

wic NEWSLETTER

Flu Season Hygiene

1. Wash Your Hands: Washing your hands with soap and water is one of the best ways to get rid of germs.

Wash your hands for at least 20 seconds.



2. Use Hand Sanitizer: If you can't get to soap and water, use hand sanitizer.

3. Avoid Touching Your Face: Try not to touch your eyes, nose, or mouth with your hands. Germs can easily enter your body through these places.



4. Cover Your Coughs and Sneezes:

When you cough or sneeze, cover your mouth and nose with a tissue or your elbow. This helps prevent germs from spreading to other people.



5. Stay Home If You're Sick: If you feel sick or have a fever, it's best to stay home from school or other activities. Resting at home helps you get better faster and keeps others from catching what you have.

<https://www.cdc.gov/flu/prevention/actions-prevent-flu.html>

For More Info about WIC



Call: (207) 992-4571

1-800-470-3769

Maine Relay 711 (TTY)

Or Go Online:

<https://www.bangor.publichealth.org>

www.maine.gov/wic

Winter Farmer's Market

You can use your monthly fruit and vegetable benefit at farmer's markets and farm stands year round using the BNFT app!

Farmers cannot accept eWIC cards, so please set up the BNFT app or bring the printed barcode from myBNFT.com before you shop!

Important Dates

This month WIC will observe the following holidays:

Monday November 11th
CLOSED for Veteran's Day



Thursday November 28th & Friday November 29th
CLOSED for Thanksgiving



This institution is an equal opportunity provider.

November Recognitions

Child Safety Protection Month

Adoption Awareness Month

World Vegan Day November 1st

Sandwich Day November 3rd

U.S. General Election Day November 5th

Veteran's Day November 11th

World Diabetes Day November 14th

Thanksgiving November 28th

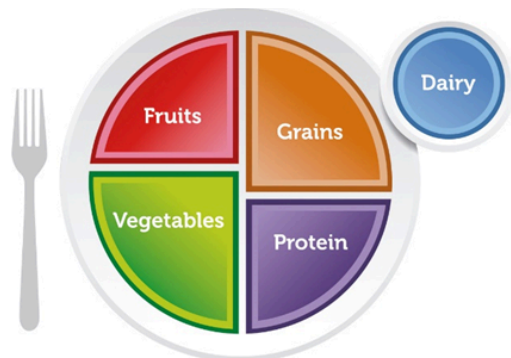
VOTE!



Planning Balanced Meals

Try to make sure each meal has a good variety of each food group:

- Fruits and Vegetables: Try colorful veggies like carrots and peppers, and fruits like apples and berries.
- Whole Grains: Choose whole-grain bread and pasta for extra fiber and energy.
- Protein: Include lean meats, beans, or eggs to help kids stay full and strong.
- Dairy: Offer milk, cheese, or yogurt for strong bones. If your child can't have dairy, try a fortified plant-based milk like soy milk.



<https://www.myplate.gov/>

Gestational Diabetes Screening

Gestational Diabetes screening happens during the second trimester of pregnancy. It is important to have screening done and get treatment if needed.



Gestational diabetes happens during pregnancy and leads to high blood sugar levels.

Gestational Diabetes usually goes away after child birth.

But it increases the risk of getting type 2 diabetes later for the mother and child.

Talk to your doctor for more information!

<https://diabetes.org/living-with-diabetes/life-stages/gestational-diabetes/how-to-treat-gestational-diabetes>



Breast Feeding Support Groups

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
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Bangor Public Health & Community Services