

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 is back to in
person
appointments.**

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

**This month WIC
observes the
following Holiday:**

**Monday
December 25th**



**This institution
is an equal
opportunity
provider**

wic Newsletter

DECEMBER 2023

Don't forget food safety around the holidays!

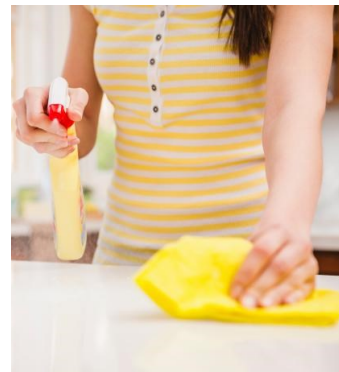
Wash hands and surfaces before preparing food.

Use a food thermometer to make sure meat is cooked to the proper internal temperature.

If stuffing a turkey, make sure the stuffing also reaches the correct internal temperature.

Be aware of how long food sits out unrefrigerated. Throw away perishable foods that have been left sitting out at room temperature for longer than two hours.

Visit <https://www.eatright.org/homefoodsafety/safety-tips/holidays/10-holiday-home-food-safety-tips> for more information on food safety.



Tips for using holiday leftovers:

Turn your leftovers into new meals to use them up and stretch your food dollars!

Leftover meat and vegetables are great to use in soups, casseroles, pot pies, and stir fries!

Make crispy potato patties with leftover mashed potatoes!

Make muffins with leftover cranberry sauce or use it as a topping for waffles and pancakes!

Penobscot Parenting Expo: Parenting Take a Village, Come Meet Your People! Open to young children in the community. Light snacks and drinks provided, as well as a space for your littles to play and door prizes!

WHEN: Thursday December 7th from 2-5 PM

WHERE: Eastport Hall, 128 Texas Ave, Bangor, ME



Cranberry Sauce Muffins

<https://www.allrecipes.com/recipe/240388/cranberry-sauce-muffins/>

Ingredients

- 2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup white sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 cup cranberry sauce
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract

Directions

- Preheat oven to 400°. Grease 18 muffin cups or line with paper muffin liners.
- Whisk flour, brown sugar, white sugar, baking powder, salt, cinnamon, and nutmeg together in a bowl. Beat cranberry sauce, milk, oil, egg, and vanilla together in a separate bowl. Stir flour mixture into cranberry sauce mixture until batter is just moistened; pour into prepared muffin cups.
- Bake in the preheated oven until golden brown, about 20 minutes.



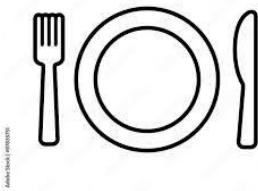
Building Healthy Habits at Mealtime is Important for Child's Growth, Nutrition, and Lifelong Wellbeing

Eating a balanced meal as a family could make it easier for your child to try new foods.

Regular mealtimes provide a sense of comfort for children.

Family meals can help with portion control. Over time, children learn to eat proper serving sizes. This can prevent overeating and promote a healthy weight.

Routines for meals and snacks help children learn when they feel hungry or full.



Contributed by Lauren,
UMaine Nutrition Program
Dietetic Intern



Winter Farmers' Market

Make sure you have the BNFT app set up on your phone to use your Cash Value Benefit (CVB) for fruits and vegetables at the markets all year long!



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