

wic

NEWSLETTER

Farmers Market Season Ends Soon!

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!

Healthy Food Highlight: Pumpkins!

Pumpkins are not just tasty—they’re also good for you!

Here’s why:

 *Vitamin A: beta-carotene gives them their bright orange color. Your body turns beta-carotene into Vitamin A. Vitamin A Helps your eyes and skin stay healthy.*

 *Boosts your immune system*

 *Good for your heart: Thanks to fiber, potassium, and magnesium.*

 *Keeps you full longer: High fiber helps with digestion and weight control.*

 *Low in calories: Pumpkins are 90% water!*

 **Don’t Forget the Seeds!**

Pumpkin seeds are tiny but powerful. They contain:
Healthy fats, Protein
Iron and magnesium
Fiber
Zinc and vitamin E

They’re great for your heart and can even help improve your mood. Try roasting them with a little honey and cinnamon or chili powder if you like spice!

<https://www.todaysdietitian.com/tis-the-season-for-pumpkin/>
<https://www.jeffersonhealth.org/your-health/living-well/four-dietitian-approved-reasons-to-add-more-pumpkin-to-your-diet>

Important Dates

This month WIC will observe the following Holiday:
Monday October 13th
CLOSED for Indigenous Peoples Day



We will also be **CLOSED** on **October 17th** for **Annual Staff Training**

Join us at Thompson Free Library for Baby Boo Fest!
When: October 22nd 2pm-4pm
Where: 186 E Main Street
Dover-Foxcroft

Join us at Hometown Health Center for their Trunk or Treat!
When: October 31st 4pm-6pm
(or while supplies last)
Where: 118 Moosehead Trail
Suite 5, Newport

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

Spaghetti Squash Boats

Ingredients:

- 1 spaghetti squash (medium) salt and pepper to taste
- 1 tablespoon olive oil 2 cups pasta sauce
- 1 cup shredded mozzarella cheese
- ½ teaspoon Italian seasoning (to taste)
- ½ teaspoon garlic powder



Instructions:

1. Cut the spaghetti squash in half lengthwise and scoop out the seeds. Place the squash in a microwave-safe dish with about an inch of water at the bottom. Microwave on high for about 10-15 minutes or until the squash is tender and pulls away in strings that look like spaghetti. Start preheating the oven to 400 degrees.
2. Once the spaghetti squash is cooked, pull the squash free from the shell with a fork and save the shell. In a bowl, mix the squash with the olive oil and seasonings. Place back in the shells once mixed.
3. Top each squash shell with 1 cup of sauce and then ½ cup of cheese. Place on a baking tray and bake in the oven for about 5-10 minutes or until the cheese is melted and starting to brown. Enjoy!

<https://wicworks.fns.usda.gov/recipe/spaghetti-squash-boats>

October is Breast Cancer Awareness Month

WIC would like to remind you of the importance of completing self breast exams at home monthly.



Scan the QR code above for more information!

Follow Us!

- Instagram @wicbangormaine
- TikTok @wicbangorme
- facebook Bangor Public Health & Community Services

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



October Recognition

Breast Cancer Awareness Month
National Sensory Processing Awareness Month

October 1st International Coffee Day

October 7th National Child Health Day

October 10th World Egg Day

October 11th National Cheese Day

October 13th Indigenous Peoples Day

October 15th International Pregnancy and Infant Loss Awareness

October 31st HAPPY HALLOWEEN

This institution is an equal opportunity provider.

