

JULY 2026



NEWSLETTER

WIC Farmers' Market Season is Here!

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.

Reminder: You can still use your eWIC fruit and veggie dollars for fresh fruits and veggies at eWIC-certified farmer locations all year using the BNFT app!

For questions or concerns, look at the WIC shopper app under ‘Shopping with Farmers’ or call your local WIC office.



What is in season in July and August in Maine?

Blackberries, blueberries, raspberries, strawberries, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumber, herbs, cherries, eggplant, fennel, garlic, green beans, greens, kohlrabi, leeks, melons, microgreens, onions, scallions, shallots, peas, peaches, plums, peppers, potatoes, salad turnips, shell beans, summer squash, zucchini, tomatoes and more!

https://www.mofga.org/wp-content/uploads/2026/03/25_July-August.pdf

Healthy Snack Ideas!

Sometimes it is hard to keep a routine in the summer. We can get busy having fun! Keep kids energized with these tasty snacks this summer!

- **Fresh Fruit:** Apples, bananas, and berries are great choices.
- **Yogurt and Granola:** Mix low-fat yogurt with granola or fruit for a yummy snack.
- **Veggies and Nut Butter:** Pair carrot sticks or celery with peanut or almond butter.
- **Whole-Grain Crackers and Cheese:** A good mix of carbs and protein.

July Dates of Importance

This month we will observe
Independence Day

CLOSED Friday July 3rd



Days of Recognition:



National Blueberry Month

July 4th Independence Day



July 7th World Chocolate Day

July 14th National Mac & Cheese Day

July 16th Fresh Spinach Day

July 22nd National Mango Day



July 31st National Avocado Day

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Summer Tips for Breastfeeding

Summer can mean spending lots of time outside in the warm sunshine, so you may find yourself needing to feed your baby in new places such as at barbeques or beaches.

Below are some tips to help be prepared for any scenario while you enjoy the warmer weather!

- Hydrate! I know you have probably heard this a lot by now, but in the summer heat water is especially important. Try making a habit of drinking a glass of water each time your baby feeds.
- Pumping? Keep a small cooler bag packed with extra ice packs on hand. Feel free to also keep extra water, some cooling towels and tasty summer treats like watermelon and fresh summer berries in your portable cooler!
- Stay cool. Try finding shady spots when you can. Keeping a small, portable fan in your diaper bag can also help you and baby stay cool when you settle in for feeds.
- *Remember: Babies younger than 6 months do not need to drink water. Your breastmilk is made up of about 88% water and provides all the nutrition and hydration they need.*

Source: <https://www.kindredbravely.com/blogs/bravely/breastfeeding-in-summer?srsltid=AfmBOooENCXvdaD05m3mbXI-nla54KhnmsXOnJe2Nx9X1j6V0HH58GDU>



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



Recipe: Mango Salsa

Ingredients:

- 3 cups black beans canned, drained and rinsed
- 2 cups frozen mango dethawed or fresh mango chopped
- 1 cup red bell pepper chopped
- 1 cup scallions chopped
- 1/3 cup cilantro chopped
- 1 Tbsp Jalapeno diced
- 1/2 cup olive oil
- 1/3 cup lemon juice
- 1 Tbsp Lemon Zest
- 1 tsp salt and ground pepper



Directions:

1. Combine beans, mango, red pepper, scallions, cilantro, and jalapeños. Toss to combine.
2. Whisk together oil, lemon juice, and zest. Toss with beans to mix well. Season salsa to taste with salt and pepper. Cover. Refrigerate at least 4 hours before serving.
3. Serve with chips, fish, chicken, or other meats.

https://www.bushbeansfoodservice.com/en_US/Recipes/black-bean-mango-salsa

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Or Go Online:

<https://www.bangorpublichealth.org>

www.maine.gov/wic