

## **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 is  
completing  
appointments  
in the office and  
by phone; we  
remain flexible  
at this time.  
Thank you.**



**This month WIC observes  
the following Holidays**

**Friday, November 11th**

**Thursday, November 24th**

**Friday, November 25th**



**This institution is an  
equal opportunity  
provider**

# **wic Newsletter**

**NOVEMBER 2022**



## **DON'T FORGET!**

**Your CVB (Cash Value Benefit) for  
fruits and vegetables can still be used  
at Farmers' Markets.**

**Make sure you have the BNFT app set up on your  
phone to use your CVB at the markets all year long!**

### **WIC CVB on the BNFT app:**



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.



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 ad-  
dress and password.

### **Don't have the WICShopper app yet?**

- Find WICShopper in your app store
- Install the app and select **Maine**
- Register your eWIC card:
  - Enter in the card number on both lines and select Register Card
- Start using the app features!



**WIC's Cash Value Benefit (CVB) remains increased through September 2023.**

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

**Children 1-5: \$25**

**Pregnant & Postpartum: \$44**

**Breastfeeding: \$49**

## PORTION SIZES



- large portions may be overwhelming
- child may feel pressure and reject food
- child may ignore fullness cues in effort to "clean the plate" or please parents



- small portions remove pressure
- encourages child to try new options
- child determines hunger/fullness, parent provides more upon request

@PLANTBASEDJUNIORS

### Tips for Getting a Toddler to Eat New and Healthy Foods

- Offer a variety of food each day.
- Serve small portions of new or disliked foods with something that they generally like.
- Keep serving the new or disliked food. It may take several times before they try it.
- Be a good role model by eating the healthy food yourself.

## Roasted Sweet Potatoes and Onions



For nutritional information and an instructional video visit <https://texaswic.org/recipes/roasted-sweet-potatoes-and-onions>

### Ingredients

- 2-1/2 pounds sweet potatoes (4-5 medium), peeled and cut into 2-inch chunks
- 2 medium red onions, quartered
- 2 tablespoons olive oil
- Salt and pepper to taste

### Preparation

1. Preheat oven to 400 degrees
2. Place sweet potatoes and onions into a 9 x 13 inch baking dish; coat sweet potatoes and onions with olive oil and salt and pepper to taste.
3. Bake for 25-30 minutes until sweet potatoes are tender enough to pierce with a fork

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Bangor Public Health & Community Services