





# WIC NEWSLETTER

## Grocery Shopping on a Budget

We are all trying to be smarter shoppers. To get the most for your dollar, try following the tips below!



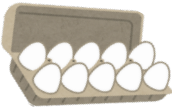
### Fruits and Vegetables

- Buy in season produce. 
- Frozen fruits and vegetables are always in season and are picked at peak ripeness and frozen quickly to maintain nutrients and taste! 
- Choose fruits canned in water or 100% fruit juice and vegetables with 'low sodium' or 'no salt added' on the label. 
- Frozen and canned are more affordable options that last much longer than fresh so they can be a quick way to add fruits and vegetables to your meals! 


### Grains

- Rice and pasta are budget friendly grain options. 
- Choose hot cereals like plain oatmeal or whole grain dry cereal. 



### Protein Foods

- Low cost protein foods include beans, peas, lentils, kidney beans, chickpeas. 
- Buy family size or value pack and freeze what you do not use.
- Buy canned tuna, salmon or sardines. 
- Eggs may also be a great low cost option that is easy to prepare. 

### Dairy

- Buy the larger size of milk or low-fat plain yogurt. You can add your own flavor by mixing in fruits to your plain yogurt. 

### Other

- Drink water instead of soda or other high sugar drinks. 
- Try utilizing coupons to save on items you already buy.
- Shop based on unit prize to get the most product for your dollar. 

<https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

## Important Dates

This month WIC will be closed to observe the following Holidays:  
**CLOSED November 11th for Veterans Day**



**CLOSED November 27<sup>th</sup> and 28<sup>th</sup> for Thanksgiving**



**Come visit us at the Penobscot Parenting Expo!**  
**When: November 14<sup>th</sup> from 12-4PM**  
**Where: 128 Texas Ave, Bangor ME 04401**

## VOTE!

**Election Day is November 4th!**



**For information on voting and finding your polling location scan this QR code!**

## 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)

## Stumped on how to use canned fish? Try these!

### Tips for Cooking and Using:

- Swap or add canned fish to favorite recipes.
- Eat right out of the container, canned fish is cooked and ready to be eaten.
- Rinse sodium-containing canned fish before eating. This removes some of the sodium.
- Swap canned salmon or mackerel into a favorite tuna recipe for something a little different!



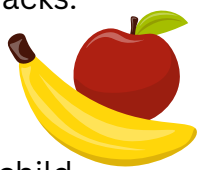
### Ideas to Try:

- Spread on a cracker with a drizzle of freshly squeezed lemon and olive oil.
- Mix with plain yogurt for a creamy dip.
- Add finely chopped celery or onions, herbs, and a squeeze of lemon.
- Splash with hot sauce, lemon, and sprinkle with fresh herbs.
- Combine into pasta dishes to pack in the protein.
- Add sardines to toast, salad, pizza, and more.

<https://wicworks.fns.usda.gov/topic/what-do-i-do-with/canned-fish>

## Tips for Snacking Kids

- Try to keep at least 2 hours between meals and snacks.
- Snacks should be planned and nutritious.
- Try to offer a maximum of 3 snacks per day.
- Develop a routine eating schedule and stick to it.
- Talk about hunger and fullness feelings with your child.



## Go to Farmers Markets Year Round!

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!

Download the BNFT app or visit [mybnft.com](http://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.



## 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 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 10:30



## November Recognition



**Child Safety Protection Month**

**Adoption Awareness Month**

**National Diabetes Month**

**Peanut butter lovers Month**

Daylight Saving time Ends November 2<sup>nd</sup>

Election Day November 4<sup>th</sup>

World Immunization Day November 10<sup>th</sup>

Veterans Day November 11<sup>th</sup>

World Kindness Day November 13<sup>th</sup>

World Prematurity Day November 17<sup>th</sup>

Eat a Cranberry Day November 23<sup>rd</sup>

Thanksgiving November 27<sup>th</sup>

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

