

## For More Info About WIC

Call: (207)992-4571

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Maine Relay 711  
(TTY)

### Or Go Online:

<https://www.bangorpublichealth.org>

[www.maine.gov/wic](http://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!

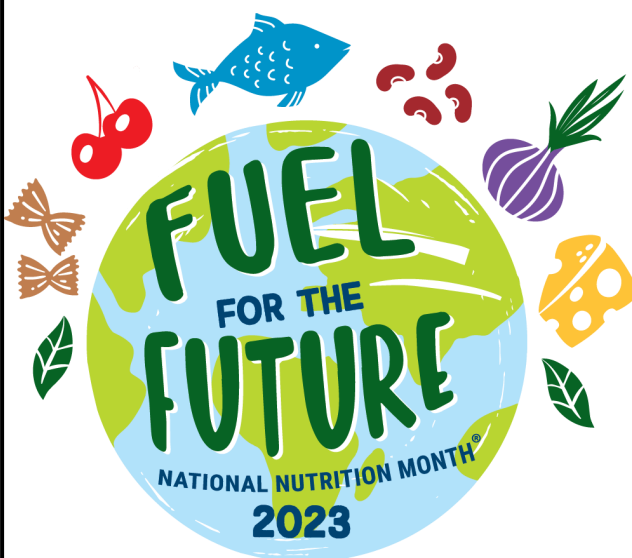


This institution is an  
equal opportunity  
provider.

# wic Newsletter

MARCH 2023

## March is National Nutrition Month!



Wednesday March 8

HAPPY  
RDN DAY.  
REGISTERED DIETITIAN NUTRITIONIST



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | R | O | S | E | M | A | R | Y | E | G | P | I | P |
| U | E | E | Y | V | A | N | I | L | L | A | N | A | A |
| R | B | M | I | I | A | Y | O | N | E | L | R | C | R |
| M | E | A | E | L | A | N | T | M | L | I | B | E | S |
| E | P | G | S | N | G | N | A | R | A | T | A | T | L |
| R | E | O | I | I | O | A | R | N | Y | N | Y | I | E |
| I | Y | Y | R | G | L | O | R | E | G | A | N | O | Y |
| C | H | I | V | E | S | I | A | E | A | M | P | I | P |
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| O | S | E | R | A | N | R | O | Y | A | U | N | N | T |
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| I | P | E | P | E | P | P | E | R | A | N | R | L | E |
| L | P | E | E | A | T | H | Y | M | E | Y | V | C | L |

## Herbs & Spices

BASIL  
BAY  
CHIVES  
CINNAMON  
CUMIN  
MINT  
OREGANO  
PARSLEY  
PEPPER  
ROSEMARY  
SAGE  
TARRAGON  
THYME  
TURMERIC  
VANILLA

## What about Choline?

Choline is essential in fetal & infant brain development. Many prenatal vitamins may contain little or no choline.

Recommended Dietary Intake (RDI)- daily for choline:

450mg pregnancy

550mg during lactation

Find choline in eggs, seafood, dairy, soy, whole grains and many other healthy foods including *breastmilk*!



## Breastmilk Yogurt Bark

You will need:

- 8 oz breastmilk (either fresh or refrigerated)
- 2 tbsp plain Greek yogurt
- Optional topping ideas: slices of fruit and baby food puree

How to prepare:

- Grab a mixing bowl and combine breastmilk and yogurt
- Grab a freezer safe container with edges and line with parchment paper
- Pour your mixture onto the paper and top with your toppings if desired
- Allow to freeze for at least 4 hours before enjoying

Feel free to cut the recipe in half if needed

For more recipes follow us on TikTok!

[9 Easy Breast Milk Recipes For Babies And Tips For Cooking \(momjunction.com\)](https://momjunction.com)



### mini pizzas

are fun for lunch or snack!

Arrange the ingredients on a plate. Let your child make his own pizza.

1. Toast english muffins.
2. Top english muffins with pizza sauce.
3. Sprinkle with shredded mozzarella cheese.
4. Decorate your pizza!
5. Bake mini pizzas in a 375° oven for about 5 to 10 minutes.

Refrigerator biscuit dough can also be used for mini pizzas. Roll or press out a biscuit for each pizza, layer on the toppings and bake!

Make a happy face on your pizza!

Ham or turkey strips - eyes, nose or mouth.  
Green or black olive slices - eyes.  
Tomato, green or red pepper slices - smiles.  
Shredded carrots, shredded cheddar cheese, or chopped spinach - hair.  
Mushrooms - eyes, nose or mouth.

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