



LISITI YIBYO KURYA

Guhera ku itariki ya
1 Ukwakira 2023



Inshingano z'abitabiriye WIC

Mbere yo kujya guhaha:

1. Genzura ibirarane byinyungu zawe n'itariki inyungu zawe zirangira.
2. hahira mu maduka yemewe gusa na gahunda ya WIC. Ibiro byawe bya WIC bizakubwira aho ushobora gukoresha inyungu zawe. Reba icyapa cyanditseho ngo "Twemera eWIC" mu iduka ry'ibiribwa.
3. Bwira abakozi ba WIC niba wifuzza ko undi muntu ashobora gutwara cyangwa gukoresha inyungu zawe za WIC.

Kugira ngo urebe ibirarane byumuryango wawe, Urutonde rw'ibiribwa n'ibindi, fata porogaramu ya EzWIC cyangwa porogaramu ya WIC Shopper.



Porogaramu ya EzWIC
Arizona WIC
Navajo Nation WIC



WIC Shopper app
ITCA WIC

Mu gihe guhaha:

1. Soma neza inyungu zawe kugira ngo umenye ibiryo n'ingano ushobora kugura.
 - a. Ushobora kugenzura ikiguzi cya WIC mu iduka ukoresheje ikarita yawe ku kagare ukinjiza PIN yawe, uhamagara nimero ya serivisi y'abakiriya kuri karita yawe, cyangwa ukoresheje porogaramu yo kugura ya WIC.
2. Si ngombwa ko ugura ibyokurya byose icyarimwe.

Aho bagenzurira:

1. Bwira umukozi ushinzwe ububiko ako kanya ko ukoresha ikarita ya eWIC. Koresha ikarita yawe ya eWIC mbere yo gukoresha ubundi buryo bwo kwishyura.
2. Tegereza ko umukozi w'ikigo cy'imari agusabye guhanagura ikarita yawe ya eWIC no kwinjizamo PIN yawe.
3. Mu gihe ibyo kurya bimaze gutangwa, ujye ubanza usuzume ibyo ugiye kugura mbere yo kubyemera. Nyuma yo kwemeza, ibiribwa bya WIC byaguzwe bizajya bivanwa kuri konti yawe.
4. Uzahabwa inyemezbawishyu nshya igaragaza ingano y'amafaranga y'ubwisungane wari usigaranye n'itariki ubwisungane bwawe buzarangiriraho. Jya ubika inyemezbawishyu yawe kugira ngo uzamenye amafaranga usigaranye n'itariki izarangiriraho mu gihe uzaba ugiye guhaha.

Icyitonderwa: Kwishyura ku giti cyawe bishobora kwemerwa kuri bamwe mu bacuruzi bemerewe na WIC. Nyamuneka shaka ibimenyetso hafi y'aho wishyurira kugira ngo umenye niba byemewe cyangwa ubaze umukozi w'iduka.

Niba wifuza kumenya niba ubwoko runaka bw'ibiribwa bujuje ibisabwa, nyamuneka hamagara ibiro bya WIC cyangwa ukoreshe ibikoresho byatanzwe kuri gahunda yawe hepfo.



Arizona WIC

- Hamagara umurongo w'ubufasha w'abaguzi ba WIC (866) 927-8390
- Ku wa mbere kugeza ku wa gatanu saa 7 za mu gitondo - saa 7 z'umugoroba
- Ku wa gatandatu 8 za mu gitondo - 1 zigicamunsi azwicshoppershelpline@azdhs.gov
- Genzura porogaramu ya EzWIC
- [Hamagara ibiro byawe bya WIC](#)



Inama yimiryangyo ya Arizona WIC

- Hamagara ibiro byawe bya WIC
- Genzura porogaramu yo kugura ya WIC
- Cyangwa uhamagare kuri 1 (800) 360-6150

Navajo Nation WIC

- Kohereza imeri ku biro bya WIC kuri nwicnpdocuments@navajo-nsn.gov
- Hamagara ibiro byawe bya WIC kuri (928) 871-6698 cyangwa 1 (800) 307-4231
- Cyangwa ushakishe muri porogaramu ya EzWIC

Niba ufite ibibazo mu iduka ry'ibiribwa:

Jya uganira n'umuyobozi w'iduka. Andika itariki, isaha, n'amazina y'abakozi b'iduka bagize uruhare muri ibyo bikorwa, kandi ujye ubika inyemezabwishyu yawe. Niba utanyuzwe, hamagara ibiro bya WIC.

