

**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 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

This institution is an equal opportunity provider

wic Newsletter
MAY 2023



**OUR OFFICE WILL
BE CLOSED ON
MONDAY, MAY 29TH FOR
MEMORIAL DAY**



**Farmers' Market season
is on its way!**

Maine WIC supports using eWIC CVB for fresh fruits and veggies at eWIC-certified farm locations!

Maine WIC is excited to announce that Cash Value Benefit (CVB) for fruits and vegetables can once again be spent with Maine eWIC certified farmers!

Remember you can use your CVB with local farmers year round.

WIC CVB will be on the BNFT app.

Download the BNFT app or visit mybnft.com and click "sign up." Enter your card number, zip code, and date of birth, then create an account

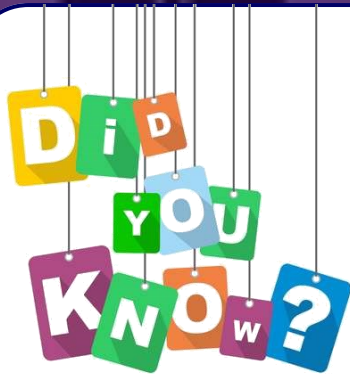


Apple App Store



Google Play Store

Visit www.maine.gov/WIC to see what markets in your area are ready to accept WIC Cash Value Benefits (CVB)



May is Celiac Awareness Month

Did you know about 1 in 133 people in the United States have Celiac Disease?

Gluten is found in the grains wheat, barely, rye, and products that contain by-products of these grains.

Foods, beverages, healthcare/beauty products, and even medications can contain gluten.

Source: www.beyondceliac.org

WIC offers many gluten free options:

- Brown rice
- Oatmeal
- Corn tortillas
- And even gluten free cereal options



Ask your WIC Dietitian or Nutritionist for more information!

Colorful Corn & Bean Salad

Ingredients

- 1 can (15oz) black beans, rinsed and drained
- 1 jar (13oz) corn relish
- 1/2 cup canned kidney beans
- 1/2 cup quartered cherry tomatoes
- 1/2 cup chopped celery
- 1/4 cup sweet orange pepper
- 1/4 cup sliced pimiento-stuffed olives
- Sliced red onion (if desired)
- 2 teaspoons minced fresh parsley

Directions

1. In a large bowl, combine all ingredients.
2. Cover & refrigerate until ready to serve.



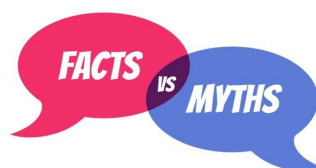
<https://wicmomstrong.com/wp-content/uploads/2020/07/WIC-Cookbook-2020-FINAL-1.pdf>

Breastfeeding: Fact or Myth?

Premature babies fed more breast milk in the first 28 days of life have better brain development by the time their original birth date arrives, and see benefits to IQ and memory skills later in childhood.

Tips for Breastfeeding Your Premie:

1. Latching can be difficult, but many parents find cross-cradle feeding positions to be the best way to help teach their baby how to latch.
2. Try hand expressing a few drops just before bringing baby to breast to encourage baby!
3. Practicing skin-to-skin, or Kangaroo care with your baby not only helps establish a great breastfeeding bond, but also helps regulate baby's body temperature, heart rate and breathing.



FACT ★

<https://illi.org/breastfeeding-premature-babies/>

Follow Us!

Instagram

@wicbangormaine

TikTok

@wicbangorme

facebook.

Bangor Public Health & Community Services