

## 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](http://www.maine.gov/wic)



### WIC APPOINTMENTS

WIC is beginning its  
return to in-person  
appointments.

During this period of  
transition WIC ap-  
pointments will re-  
main flexible.

We will be com-  
pleting appoint-  
ments both in-  
person and by phone  
at this time.

Thank you

OUR OFFICE WILL BE  
CLOSED ON MONDAY,  
APRIL 17TH FOR

PATRIOTS' DAY



This institution is an  
equal opportunity  
provider

# wic Newsletter

APRIL 2023

## DID YOU KNOW?

You can sign  
up for WIC  
while pregnant.



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!



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/npscelebrates/national-park-week.htm>

### April Holidays and Observances

April 1: April Fools Day

April 22: Earth Day

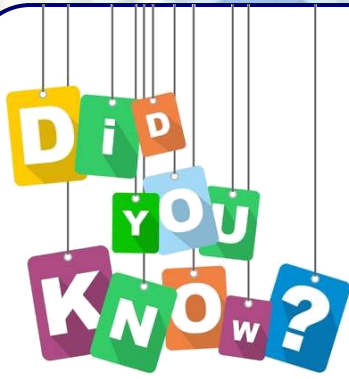
April 2: World Autism Awareness  
Day

April 23: National Picnic Day

April 28: National Superhero Day

April 12: National Grilled  
Cheese Sandwich 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 increases the need for minerals iodine and choline. Foods containing iodine include dairy products, eggs, seafood, an iodized table salt.

Food containing choline include eggs, meats, some seafood, beans, peas, and lentils.

For more info visit: [cdc.gov](https://www.cdc.gov)



## 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.

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

# SAVE THE DATE

## April 14th 10:30am

Join us online as we tally our combined lactation prowess!

All families are welcome that provide human milk to their littles.



A component of:



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