



NEWSLETTER

Farmers Market Season is Here!

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.



Reminder: You can use your eWIC fruit and veggie dollars for fresh fruits and veggies at eWIC-certified farmer locations all year using the BNFT app!

Important Dates

World Breastfeeding Week Celebration!

Where: 103 Texas Ave Bangor, Maine 04401

When: August 7th 2025
from 10-11:30AM

- * Free Event * Raffle *
- *Snacks * Giveaways *

Why Peer Support Matters So Much: A Message From Your Breastfeeding Peer Counselors



It helps to talk to someone who really understands. WIC Breastfeeding Peer Counselors do more than give advice. **We listen, we care,** and we share tips that can help during tough and emotional times.

We have been through it too. That is why we became peer counselors. We want to support other moms and remind you that **doing your best is enough.**

Every mom’s journey is different, but no one should have to do it alone. Whether you are having a hard day or reaching a new goal, **we are here to cheer you on.**

No matter where you are in your breastfeeding journey, whether you are just starting, thinking about stopping, or somewhere in the middle, your WIC peer counselors are here to help you take the next step.

Submission from:
Kristi CLC WIC BFPC

Please complete our short survey



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

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Cranberry Oatmeal Bars

Directions:

- 1.Preheat oven to 350°F. lightly coat a 13” x 9” x 2” baking pan with cooking spray and set aside.
- 2.Combine the cranberries and juice in a microwavable bowl. Microwave on high 30 seconds. Let sit 10 minutes.
- 3.Combine flour, oats, baking powder, and salt. Set aside.
- 4.Beat the brown sugar and butter together with electric mixer on medium speed until light and fluffy.
- 5.Add eggs, one at a time, beating until well blended.
- 6.Gradually stir in flour mixture, mixing well.
- 7.Stir in cranberry mixture. Spread the dough evenly in prepared pan.
- 8.Bake for 20-22 minutes or until the center is set.
- 9.Cool completely on wire rack before cutting.

Ingredients:

- 1 cup dried cranberries
- ¼ cup 100% cranberry juice
- 1 ½ cups flour
- 1 ½ cups quick cooking oats
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup packed brown sugar
- 2/3 butter, softened
- 2 eggs



<https://www.wicstrong.com/wic-recipe/cranberry-oatmeal-bars/>

Tips for Eating More Veggies!

- Include cut, raw veggies for lunch.
- Cut fresh veggies every few days and keep them in your refrigerator for quick snacks.
- Vegetable soup can increased your servings!
- Add extra vegetables to sandwiches, spaghetti sauces, stews, stir fry.



Remember to eat 5 servings of fruits and vegetables each day.

<https://www.myplate.gov/life-stages>

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



August Recognition

National Breastfeeding Month



National Immunization Awareness month



- National Watermelon Day - August 3rd
- National Lighthouse Day - August 7th
- International Cat Day - August 8th
- National Potato Day - August 19th
- National Peach Day - August 27th
- National Chop Suey Day - August 29th



This institution is an equal opportunity provider.

