



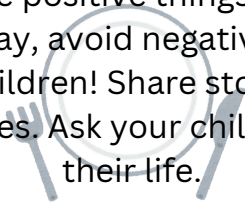
# NEWSLETTER

## Tip for Family Meals

Family meals help create strong family bonds. Families feel more connected to each other when they eat together.

Enjoy table talk! Share positive things that happened during the day, avoid negative talk!

Listen to your children! Share stories about what is happening in your lives. Ask your child what is happening in their life.



## Important Dates

This month WIC will be closed to observe the following Holidays:

**CLOSED December 12<sup>th</sup> for staff training day**



**CLOSED December 25<sup>th</sup> for Christmas Day**

**CLOSED December 31<sup>st</sup> for staff training day**

## Sensory Activity: Vegetables!

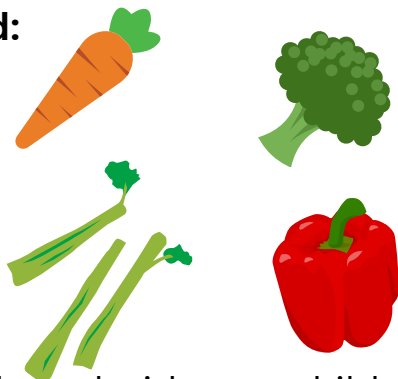
Kids learn best through hands on experiences!

Engaging our 5 senses is a great way to get comfortable with new things.

Try this fun activity to help your kids get comfortable with new vegetables.

### What you will need:

- 1 Carrot
- 1 Broccoli floret
- 1 Celery stick
- 1 Red bell pepper



### What to do:

Take each vegetable and with your child examine it!

Spend a good amount of time with each vegetable.

Engage their 5 senses! What does it look like, smell like, feel like, sound like, taste like?

Take your time and have fun!

Creating positive memories with your kids and vegetables can help them be more willing to try new foods.

<https://simplyveg.vegpowers.org.uk/sensory/>

## December Recognition

Hanukkah  
December 15th-22nd



Winter Solstice  
December 21st



Christmas Day  
December 25th



Kwanzaa  
December 26th



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

## Safe Temperatures for Cooking

It is important to cook foods to the correct temperature to protect yourself and your family from getting sick.

165°F Turkey, cooked ham and chicken

145°F Beef Brisket, pork roast, fresh ham, rack of lamb

145°F Fish fillet



<https://www.foodsafety.gov/food-safety-charts/meat-poultry-charts>

## 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



## Follow Us!

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Bangor Public Health  
&  
Community Services

## Three Ingredient Peanut Butter Cookies Recipe



### Ingredients:

1 Cup Peanut Butter

1 Cup White Sugar

1 large egg

### Directions:

1. Gather all ingredients
2. Preheat oven to 350 degrees (F) Fahrenheit
3. Mix peanut butter, sugar, and egg together in a bowl using an electric mixer until smooth and creamy
4. Roll mixture into 1-inch balls and place 1-inch apart on an ungreased baking sheet
5. Flatten each with a fork, making criss-cross pattern.
6. Back in the preheated oven until edges are firm, about 10 minutes
7. Cool on the baking sheet briefly before moving to a wire rack to cool completely

<https://www.allrecipes.com/recipe/244614/3-ingredient-peanut-butter-cookies/>

## 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.



## 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)