



Newsletter

AUGUST 2023



BANGOR PUBLIC HEALTH
& COMMUNITY SERVICES

August is World Breastfeeding Month

**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 ma-
terials, activities for kids of all ages, AND car seat in-
spections courtesy of Public Health Nursing.**

**When you walk in the door you'll be automatically add-
ed 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.bangorpublichealth.org> www.maine.gov/wic

This institution is an equal opportunity provider



Farmers' Market benefits (FMNP) for fruits and vegetables are valid through October 31st at participating Maine eWIC certified farmers!

Visit www.maine.gov/wic for more info

WHAT'S IN SEASON?		
Apples	Cauliflower	Onions
Artichokes	Celery	Peaches
Beans	Corn	Peppers
Beets	Cucumbers	Potatoes
Blueberries	Eggplant	Radishes
Broccoli	Garlic	Summer Squash
Cabbage	Herbs	Tomatoes
Cantaloupe	Kale	Watermelon
Carrots	Lettuce	

<http://www.maine farmers markets.org/shoppers/whats-in-season/>

Apple App Store



BNFT App Icon



Google Play Store



IMPORTANT REMINDERS



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

Your WIC providers are looking forward to seeing you!

Breastmilk Ice Cream

Ingredients:

- Banana, 1 sliced
- Breast milk, 2 ounces
- Cinnamon, 1/4 - 1/2 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

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

We will be **CLOSED** TO OBSERVE **Labor DAY**



@wicbangorme @wicbangormaine

