

**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!



Newsletter

JUNE 2021

Have you Heard?

**\$35 for fruits & vegetables
June - September for
eligible women & children!**



**Farmers' Market
checks are coming
in July!**

**Happy
Father's
Day**

Sunday
June 20th



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

From Farm to Highchair!

WIC is teaming up with MaineFamilies, Public Health Nursing, and EFNEP (Expanded Food and Nutrition Education Program) for a live event!

Join us on Zoom for story time for the kids, a make your own baby food demo, info on food safety, raffles, giveaways and more!

**Follow us on Facebook for more info
and the Zoom link for this event!**

June 24th at 10am

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/>

Don't forget to check out the WIC Shopper App!

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

Garden Frittata



Ingredients

- 1 teaspoon olive oil
- Cooking spray
- 3/4 cup broccoli florets (cut into 1 inch pieces)
- 1 red bell pepper (cut into 1/2 inch pieces)
- 1/4 cup chopped red onion
- 8 eggs
- 1/3 cup shredded or diced cheddar cheese (or cheese of your choice)
- Fresh herbs for garnish such as chopped cilantro, parsley, or green onion
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400 degrees. Heat the oil in an 8 inch pan over med-high heat.
2. Add the red onion to the pan and cook, stirring occasionally, for 3-4 minutes or until onion has softened.
3. Add the red pepper and cook for another 3 minutes or until the pepper has softened.
4. Add the broccoli to the pan along with 1 tablespoon of water and cook, stirring occasionally, until broccoli is tender.
5. Season the vegetables to taste with salt and pepper.
6. Remove the vegetables from the pan and wipe the pan clean with a paper towel.
7. Coat the pan with cooking spray.
8. In a bowl, whisk eggs and season to taste with salt and pepper.
9. Add the vegetables and cheese to the egg mixture and stir until combined.
10. Pour the egg mixture into the pan and place in the oven.
11. Bake for 15 minutes or until center is set. Garnish with fresh herbs, cut into wedges and serve.

<https://healthyfitnessmeals.com/garden-veggie-frittata/>