

NEWSLETTER

JUNE 2024

Farmers' Market Season is quickly approaching!

Starting **July 1**, Farmers' Market benefits will be automatically issued to eligible participants electronically.

Maine WIC has been approved for a waiver that allows **\$50.00 per eligible participant for the 2024 Farmers Market Nutrition Program season!**

In the meantime, you can continue to 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>



Make sure you have the BNFT app set up on your mobile device.



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.



Maine Free Fishing Weekend

Cast a line or set a tip-up during one of Maine's Free Fishing Weekends **June 1-2, 2024**

On these days, any person (except those whose license has been suspended or revoked) may fish without a license. All other laws and regulations apply on these days.



Summer Solstice June 20th

Can having fun in the sun improve your overall health?

YES! When your skin is exposed to sunlight, it creates vitamin D by converting the cholesterol in your body. Vitamin D is a crucial vitamin for the human body to help improve mood and reduce risk of disease. It is recommended to get roughly 5-30 minutes of sunshine a day as well as consuming foods rich in vitamin D. Vitamin D can be found in WIC foods like, tuna, breastmilk/formulas, eggs, salmon, sardines, milk, fortified juices and cereals. This summer, have some fun in the sun (with sun protection of course) while improving your health! If you are fully breastfeeding ask your HCP/WIC Nutritionist for proper vitamin D intake recommendations.

For More Info About WIC

Call: (207)992-4571

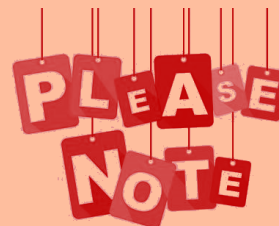
1-800-470-3769

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:

Wednesday June 19th:

CLOSED

for Juneteenth



This institution is an equal opportunity provider.

DID YOU KNOW?

June is National Dairy Month!

Ask a WIC Dietitian: *Why does the milk from WIC change to low fat at age 2?*

- Both the American Academy of Pediatrics and the US Dietary Guidelines recommend changing to reduced fat milk (1% or skim) after a child turns 2 years of age.
- Switching to low fat milk helps meet dietary goals for limiting total saturated fat intake.

- Low fat milk provides a source of calcium, vit D, and many other important nutrients without the extra fat and calories.

If you have questions about dairy or WIC foods, WIC Dietitians and Nutritionists are here to help.

Contributed by Tara, WIC Dietitian



Lactation Overnight Oats Recipe

Your WIC benefits are carefully selected in order to provide foods to help meet your body's nutritional needs.

There are many great ways to use these foods to create delicious meals and snacks for any time of the day.

This recipe for overnight oats is packed with "breastfeeding superfoods" to provide extra nutrition during lactation, but can also be enjoyed by the whole family!

The best part? You can make these ahead for the whole week!

INGREDIENTS:

- 1/3 cup oats
- 1 tbsp. flaxseed or chia
- 1 tbsp. **brewer's yeast powder** (optional)
- 1/2-1 tbsp. brown sugar (or sweetener of choice)
- 1 cup milk of choice
- Toppings of choice such as chopped fruit, nuts and berries



In a microwave safe container, mix first 5 ingredients and store overnight in the refrigerator. When you are ready to eat, just pop in the microwave for 60 seconds or until warmed through, sprinkle with your favorite toppings and enjoy.

https://www.fabworkingmomlife.com/overnight-oatmeal-with-lactation-goodness/#Lactation_Oatmeal_Recipe

A MESSAGE FROM OUR COMMUNITY PARTNER:

Penquis encourages families to apply and be placed on our wait list for any upcoming openings. We have childcare classrooms in Bangor and Rockland for ages 6 weeks to 5 years old.

We also offer 6-hr programming for those of the same age in Bangor, Dover, East Millinocket, Old Town and Rockland. Penquis has Pre-K Collaborative classrooms in Brewer, Dexter, East Millinocket and Rockland.

If interested, please contact Kelley Graffam, at kgraffam@penquis.org or 207-973-3567 or 1-800-215-4942. Or visit <https://www.penquis.org/services/childcare-preschool/>



Follow Us!

Instagram

@wicbangormaine

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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

June Recognitions:

PRIDE Month

National Great Outdoors Month

National Dairy Month

June 1- National Play Outside Day

June 16- Father's Day

June 18- National Go Fishing Day

June 28- National Paul Bunyan Day