

**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 OFFICE

CLOSURE INFO:

This month WIC will observe the following Holidays:

Monday January 1st

Monday January 15th



This institution is an equal opportunity provider

wic Newsletter
JANUARY 2024

Are you making a Resolution this year?

Check out some tips for a *Healthy New Year* from WIC Dietitian, Tara:

Try ADDING healthy habits instead of difficult to maintain restrictions:

- Aim to include an *additional* cup of water each day to work towards your daily goal
- Eat one more serving of vegetables or fruits throughout the day
- Adventure with new winter outdoor activity (build a snowman, sled-ding, snowshoeing, skiing)
- Add a plant-based protein to a favorite meal (lentils, beans, tofu, nuts/seeds)
- Try a new whole grain (Quinoa, amaranth, farro, barely, buckwheat, and many more!). Check out the WIC shopper app for WIC approved whole grain products.



HAPPY HEALTHY NEW YEAR!



Freeze extra ham cubes and slices for later meals.
Try to use frozen ham within 2 months.

holiday ham

Enjoy ham during the holidays and every day.
Use ham to make these easy meals:

- Add ham cubes to **macaroni and cheese**. Toss in some frozen vegetables such as broccoli, peas or carrots. Heat and serve!
- Create a meal with a **salad**. Top a lettuce salad with ham cubes, diced tomatoes and shredded cheddar cheese. Serve with toast and a glass of milk.
- Top a **baked potato** with chopped ham, cooked broccoli, carrots and shredded cheddar cheese. Heat in a microwave and serve!
- Toss some **finely chopped ham** into spaghetti sauce. An easy way to add more protein.

Eat a variety of protein foods.

Nutrition Matters, Inc. - www.numatters.com
This tipsheet can be reproduced for educational purposes.



Milk & Cookies

Bangor's Postpartum & Breastfeeding Support Group

Community

Get to know other new moms navigating sleepless nights, infant feeding dilemmas, and more postpartum stuff.



Where:

Bangor Public Library
Children's Dept
3rd Floor

When:

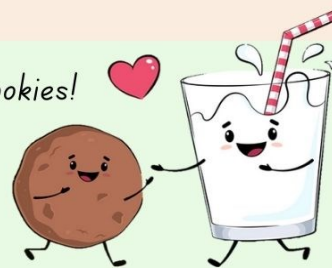
Every Friday
12-1pm

Consultation

This group is run by Lactation Certified Bangor Public Health Nurses.

Every day is better with friends...and cookies!

Questions? Call 207-992-4547



Compassion

You are not alone.
We've been there.
Come hang out!



CITY OF BANGOR

WIC's Cash Value Benefit (CVB)

Remains increased!

Check your WIC Shopper app
to see how much you're getting
in CVB!

Children 1-5: \$25

Pregnant & Postpartum: \$44

Breastfeeding: \$49



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Bangor Public Health & Community Services