

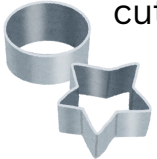



# NEWSLETTER

## Picky Eating During the Holidays

The holidays are a time for family, fun, and lots of yummy food! There are plenty of ways to make holiday meals fun and tasty for everyone. Here are some tips to help your picky eater enjoy holiday meals without the stress.

- Offer a variety of foods - Try to pair familiar foods with new foods!  

- Let them help in the kitchen - Try to have your child help with small tasks like stirring, setting the table, decorating cookies!  

- Make fun shapes and colors - Use cookie cutters to shape vegetables, fruits, sandwiches into fun shapes.  

- Don't force them to eat - Forcing kids to eat foods they do not like can make them less likely to try the food. Encourage 1 bite and thank them when they do.  

- Stick to a routine (when possible)
- Be patient - Remember that kids' eating habits can change over time, your child might surprise you this holiday season!

## 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)

## December Recognition

Baked cookies day December 18th  
Winter Solstice December 21st  
National Nut Bread Day December 22nd  
Christmas Day December 25th  
Hanukkah December 25th- January 2nd  
Kwanzaa December 26th- January 1st  
Bacon Day December 30th

## Important Dates

**December 6th from 1-4 PM**  
Meet us at the Penobscot Parent Expo  
in Eastport Hall 128 Texas Ave, Bangor

**This month WIC will closed the following days:**

**December 13th**  
**CLOSED for staff training**

**December 25th**  
**CLOSED for Christmas**

  
**This institution is an equal opportunity provider.**

Holiday Food Safety

Infants, young children, pregnant women, and their unborn babies are at a higher risk for developing foodborne illnesses. Take steps to protect yourself and your baby!

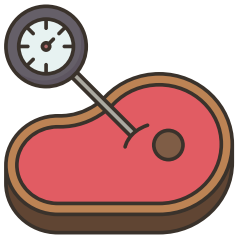
Follow Food Safety Guidelines for Leftovers:

- To prevent bacterial growth, it's important to cool food rapidly so it reaches the safe refrigerator-storage temperature of 40° F or below as fast as possible.
- Wrap leftovers well in airtight packaging or storage containers. This will help keep bacteria out and retain moisture.
- Put leftovers in the refrigerator or the freezer within 2 hours after being cooked.
- Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months.
- When reheating leftovers, be sure they reach an internal temperature of 165°F. Reheat sauces, soups, and gravies by bringing them to a rolling boil.



**Cook Holiday Meat to a Safe Temperature**  
www.cdc.gov/foodsafety

<b>165°F</b>  Turkey	<b>145°F</b>  Beef Brisket	<b>145°F</b>  Pork Roast	<b>145°F</b>  Raw/Fresh Ham	<b>145°F</b>  Rack of Lamb
After cooking, let meat rest for 3 minutes before serving.				
<b>145°F</b>  Fish Fillet	<b>Reheat to 140°F</b>  Cooked Ham (Packaged in USDA-inspected plants)	<b>Reheat to 165°F</b>  Cooked Ham (Not packaged in USDA-inspected plants)		



For more information on food safety visit [www.foodsafety.gov](http://www.foodsafety.gov) Article Submission by Intern Emalee Harrington

Car Seat Inspection

Did you know you can meet with a Certified Child Passenger Safety Technician for car seat installation assistance, education, and guidance? Scan the QR code below for more information!



Services that Technicians may provide include, inspecting your car seat to see if you have it installed correctly, providing education when to transition to another car seat type, re-inspecting your car seat when you have moved it to another vehicle, or car seat placement in a vehicle where all the seats need to be occupied.

Three Ingredient Peanut Butter Cookies Recipe

**Ingredients:**  
1 Cup Peanut Butter  
1 Cup White Sugar  
1 large egg



**Directions:**

1. Gather all ingredients
2. Preheat oven to 350 degrees (F) Fahrenheit
3. Mix peanut butter, sugar, and egg together in a bowl using an electric mixer until smooth and creamy
4. Roll mixture into 1-inch balls and place 1-inch apart on an ungreased baking sheet
5. Flatten each with a fork, making criss-cross pattern.
6. Back in the preheated oven until edges are firm, about 10 minutes
7. Cool on the baking sheet briefly before moving to a wire rack to cool completely