



NEWSLETTER



Eating for a Happy, Healthy Mind

Did you know that food helps your brain feel better too? The foods in the WIC package can be good for your body, mood, focus, and energy.

Milk, Yogurt, and Cheese

These foods have calcium and vitamin D! They help your brain and body stay strong. Vitamin D can also help support a positive mood.

Eggs, Beans, and Peanut Butter

These are great sources of protein and iron! Iron helps you from feeling tired.

Whole Grains (like oatmeal, brown rice, whole wheat bread)

Whole grains help give you steady energy!

Fruits and Vegetables

These foods are full of vitamins and fiber! They help keep your brain healthy and your gut happy. A healthy gut can help your mood!

★ Remember: Eating healthy foods can help you feel happier, calmer, and ready to learn every day!

If you have questions or concerns about foods that are right for you, follow up with your WIC nutritionist or healthcare provider!

Farmers' Market Season is on the Way!

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.



In the meantime, you can still use your eWIC fruit and veggie dollars for fresh fruits and veggies at eWIC-certified farmers locations all year using the BNFT app!

May Dates of Importance

This month we will observe Memorial Day
CLOSED May 25th



Days of Recognition:

Mental Health Awareness Month

National Foster Care Month

May 2nd World Tuna Day

May 5th Cinco de Mayo

May 10th Mother's Day

May 12th National Nurses Day

May 16th Armed Forces Day

May 25th Memorial Day



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Fuel Your Body, Feed Your Baby

“What should I eat while breastfeeding?”

This is a common question we get asked as peer counselors, and one we always love to answer for you!

Nourishing your body with a balance of nutrients is important for your personal health. It is also the best way to ensure your body has what it needs to make milk for your baby.

Foods high in protein are a great start, but also be sure to include whole grains, fruits, veggies, and dairy.

Keeping a basket of healthy snacks near your feeding/pumping area can help the increased appetite that can come with producing breastmilk.



As always, don't forget to hydrate!



source: <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/breastfeeding-nutrition/art-20046912>

Recipe: Tuna Noodle Casserole**Ingredients:**

1 lb dry packaged whole wheat extra wide egg noodles 

12-oz can tuna 

10-oz package frozen peas 

10-oz can cream of mushroom soup

1/2 cup milk 

**Directions:**

1. Fill a 4 1/2-quart pot about 2/3 full of water. Heat until it is boiling.
2. Add 1 lb dry packaged noodles and boil for 5 to 8 minutes. Taste the noodles as they cook to tell when they are done the way you like them.
3. Open the 12-oz can tuna, drain and break into flakes with a fork.
4. In a small bowl, mix with a 10-oz can cream of mushroom soup and 1/2 cup milk.
5. Open the 10-oz package of frozen peas and empty it into a strainer. When the noodles are done, pour the noodles and cooking water through the peas in the colander to thaw the peas and warm them up.
6. Mix everything together. Put the noodles and peas into the noodle pan and add the tuna-soup-milk mixture.
7. Turn the heat on medium low and warm the whole thing up until it is steaming. Stir some to keep it from burning but don't beat up the noodles. Eat and enjoy!

<https://westvirginia.wicresources.org/ellyn-satter/tuna-noodle-casserole/>

Visit the Maternal Mobile Health Unit
Wednesday May 27th From 10-2PM
Thompson Free Library in
Dover-Foxcroft!

or

Thursday May 28th From 10-2PM
at the Lincoln Memorial Library!
Free Diapers, carseats, screenings and more!

Breastfeeding Support Groups**Baby & Me:**

Dover-Foxcroft

Thompson Public Library every
Wednesday at 12:30pm

Milk & Cookies:

Bangor Public Library
every Friday at 12:00pm

Baby & ME:

Lincoln Memorial Library
Every Thursday from 10-11AM

Lactation and Infant Feeding Support Group:

University of Maine Orono
Merrill Hall Infant Room
Wednesdays 10:30-11:30am

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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