

## **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!**

**WIC staff will be unavailable on Monday October 9th to observe the holiday and Friday October 20th for a staff training day.**



# **wic Newsletter**

**OCTOBER 2023**

## **DON'T FORGET!**

**Use your farmers' market benefits before they expire**



## **WHAT'S IN SEASON?**

Apples	Chard	Parsnips
Beans	Chili Peppers	Potatoes
Beets	Corn	Pumpkins
Broccoli	Fennel	Radishes
Brussel Sprouts	Garlic	Squash
Cabbage	Gourds	Sweet Potato
Carrots	Kale	Swiss Chard
Cauliflower	Lettuce	Tomatoes
Celery	Onions	Turnips

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

**nubites**<sup>TM</sup>  
nutrition tips for today's families

## **sweet potatoes**

Sweet potatoes are a great source of Vitamin A and fiber - **enjoy them often!**

### **Twice Baked Potatoes:**

1. Bake 2 sweet potatoes in a 400° oven until soft, about 30 to 40 minutes.
2. Scoop potatoes out of their shells. Mash with a little milk or orange juice. Season with salt and pepper.
3. Stuff potato mixture back into shells. Bake in the oven for 10 more minutes.

### **More Sweet Potatoes:**

- Bake a sweet potato and serve with a little butter, brown sugar and cinnamon.
- Use sweet potatoes instead of white potatoes in soup or stew.

Nutrition Matters<sup>TM</sup> - [www.numatters.com](http://www.numatters.com)  
This tipsheet can be reproduced for educational purposes.



**'TIS THE SEASON FOR SWEET POTATOES.**

**These nutritional all-stars are packed with vitamins A and C, potassium, and fiber. And you can cook them in so many ways: baked, roasted, and mashed, or added to soups and stews.**

## Roasted Pumpkin Seeds



### Ingredients

- 2 cups fresh pumpkin seeds or whatever you scoop from one pumpkin
- 2-3 tablespoons melted butter or equal amount of cooking oil of your choice
- 1-2 teaspoons of your favorite spice blend (examples: salt & pepper, cinnamon sugar, ranch, taco, garlic parmesan, or curry)

### Directions

1. Preheat oven to 350° & line a baking sheet with either foil or parchment paper
2. Scoop seeds from pumpkin & remove as much pulp from the seeds as possible
3. Put seeds in a strainer & rinse under cold running water
4. Lay seeds out on a towel & pat dry
5. In a bowl combine seeds with butter or oil & your choice of spices. Stir until each seed is coated.
6. Spread seeds evenly in a single layer on a prepared baking sheet & bake, stirring occasionally until seeds are dry & golden, approximately 25 minutes

**WIC is here for  
moms, dads, parents, grandparents,  
foster parents, aunts, uncles,  
and guardians of all kinds.**

- ⇒ **Breastfeeding Support**
- ⇒ **Nutritious Foods**
- ⇒ **Health Referrals**
- ⇒ **And MORE from WIC**

**Refer a friend to the WIC  
Program!**



**Follow Us!**  
Instagram @wicbangormaine



**TikTok** @wicbangorme



**facebook** Bangor Public Health  
& Community Services

**Have a Safe and Happy Halloween!**



**This institution is an  
equal opportunity  
provider**