



# Newsletter

June 2020

## eWIC Launches This Month!



### When It's Happening

On **June 22nd** we will begin converting participants from WIC checks over to the new EBT cards.

We will be converting participant benefits to the cards gradually throughout the summer

Participants will receive their eWIC card at their next appointment scheduled **after 6/22**.

### Benefits of eWIC

- ◆ EBT works like a debit or credit card so it will be faster & easier to use!
- ◆ Participants can purchase only what they need or are able to find without fear of forfeiting foods for that month.
- ◆ Items not yet purchased will remain as part of your balance for the month which can be viewed either by using the BNFT app or by going to the BMFT website [www.mybnft.com](http://www.mybnft.com)
- ◆ WIC benefits will be more secure with eWIC

### Don't Forget!

The list for WIC approved foods has been updated!

The changes can be reviewed online at

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

If you are unable to access/view this link at the store call us at **992-4571** & request a copy of the new food list



New WIC folders that include these updates will be coming soon



### REMINDER:

If your phone number changes please remember to contact WIC so we can update your file!

WIC is continuing to do appointments by phone and we want to reach you!

We also send text reminders and updates.

A text will go out to participants when in-person appointments are able to resume

**For more information about WIC**

Call: (207)992-4571

Or Go Online:

<https://www.bangorpublichealth.org>

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



BANGOR PUBLIC HEALTH & COMMUNITY SERVICES



Follow us online for

Updates about WIC and for other resources regarding COVID-19

### Simple Fruit & Cereal Smoothie

#### Ingredients (WIC approved)

- \* 1 cup frozen unsweetened blueberries
- \* 1/2 cup strawberries
- \* 1 med ripe banana cut into chunks
- \* 1/2 cup milk
- \* 1/2 cup frosted wheat cereal

**Just blend together & serve!**



For this recipe & others visit

<http://ebtshopper.com/recipes/>

### Tips for Breastfeeding Through the Summer

1. Stay hydrated. Mom needs to drink as much water as possible in order for the baby to get all of the fluids needed. Babies under six months do not need any water themselves, only breast milk or formula.
2. Stay cool. Be sure to stay out of the peak sun time (between noon and 3 p.m.). If you must be outside, be sure to stay in the shade.
3. Babies may nurse more frequently. As long as their diaper count stays the same, baby should stay hydrated. Please call your doctor if you are concerned.
4. Babies can get hot and sweaty during breastfeeding. You can help by keeping a thin blanket between yourself and the infant in order to prevent heat rash and keep the two of you more comfortable.



<https://www.nrpa.org/events/family-fitness-day/>



### Farmers Market checks will be available in July!



### For other local resources call

