

**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



Newsletter

SEPTEMBER 2022



Farmers' Market Season

This year benefits will automatically be added for eligible WIC participants!



Haven't used yours this season?

Visit 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 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



Don't forget to use your farmers' market benefits before they expire on October 31st!





WHAT'S IN SEASON?

Apples	Celery	Peppers
Beans	Corn	Potatoes
Beets	Cucumbers	Pumpkins
Blueberries	Eggplant	Spinach
Broccoli	Garlic	Squash
Cabbage	Herbs	Tomatoes
Cantaloupe	Kale	Turnips
Carrots	Lettuce	Watermelon
Cauliflower	Onions	Zucchini

<http://www.maine farmers markets.org/shoppers/whats-in-season/>

WIC's Cash Value Benefit (CVB) remains increased through September 2022

Check your WICShopper app to see how much more you're getting in CVB!

Children 1-5: \$24
Pregnant & Postpartum: \$43
Breastfeeding: \$47
Breastfeeding Multiples: \$70.50



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**And on
Facebook!**



**WE WILL BE
CLOSED ON
MONDAY, SEP-
TEMBER 5TH
FOR MEMORIAL
DAY**