

# NEWSLETTER

AUGUST 2024



## Happy National Breastfeeding Month!

### HOW WIC SUPPORTS BREASTFEEDING

WIC has many great materials to help support breast/chest feeding parents!

We are able to provide nursing bras, breast pads, manual one-handed breast pumps, breastmilk storage bags, and breastmilk safe storage guidelines!

We also loan out hospital-grade electric breast pumps!

And it doesn't stop there... All of our Nutritionists are Certified Lactation Counselors (CLC's)!

We also have two Breastfeeding Peer Counselor's; Kristi and Jacy.

Kristi and Jacy are available 24/7 to answer questions and provide moms with additional support!



Looking for extra breast/chestfeeding support?

#### Penquis Maine Families

Free in-home support for families of all incomes. Customized support includes activities, child development, and family well-being.

Call 973-3674 for local ME Family Visitors

#### Public Health Nurses

Free in-home visiting with registered nurses available to all birthing families in Maine. Nurses are CLCs that provide breastfeeding support & education along with preventative care.

Call 207-992-4549

#### La Leche League of Greater Bangor

LLL offers free peer-to-peer support, encouragement and information for all families who wish to feed their babies human milk. We currently have 5 LLL Leaders!

La Leche League of Greater Bangor



WABA | WORLD BREASTFEEDING WEEK 2024

**50 WIC** HONORING THE PAST. NOURISHING THE FUTURE.

## 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)

## Important Dates and INFORMATION

### IMPORTANT DATES

#### Tuesday August 6:

World Breastfeeding Week Event and celebration of WIC's 50th year!

**WIC office will be open to participants from**

**1:30-3:30 pm.**

Please join us and our community partners for family friendly activities, resources, information, raffles, and giveaways!



This institution is an equal opportunity provider.



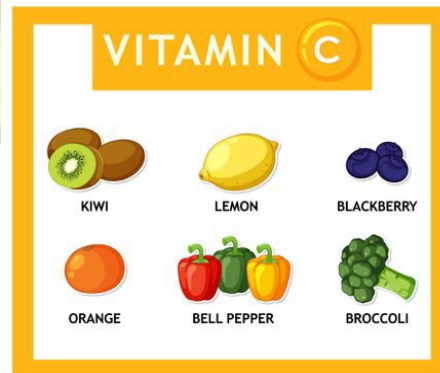
# DID YOU KNOW?

Did you know tomatoes are an excellent source of vitamin C?

- Vitamin C is an antioxidant which has many health benefits!
- It reduces your risk of getting sick and supports skin health.

Great sources of vitamin C include tomatoes, oranges, strawberries, broccoli, bell peppers, and 100% fruit juice.

Vitamin C helps you get more iron from your food. Pair a food high in iron (like meats or beans) with a vitamin C rich food like tomatoes. Look for fresh produce at your local farmer's market!



Contributed by Emma, WIC Dietetic Intern

## Have you been to the Farmer's Market Yet?

### WHAT'S IN SEASON:

Apples	Celery	Peppers
Artichokes	Corn	Potatoes
Beans	Cucumbers	Radishes
Beets	Eggplant	Summer Squash
Blueberries	Garlic	Tomatoes
Broccoli	Herbs	Watermelon
Cabbage	Kale	Zucchini
Cantaloupe	Lettuce	
Carrots	Onions	
Cauliflower	Peaches	



## 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

### August Recognitions:

World Breastfeeding Week

National Immunization Month

August 2- National Ice Cream

Sandwich Day

August 12- International Youth Day

August 24- National Waffle Day

