

**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](http://www.maine.gov/wic)



**WIC  
APPOINTMENTS**

**WIC is beginning  
it's return to  
pre-COVID  
appointments.**

During this  
period of  
transition WIC  
appointments  
will remain  
flexible.

**We will be  
completing  
appointments  
both in-person  
and by phone.**

**Thank you**

This institution  
is an equal  
opportunity  
provider

**wic Newsletter**  
APRIL 2022



**DID YOU  
KNOW?**

You can sign  
up for WIC  
while pregnant.

**Did you know  
pregnant women  
can participate  
in WIC if they're  
income-eligible?**

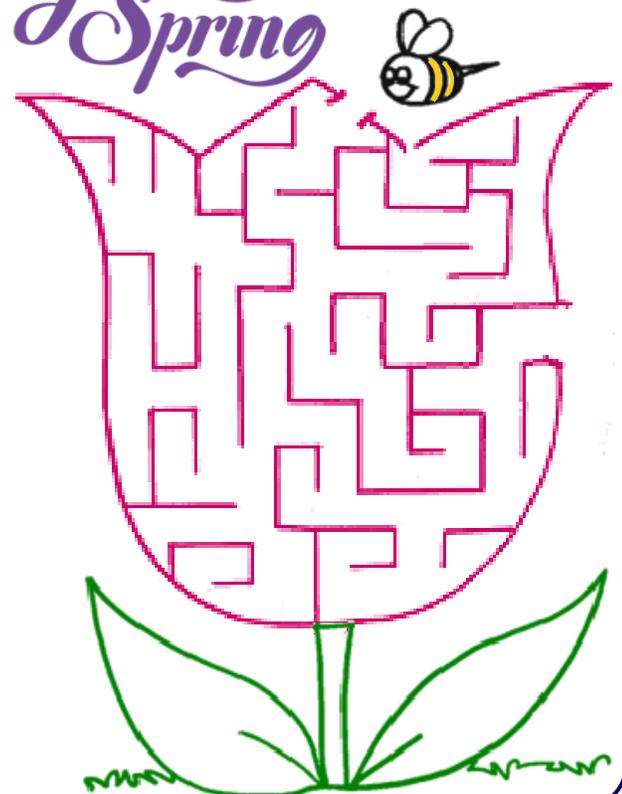
**The sooner they  
sign up, the more  
helpful WIC can  
be during their  
pregnancy.**

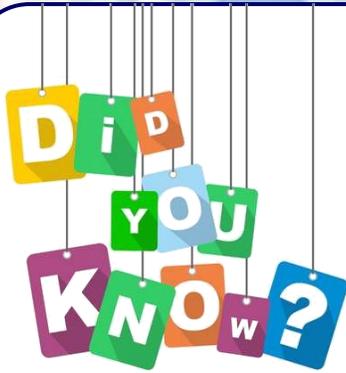
**Tell your friends  
and spread the  
word!**

**OUR OFFICE WILL  
BE CLOSED ON  
MONDAY, APRIL 18TH  
FOR PATRIOTS' DAY**



*Hello  
Spring*





Breastfeeding mothers typically require additional calories to meet daily nutritional needs while lactating.

It is recommended that 330-400 calories per day be added to a mother's pre-pregnancy intake to help meet those needs.

Lactation also increases the need for minerals iodine and choline. Foods containing iodine include dairy products, eggs, seafood, and iodized table salt.

Food containing choline include eggs, meats, some seafood, beans, peas, and lentils.

For more info visit: [cdc.gov](https://www.cdc.gov)



## Citrus Glazed Carrots

### Ingredients

- 2 cups sliced fresh carrots (about 4 carrots)
- 1 cup orange segments (about 2 oranges)
- 1½ teaspoons honey
- ⅛ teaspoon ginger

### Directions

1. Place carrots in a steamer basket, then place steamer basket in a saucepan filled with 1 inch water.
2. Bring water to a boil, cover and steam carrots until tender yet crisp.
3. Combine all ingredients in a small saucepan, stirring gently to coat carrots and oranges.



**Tip:** Never feed honey to a child under one year of age.

Also be sure to cut carrots into small pieces for young children.

<https://texaswic.org/recipes/citrus-glazed-carrots>

**WIC's Cash Value Benefit (CVB) remains increased through September 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