educational programs and other resources offered on site

Our Daily Bread Mobile Market

405-533-2555 ext. 108

- Our Daily Bread offers this program to bring supplemental groceries to towns in Payne County
- For an updated schedule visit:
ourdailybreadstillwater.org/mobilemarket

Food

Grocery Assistance

Stillwater Mobile Meals

1323 W. 6th Ave. Stillwater, OK 74074

405-742-5765

Hours: Monday - Friday 9:00am-3:00pm

- Home delivery of nutritious meals for individuals who qualify - call the office to apply
- This service is for elderly, homebound, or convalescing individuals living within Stillwater city limits
- Cost is \$5 per meal - subsidizing is available for those who qualify

Medical Care

General

Payne County Health Department

1321 W. 7th Ave. Stillwater, OK 74074

405-372-8200

- Apply for WIC benefits
- Services offered by appointment:
 - Immunizations, Nutritional Counseling, STD Services, Family Planning, Child Guidance, Behavioral Health

Stillwater Community Health Center

821 S. Pine St. Stillwater, OK 74074

405-743-3171

<https://stillwaterchc.org/>

- Free health care and medication assistance for uninsured residents of Payne County who meet financial eligibility criteria

Medical Care

General

Mary Mahoney Health Center at Langston

300 Martin Luther King St. Langston, OK
73050

405-466-2535

- Sliding scale health care based on income
- Services offered include: Nutritional Counseling, Pediatric Services, Women's Health, Mental Health Care, Pharmacy Services, Lab Services, Dental Clinic, Family Support

Kaw Women's Health Program

580-362-1039 x207

- If you are uninsured you may be eligible to receive assistance for mammograms and pap smears depending on your age.

Medical Care Counseling

Grand Lake Mental Health Center - Children Services

998 E. Knox Ave. Stillwater, OK 74074

844-458-2100

Payne County residents ages 0-18 years

- Some of the assistance offered includes:
 - Individual or Family Therapy
 - Parent Child Interaction Therapy
 - Trauma-Focused Cognitive Behavioral Therapy
 - Trust-Based Relational Intervention
 - Circle of Security
 - Collaborative Assessment and Management for Suicidality
 - Attachment, Regulation and Competency
 - Systems of Care
 - Behavioral Health Coaches in some of the schools
 - Family Support Providers
 - Medication Management
 - Case Management
 - 24/7 Crisis Services

Medical Care Counseling

Grand Lake Mental Health Center - Adult Services

1624 Cimarron Plaza Stillwater, OK 74074

- 844-458-2100
- Assistance for Payne County residents 18+
- Some of the assistance offered includes:
 - Co-Occurring Drug Court Docket
 - Housing Assistance and coordinator
 - Need to be a current client
 - Inpatient Rehabilitation
 - Detox Center
 - Urgent Recovery Center
 - Addiction Recovery Center
 - Spravato and Esketamine assisted treatment
 - Medication Assisted Treatment for Opioid Use Disorder
 - Child Welfare Program
 - Peer Recovery Support
 - Outpatient Therapy
 - Case Management
 - Assisted Outpatient Treatment
 - Employment and Education Placement
 - Medication Management
 - Program of Assertive Community Treatment
 - 24/7 Crisis Services
 - HITT Team High Intensity Treatment

Medical Care Counseling

The Saville Center

1523 W. 9th Ave. Stillwater, OK 74074
405-377-5670

- A Child Advocacy Center that offers the following services free of charge to clients referred by law enforcement or DHS:
 - Forensic Interviews, Therapy and Counseling referrals, Sexual Assault Nurse Examiner, Victim Advocacy, CARES Team

CREOKS Health Services

421 E. Thomas Ave. Stillwater, OK 74075
405-372-7791

- Services include: individual, group and family counseling, school-based services, psychiatric consultation, medication management, case management, and more

Substance Abuse

Central Oklahoma Adult & Teen Challenge

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

- Assistance offered for men ages 18+
- A faith-based discipleship program for men suffering from substance abuse

Payne County Drug Court Inc.

