

**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

This institution
is an equal
opportunity
provider

wic Newsletter
DECEMBER 2021

Don't forget food safety around the holidays!

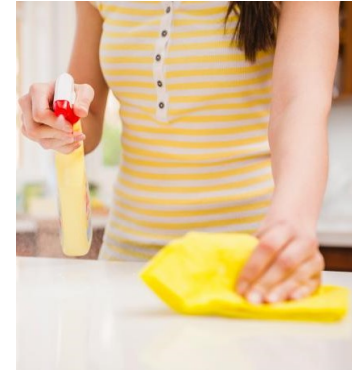
Wash hands and surfaces before
preparing food.

Use a food thermometer to make sure
meat is cooked to the proper internal
temperature.

If stuffing a turkey, make sure the
stuffing also reaches the correct
internal temperature.

Be aware of how long food sits out
unrefrigerated. Throw away perishable
foods that have been left sitting out at
room temperature for longer than two
hours.

Visit [https://www.eatright.org/
homefoodsafety/safety-tips/
holidays/10-holiday-home-food-safety-
tips](https://www.eatright.org/homefoodsafety/safety-tips/holidays/10-holiday-home-food-safety-tips) for more information on food
safety.



Tips for using holiday leftovers:

Turn your leftovers into new meals to use them up and stretch your food dollars!

Leftover meat and vegetables are great to use in soups, casseroles, pot pies, and stir fries!

Make crispy potato patties with leftover mashed potatoes!

Make muffins with leftover cranberry sauce or use it as a topping for waffles and pancakes!

Cranberry Sauce Muffins

<https://www.allrecipes.com/recipe/240388/cranberry-sauce-muffins/>

Ingredients

- 2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup white sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 cup cranberry sauce
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract



Directions

- Preheat oven to 400°. Grease 18 muffin cups or line with paper muffin liners.
- Whisk flour, brown sugar, white sugar, baking powder, salt, cinnamon, and nutmeg together in a bowl. Beat cranberry sauce, milk, oil, egg, and vanilla together in a separate bowl. Stir flour mixture into cranberry sauce mixture until batter is just moistened; pour into prepared muffin cups.
- Bake in the preheated oven until golden brown, about 20 minutes.

WIC's Cash Value Benefit (CVB) remains increased through December 2021!

Check your WICShopper app to see how much more you're getting in CVB!

Children 1-5: \$24
Pregnant & Postpartum: \$43
Breastfeeding: \$47
Breastfeeding Multiples: \$70.50

Free ZOOM class! - Newborn Nutrition

Our Breastfeeding Peer Counselor, Mitchell, is holding another Newborn Nutrition class over ZOOM on

Tuesday, Dec 14th at 2:00pm



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

Follow Us!

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Bangor Public Health & Community Services