

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:

We are completing appointments both in-person and by phone.

Beginning August 8th we will be back in person.

We cannot wait to see you!

Thank you

This institution is an equal opportunity provider

wic **Newsletter**
JUNE 2023

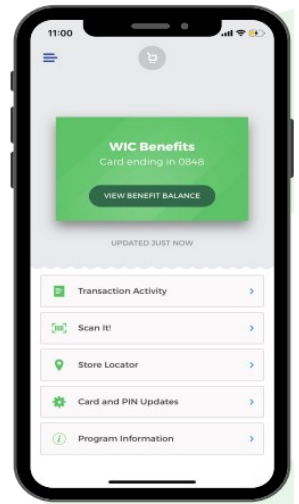


Farmers' Market season starts in July!

This year Farmers' Market benefits will be automatically issued to eligible participants electronically starting July 1st.

Reminder: Cash Value Benefits for fruits and vegetables can be spent with Maine eWIC certified farmers! Visit www.maine.gov/wic for more information on our farmers' market program!

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 using an e-mail address and password.



Apple App Store



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BNFT App Icon



Our office will be closed for the holiday on Monday, June 19th



DID YOU KNOW?

Did you know canned and frozen fruits and vegetables are processed within hours of harvesting?

By freezing/canning as close to harvesting as possible the nutrient loss of the produce can actually be less than a fresh produce item! Depending on the item canning and freezing can actually have higher available nutrients than the traditional produce!

Using canned/frozen items can also help you stretch your WIC benefits longer for your family. By using canned/frozen vegetables that are recipe ready you can save time, money and even increase your family's fruit and vegetable intake especially if some items are not in season or available where you live.



Frozen Fruit Smoothie Popsicles

Ingredients:

2.5 cups frozen fruit of your choice (peaches, berries, strawberries, banana)

1.5 cups yogurt (can sub for silken tofu as well)

1 cup 100% fruit juice or frozen fruit juice concentrate



Recipe Idea: Use frozen mango, pineapple, yogurt & orange juice to create a refreshing tropical treat!

Directions:

1. Combine yogurt, juice and fruit in a blender until blended smoothly
2. Place mixture in popsicle molds of your choice
3. Chill for 12 hours and ENJOY!

Recipe created by your Bangor WIC Nutritionists /RD's

Summer Solstice June 21st

Can having fun in the sun improve your overall health?

YES! When your skin is exposed to sunlight, it creates vitamin D by converting the cholesterol in your body. Vitamin D is a crucial vitamin for the human body to help improve mood and reduce risk of disease. It is recommended to get roughly 5-30 minutes of sunshine a day as well as consuming foods rich in vitamin D. Vitamin D can be found in WIC foods like, tuna, breastmilk/formulas, eggs, salmon, sardines, milk, fortified juices and cereals. This summer, have some fun in the sun (with sun protection of course) while improving your health! If you are fully breastfeeding ask your HCP/WIC Nutritionist for proper vitamin D intake recommendations.

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