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

- Provides drug screening, alcohol screening, anger management and parenting class services
- Education for sentencing and probation requirements
- Call or go to the website for more information
 - M-TH 8:30-4:30, FRI 8:30-2:00
 - paynecodrugcourt.org

Substance Abuse

Grand Lake Mental Health Center - Adult Services

1624 Cimarron Plaza Stillwater, OK 74074
844-458-2100

SEE PAGE 14-15 FOR DETAILS

Life Recovery

Abundant Life Church

410 S. Berry St. Stillwater, OK 74074
405-624-0888

Thursday's at 7pm

- A faith-based addiction recovery program
- Addresses emotional, physical, and spiritual well-being, ensuring a comprehensive recovery journey.

Pregnancy

Birthright of Stillwater

1002 N. Duck St. Stillwater, OK 74075

405-377-5683

- Assistance and support for women who are pregnant or think they may be pregnant
- Education information about:
 - Pregnancy, Adoption, Childbirth, Child Care, Prenatal Care, Community Programs, Parenting Skills
- Able to provide referrals for housing, legal, medical services, professional counseling, and social assistance
- Free resources available include:
 - Pregnancy Test
 - Clothes: Maternity clothes, baby clothes preemie- 5T
 - Baby Items: Diapers: preemie- size 6,
 - Text line for appointments and services: 405-332-1555

Pregnancy

Baby Mobile by Infant Crisis Services

Locations Vary

405-528-3663

M-F 9:00am-3:30pm

- Assist families with children 0-4 years old with a week's worth of formula/food, diapers, and wipes
 - Children may receive services 4 times per year until child's 4th birthday
- Baby Mobile:
 - Text "BabyMobile" to 405-554-2626 or visit infantcrisis.org/babymobile for current schedule

Stillwater Life Services

1509 W. 8th Ave Stillwater, OK 74075

405-624-3332 (call for an appointment)

- Assistance for sexually active individuals and/or mothers
- Services offered include:
 - Free Pregnancy Tests
 - Options Education
 - STI Testing and Treatment (low cost)
 - Parent Mentoring Program (Earn while you Learn)
 - Local Referrals
 - Infant Items (twice a year)

Pregnancy

Shiloh's Place

405-642-0007

shilohsplaceinc.org

- Provides free housing for unmarried pregnant women ages 23 and under who are full time students
- Various support groups for women at no cost:
- Unplanned Pregnancy, for moms after baby is born, post Abortion and Miscarriage support

Shelter

Mission of Hope

1804 S. Perkins Rd. Stillwater, OK 74074

405-332-5521

- 24/7 assistance for homeless individuals
- Services offered:
 - Emergency Shelter, Transitional Housing, Permanent Supportive Housing, Rapid Rehousing
- Requirements:
 - Photo I.D.
 - Social Security Number
 - Must be considered homeless
 - Cannot have violent offenses or pending warrants

Shelter

Payne County Youth Services

2224 W. 12th Ave. Stillwater, OK 74074

405-377-3380

- Assistance for ages 4-22 years old
- Services offered include:
 - Emergency Youth Shelter (7-17 years old)
 - Transitional Living Program (18-22 years old)
 - Mental Health Counseling
 - Substance Abuse Counseling
 - Crisis Counseling
 - Telehealth Services for clients
 - Life Skills
 - Safe Place
 - Suicide Prevention
 - Parenting Education
- Text “Safe” with your location to 4HELP (44357) for a safe place location near you

Shelter

Wings of Hope Family Crisis Services

3800 N. Washington St. Stillwater, OK 74075
405-372-9922

- Provides assistance for victims of domestic violence
- Services offered include:
 - Safe Shelter
 - Individual and Group Counseling
 - Victim Advocacy
 - Sexual Assault Response Team
 - Children's Programs and Relief Nursery
 - Interventions for Abusive Individuals
 - Consultations
 - Legal Aid
 - Mentoring Program
 - Protective Order Information and Assistance
 - Choices group class for women who are victims of domestic violence

Disability

Life Adult Day Center

411 W. Matthews Ave. Stillwater, OK 74075
405-377-0978

Hours: Monday - Friday 8:00am-5:00pm

- Assistance for adults with limited independence due to health, physical, or cognitive ability
- Services offered include:
 - Adult Day Program
 - Caregiver Support
 - Education and Support Group
- Fees: \$55 per half; up to \$95 full per day
 - Financial resources to cover cost available based on income. Call to schedule an appointment.

