

## 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](http://www.maine.gov/wic)



**WIC is back to  
in person  
appointments.**

**We are so  
excited to see  
you all!**



This month WIC observes  
the following Holidays

Friday, November 10th

Thursday, November 23rd

Friday, November 24th



This institution is an  
equal opportunity  
provider

# wic Newsletter

NOVEMBER 2023

## YOGURT SIZES HAVE CHANGED!

You can now purchase 8 oz, 16 oz, or 24 oz containers to reach your 32 oz yogurt amount. See the graphic below for ways to mix and match yogurt sizes to use your yogurt benefits!

NOTE: 8 oz are ONLY available in Whole Milk yogurt for children aged 1-2

### Available Yogurt Sizes

8 oz.  
\*\*

16 oz.

24 oz.

32 oz.

\*\* 8 oz. sizes are only available in whole milk yogurt for children aged 1-2

Ways to use  
your YOGURT  
benefit

8 oz. + 8 oz. + 8 oz. + 8 oz. = 32 oz.

8 oz. + 8 oz. + 16 oz. = 32 oz.

8 oz. + 24 oz. = 32 oz.

16 oz. + 16 oz. = 32 oz.

32 oz. = 32 oz.



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### Fact or Myth

Colostrum contains special proteins that coat your baby's intestinal tract to protect from harmful bacteria right from the start. **FACT**

### Breastmilk Butter

#### Ingredients:

Breast milk, 1 – 2 ounces or more (depending on how much butter you want!)

#### Directions:

- Pour your breast milk into a clean jar and be sure to tightly secure the lid.
- Shake as hard as possible for several minutes to "churn", until breast milk thickens and becomes butter.
- Use on anything you normally would put butter on! Pancakes, cooked vegetables, toast)

<https://www.medela.us/breastfeeding/articles/breast-milk-recipe-breast-milk-butter>

# PORTION SIZES



- large portions may be overwhelming
- child may feel pressure and reject food
- child may ignore fullness cues in effort to "clean the plate" or please parents



- small portions remove pressure
- encourages child to try new options
- child determines hunger/fullness, parent provides more upon request

@PLANTBASEDJUNIORS

## Tips for Getting a Toddler to Eat New and Healthy Foods

- Offer a variety of foods each day.
- Serve smaller portions of a new or disliked food with something that they typically like.
- Keep serving the new or disliked food. It may take several times before they try it.
- Be a good role model by eating the healthy food yourself.

Contributed by Molly, WIC Dietitian

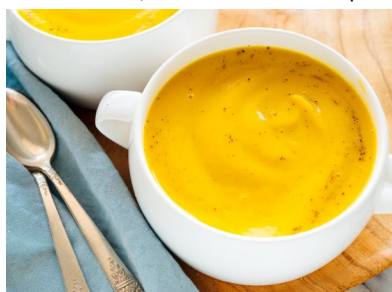
<https://www.myplate.gov/life-stages/toddlers>

## Roasted Butternut Squash Soup

<https://cookieandkate.com/roasted-butternut-squash-soup/>

### INGREDIENTS

- 1 large butternut squash (about 3 pounds), halved vertically and seeds removed.
- 1 tablespoon olive oil, plus more for drizzling
- ½ cup chopped shallot (about 1 large shallot bulb), or onion
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced
- 1 teaspoon maple syrup
- ⅛ teaspoon ground nutmeg
- Freshly ground black pepper, to taste
- 3 to 4 cups (24 to 32 ounces) vegetable broth, as needed
- 1 to 2 tablespoons butter, to taste



### INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about ½ teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
2. Turn the squash face down and roast until it is tender and completely cooked through, about 40 to 50 minutes (don't worry if the skin or flesh browns—that's good for flavor). Set the squash aside until it's cool enough to handle, about 10 minutes.
3. Meanwhile, in a large soup pot, warm 1 tablespoon olive oil over medium heat until shimmering (if your blender has a soup preset, use a medium skillet to minimize dishes.) Add the chopped shallot (or onion) and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently. Transfer the contents to your stand blender (see notes on how to use an immersion blender instead).
4. Use a large spoon to scoop the butternut squash flesh into your blender (can use food processor, or hand mixer). Discard the tough skin. Add the maple syrup, nutmeg and a few twists of freshly ground black pepper to the blender. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line (you can work in batches if necessary, and stir in any remaining broth later).
5. Securely fasten the lid. Blend on high (or select the soup preset, if available), being careful to avoid hot steam escaping from the lid. Stop once your soup is ultra-creamy and warmed through.
6. If you would like to thin out your soup a bit more, stir in the remaining cup of broth. Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Taste and stir in more salt and pepper, if necessary.
7. If your soup is piping hot from the blending process, you can pour it into serving bowls. If not, pour it back into your soup pot and warm the soup over medium heat, stirring often, until it's nice and steamy. I like to top individual bowls with some extra black pepper.