

wic

NEWSLETTER

Take Care of Your Mental Health

This month is a good time to think about how we take care of our minds, just like we take care of our bodies.



Taking care of your mental health is important for everyone, especially for moms, kids, and families. When we are feeling sad, worried, or stressed, *it's okay to ask for help.*

Here are some simple things you can do to feel better:

Talk to someone: When you're feeling down, it can help to talk to someone you trust, like a friend, family member, or counselor.



Get moving: Exercise, like going for a walk or dancing, helps your body release happy feelings.



Rest: A good night's sleep can make you feel more energized and calm.



Eat well: Eating healthy foods gives you energy and helps you feel strong.



Relax: Take time to do something that makes you happy, like reading, coloring, or listening to music.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-for-moms>

Important Dates

This month we will observe
Memorial Day
CLOSED May 26th



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

May Recognition



Mental Health Awareness Month

National Foster Care Month



May 1st May Day
May 2nd World Tuna Day
May 5th Cinco de Maya

May 6th National Nurses Day
May 7th Maternal Mental Health
Awareness Day

May 11th Mother's Day
May 14th Dance Like a Chicken Day
May 17th Armed Forces Day
May 26th Memorial Day



This institution is an equal
opportunity provider.



Farmers Market Season is on the Way!

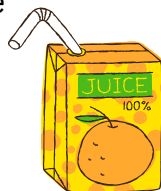
In the meantime, you can still use your eWIC fruit and veggie dollars for fresh fruits and veggies at eWIC-certified farmers locations all year using the BNFT appt!

Download the BNFT app or visit mybnft.com and click "sign up." Enter your card number, zip code, and date of birth, then create an account using an email address and password



Tips for juice in a child's diet!

- If you choose to offer juice, stick to 2-4 ounces of juice a day
- Add water to juice so it is $\frac{3}{4}$ water and $\frac{1}{4}$ juice
- Stick to offering 100% juice
- Do not offer juice to your child in a bottle
- Offer water throughout the day



Too much juice can make your child not hungry at mealtimes and affect their appetite. Try modeling good meal and hydration habits

for your child!

*Submission by: Lauren WIC Nutritionist and Dietitian
<https://thecookingfacts.com/how-much-juice-should-a-toddler-drink-a-day/>*

Breastfeeding Support Groups



Baby & Me:

Dover-Foxcroft

Thompson Public Library every Wednesday at 12:30

Milk & Cookies:

Bangor Public Library every Friday at 12:00

Baby and ME Millinocket:

Millinocket Memorial Library every 2nd and 4th Thursday at 10:30



Tip For Family Meals: Start Slowly

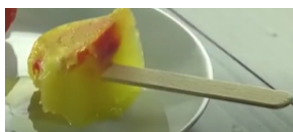
If your family is not used to eating together, start by planning 1-2 family meals a week! Slowly build to at least 1 family meal every day.



Frozen Fruit Juice Pops

Ingredients:

- 2 cups 100% fruit juice
- 1 ice cube tray
- Aluminum foil
- $\frac{1}{4}$ cup chopped strawberries (optional)



Directions:

1. Put one to two pieces of chopped fruit in the ice cube trays
2. Pour juice into ice cube trays
3. Cover with foil
4. Place sticks through foil
5. Freeze 2-4 hours or until frozen solid

Exciting News! WIC Benefits Are Getting Even Better!

Changes are coming to the WIC food benefits – and they're all about more options, better nutrition, and easier choices for your family! Starting soon, you'll see:

- ✓ New food options added to your benefit list
- ✓ Greater flexibility in what you can buy
- ✓ Permanent increase in the fruit and veggie amounts

These updates are designed to support your child's growth and make shopping easier and more affordable for you.

When does it start? June 2025

What do you need to do? Just keep using your WIC benefits like usual – your new options will appear automatically!

Stay tuned for more details – and get ready to shop with even more choices your family will love!

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Community Services