



wic NEWSLETTER

Coming This Month New WIC Foods You'll Love!

More Plant-Based Options:

- Dairy free alternatives
- Nut & Seed Butters

WIC-Approved Canned Fish Varieties

Whole Grains Just Got a Glow-Up!

More choices:

- Quinoa
- Farro
- Bulgur
- Wheat berries ...and more!
- Whole grain barley
- Millet
- Spelt
- Freekeh

Fresh Herbs Are Now Covered!

Spice things up with fresh herbs like cilantro, parsley, basil, and mint!

 Remember: herbs must be fresh—not dried or potted!

Important Dates

This month we will observe
Juneteenth
CLOSED June 19th



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

What is the Big Deal with Dairy?

June is national dairy month! Let's review some of the benefits of dairy in a balanced diet!



Protein: Helps provide energy, maintain muscle, maintain a healthy immune system.



Calcium, Phosphorus and Vitamin D: Helps build and maintain strong bones and teeth.



Potassium: Helps maintain healthy blood pressure and supports heart health.



Selenium, Iodine, Vitamin A, and Zinc: Helps maintain healthy immune system.



B Vitamins: Helps your body use carbohydrates, fats and protein for fuel.

Can't have dairy products? Allergic? Lactose sensitivity?

Discuss other options with your WIC Nutritionist!

https://www.drinkmainemilk.org/wp-content/uploads/2022/09/NDC_Milk_Handout_RA_USDA-approved-1.pdf

Follow Us!

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Bangor Public Health & Community Services

June Recognition

PRIDE Month

National Great Outdoors Month

National Dairy Month



June 3rd National Egg Day

June 9th National Meal Prep Day

June 14th Flag Day

June 15th Father's Day

June 17th National Eat Your Vegetables Day



June 19th Juneteenth

June 27th National Onion 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



Benefits of Eating Canned Fish

Canned fish, like tuna, salmon, and sardines, is tasty and good for you.

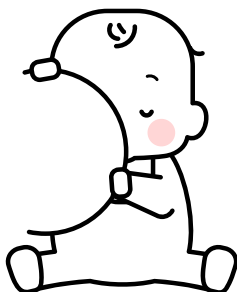


1. Canned fish has protein, which helps build strong muscles. It also has healthy fats, like omega-3, which are good for your heart and brain.
2. Canned fish is already cooked, so you don't have to do much to prepare it. You can eat it on crackers, in a sandwich, or mix it into a salad.
3. Canned fish has important vitamins and minerals like vitamin D, calcium, and iron. These help keep your bones strong and give you energy.



National Breastfeeding Week Survey!

For National Breastfeeding week this year, we would like to take the time to highlight the community partners that help breastfeeding moms feels supported and meet their goals!



Please complete the survey above to submit your picks for top daycare, healthcare provider, and employer to be this years winner!

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



Jokes of the Month

What game do cows play at parties?

Answer: MOO-sical chairs.



Why did the cow cross the road?

Answer: To get to the udder side.

Breastmilk Yogurt Bark

You will need:

- 8 oz breastmilk (either fresh or refrigerated)
- 2 tbsp plain Greek yogurt
- Optional topping ideas: slices of fruit or baby food puree

How to prepare:

- Grab a mixing bowl and combine breastmilk and yogurt
- Grab a freezer safe container with edges and line with parchment paper
- Pour your mixture onto the paper and top with your toppings if desired
- Allow to freeze for at least 4 hours before enjoying

9 Easy Breast Milk Recipes For Babies And Tips For Cooking (momjunction.com)