

**For More
Info About
WIC**

Call: (207)992-4571

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Maine Relay 711
(TTY)

Or Go Online:

<https://www.bangorpublichealth.org>

**Welcome back
to WIC!**

*We are now back
to in person
appointments!*

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

This institution
is an equal
opportunity
provider



Newsletter

SEPTEMBER 2023

WELCOME BACK!

We hope you had a great summer! We are now completing in person appointments at this time. We can't wait to see you!

Have you used your farmers market benefits?

Eligible participants have a 1 time \$30 cash value benefit until October 31st to use at local area farmers markets. Not sure where to find a farmers market? Check out <https://www.maine.gov/dhhs/mecdc/population-health/wic/> for a complete list of farmers around the state!

For more information on the BNFT app to access benefits scan the QR codes below:



Apple App



Google Play Store



BNFT App Icon

DID YOU KNOW?

Breakfast: The most important meal Contributed by Emily, WIC Dietitian
of the day



Did you know studies show children who consume breakfast have been shown to have improved overall health, improved school performance and better brain function? Children who participated in the school breakfast program also were shown to have decreased risk of anxiety, depression, obesity and vitamin deficiency! **Not sure how to build a balanced breakfast? Check out the recipe below! Pair these muffins with a glass of milk for a balanced nutrient rich breakfast!** Resource: <https://healthy-food-choices-in-schools.extension.org/breakfast-and-the-brain-how-eating-breakfast-impacts-school-performance/>

Oatmeal Pumpkin Muffins



Ingredients:

- 2 cups oatmeal
- 1 cup pumpkin
- 1 cup milk
- 1/4 cup maple syrup
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp baking soda

TIP: Pumpkin can be purchased at your local farmers market with your \$30 cash value benefits until October 31st!

Directions:

1. Preheat oven to 375 and grease a standard muffin tin
2. Place all the ingredients in a blender and blend until very smooth scraping the sides of the blender to assure everything is blended
3. Add batter to muffin tins (1/4 cup batter) and bake for 20-23 minutes or until you can insert a toothpick in the center of the muffin and it comes out clean.
4. Serve with fruit and a glass of milk for a well rounded breakfast!

Recipe from: [YummyToddlerFood.com](https://www.yummytoddlerfood.com)

**WE WILL BE CLOSED ON
LABOR DAY**



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