Attention parents, caregivers, and supporters of breastfeeding/chest-feeding

You’re Invited!

BEE in the Moment!

Thursday, August 3rd 2023
1:30pm – 3:30pm
103 Texas Ave, Bangor

Come celebrate with us! We will be offering giveaways, breastfeeding educational materials, breastfeeding materials, activities for kids of all ages, AND car seat inspections courtesy of Public Health Nursing.

When you walk in the door you’ll be automatically added into our raffle with more than one chance to win!

Join WIC, Maine Families, and Maine State Public Health Nurses as we all celebrate

For More Info About WIC

Call Us Today:
(207)992-4571
1-800-470-3769

Visit Us Online:
https://www.bangor_publichealth.org
www.maine.gov/wic

*This institution is an equal opportunity provider*
**WHAT'S IN SEASON?**

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Produce</th>
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<tbody>
<tr>
<td>Apples</td>
<td>Cauliflower</td>
<td>Onions</td>
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<td>Artichokes</td>
<td>Celery</td>
<td>Peaches</td>
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<td>Beans</td>
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<td>Beets</td>
<td>Cucumbers</td>
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<td>Blueberries</td>
<td>Eggplant</td>
<td>Radishes</td>
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<td>Broccoli</td>
<td>Garlic</td>
<td>Summer Squash</td>
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<td>Cabbage</td>
<td>Herbs</td>
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<td>Cantaloupe</td>
<td>Kale</td>
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<td>Carrots</td>
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</tbody>
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**Farmers’ Market benefits (FMNP) for fruits and vegetables are valid through October 31st at participating Maine eWIC certified farmers!**

Visit [www.maine.gov/wic](http://www.maine.gov/wic) for more info

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**Breastmilk Ice Cream**

**Ingredients:**
- Banana, 1 sliced
- Breast milk, 2 ounces
- Cinnamon, ¼ - ½ teaspoon
- Vanilla extract (if desired)

**Directions:**
- Slice your banana and freeze for at least 2 hours.
- Place frozen banana, cinnamon, and vanilla extract in a blender.
- Slowly add breast milk and puree, until mixture reaches a soft-serve texture.
- Serve to your baby right away or store in your freezer for later.

Breast Milk Recipe: Breast Milk Ice Cream | Medela

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**IMPORTANT REMINDERS**

Beginning August 8th, all WIC appointments will be back in person.

Your WIC providers are looking forward to seeing you!

**We will be out of the office on Monday, September 4th**

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