

**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



@wicbangormaine

And on Facebook!



wic Newsletter

APRIL 2021

Have You Heard?

Extra benefits for fruits & vegetables beginning in June!
Courtesy of the American Rescue Plan Act



A limited time only for eligible women & children

How WIC Supports Breastfeeding

WIC has many great materials to help support breastfeeding moms!

We are able to provide nursing bras, breast pads, manual one-handed breast pumps, breastmilk storage bags, and breastmilk safe storage guidelines!

We also loan hospital-grade electric breast pumps!

And it doesn't stop there....



All of our Nutritionists are Certified Lactation Counselors (CLC)!

We also have Mitchell Kohls, our Breastfeeding Peer Counselor. She is available 24/7 to answer questions and provide additional support!

And with our new Buddy Program we can also pair you with a fellow WIC participant who has similar circumstances as you!

A message from our community partner

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.

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

What Are Legumes?

The legume family includes dried beans, peas, and lentils. In the diet, the term "legumes" usually refers to pulses, which are the edible seeds of leguminous plants. Legumes vary in shape, texture, color, and taste and are rich in protein, dietary fiber, carbohydrates and dietary minerals.

Common Legumes Include

- Black beans
- Navy beans
- Kidney beans
- Soybeans
- Green beans
- Pinto beans
- Fava beans
- Chickpeas
- Alfalfa
- Lentils
- Peas
- Peanuts



Legume Prep

Legumes are most often found either dried or canned. Canned can be used right away but dried legumes sometimes require soaking to soften. This can either be done by covering them with water in a pot and leaving them overnight or by boiling them briefly on the stove and allowing them to sit until soft. Instructions vary by legume.

Lentil Soup

Ingredients

- 1 Tbsp vegetable oil
- 2 cups dry lentils, rinsed
- 1 cup carrots, sliced
- 1 can (14-15 oz.) diced tomatoes, drained
OR 2 cups fresh tomatoes, diced
- 8 cups broth **OR** prepared bouillon
- 1 bay leaf
- Salt and pepper to taste

Instructions

Heat oil in a large pot on medium heat. Add onion and cook 3-4 minutes until tender.

Add lentils, carrots, tomatoes, broth, bay leaf, salt and pepper. Heat until boiling.

Reduce heat to medium-low. Cover and cook just below boiling 30-45 minutes until lentils are soft.

Remove bay leaf and serve.



<https://www.health.state.mn.us/people/wic/recipes/beans.html#lentil>