

Bangor WIC Newsletter September 2024



Have you used your farmers market benefits?

Eligible participants have a 1 time \$50 cash value benefit until October 31st to use at local area farmers markets and farm stands.

Not sure where to find markets or farm stands? Check out here for a complete list of farmers around the state:



Visit us at Hampden Farmers Market
Friday September 6th from 2 to 4!

Visit us at Bangor Farmers Market on
September 29th or October 6th from
11:30 to 1:30 pm

How can Kids Help Cook?

Wash and scrub fruits and veggies

Dump and pour premeasured ingredients

Mix and stir ingredients

Knead dough

Sprinkle and spread ingredients



<https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/teaching-kids-to-cook>

For More Info About WIC

Call: (207) 992-4571
1-800-470-3769

Or Go Online:

<https://www.bangorpublichealth.org>
www.maine.gov/wic



Important Dates

This month WIC will observe the following holiday.

Monday September 2nd-
CLOSED for Labor Day



This institution is an equal opportunity provider

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Cooking Matters Classes

Presented by: Cooking Matters and Good Shepherd Food Bank

Where: 152 E Main Street Dover Foxcroft

When: September 5th and 12th at 12:30



What: Learn about making healthy snacks for the family, tips for helping kids eat more fruits and veggies, making recipes that work for you, and planning meals with your family.

<https://cookingmatters.org/>

Healthy Snack Ideas

Fresh Fruit: Apples, bananas, and berries are great choices.



Yogurt and Granola: Mix low-fat yogurt with granola or fruit.



Veggies and Nut Butter: Pair carrot sticks or celery with peanut butter.



<https://www.healthyeating.org/nutrition-topics/meal-planning/snacking/kids>

Follow Us!

Instagram

@wicbangormaine

TikTok

@wicbangorme

Or Go Online:

<https://www.bangorpublichealth.org>

www.maine.gov/wic

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

September Recognitions:

- National Potato Month
- National Baby Safety Month
- National Classical Music Month
- September 5- National Cheese Pizza Day
- September 23- National Family Day
- September 26- National Pancake Day

