

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

THANK YOU

**This month WIC ob-
serves the following
Holiday:**

**Monday February
20th**



This institution
is an equal
opportunity
provider

wic Newsletter

FEBRUARY 2023

WIC & your formula benefits

If your usual formula is on the shelf,
it's not a part of the recall.

Typically, WIC benefits cover Similac
formula. If you aren't sure which
formulas are approved and right for
you, contact your local agency.

All WIC participants will need to
switch back to WIC approved
formula by February 28th, 2023.



This institution is an equal opportunity provider.



Strawberry Hearts with Yogurt Dip

The perfect quick, easy, and nutritious treat for your little loves this Valentine's Day!

Ingredients:

- 20 Strawberries
- 1 cup Vanilla Yogurt
(tip: use Greek yogurt for a thicker dip!)
- 2 Tbsp maple syrup (optional)



Instructions:

1. Wash and dry strawberries, pat dry with paper towel (tip: only wash what you plan to eat so they don't spoil).
2. Remove the tops by slicing a "V" in the top of the strawberry to create that heart shape (tip: don't cut too far down! Just enough to create the heart).
3. **Optional:** gently place on popsicle stick or tooth pick for serving.
4. In a small mixing bowl combine vanilla yogurt and maple syrup (optional), blend until smooth and keep in refrigerator until ready to eat. Dip needs to be served cold!

Variation: Frozen Strawberry Yogurt Bites- dip the strawberries in the yogurt mix, place out across a baking sheet lined with parchment paper, and put in the freezer for the perfect frozen treat! Or to save any leftovers!

An irresistible addition to any Valentine's Day celebration!

February is National Children's Dental Health Month!

Brushing Tips:

- Follow a schedule and stick to a routine - Don't skip!
- Brush with your kids! They watch and copy their parents
- Make it fun!
 - Allow your child to pick out their own toothbrush at the store
 - Try playing music while they brush
- Keep trying - It may take some trial and error before finding a toothpaste they like or for them to tolerate brushing for the full recommended time

Don't Forget:

Children should have their first dental check-up by age 1. Schedule a visit with a dentist or ask your child's medical doctor to look at his/her teeth.



Did you know?



- Breastfed babies get fewer cavities
- Breastfeeding facilitates proper dental and jaw development

For more tips & info visit:

<https://www.fromthefirsttooth.org/resource/resources-parents-caregivers/taking-care-of-your-childs-teeth/1-3-years-old/#>

<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Brushing-Up-on-Oral-Health-Never-Too-Early-to-Start.aspx>

MAINE Families **PENQUIS** **GREATER BANGOR LACTATION SUPPORT TEAM**

STORIES AND GIVEAWAYS
BABY EXPO

FEB 15TH 330PM

Meeting in-person at Penquis
"Penobscot" Room- 262 Harlow St Bangor
Join our local lactation support team, Maine Families and other providers as we share free giveaways of clothing, toys, and other baby items you may need for your family or a friend. We want to support all prenatal or families with young children!

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Bangor Public Health & Community Services

Wabanaki Public Health & Wellness **MAINE wic**