

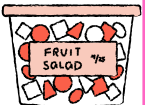
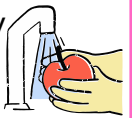


WIC NEWSLETTER

Tips for Meal Prepping

Preparing meals ahead of time can help save your family money, time, and stress. Meal prepping can also help you enjoy a more balanced diet and cut down on food waste!

1. Pick the meals and snacks you want to include in your meal plan and the length of time for your plan (typically 1 week). Pick recipes or foods you want to make.
2. Write out a meal plan. Remember to include all needed items on your grocery list! Then go shopping!
3. Prepare ingredients. Wash and cut your fruits and vegetables. Trim and chop proteins. Shred or slice your cheese. Remember to prepare and store foods safely following food safety guidelines.
 - i. Some fruits and vegetables stay fresh longer than others. Plan your prep time so you can eat them at their best. Try using frozen or canned options!
 - ii. Try pre-cooking protein options to add to different recipes over 3-4 days!
4. Cook entire meals. Take your favorite recipe and double it! This way it can last longer for lunches the next few days!
5. Store in air-tight containers or resealable bags. Try to squeeze out extra air.
6. Label with date and what it is. Store in refrigerator for 3-4 days.



https://www.maricopa.gov/DocumentCenter/View/94006/Meals-Prep-Resource-Guide-PREP_TAGGED?bidId=

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!

June Dates of Importance

This month we will observe Juneteenth

CLOSED June 19th

Days of Recognition:

National Great Outdoors Month

National Dairy Month

June 3rd National Egg Day

June 9th National Meal Prep Day

June 14th Flag Day

June 17th National Eat Your Vegetables Day

June 19th Juneteenth

June 21st Father's Day

June 27th National Onion Day

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The Milk Moment: Helpful Snack Hacks!

Milk production is a steady bodily process that requires food and hydration to keep the milk flowing.

This is why you may feel extra hungry these days, because breastfeeding burns an average of 400 extra calories per day! Here are a few snacks with ingredients you can find using your WIC benefits and can easily be made right at home to help those breastfeeding cravings:

- Cheese and apple slices with peanut butter
- Veggie sticks with hummus or yogurt dip
- Hard-boiled eggs, seasoned to taste



If you have some extra time to prepare ahead, you could even try making some “Lactation Cookies,” a yummy twist on a classic oatmeal cookie.

Ask your WIC Nutritionist or Peer Counselor for a recipe card!

source: <https://www.kindredbravely.com/blogs/bravely/20-quick-easy-breastfeeding-snacks>

Recipe: Strawberry Chickpea Salad

Ingredients:

Salad Ingredients:

- 6 cups arugula or baby spinach 
- 1 and ½ cup fresh strawberries cut and washed 
- ½ cup cheddar cheese shredded 
- 4 green onions chopped 
- 1 can chickpeas, washed and rinsed 

Dressing Ingredients:

- 1 Tbsp balsamic vinegar
- 1 Tbsp Dijon mustard
- 1 tsp maple syrup



Directions:

1. Empty 1 can chickpeas into strainer, rinse thoroughly. Preheat oven to 400 degrees F. Pour chickpeas onto sheet pan lightly oiled. Roast for 15-20 minutes or until desired level of crunchy.
2. Combine arugula or spinach with strawberries, cheddar, green onions in bowl.
3. In separate small bowl, mix balsamic vinegar, Dijon mustard, and maple syrup thoroughly until combined.
4. Add chickpeas and dressing to bowl with spinach, strawberries, cheddar cheese, and green onions.
5. Toss salad and serve.

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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Community Services

For More Info about WIC

Call: (207) 992-4571
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Maine Relay 711 (TTY)



Or Go Online:

<https://www.bangorpublichealth.org>
www.maine.gov/wic