

NEWSLETTER

MAY 2024

WIC is celebrating 50 years!



**Honoring the past.
Nourishing the future.**

May is Maternal Mental Health Month

"When it's more than just the baby blues."

Postpartum depression and postpartum anxiety are the 2 most common perinatal mental health or maternal mental health disorders.

Up to 1 in 5 of those who are pregnant and in the postpartum period will suffer from a maternal mental health disorder like postpartum depression.

Less than 15% receive treatment.

Maternal depression occurs as frequently as it does during the postpartum period.

Up to 56% of those living in poverty experience postpartum depression.

More than 600,000 will suffer from a maternal mental health disorder in the US this year.

Gen Z is twice as likely as Boomers to suffer from mental health disorder.

Rates of depression are more than doubled in the Black Population due to cumulative effects of stress called "weathering".

About **1 in 8 women** report symptoms of PPD in the year after giving birth.

This summary includes maternal mental health statistics. For more information on maternal mental health disorders (also referred to as perinatal mental health disorders), including postpartum depression, symptoms, and support, please visit: <https://www.2020mom.org/mmh-disorders> or contact your Healthcare Provider



Colorful Corn & Bean Salad

Ingredients

- 1 can (15oz) black beans, rinsed and drained
- 1 jar (13oz) corn relish
- 1/2 cup canned kidney beans
- 1/2 cup quartered cherry tomatoes
- 1/2 cup chopped celery
- 1/4 cup sweet orange pepper
- 1/4 cup sliced pimiento-stuffed olives
- Sliced red onion (if desired)
- 2 teaspoons minced fresh parsley

Directions

1. In a large bowl, combine all ingredients.
2. Cover & refrigerate until ready to serve.



<https://wicmomstrong.com/wp-content/uploads/2020/07/WIC-Cookbook-2020-FINAL-1.pdf>



For More Info About WIC

Call: (207)992-4571

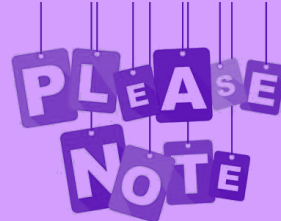
1-800-470-3769

Maine Relay 711 (TTY)

Or Go Online:

<https://www.bangorpublichealth.org>

www.maine.gov/wic



IMPORTANT DATES

This month WIC will observe the following holiday:

Monday May 27th- CLOSED
for Memorial Day



May Recognitions:

National Salsa Month

National Foster Care Month

National Mental Health Awareness Month

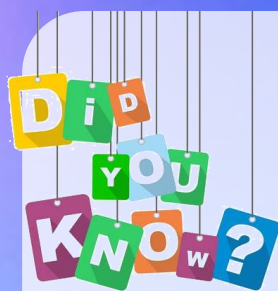
May 1- May Day

May 5- Cinco de Mayo

May 8- Mother's Day

May 26- Eat More Fruits and Vegetables Day

This institution is an
equal opportunity
provider.



Vitamin D helps to grow and keep bones strong, keeps our muscles working, and our nervous system firing! It also helps us absorb calcium from the foods we eat.

5 great sources of Vitamin D

- Fatty Fish (salmon, tuna, sardines)
- Fortified foods (dairy, soy products, some juices, cereals)
- Egg yolks
- Mushrooms (the only natural plant source!)
- The sun!

Farmers' Market season is on it's way!

In the meantime, you can still use your eWIC fruit and veggie dollars for fresh fruits and veggies at eWIC-certified farmers locations all year!

<https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-find-WICfarmer.shtml>



Download the BNFT app or visit mybnft.com and click "sign up." Enter your card number, zip code, and date of birth, then create an account using an e-mail address and password.



Breastmilk Yogurt Bark

You will need:

- 8 oz breastmilk (either fresh or refrigerated)
- 2 tbsp plain Greek yogurt
- Optional topping ideas: slices of fruit and baby food puree

How to prepare:

- Grab a mixing bowl and combine breastmilk and yogurt
- Grab a freezer safe container with edges and line with parchment paper
- Pour your mixture onto the paper and top with your toppings if desired
- Allow to freeze for at least 4 hours before enjoying

Feel free to cut the recipe in half if needed

[9 Easy Breast Milk Recipes For Babies And Tips For Cooking \(momjunction.com\)](https://www.momjunction.com/9-Easy-Breast-Milk-Recipes-For-Babies-And-Tips-For-Cooking/)



For more recipes follow us on TikTok!

Follow Us!

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facebook.

Bangor Public Health & Community Services



Did you know that there are now **THREE** in person breastfeeding support groups in Penobscot & Piscataquis county available to pregnant and postpartum moms?

Baby & Me: Northern Light Mayo Hospital every Wednesday at 12:30

Milk & Cookies: Bangor Public Library every Friday at 12:00

The Mom Connection: Millinocket Memorial Library every other Thursday at 10:30

Check out our Instagram for more information @wicbangormaine