

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

JULY 2023



**HEALTHY FOOD
HEALTHY KID
HAPPY FAMILY**



Farmers' Market Benefits are now available to use!



Reminder: Farmers Market Benefits expire on October 31st. Cash Value Benefits for fruits and vegetables can be spent with Maine eWIC certified farmers are year long though!

Visit www.maine.gov/wic to find a list of eWIC certified farmers near you.

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.



Google Play Store



Apple App Store



**Our office will be
closed for the holiday on
Tuesday, July 4th!**



Top a bowl of breakfast cereal with blueberries or strawberry slices.



nubitesTM
nutrition tips for today's families

No. 423

enjoy
summer fresh berries!

Snack on a bowl of berries, just rinse and eat!



Add blueberries, raspberries or chopped strawberries to vanilla yogurt.



nutrition matters[®]
nutrition education that matters

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“Bee in the Moment” and Save The Date! Thursday August 3rd WIC will be hosting our Annual World Breastfeeding Week Celebration at our Bangor Office at 103 Texas Ave. from 1:30 pm to 3:30 pm.

Celebrate National Avocado Day on July 31st

Fun Facts about Avocados

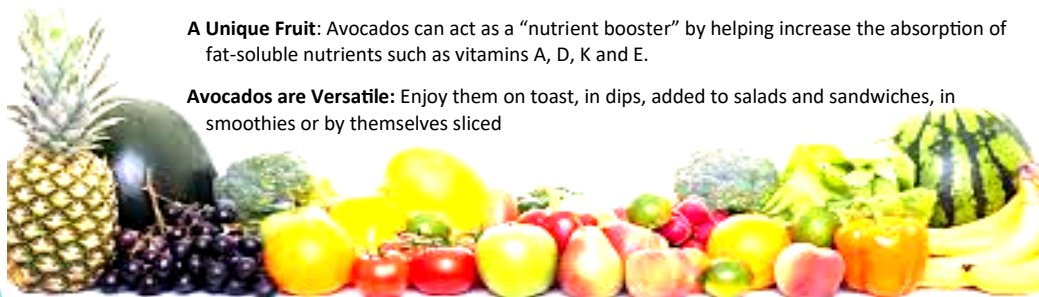
Avocados Are a Heart-Healthy, Nutrient-Dense Super food: Nutrient-dense foods are those that provide substantial amounts of vitamins, minerals and other nutrients with relatively few calories. One-third of a medium avocado (50 g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a great nutrient-dense food choice.

Great for Babies and Kids: The avocado's creamy consistency makes it one of the first fresh foods a baby can enjoy.

Contains Good Fats: The avocado is virtually the only fruit that contains heart-healthy monounsaturated fat – also known as the good fat!

A Unique Fruit: Avocados can act as a “nutrient booster” by helping increase the absorption of fat-soluble nutrients such as vitamins A, D, K and E.

Avocados are Versatile: Enjoy them on toast, in dips, added to salads and sandwiches, in smoothies or by themselves sliced



To learn more avocado facts and tips on preparing, storage, nutrition and get recipes using avocados visit www.californiaavocado.com.

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