



# Newsletter

April, 2020

## WIC IS STILL OPEN!

To continue to assist you while also keeping everyone's safety in mind, WIC is now conducting phone appointments with scheduled participants rather than seeing them in person.



WIC IS HERE FOR YOU DURING THE COVID-19 OUTBREAK

### If you currently have a scheduled WIC appointment

Please be prepared to answer your phone at that time. Staff will conduct a phone appointment and your checks will be sent to you in the mail.

### If you do not have a scheduled WIC appointment

Please **do not** come to the office. Call 207-992-4571 and arrangements will be made to conduct a phone appointment with you as soon as possible.

### Need things to do while in isolation?

**"Make the Most of Your Time at Home"** has tips for staying active and getting kids involved in activities around the house

<https://www.eatright.org/health/wellness/preventing-illness/make-the-most-of-your-time-at-home>

Learn about plants and growing your own vegetables with these kid friendly indoor gardening projects

<https://kidsgardening.org/garden-activities-kitchen-scrap-gardening/>

<https://kidsgardening.org/garden-activities-grow-your-own-salad/>

EFFECTIVE April 3, 2020 through May 31, 2020

If the WIC approved food is not available, you may make the following substitutions:

#### Fluid Milk:

You will be able to substitute milk with a different fat content no matter what is listed on your check. Please choose the highest fat milk available if your checks list whole milk and the lowest fat milk available if your checks list low fat milk.

#### Whole Grains:

You will be allowed to substitute approved whole grains in package sizes up to 24 ounce when 16 ounce packages are unavailable.

#### Cheese:

You will be allowed to substitute 12-ounce containers of cheese when the size listed on your check is not available.

#### EGGS:

You will be allowed to substitute 2-6 count packages or 1-18 count package of fresh eggs of any variety when 12-count packages are unavailable. Organic and Cage Free eggs are allowed. 1 dozen eggs can also be substituted for 1 lb. dry beans, 4 15-16 oz. cans of beans, or 1 16-18 oz. jar of peanut butter.

Please refer to your WIC Participant Booklet for approved foods



### mini pizzas

are fun for lunch or snack!

Arrange the ingredients on a plate. Let your child make his own pizza.

1. Toast english muffins.
2. Top english muffins with pizza sauce.
3. Sprinkle with shredded mozzarella cheese.
4. Decorate your pizza!
5. Bake mini pizzas in a 375° oven for about 5 to 10 minutes.

Refrigerator biscuit dough can also be used for mini pizzas. Roll or press out a biscuit for each pizza, layer on the toppings and bake!

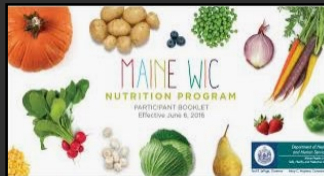


Make a happy face on your pizza!

Ham or turkey strips - eyes, nose or mouth.  
Green or black olive slices - eyes.  
Tomato, green or red pepper slices - smiles.  
Shredded carrots, shredded cheddar cheese, or chopped spinach - hair.  
Mushrooms - eyes, nose or mouth.



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To make WIC shopping easier during this time, Maine WIC has expanded the food list.

Please call your local WIC agency or 1-800-437-9300 with questions.

### FDA recommendations for safe shopping

<https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers>



BANGOR PUBLIC HEALTH & COMMUNITY SERVICES



Follow us online for updates about WIC and for other resources regarding COVID-19

### Wondering who can enroll in WIC?

You may participate in the WIC Nutrition Program if:

- You are pregnant
- Are breastfeeding a baby under 1 year of age
- Have had a baby in the past 6 months
- Or have kids under the age of 5

**Note:** A person who receives MaineCare, Supplemental Nutrition Assistance Program (SNAP), and/or Temporary Assistance for Needy Families (TANF) benefits automatically meet the income eligibility requirement.

### For more information:

Call: (207) 992-4571

Or Go Online:

<https://www.bangorpublichealth.org>

[www.maine.gov/wic](http://www.maine.gov/wic)

### For other local resources call

