WIC Newsletter

OCTOBER 2021

For More Info About WIC

Call: (207)992-4571

1-800-470-3769

Maine Relay 711 (TTY)

Or Go Online:

https://www.bangorpublichealth.org

www.maine.gov/wic

At this time appointments are being completed by phone.

A Nutritionist will contact you at your scheduled appointment time.

New & returning participants will be scheduled to come in to 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

DON'T FORGET!

Use your farmers' market checks before they expire on October 31st!

NEW FOOD LIST ITEMS!

The new Maine WIC Food List has arrived!

The new food list can be found on the WICShopper app!

Hundreds of new products have been added!

Including:

- Tippy Toes infant fruits & vegetables
- Salsa & guacamole
- Canned fruit with spices
- Canned vegetables with herbs/spices
- Dried fruits & vegetables
- Organic store brand milk
- Whole goat milk
- Oatmeal in new sizes/organic oatmeal
- Organic brown rice
- Organic whole wheat pasta
- Organic tortillas
- 13-16oz whole wheat or whole grain buns or rolls
- Organic dried & canned beans
- Organic & reduced fat peanut butter
- Free-range & cage-free eggs

Roasted Pumpkin Seeds

Ingredients

- 2 cups fresh pumpkin seeds or whatever you scoop from one pumpkin
- 2-3 tablespoons melted butter or equal amount of cooking oil of your choice
- 1-2 teaspoons of your favorite spice blend (examples: salt & pepper, cinnamon sugar, ranch, taco, garlic parmesan, or curry)

Directions

1. Preheat oven to 350° & line a baking sheet with either foil or parchment paper
2. Scoop seeds from pumpkin & remove as much pulp from the seeds as possible
3. Put seeds in a strainer & rinse under cold running water
4. Lay seeds out on a towel & pat dry
5. In a bowl combine seeds with butter or oil & your choice of spices. Stir until each seed is coated.
6. Spread seeds evenly in a single layer on a prepared baking sheet & bake, stirring occasionally until seeds are dry & golden, approximately 25 minutes

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Free ZOOM class!
Newborn Nutrition with Mitchell
Sign up today!!!

Our Breastfeeding Peer Counselor, Mitchell, is holding another Newborn Nutrition class over ZOOM on **Thursday, Oct 28th at 2:00pm**

She will go over different ways families feed their babies, identifying hunger and satiety cues, baby's first 24 hours, paced bottle feeding and much more!

Participants will receive educational materials PLUS a gift just for attending!

Call the Bangor WIC office or call/text Mitchell to secure your spot!

Follow Us!

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HAVE A SAFE AND HAPPY HALLOWEEN!

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