Mu buryo buhuje n'amategeko agenga uburenganzira bw'abaturage n'amategeko ya Leta Zunze Ubumwe za Amerika Ishami ry'Ubuhiinzi (USDA) amategeko n'amabwiriza yerekeye uburenganzira bwa muntu, iki kigo kibujije ivangura rishingiye ku moko, ibara ry'uruuhu, inkomoko y'igihugu, igitsina (harimo ibiranga igitsina n'ubusambanyi), ubumuga, imyaka, cyangwa kwihorera cyangwa kwihorera ku bikorwa by'uburenganzira bwa muntu byabanje.

Amakuru ya gahunda ashobora kuboneka mu ndimi zitari Icyongereza. Abantu bafite ubumuga bakeneye ubundi buryo bwo gushyikirana kugira ngo babone amakuru kuri porogaramu (urugero, inyuguti z'abatabona, inyuguti nini, kaseti y'amajwi, Ururimi rw'Amarenga rwa Amerika), bagomba kuvugana n'ikigo cya leta cyangwa ikigo cy'ibanez gishinzwe kuyobora porogaramu cyangwa Ikigo cya USDA cya TARGET kuri (202) 720-2600 (ijwi na TTY) cyangwa bakavugana na USDA binyuze muri Serivisi y'lhuriro rya Leta ku (800) 877-8339.

Kugira ngo umuntu ashiyire ikirego cy'ivangura muri porogaramu, Umutanga ikirego agomba kuzuza Impapuro AD-3027, Impapuro y'ikirego cya porogaramu ya USDA yo kuvangura porogaramu ishobora kuboneka kuri interineti kuri: <https://fns-prod.azureedge.us/sites/default/files/resource-files/ad3027-kinyarwanda.pdf>, ku biro byose bya USDA, ahamagara kuri (866) 632-9992, cyangwa yandikira USDA ibaruwa. Ibaruwa igomba kuba ikubiyemo izina ry'uwatanze ikirego, aderesi, nimero ya telefoni, n'ibisobanuro byanditse by'igikorwa cy'ivangura bivugwa mu buryo burambuye bihagiye kugira ngo Umunyamabanga wungirije ushinzwe uburenganzira bw'abaturage (ASCR) amenyeshwe imiterere nitariki y'ikirego cy'ihohoterwa ry'uburenganzira bw'abaturage. Inyandiko yuzuye ya AD-3027 cyangwa ibaruwa igomba gushyikirizwa USDA na:

1. iposita:
U.S. Ishami ry'Ubuhiinzi
Ibiro by'Umunyamabanga wungirije ushinzwe uburenganzira bwa muntu 1400 Independence Avenue, SW
Washington, D.C. 20250-9410; cyangwa
2. fagisi:
(833) 256-1665 cyangwa (202) 690-7442; cyangwa
3. imeri:
program.Intake@usda.gov

Iki kigo giha amahirwe angana abakigana.

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Infant Cereal and Formula

Ibinyampeke by'abana bato
n'amata yifu

Ibinyampeke byabana

Hakubiyemo

Imwe muri ubu bwoko
n'ibitandukanye byibinyampeke
byabana bikurikira:

- Ingano ya wunse 8
cyangwa 16
- ibikomoka ku bimera

Ntibirimo

- Imbuto, isukari, yawurute,
amata yifu, cyangwa
DHA/ARA byongerewehe
- Intungamubiri nyinshi
- amajagi, amajerekani,
cyangwa ibikombe
bikoreshwa rimwe



Umutobe w'ifu



Imbuto
nyinshi
Umutobe
wifu
Umuceri

Gerber



Imbuto
nyinshi
Umutobe
wifu
Umuceri

Amata yifu yabana

Ikirango, ubwoko, n'ubunini gusa bikubiye
mu nyungu zawe za WIC.



