

NEWSLETTER

JULY 2024

WHAT'S IN SEASON AT THE FARMERS MARKET?

Beets	Lettuce
Broccoli	Mixed Salad Greens
Blueberries	Peas
Carrots	Radishes
Corn	Raspberries
Cucumbers	Scallions
French Beans	Strawberries
Garlic	Summer Squash
Herbs	Turnips
Kale	Zucchini



To access your Farmers' Market Benefits: 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.



Strawberry Hearts with Yogurt Dip

The perfect quick, easy, and nutritious treat!

Ingredients:

- 20 Strawberries
- 1 cup Vanilla Yogurt (tip: use Greek yogurt for a thicker dip!)
- 2 Tbsp maple syrup (optional)

Instructions:

1. Wash and dry strawberries, pat dry with paper towel (tip: only wash what you plan to eat so they don't spoil).
2. Remove the tops by slicing a "V" in the top of the strawberry to create that heart shape (tip: don't cut too far down! Just enough to create the heart).
3. **Optional:** gently place on popsicle stick or tooth pick for serving. **Add blueberries for a festive 4th of July treat!**
4. In a small mixing bowl combine vanilla yogurt and maple syrup (optional), blend until smooth and keep in the refrigerator until ready to eat. Dip needs to be served cold!



Variation: Frozen Strawberry Yogurt Bites- dip the strawberries in the yogurt mix, place out across a baking sheet lined with parchment paper, and put in the freezer for the perfect frozen treat! Or to save any leftovers!

For More Info About WIC

Call: (207)992-4571

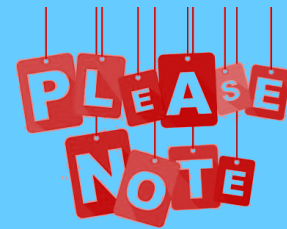
1-800-470-3769

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:
Thursday July 4th:
CLOSED



This institution is an equal opportunity provider.

DID YOU KNOW?



Did you know canned and frozen fruits & vegetables are processed within hours of harvesting?

By freezing/canning as close to harvesting as possible the nutrient loss of the produce can actually be less than a fresh produce item!

Depending on the item canning and freezing can actually have higher available nutrients than the traditional produce!

Using canned/frozen items can also help you stretch your WIC benefits longer for your family.

By using canned/frozen vegetables that are recipe ready you can save time, money and even increase your families fruit and vegetable intakes, especially if some items are not in season or available where you live.

If you are interested in more information on food preservation contact your local WIC office!

Follow Us!

Instagram

@wicbangormaine

TikTok

@wicbangorme

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



Honoring the past. Nourishing the future.

WIC MAINE

COASTAL MAINE BOTANICAL GARDENS

This institution is an equal opportunity provider.

Gardens for All!
Free admission for WIC participants

scan here or visit mainegardens.org

MOVIE IN THE PARK!

THIS EVENT IS FREE TO ATTEND!

WHEN: Friday 7/12/24
6:30 Start Time
Doors open at 6:00pm

WHERE: Maine Savings Amphitheater ON THE LAWN!

WHO: ALL AGES WELCOME!

Join us in celebrating World Breastfeeding Week and WICs 50th Anniversary!

Visit the Bangor WIC office on Tuesday, August 6th from 1:30-3:30pm for family friendly activities, resources, information, raffles, and giveaways!



WABA | WORLD BREASTFEEDING WEEK 2024

July Recognitions:

National Blueberry Month

National Ice Cream Month

July 4- INDEPENDENCE Day

July 14- National Mac and Cheese Day

July 25- National Hot Fudge Sundae Day

July 31- National Avocado Day