**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

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**WIC APPOINTMENTS**

WIC is beginning its return to in-person appointments.

During this period of transition WIC appointments will remain flexible.

We will be completing appointments both in-person and by phone at this time.

Thank you

**Our office will be closed on Monday, April 17th for Patriots’ Day**

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Did you know pregnant women can participate in WIC if they’re income-eligible?

The sooner they sign up, the more helpful WIC can be during their pregnancy.

Tell your friends and spread the word!

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**Hello Spring**

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**YOUR PARK STORY**

National Park Week is happening April 22 to April 30 this year. Entrance fees will be waived on April 22, 2023, to kick off the celebration and to encourage everyone to enjoy their national parks in person! #NationalParkWeek

https://www.nps.gov/subjects/npcelebrates/national-park-week.htm

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**April Holidays and Observances**

April 1: April Fools Day
April 2: World Autism Awareness Day
April 12: National Grilled Cheese Sandwich Day

April 22: Earth Day
April 23: National Picnic Day
April 28: National Superhero Day
Breastfeeding mothers typically require additional calories to meet daily nutritional needs while lactating. It is recommended that 330-400 calories per day be added to a mother's pre-pregnancy intake to help meet those needs. Lactation also increase the need for minerals iodine and choline. Foods containing iodine include dairy products, eggs, seafood, and an iodized table salt. Food containing choline include eggs, meats, some seafood, beans, peas, and lentils.

For more info visit: cdc.gov

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**Citrus Glazed Carrots**

**Ingredients**

- 2 cups sliced fresh carrots (about 4 carrots)
- 1 cup orange segments (about 2 oranges)
- 1½ teaspoons honey
- ⅛ teaspoon ginger

**Directions**

1. Place carrots in a steamer basket, then place steamer basket in a saucepan filled with 1 inch water.
2. Bring water to a boil, cover and steam carrots until tender yet crisp.
3. Combine all ingredients in a small saucepan, stirring gently to coat carrots and oranges.

**Tip:** Never feed honey to a child under one year of age. Also be sure to cut carrots into small pieces for young children.

[Image of Citrus Glazed Carrots]

https://texaswic.org/recipes/citrus-glazed-carrots

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Bangor Public Health & Community Services