



NEWSLETTER

Beans and Legumes: Healthy and Affordable Food for Families

Beans are healthy, filling, and affordable. They give our bodies protein, fiber, vitamins, and good carbohydrates that provide lasting energy.

How Much Should We Eat?

The U.S. Dietary Guidelines recommend eating 1-3 cups of legumes each week. *You can easily add beans or lentils to soups, salads, tacos, or rice dishes.*



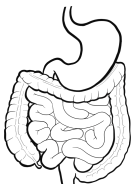
Why Are Beans and Legumes Good for You?

High in protein and fiber: They help you feel full longer and support healthy digestion.

Good for your heart: They are a low-fat, low-sodium food that may help keep your heart healthy.

Budget-friendly: They cost less than meat but still give your body lots of nutrients.

Good for the planet: Legume plants help soil stay healthy and need less water to grow.

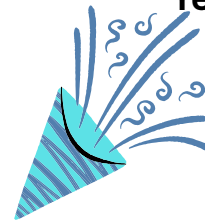


Give them a try and let us know what you think!

<https://nutritionsource.hsph.harvard.edu/legumes-pulses/>
<https://www.myplate.gov/eat-healthy/protein-foods/beans-peas-lentils>

Important Dates

This month WIC will be closed to observe the following Holidays:
CLOSED January 1st for New Year's Day



CLOSED January 19th for Martin Luther King Jr Day

January Recognition

National Blood Donor Month
National Birth Defect Awareness Month

Mental Wellness Month



New Year's Day January 1st
National Bean Day January 6th

Milk Day January 11th

National Gluten Free Day
January 12th

Cesarian Section Day January
14th

Martin Luther King Jr Day
January 19th 2026



This institution is an equal opportunity provider.

The Milk Moment

Welcome to our brand new section focused on the hottest topics in the world of lactation!

Each month we will highlight tips, facts, trivia and more to help keep you feeling prepared and up to date on all the latest news and trends in the worlds of breastfeeding.



This month we want to introduce our two Breastfeeding Peer Counselors (BFPCs).

Kristi and Jacy have proudly served as WIC's BFPCs for a combined total of 6 years and look forward to continuing to provide education and support in 2026.

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



WIC Approved Veggie Mac N Cheese

Ingredients:

- 2 cups Whole Wheat Pasta
- 1 cup carrots, sliced and cooked
- 2 cups broccoli, steamed
- 1/2 cup roasted red peppers
- 1 tsp. ground pepper
- 1 3/4 cups 1% or skim milk
- 2 cups cheddar cheese, shredded



Directions:

1. Cook and drain pasta and vegetables to desired tenderness.
2. Heat milk, cheese, and pepper over medium low heat stirring constantly until cheese is melted.
3. Add pasta and vegetables to pan; stir to blend.
4. Heat through and serve!

<https://www.wicstrong.com/wic-recipe/veggie-mac-n-cheese/>

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