

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



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

AUGUST 2022



Farmers' Market Season

This year \$30 in FMNP benefits will
automatically be added for eligible
WIC participants!

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 to learn more about how CVB is changing and
how to use your benefit with local farmers year round.

To use the CVB and FMNP benefits at eWIC
certified farmers, download the BNFT app or
visit 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.



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Bangor Public Health &
Community Services

WHAT'S IN SEASON?

Apples	Celery	Peppers
Artichokes	Corn	Potatoes
Beans	Cucumbers	Radishes
Beets	Eggplant	Summer Squash
Blueberries	Garlic	Tomatoes
Broccoli	Herbs	Watermelon
Cabbage	Kale	Zucchini
Cantaloupe	Lettuce	
Carrots	Onions	
Cauliflower	Peaches	

<http://www.mainefarmersmarkets.org/shoppers/whats-in-season/>



Happy World Breastfeeding Month !

How WIC Supports Breastfeeding

WIC has many great materials to help support breastfeeding moms!

We are able to provide nursing bras, breast pads, manual one-handed breast pumps, breastmilk storage bags, and breastmilk safe

storage guidelines!

We also loan out hospital-grade electric



breast pumps!
And it doesn't stop

there...

All of our Nutritionists are Certified Lactation Counselors (CLC)!

We also have Kristi Carney, our Breastfeeding Peer Counselor.

Kristi is available 24/7 to answer questions and provide additional support!

*Join us in celebrating
World Breastfeeding Week!
Seize the MOMent!*

*Visit the Bangor WIC office on Thursday,
August 4th from 1:30 - 3:30 pm for family
friendly activities, resource information,
raffles, and giveaways!*

Bangor Public Health & Community Services Maternal and Child Health program hosts free, monthly group educational sessions.

Join them Tuesday August 23rd from 9:30-10:30 AM to celebrate breastfeeding!

Call 992-4554 or email phn@bangormaine.gov

Presented by:
Bangor Public Health Nurses and
Maine Families