Umurongo w'Itumanaho
w'Amasaha 24
1-800-833-4642
gobreastmilk.org

Hakubiyemo

Bimwe muri ubu bwoko bwibirango butandukanye bwimbuto zabana nimboga:

- icyiciro cya 1 cyangwa icyiciro cya 2
- ubwoko bumwe cyangwa ubwoko buvanze
- Ingano ya wunse ya 2 cyangwa 4
- kimwe cyangwa ibiri 2 muri kimwe
- karemano cyangwa ibikomoka ku bimera

Ntibirimo

- Indi fu yamata, ibinyampeke, cyangwa DHA/ARA
- munyu, isukari, ibinyamasukari byongerewe
- ibyokurya by'inyongera, ibyokurya bya nimugoroba, cyangwa ibyokurya bifatanyije
- udupfunyika
- ibinyobwa bidasembuye

Beech-Nut



EARTH'S BEST
ORGANIC



Gerber



Parent's
CHOICE



simple truth
organic



tippy toes



Ushobora kuvanga no guhuza kugeza ku mubare w'amafaranga akubiye mu nyungu zawe.

256oz = ibipfunyika bya 128 2oz cyangwa ibipfunyika bya 64 4oz

128oz = ibipfunyika bya 64 2oz cyangwa ibipfunyika bya 32 4oz

64oz = ibipfunyika bya 32 2oz cyangwa ibipfunyika bya 16 4oz

Abana bafite amezi 9 n'abakuze bashobora kubona inyungu z'amafaranga ku mbuto n'imboga nshya aho kubona kimwe cya kabiri cy'imbuto n'imboga ku bana babo. Baza umukozi wa WIC kugira ngo umenye byinshi.

Biremewe ku bana bonsa gusa.

Hakubiyemo

Ibyo ari byo byose bigize nyama zabana:

- Ingano ya wunse 2.5
- Icyiciro icyo aricyo cyose
- Indi sosi ya broth niya gravy
- ibikomoka ku bimera

Ntibirimo

- undi munyu cyangwa isukari
- ibirylo bya ni mugoroba cyangwa uruvange rwibiryo
- uduce twinyama



Gerber



Ushobora kuvanga no guhuza ubwoko bw'inyama kugeza ku mafaranga y'indishyi yawe.

77.5oz = ibibindi 31



Hakubiyemo

Amata y'ubwoko ubwo ari bwo bwose, amata afungishijwe mu byuma mu ma litiro, mu ma litiro atandatu cyangwa mu ma litiro nk'uko byerekanwa mu nyungu zawe za WIC:

- amata y'inka y'amazi ya pasteurisée (harimo ibikomoka ku bimera biba byarabyawe mu buryo bw'ibinyabuzima gusa)
 - ibitarimo ibinure
 - Harimo ibinure bike cyane (1%)
 - Ayagabanirijwe ibinure (2%)
 - Yose

Andi moko yamata

- Amata yatumutse (kugera kuri onsi 12, harimo n'amata adafite lactose)
- amata y'ifu (9.6 kugeza kuri 56.4 oz)
- UHT/amata atabyara/amara igihe kirekire (harimo n'amata adafite lactose)
- amata y'inka adafite lactose (amalitiro agera kuri kimwe cya kabiri)
- **Navajo Nation WIC gusa:** amata y'inka adafite lactose (amalitiro agera kuri kimwe cya kabiri cyakajerekani ningano ya wunse 96)

Ntibirimo

- amata avurishwa bagiteri
- amata arimo amavuta
- amata yavanzwe na shokora
- ibisimbuzwa amata byongerwa mu cyayi no mu ikawa kugira ngo ikinyobwa gise numweru
- amata ava mu bimera
- amata Yongerewe Icyanga
- amata yavanywemo icya kabiri cyamavuta ayagize
- amata y'ibishyimbo bya nut cyangwa amata y'utubuto twibinyampeke (nk'amata ya almond, coconut, cyangwa ay'umuceri)
- amata y'ibimera bikomoka ku bimera bikomoka ku bimera bikomoka ku bimera bikomoka ku bimera
- amata yumwimerere
- amata afashe yongewemo icyanga cyisukari

Amata ya Soya**Hakubiyemo**

**Ibimenyetso n'ubwoko
bw'amata ya soya bikurikira
mu bunini bwatanzwe.**

Ntibirimo

- Indi DHA/ARA
- Ibikomoka ku bimera cyangwa ibyoroshye
- amata ya soya mu bindi birungo

Amata ya soya aba afite litiro imwe n'igice.

32oz (1 litiro) = 0.25 gallon (gal)
64oz (igice cya gallon) = 0.5 gallon (gal)



igice cyijerekani gikonje,
cy'umwimerere na vanira



32oz shelf
igihagaze,
umwimerere



igice
cyijerekani
gikonje,
cy'umwimerere

Amata y'ihene

Arizona WIC gusa

Ibigize ibinure byanditse mu nyungu zawe za WIC.