Disability

Oklahoma ABLE Tech

1514 W. Hall of Fame Ave. Stillwater, OK
74078

405-744-9748

- Offers assistance to all Oklahoma residents with disabilities, their family members, and the professionals that support them
- Services offered include:
 - Short-Term Device Loan (up to 6 weeks)
 - Device Reutilization & Demonstration
 - Financial Loans
 - Training
 - Public Awareness
 - Technical Assistance
- Apply for programs and services at okabletech.org

Disability

Stillwater Group Homes Inc.

904 W. 11th Ave. Stillwater, OK 74074

405-743-2496

- Assistance for individuals with developmental disabilities 18 years and older and those approved through DHS Developmental Disabilities unit
- Services offered include:
 - Adult group homes for individuals with intellectual disabilities
 - Residential and habilitation training options in individual home or family home
 - Respite at group home
- Apply for Developmental Disability 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

Big Brothers, Big Sisters

416 S. Lewis St. Stillwater, OK 74075

405-624-9922

bbbsok.org

- Mentoring for children ages 6-18 years old
- Big Brothers, Big Sisters make meaningful matches between adult volunteers (“Bigs”) and children ages 6-18 (“Littles”)
- Call or go to our website to apply, get interviewed, and matched

Stillwater Early Head Start

1202 S. West St. Stillwater, OK 74074

405-377-1519

stillwaterehs@ucapinc.org

Hours: 7:30am-2:00pm

- Offers programs for families with children under the age of 3 that help to promote school readiness of infants and toddlers
- Call or email to see if you qualify.
 - Free to families who fit under regulated income guidelines. (Families with Snap benefits automatically qualify)

Youth

Stillwater Head Start

1601 S. Main St. Stillwater, OK 74074

405-385-0188

stillwaterhs@ucapinc.org

Hours 7:30-2:00

- Offers programs for families with children ages 0-5 that help to promote school readiness of toddlers and preschoolers
- Prenatal programs available
- Call or email to see if you are eligible
 - Families in foster care, experiencing homelessness, and/or recipients of TANF / SNAP automatically qualify

Cushing Head Start

223 S. Wilson St. Cushing, OK 74023

918-225-0909

cushinghs@ucapinc.org

- Offers programs for families with children ages 0-4 that help to promote school readiness of infants, toddlers, and preschoolers
- Call or email to apply

Youth

Hope House

802 S. Duck Ave. Stillwater, OK 74074

405-385-2475

- Provides assistance to foster families by offering clothing, shoes, toys, baby items, high chairs, and strollers
- Call to schedule an appointment

Payne County Youth Services

2224 W. 12th Ave. Stillwater, OK 74074

405-377-3380

SEE PAGE 23 FOR DETAILS

4 Kids and Community

805 E. Kirk Ave. Perkins, OK 74059

405-613-3259

- School supplies for Perkins-Tryon School District available upon request.

Grand Lake Mental Health Center - Children Services

998 E. Knox Ave. Stillwater, OK 74074

844-458-2100

SEE PAGES 14-15 FOR DETAILS

Transportation

Oklahoma State University Transit Services

1006 W. Hall of Fame Ave. Stillwater, OK
74078

405-744-2832

- This bus service serves the Stillwater area
- All buses are ADA accessible
- Fees to ride are:
 - 75 cents for general public
 - Free for children 0-5 years old
 - 35 cents for youth 3-15 year old
 - 35 cents for Seniors over 60 years
- Visit thebus.okstate.edu for bus route

First Capital Trolley

311 Airport Rd. Guthrie, OK 73044

405-282-6000

- Provides wheelchair accessible public transport in Logan, Lincoln, and Payne Counties
- Call one week prior to schedule a ride
- Fees to ride:
 - \$3 plus \$1 per mile up to four miles in Stillwater city limits

Transportation

SoonerRide

To schedule: 877-404-4500

Hearing Impaired: 800-722-0353

Where's my ride: 1-800-435-1034

- Provides non-emergency transportation to SoonerCare medical appointments
- Call at least 3 business days in advance to arrange for a ride
- Before calling have your SoonerCare ID number, time and day of appointment, address and phone number of the facility, and the reason for the appointment

