

wic Newsletter

MARCH 2021

For more info about WIC

Call: (207)992-4571
Maine Relay 711 (TTY)

Or Go Online:

<https://www.bangorpublichealth.org>



At this time appointments are being completed by phone.

A Nutritionist will contact you at your scheduled appointment time.

New and returning participants will be scheduled to come in and pick up their WIC EBT card after their phone appointment has been completed.

Please keep your phone number up to date and be ready at your appointment time.

Thank you

Follow us on **Instagram**

@wicbangormaine

And on **Facebook!**



March is National Nutrition Month!

This year's National Nutrition Month theme is **Personalize Your Plate!**

There is no one-size-fits-all approach to nutrition and health, however, there are things that everyone can do to make it a little easier.

You can:

Eat a variety of nutritious foods every day!

Learn how to read Nutrition Facts Panels and include nutrient-rich foods from the five basic food groups in your meals. Don't forget to take time to enjoy your food.

Plan your meals each week!

Relieve mealtime stress by choosing healthy recipes for the week and using a grocery list at the store. Save yourself



even more time during the week by prepping foods/meals ahead of time so they're ready to go!

Learn skills to create tasty meals!

Once you know about food safety and learn some basic cooking techniques, it's easy to make your own healthy foods that you'll enjoy at home. Experiment with new foods and flavors!

Consult a registered dietitian nutritionist (RDN)!

An RD is a great resource (we have 3!) They can provide individualized nutrition advice and help you come up with a plan and strategies to meet your health goals.



March 10th is National Registered Dietitian Day!



Thank you!

To our dietitians Tara Gould, Molly Goody, and Reanna Plourde for their commitment to the WIC Nutrition Program and for using their knowledge and expertise to assist our participants. ♥

Meal Prep Mondays! - Recipes include WIC approved foods!

This month we're highlighting some easy crock-pot freezer "dump" meals that you can prep ahead of time and pull out of the freezer when you need a quick and healthy go-to meal!

Reminders



Hannaford To Go is now accepting WIC!

When completing the transaction, make sure to use your WIC card **first** if you are also purchasing non-WIC items.

Please Note:

All curbside fees apply and are the responsibility of the WIC participant.

To find stores with Hannaford To Go visit

<https://www-hannaford.aholdusa.com/>

The WIC Shopper app has been updated!

Now you can:

- Register your eWIC card
- View your available WIC benefits
- Set benefit and appointment reminders
- And check to see when and where your next WIC appointment is scheduled



This institution is an equal opportunity provider

Crock-pot Black Bean & Sweet Potato Chili

In a freezer-safe container or freezer-safe bag, add:

- 1 can diced tomatoes (do not drain)
- 1 can black beans (drained)
- 1 can corn
- 1 can pinto beans
- 1 can tomato sauce
- 2-3 sweet potatoes, cubed
- 1 sweet onion, diced



On the container or bag, include the following instructions:

- Remove from freezer and thaw overnight in fridge before adding to crock-pot.
- Add to crock-pot with 1 tsp chili powder, 1/2 tsp coriander, 1/2 tsp cumin, salt and pepper (to taste).
- Add water or veggie stock if necessary (to just about cover the top of the ingredients).
- Cook on low for 6-8 hours.

Food Safety Tip: Don't forget to add a "use by" date 3 months from the day you prep.

This recipe is a great way to use up some of those beans/legumes on your benefits! Black beans are high in fiber, folate, and are a great protein source #MeatlessMonday

For serving, you can even top with fresh avocado, low fat cheddar cheese, low fat sour cream, or fresh green onions!

For more meal prep recipes & healthy food highlights, follow Bangor Public Health & Community Services on Facebook!

Todd's Healthy Food Highlight!

We'll be highlighting a new food each week!

First Item: Fresh Ginger

Benefits:

- Has been known to relieve morning sickness and upset stomach
- Has antibacterial and anti-inflammatory properties
- Heart healthy food

Try It:

- Blended into fruit smoothies
- Added to soups
- Added to dressings for salads
- In a stir fry

Adds a zing to any meal!

Don't Forget!

Our Breastfeeding Peer Counselor, Mitchell Kohls will be providing a class on **Newborn Nutrition** via Zoom!

Dates:

Tuesday, March 2nd at 9:00AM

Wednesday, March 24th at 5:00PM

We have a new Buddy Program!

If you are pregnant or breastfeeding, we can now pair you up with a fellow WIC participant who has similar circumstances as you!

You and your buddy can share experiences, encourage each other, celebrate milestones, and lean on each other for support.



Call us to learn more!