Hakubiyemo

Ubwoko bwamata bwa Meyenberg

Ntibirimo

Ubundi bwoko bw'amata
y'ihene

Meyenberg



kimwe cya
kane, ibinure
bike naho biri



12oz yose yifu



12oz yose
yatumuwe

Tofu**Hakubiyemo**

- Imwe mu bwoko bwa tofu y'ibyatsi by'ibumba ikurikira:**
- ingano ya wunse 14 kugeza kuri 16
 - igipimo icyo ari cyo cyose, harimo icyoroshye, hagati, gikomeye, cyangwa gikomeye cyane
 - ibikomoka ku bimera

Azumaya[®]
Tofu**Ntibirimo**

Ibindi binure, amasukari, mavuta, cyangwa sodium

Good & Gather



House Foods



nasoya



Organics



simple truth organic



SUNRISE

**Kefir**

Ibigize ibinure byanditse mu nyungu zawe za WIC.

Hakubiyemo

- Kefir yo mu bwoko bwitwa Lifeway wunse 32 ingano (1 cya kane):**
- uburyohe ubwo ari bwo bwose
 - ibura ibinure
 - iffte ibinure bike (1%)
 - yose uko yakabaye (3,25%)
 - ibikomoka ku bimera

Lifeway[®]**Ntibirimo**

- Ibyanyarwatsi
- oat kefir
- ingano nubwoko bundi bya kefir



Ibigize ibinure byanditse mu nyungu zawe za WIC.

Yogati ifite wunse 24 kugeza kuri 32

Hakubiyemo

Ubwoko bumwe muri ubu bwa yogati isanzwe cyangwa yabagereki:

- ingano ya wunse 24 kugeza kuri 32
- uburyohe ubwo ari bwo bwose

Amazina y'inganda dufite mu bubiko:



Ntibirimo

- Go-Gurt slushies
- yogati itari iyo mwikaragiro
- yogati ihendutse nka granola, ibishyimbo, ubuki, amagi cyangwa ibindi bikoresho nk'ibyo
- yogati zishobora kunyobwa

Ushobora kuvanga no guhuza amahitamo ya yawurute kugeza ku mubare uboneka mu nyungu zawe.

Ku rugero, igikoresho kimwe (cyangwa 32oz) ya yawurute ishobora kuba:

- yogati imwe ifite 32oz
- udupaki tubiri twa 16oz
- Ipaki 4 ya 6oz na yoagti ifite 5.3 cyangwa 6oz
- yogati esheshatu zifite 5.3oz
- yogati eshanu zifite 6oz



Afunguye



Byoroshye + bikwiye



Bivanze



Nziza cyane



Ifite zeru eshatu



Greek



Ubwoko bwabagiriki



Bivanze



Ifite ibinure bike/nta binure



Ifite ibinure bike/nta binure



Greek byiza & Bifashe



Umwimerere



Greek

— Yogati itangwa ari imwe nitangwa mu mapaki —

Hakubiyemo

**Ubwoko bumwe muri ubu
bwa yogati itangwa ari
imwe nitangwa mu mapaki,
uburyohe ubwo ari bwo bwose,
mu ngano zavuzwe.**

Ntibirimo

- Go-Gurt slushies
- yogati itari iyo mwikaragiro
- yogati ihendutse nka granola, ibishyimbo, ubuki, amagi cyangwa ibindi bikoresho nk'ibyo
- yogati zishobora kunyobwa

Amazina y'inganda dufite mu bubiko:

itangwa ari imwe ifite 5.3 kugeza kuri 6oz cyangwa amapaki 4



Ishyirahamwe
ry'ibiribwa

Agaciyo
kanini

Kroger

Lucerne

Imimerere
ifunguye

WinCo



itangwa ari imwe iva kuri 4
kugeza 5.3oz cyangwa amapaki 4



Activia



Byoroshye + bikwiye
Umwimerere
cyangwa Greek



ari imwe ifite 5.3oz cyangwa
amapaki 4



Bivanze



Nziza
cyane



Ifite zeru
eshatu



Organic Kids
amapaki 8 ya 2oz
amapaki 6 ya 4oz



Itangwa ari
imwe ya 6oz



Umwimerere
cyangwa yoroshye

4oz amapaki 8



Abana
bumwimerere



amapaki 8
ya 2oz



amapaki 16
ya 2oz



Chobani

ari imwe ifite 5.3oz cyangwa
amapaki 4



Nta Sukari



itangwa ari
imwe ya 6oz



Byiza & Bifashe

Ibigize ibinure byanditse mu nyungu zawe za WIC.