Online Option: Request rides online at member.modivcare.com

Public Libraries

Cushing Public Library

215 N Steele Ave. Cushing, OK 74023

918-225-4188

- To apply for a free library card, bring an ID and proof of residency in the Cushing area
- Free classes, programs, and story times
- Free Wi-Fi and computer access for those with a library card
- Go our website or follow us on Facebook to learn more. cushinglibrary.okpls.org

Thomas-White Memorial Library - Perkins

101 E. Thomas St. Perkins, OK 74059

405-547-5185

- Library cards are available to anyone 18+ living in Payne, Lincoln, and Logan counties
- Bring a valid photo ID and proof of address to get a library card
- Children must have a parent or legal guardian present to get a library card
- Free classes, programs, and story times
- Access to Wi-Fi and computers for those with a library card

Public Libraries

Yale Public Library

213 N. Main St. Yale, OK 74085

918-387-2135

- Anyone over the age of 18 living in the area of Yale can bring a photo ID to apply for a free library card
- Free computer and Wi-Fi use with library card

Stillwater Public Library

1107 S. Duck St. Stillwater, OK 74074

405-372-3633

- Anyone living, working, or going to school in Payne County can bring an ID to apply for a free library card
- Free computer and internet use with library card
- Free classes, programs, and story times

English Classes

Clase de Ingles (For Spanish speakers only)

711 N Country club Rd. Stillwater, OK

Email: cida.s.chase@okstate.edu

- For all levels
- Sundays at 2:00pm in the Conference Room

Hands Abroad

516 W 3rd Ave. Stillwater, OK

susanesspeed011164@gmail.com

- Beginners, Intermediate, Advanced, and Conversational
- Thursdays 9am-11am
- Workbook and dictionary fees may apply

Meridian Technology Center- ESL

1312 S. Sangre Rd. Stillwater, OK

405-377-3333

- For all levels
- Tuesdays and Thursdays 5pm-8pm
- Students must provide an Oklahoma Driver's License or social security card

English Classes

Stillwater Literacy Council

1107 S. Duck St. Stillwater, OK

405-372-2144

Stillwaterliteracycouncil.org

- Private one-on-one tutor
- Classes meet at Stillwater public library, room 10
- Call or e-mail to be placed on the waitlist

Adult Education Classes (ESL)

719 N. Walnut St. Stillwater, OK 74075

405-744-6539

Reslife.okstate.edu

- Free for residents who live on campus
- \$20/month for non-OSU-residents
- Beginner, Intermediate, and Advanced
- Contact email: frccd@okstate.edu

Miscellaneous

Central Oklahoma Community Action Agency

1402 E. 6th Ave. Stillwater, OK 74074
405-780-1170

Hours: Monday-Friday 9am-2pm

Wed. by appointment only 9am-5pm

- Provides the following types of assistance for Payne County residents who meet the agency's income requirements:
 - Rent & Utility assistance
 - Free Showers
 - Clothing Vouchers
 - Referrals for:
 - Prescription Assistance
 - Community Mental Health
 - Other Social Service Agencies in Payne County
 - Bus Vouchers
 - Safecare Program-Parental Training
- To apply for assistance, bring a valid ID, social security cards for all household members, proof of residency, and proof of income

Miscellaneous

Cushing Housing Authority - Cherry Lane Apartments

1713 Cherry Ln. Cushing, OK 74023

918-225-7205

- Provides assistance for disabled or elderly individuals 62+ with income based housing
- Visit the office or call Monday through Thursday 8:00am-1:00pm to get an application and further assistance.

