

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

FEBRUARY 2022

Strawberry Hearts with Yogurt Dip

The perfect quick, easy, and nutritious treat for your little loves this Valentine's Day!

Ingredients:

- 20 Strawberries
- 1 cup Vanilla Yogurt
(tip: use Greek yogurt for a thicker dip!)
- 2 Tbsp maple syrup (optional)



Instructions:

1. Wash and dry strawberries, pat dry with paper towel (tip: only wash what you plan to eat so they don't spoil).
2. Remove the tops by slicing a "V" in the top of the strawberry to create that heart shape (tip: don't cut too far down! Just enough to create the heart).
3. **Optional:** gently place on popsicle stick or tooth pick for serving.
4. In a small mixing bowl combine vanilla yogurt and maple syrup (optional), blend until smooth and keep in refrigerator until ready to eat. Dip needs to be served cold!



Variation:

Frozen Strawberry Yogurt Bites- dip the strawberries in the yogurt mix, place out across a baking sheet lined with parchment paper, and put in the freezer for the perfect frozen treat! Or to save any leftovers!

An irresistible addition to any Valentine's Day celebration!

February is National Children's Dental Health Month!

Brushing Tips:

- Follow a schedule and stick to a routine - Don't skip!
- Brush with your kids! They watch and copy their parents
- Make it fun!
 - Allow your child to pick out their own toothbrush at the store
 - Try playing music while they brush
- Keep trying - It may take some trial and error before finding a toothpaste they like or for them to tolerate brushing for the full recommended time

Don't Forget:

Children should have their first dental check-up by age 1. Schedule a visit with a dentist or ask your child's medical doctor to look at his/her teeth.



Did you know?

- Breastfed babies get fewer cavities
- Breastfeeding facilitates proper dental and jaw development

For more tips & info visit:

<https://www.fromthefirsttooth.org/resource/resources-parents-caregivers/taking-care-of-your-childs-teeth/1-3-years-old/#>

<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Brushing-Up-on-Oral-Health-Never-Too-Early-to-Start.aspx>

WIC's Cash Value Benefit (CVB) remains increased through March 2022

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

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Bangor Public Health & Community Services