



Newsletter

May 2020

EWIC IS COMING SOON!

This summer we will begin converting from checks to the eWIC cards but the new food list is active now! Review the new food options here!

<https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-food-benefits.shtml>



Information from the CDC on stress and how to cope during the COVID-19 outbreak

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life- coping/managing-stress-anxiety.html>

Reminders

WIC is still open!

We are conducting appointments over the phone.

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.

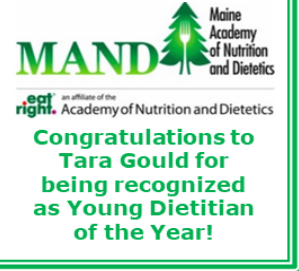
If you do not have a scheduled WIC appointment

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.



National WIC Association PREGNANCY, BREASTFEEDING AND COVID-19 GUIDANCE

https://s3.amazonaws.com/aws.upl/nwica.org/english_breastfeeding-and-covid-19-04.16.20.pdf



For more information about WIC

Call: (207)992-4571

Or Go Online:

<https://www.bangorpublichealth.org>

www.maine.gov/wic



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

For other local resources call



In Observance of Memorial Day, WIC staff will be unavailable on Monday May 25th, 2020.



To make WIC shopping easier during this time, Maine WIC is allowing some substitutions. Please call your local WIC agency or 1-800-437-9300 with questions.

Our Peer Counselor is here for you!



If you are breastfeeding, have one of our loaner electric breast pumps, or are in need of a pump, Mitchell Kohls is available 24/7 to answer questions and provide additional support. She can be reached via call, text, and video chat. If you aren't already a member of her services please call 992-4571 to get connected!