Department of Human Services

211 E 9th Ave, Stillwater, OK 74074

405-707-3700

- Can provide assistance for the following:
 - SNAP Sign-Up
 - Child Care Assistance for kids 5 and under
 - Child Support Services
 - Medical Assistance for those receiving Social Security Benefits
 - TANF (Temporary Assistance for Needy Families)
- Apply online at okdhslive.org

Miscellaneous

Oklahoma Works American Job Center

3006 E. 6th Ave. Stillwater, OK 74074

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

405-624-1450

- oklahoma.gov/oesc
 - Unemployment Benefits
- employoklahoma.gov
 - Matches jobs with workers
 - Job Skill Training
- <https://wowdb.org/>
 - Go back to school free
 - On the job training
 - Apply online to see if you qualify
 - Sooner Care recipients automatically qualify

First Presbyterian Church - Stillwater

524 S. Duncan St. Stillwater, OK 74074

405-372-5580

- Assistance with gas vouchers, utility payments, and rent, as funding is available
- AA Meetings held on Sundays and Thursdays at 6:00pm

Miscellaneous

First United Methodist Church - Stillwater

400 W. 7th Ave. Stillwater, OK 74074
405-372-5854

Open for calls 8:45am-9:00am Mondays to schedule appointments for Thursday's

- Free showers Thursdays from 2:00pm - 3:30pm in the Family Life Center
- Free community dinner Thursdays from 5:00pm-6:00pm in the Family Life Center
- Foster Family Support Group in partnership with the Hope House
- Rent and utility assistance by appointment as funds are available

St Francis Xavier - Mother Teresa Ministry

711 N. Country Club Rd. Stillwater, OK 74075
405-372-7673

- Provides assistance to families through grocery vouchers and gasoline vouchers, as funding is available
- Able to provide assistance to families once in a twelve month period

Miscellaneous

Legal Aid Services of Oklahoma

312 S. Duck St. Stillwater, OK 74074

405-624-1734

- Provides legal assistance for low income individuals and those over the age of 60
- To apply, call 1-888-534-5243 or apply online at oklegalconnect.org

Stillwater YMCA

204 S. Duck St. Stillwater, OK 74074

405-372-5833

- Provides the following services for a fee:
- Land and Water Exercise Classes
- Youth Sports and Swim lessons
- Summer Day Camp
- Sliding scale fee is available
- To apply, visit the YMCA

Miscellaneous

Salvation Army

1101 S. Main St. Stillwater, OK 74074

405-372-1554

- Provides assistance for residents of Payne County who meet USDA income guidelines
- Assistance offered includes:
 - Food Bank
 - Utility Assistance as funding is available
 - Clothing Vouchers
- To apply, call to make an appointment

Stillwater Housing Authority

807 S. Lowry St. Stillwater, OK 74074

405-372-4906

- Assists households that meet income requirements (must be at least 18 years)
- Assistance offered includes:
 - Housing Choice Voucher (Section 8)
 - Public Housing (Scattered Sites)
 - Roxie Weber Apartment Complex (For Elderly or Disabled)
 - Call to get onto the waiting list

Miscellaneous

Strong Dads

202 Agricultural Hall Oklahoma State
University

405-744-5090 Monday - Friday 8:00am-
5:00pm

- Strong Dads is a unique 12-week program designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second.
- A light meal will be served weekly and gas assistance is available as needed
- Apply on their website at <https://extension.okstate.edu/programs/family-and-consumer-sciences/strong-dads/>

SNAP Benefits

What is SNAP?

SNAP is the Supplemental Nutrition Assistance Program, formerly 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 have 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

How can I apply for SNAP?

- Apply online at okdhslive.org
- Or visit the DHS office for Payne County located at 211 E 9th Ave, Stillwater, OK 74074
- Or call the DHS office at 405-707-3700

Where can I use my SNAP benefits?

SNAP benefits can be used at major grocery stores and most convenience stores.

What can I purchase with my SNAP benefits?

- Fruit/Vegetables
- Protein: Meat, Fish, and Poultry
- Dairy
- Bread
- Baked Goods
- Legumes
- Jams, Honey, Sauces
- Soups
- Food Producing Plants and Seeds

(not an exhaustive list)

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 5
- The applicant must be a resident 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

WIC Benefits

WIC clinics in Payne County:

Payne County Health
Department - Stillwater
1321 W. 7th Ave.
Stillwater, OK 74075
405-372-8300

Payne County Health
Department - Cushing
1026 N. Linwood Ave.
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 and vegetables
- Protein: meats, eggs, peanut butter, tofu
- Whole wheat bread and grains
- Juice
- Soy beverages
- Dairy
- Dried beans, peas, or lentils

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