



WIC NEWSLETTER


Why do we talk about Iron so Much?

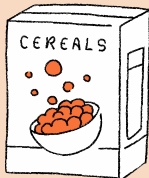
WHAT IS IT?

Iron is an important mineral that helps your body make red blood cells, which carry oxygen everywhere you need it. Without enough iron, you might feel tired and weak.


This is especially important for kids who are growing and for pregnant women.

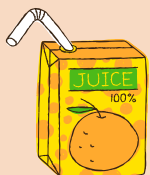
WHERE IS IT?

Iron can be found in many foods like  beef, pork, chicken, tuna and salmon. For those who don't eat meat, peanut butter, beans, lentils and tofu. Some cereals and breads even have extra iron added to them!



PAIR IRON FOODS WITH VITAMIN C


To make sure you get enough iron, try to eat foods with vitamin C, like  oranges, strawberries, or bell pepper at the same time. Vitamin C helps your body absorb more iron. You can also cook with cast iron pans, which can add a little extra iron to your food.



Submission By:
Lauren Roberts MS, LD, RDN

<https://medlineplus.gov/ency/article/000584.htm>

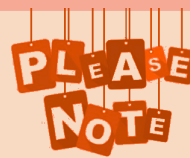
For More Info about WIC

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

Or Go Online:
<https://www.bangorpublichealth.org>
or
www.maine.gov/wic



Important Dates



Meet WIC at the Bangor Farmers Market
on October 6th
from 11:00 am to 1:30 pm

Friday October 25th CLOSED
for annual training

This month WIC will observe the following holiday:
Monday October 14th:
CLOSED
for Indigenous Peoples' Day



This institution is an equal opportunity provider.





Breast Self Examination

October is Breast Cancer awareness month, and this month WIC would like to remind you just how simple it is to do your own self-exams right at home. Following the guide above, these exams can be done easily right in the shower or before getting dressed for your day. You should complete these once per month and while these exams only take a short moment, it goes a long way towards ensuring your overall breast health.

Submission by: Kristi Carney BFPC CLC



Apple Chips Recipe

Ingredients:

- 2 Apples cored and thinly sliced
- 1 1/2 teaspoons white sugar
- 1/2 teaspoon ground cinnamon



Directions:

- Step 1: Preheat the oven to 225 degrees F. Line metal baking sheet with parchment paper
- Step 2: Arrange apple slices in a single layer on prepared baking sheet
- Step 3: Mix together sugar and cinnamon in a small bowl; sprinkle over apple slices.
- Step 4: Bake in the preheated oven until apples are dried and edges curl, 45 minutes to 1 hour. Use metal spatula to transfer chips to a wire rack until cool and crispy

Tip for Helping Picky Eaters

Make a Mealtime Routine

- Give a warning for mealtime. "We will be eating in 5 minutes"
- Have a routine activity before mealtime. "Time to wash our hands"
- Have an ending routine. "Please put your plate on the counter"



<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/mealtime/mealtime-routines-and-tips.html#:~:text=Learn%20about%20healthy%20mealtime%20routines%20to>

October Recognitions

Breast Cancer Awareness Month
 National Sensory Processing
 Awareness Month



October 1- International Coffee Day
 October 7- National Child Health Day
 October 15- National Pregnancy and
 Infant Loss Awareness Day
 October 31- HAPPY HALLOWEEN



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Bangor Public Health & Community Services

