

# WIC Newsletter

## November 2020



### Roasted Sweet Potatoes and Onions

For nutritional information and an instructional video visit <https://texaswic.org/recipes/roasted-sweet-potatoes-and-onions>

#### Ingredients

- 2-1/2 pounds sweet potatoes (4-5 medium), peeled and cut into 2-inch chunks
- 2 medium red onions, quartered
- 2 tablespoons olive oil

#### Preparation

1. Preheat oven to 400 degrees
2. Place sweet potatoes and onions into a 9 x 13 inch baking dish; coat sweet potatoes and onions with olive oil and salt and pepper to taste.
3. Bake for 25-30 minutes until sweet potatoes are tender enough to pierce with a fork



**We've successfully transitioned to eWIC!**

That means no more paper checks!

Monthly WIC benefits are now loaded onto an EBT card making it easier to get & to use your benefits!

Contact us to learn more about eWIC!

**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)



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

**For other local resources call**



**A message from our community partner!**

## PENQUIS

Helping Today • Building Tomorrow

Penquis Child Development has openings for children ages birth to 5 years. We have multiple program models ranging from Early Head Start and Head Start along with childcare and Pre-K collaborations.

Our sites are located throughout Penobscot, Piscataquis, and Knox counties. During this time of COVID-19, we have followed the CDC guidelines to keep our clients and families safe.

If interested, please contact our Enrollment Coordinator Kelley Graffam at 207-973-3567 or by email at [kgraffam@penquis.org](mailto:kgraffam@penquis.org).

## PORTION SIZES



- large portions may be overwhelming
- child may feel pressure and reject food
- child may ignore fullness cues in effort to "clean the plate" or please parents



- small portions remove pressure
- encourages child to try new options
- child determines hunger/fullness, parent provides more upon request

@PLANTBASEDJUNIORS

## REMINDERS

- **The Lincoln clinic has moved to a new location!**  
The clinic is now located at Health Access Network 175 West Broadway, Lincoln, ME 04457
- **Our Dexter schedule has changed!**  
Beginning on October 5th the Dexter clinic will now be held on Mondays
- **WIC is able to be flexible at this time!**  
Kids are still not required to come to in-person appointments this month. Call us if you are unable to make it to an in-person appointment; we may be able to set it up as phone appointment instead!



**This month WIC observes the following Holidays**  
Wednesday, November 11th  
Thursday, November 26th  
Friday, November 27th