

**For More Info  
About WIC**

**Call:** (207)992-4571

1-800-470-3769

Maine Relay 711  
(TTY)

**Or Go Online:**

<https://www.bangorpublichealth.org>

[www.maine.gov/wic](http://www.maine.gov/wic)



**WIC  
APPOINTMENTS**

**WIC is  
completing  
appointments  
in the office but  
remains flexible  
at this time.**

**We are  
completing  
appointments  
both in-person  
and by phone.**

**Thank you**

This institution  
is an equal  
opportunity  
provider

**wic Newsletter**  
MAY 2022



**OUR OFFICE WILL  
BE CLOSED ON  
MONDAY, MAY 30TH FOR  
MEMORIAL DAY**



**Farmers' Market season  
is on it's way!**

Maine WIC now supports using  
eWIC CVB for fresh fruits and  
veggies at eWIC-certified  
farmers locations!

Maine WIC is excited to announce that Cash Value Benefit for fruits and vegetables can once again be spent with Maine eWIC certified farmers!

Visit [www.maine.gov/wic](http://www.maine.gov/wic) to learn more about how CVB is changing and how to use your benefit with local farmers year round.

WIC CVB will now be on the BNFT app.

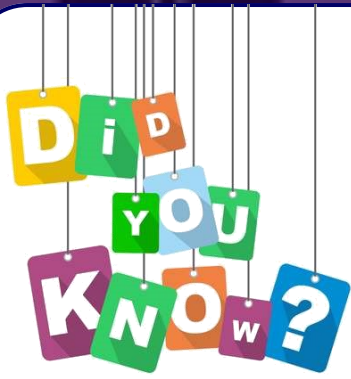
Download the BNFT app or visit [mybnft.com](http://mybnft.com) and click "sign up." Enter your card number, zip code, and date of birth, then create an account using an e-mail address and password.



Apple App Store



Google Play Store



**Vitamin D helps to grow  
& keep bones strong,  
keeps our muscles  
working, and our  
nervous system firing!  
It also helps us absorb  
calcium from the foods  
we eat.**

### **5 great sources of Vitamin D**

1. Fatty Fish (salmon, tuna, sardines)
2. Fortified foods (dairy, soy products, some juices, cereals)
3. Egg yolks
4. Mushrooms (the only natural plant source!)
5. The sun!

## **Colorful Corn & Bean Salad**

### **Ingredients**

- 1 can (15oz) black beans, rinsed and drained
- 1 jar (13oz) corn relish
- 1/2 cup canned kidney beans
- 1/2 cup quartered cherry tomatoes
- 1/2 cup chopped celery
- 1/4 cup sweet orange pepper
- 1/4 cup sliced pimiento-stuffed olives
- Sliced red onion (if desired)
- 2 teaspoons minced fresh parsley

### **Directions**

1. In a large bowl, combine all ingredients.
2. Cover & refrigerate until ready to serve.



<https://wicmomstrong.com/wp-content/uploads/2020/07/WIC-Cookbook-2020-FINAL-1.pdf>

**Extra \$\$ for fruits and veggies**



**through September 2022!**

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Bangor Public Health &  
Community Services