

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

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

Thank you



**WIC staff will
be unavailable
on Monday
October 10th**

wic Newsletter

OCTOBER 2022

DON'T FORGET!

**Use your farmers' market
benefits before they expire**



WHAT'S IN SEASON?

Apples	Chard	Parsnips
Beans	Chili Peppers	Potatoes
Beets	Corn	Pumpkins
Broccoli	Fennel	Radishes
Brussel Sprouts	Garlic	Squash
Cabbage	Gourds	Sweet Potato
Carrots	Kale	Swiss Chard
Cauliflower	Lettuce	Tomatoes
Celery	Onions	Turnips

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

nubitesTM
nutrition tips for today's families



sweet potatoes

Sweet potatoes are a great source of
Vitamin A and fiber - **enjoy them often!**

Twice Baked Potatoes:

1. Bake 2 sweet potatoes in a 400° oven until soft, about 30 to 40 minutes.
2. Scoop potatoes out of their shells. Mash with a little milk or orange juice. Season with salt and pepper.
3. Stuff potato mixture back into shells. Bake in the oven for 10 more minutes.

More Sweet Potatoes:

- Bake a sweet potato and serve with a little butter, brown sugar and cinnamon.
- Use sweet potatoes instead of white potatoes in soup or stew.

Nutrition MattersTM - www.numatters.com
This tipsheet can be reproduced for educational purposes.



**'TIS THE SEASON FOR
SWEET POTATOES.**

**These nutritional all-
stars are packed with
vitamins A and C, po-
tassium, and fiber. And
you can cook them in so
many ways: baked,
roasted, and mashed, or
added to soups and
stews.**

Roasted Pumpkin Seeds



Ingredients

- 2 cups fresh pumpkin seeds or whatever you scoop from one pumpkin
- 2-3 tablespoons melted butter or equal amount of cooking oil of your choice
- 1-2 teaspoons of your favorite spice blend (examples: salt & pepper, cinnamon sugar, ranch, taco, garlic parmesan, or curry)

Directions

1. Preheat oven to 350° & line a baking sheet with either foil or parchment paper
2. Scoop seeds from pumpkin & remove as much pulp from the seeds as possible
3. Put seeds in a strainer & rinse under cold running water
4. Lay seeds out on a towel & pat dry
5. In a bowl combine seeds with butter or oil & your choice of spices. Stir until each seed is coated.
6. Spread seeds evenly in a single layer on a prepared baking sheet & bake, stirring occasionally until seeds are dry & golden, approximately 25 minutes

**WIC is here for
moms, dads, parents, grandparents,
foster parents, aunts, uncles,
and guardians of all kinds.**

- ⇒ **Breastfeeding Support**
- ⇒ **Nutritious Foods**
- ⇒ **Health Referrals**
- ⇒ **And MORE from WIC**

**Refer a friend to the WIC
program during National
Enrollment Week!**



NATIONAL ENROLLMENT WEEK

OCTOBER 10-14

**SIGN UP OR RE-ENROLL
WITH YOUR LOCAL AGENCY!**



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& Community Services

Have a Safe and Happy Halloween!



**This institution is an
equal opportunity
provider**