

MARCH 2026



# NEWSLETTER



**Check Out the Power of Healthy Eating!**



**Meet our WIC Super Squad! March is National Nutrition Month!**  
**Take some time to celebrate the power of food this month!**

## What is a Registered Dietitian?

A Registered Dietitian, or RD is a food and nutrition expert!

RDs usually have a graduate degree from an accredited program and have completed supervised practice (like an internship)!

RDs also have to pass a national exam and continue learning throughout their careers.

Bangor Public Health WIC is lucky to have 2 RDs on staff to serve our community!

<https://www.eatright.org/become-an-rdn>

## March Recognition

National Nutrition Month

Developmental Disability Awareness Month  
Women's History Month

National Share a Smile Day March 1st

National Cereal Day March 7th

National Registered Dietitian Day March 11th

Global Recycling Day March 18th  
International Day of Happiness March 20th

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

## The Milk Moment

### Human Food for Human Babies

You may have already heard of the many health benefits of breastmilk.

Did you know it is also one of your baby's very first superfoods?

Breastmilk is easily digested and absorbed by baby. It provides the nutrition a baby needs through stages of early development.

These benefits include supporting the development of your baby's eye, brain and nervous system.

It is no wonder many refer to breastmilk as "liquid gold!"

**Source:** <https://www.hopkinsmedicine.org/health/conditions-and-diseases/breastfeeding-your-baby/breast-milk-is-the-best-milk>

## Recipe: Sweet Cinnamon O's Bars

### Ingredients:

- ½ cup chunky peanut butter
- 1/3 cup honey
- 1 tsp cinnamon
- 3 cups Cheerios

### Directions:

1. Line an 8 x 8-inch pan with plastic wrap so the edges are hanging well over the side of the pan.
2. Combine the peanut butter, honey, and cinnamon in a medium saucepan and cook over medium heat. Stir often using a wooden spoon until the mixture begins to bubble (2-3 minutes).
3. Remove from the heat.
4. Mix in the cereal, stir lightly until well combined.
5. Pour the mixture into the prepared pan. Spread out the mixture with the spoon.
6. Wrap the extra edges of the plastic wrap over the top of the mixture, pressing down lightly until it sticks.
7. Refrigerate for 2 hours before serving.

Store in the refrigerator for up to 5 days.

Serves: 12

<https://www.health.state.mn.us/people/wic/recipes/cereals.html>

**Important: Recipe not safe for those under 1 year old due to honey in recipe**

## 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



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Bangor Public Health  
&  
Community Services

## 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)