

**For More Info
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<https://www.bangorpublichealth.org>
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**WIC
APPOINTMENTS**

**WIC is
completing ap-
pointments in the
office and by
phone; we remain
flexible at this
time.**

Thank you!

**This month WIC
observes the
following Holiday:**

Monday

January 16th

**This institution
is an equal
opportunity
provider**

wic Newsletter
JANUARY 2023

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

Children 1-5: \$25
**Pregnant & Postpartum:
\$44**
Breastfeeding: \$49

It's National Oatmeal Month!

Galactogogues: Substances believed to increase milk production.

Oatmeal is a galactogogue and may increase prolactin levels in the body to help increase milk supply. However, it is important to note that milk removal is needed to make more milk.

Oatmeal also contains many additional health benefits for mom such as fiber, B-vitamins, and iron to name a few!

Overnight Oats:

Base Ingredients:

- 1/4 cup old-fashioned oats
- 1/4 cup plain yogurt
- 1/3 cup milk
- 1 tsp cinnamon
- 1 tsp vanilla

Instructions:

- Combine in mason jar or other resealable container.
- Cover and refrigerate overnight (or for at least 5 hours).

Overnight oats are very versatile! Change out spices, mix in peanut butter or other nut butters, top with different nuts or seeds, or fruit to change to the flavor!

Tips:

- Adjust consistency by changing amounts of yogurt or milk.
- Microwave for a minute if you prefer your oats warm.
- Make a batch to enjoy throughout the week! Overnight oats will stay good in the fridge for up to 5 days.



Beef Stew:

Based on a recipe from: <https://www.spendwithpennies.com/beef-stew-recipe/>

Ingredients:

- 2 pounds stew beef, trimmed & cubed
- 3 tablespoons flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3 tablespoons olive oil
- 1 onion, chopped
- 6 cups beef broth
- 1 pound potatoes, peeled & cubed
- 4 carrots, cut into 1 inch pieces
- 4 celery stalks, cut into 1 inch pieces
- 3 tablespoons tomato paste
- 1 teaspoon dried rosemary
- 2 tablespoons cornstarch
- 2 tablespoons water
- 3/4 cup peas

Directions:

- Combine flour, garlic powder, and salt & pepper. Toss beef in flour mixture.
- Heat olive oil in a large Dutch oven or pot. Cook the beef and onions until browned.
- Add beef broth while scraping up any brown bits in the pan.
- Stir in all remaining ingredients except for peas, cornstarch, and water. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes).
- Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all of it).
- Stir in peas and simmer 5-10 minutes before serving. Season with salt & pepper to taste.



Serve on it's own or with bread, rolls, or crackers

Don't forget, you can freeze leftover stew and defrost overnight or in the microwave when you need a quick but delicious meal. Store in freezer bags or in a heavy plastic airtight container (make sure to leave a small space in the container for it to expand).



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