Yogati ifte wunse 24 kugeza kuri 32

Hakubiyemo

Ubwoko bumwe muri ubu
bwa yogati isanzwe cyangwa
yabagereki:

- ingano ya wunse 24 kugeza kuri 32
- uburyohe ubwo ari bwo bwose

Ntibirimo

- yogati itari iyo mwikaragiro
- yogati zishobora kunyobwa
- yogati ivanzemo nka granola, utubombo, ubuki, nuts, cyangw ibindi nibyo

Amazina y'inganda dufite mu bubiko:



Ishyirahamwe
ry'ibiribwa



Good &
Gather



Agaciyo
kanini



Lucerne



Ibikomoka
ku bimera



Simple
Truth
Organic



WinCo



BROWN COW



Bifashe hejuru

Chobani



Greek



Afunguye



Greek

MOUNTAIN HIGH



Umwimerere



Amata
yuzuye

ZOI

GREEK YOGURT.



Greek

— Yogati itangwa ari imwe nitangwa mu mapaki —**Hakubiyemo**

**Ubwoko bumwe muri ubu
bwa yogati itangwa ari
imwe nitangwa mu mapaki,
uburyohe ubwo ari bwo bwose,
mu ngano zavuzwe.**

Ntibirimo

- yogati itari iyo mwikaragiro
- yogati zishobora kunyobwa
- yogati ihendutse nka granola, ibishyimbo, ubuki, amagi cyangwa ibindi bikoresho nk'ibyo

Amazina y'inganda dufite**mu bubiko:**

itangwa ari imwe ifite 5.3 kugeza
kuri 6oz cyangwa amapaki 4



Ishyirahamwe
ry'ibiribwa



WinCo



Igikarabiro amapaki 4
cya 8oz ya 4oz

**OIKOS**

itangwa ari imwe ifite 5.3oz
cyangwa amapaki 4



Bivanze



itangwa ari imwe ifite 5oz
cyangwa amapaki 4



Uburyo bwo
mu Bufaransa



Organic Kids
amapaki 8 ya 2oz
amapaki 6 ya 4oz

Cheese

Forumaje



Hakubiyemo

Icyitwa pasteurizeri cyose, forumaje ibanza gupakirwa:

- ingano ya wunse 8 cyangwa 16
- Ibibanyu, byashwanyewe, byakaswe cyangwa insinga
- Ibyo kurya bisanzwe, bifite ibinure bike, cyangwa bifite sodium nke

Ubwoko ubwoko ubwo aribwo bwose bwa forumaji bukurikira:

- Forumaje ya Cheddar (yoroshye, iri mu rugero, ityaye, tyaye cyane, ishinze nkihembe cyangwa yera)
- Colby (irimo Longhorn)
- Forumaje ya Monterey Jack
- Forumaje ya Mozzarella (harimo na forumaje iteyi bugozi)
- Iya Muenster
- Iya Provolone
- Swiss
- Forumaje yimvange (imvange yubwoko ubwo ari bwose yavuzwe)

Ntibirimo

- izindi nsenda cyangwa ibindi birungo
- forumaje ya deli counter
- forumaje ivungagurika
- forumaje yudukoni (keretse forumaje yudukoni ya mozzarella)
- forumaje ya kereme
- forumaji ipfunitse
- forumaje yatumijwe hanze
- formaje yatunganyirijwe muri Amerika, ikiribwa cya forumaje yatunganyijwe, Igicuruzwa cya forumaje
- forumaje yuburemire bubonetse bwose

Ubwoko bw'umutobe bugaragazwa mu nyungu zawe za WIC.

Wunse 11.5 kugeza kuri 12oz z'umutobe wabaye barafu na wunse 64 zumutobe zituje

Hakubiyemo

Kimwe mu bimenyetso

bikurikira by'umutobe 100%:

- uburyohe n'ubwoko bw'ibirungo byanditse hasi aha
- mu bikoresho byemewe harimo amacupa ya pulasitiki, amakarito n'amasarahani

Ntibirimo

- isukari yongewemo cyangwa umutobe
- umutobe wimvange
- umutobe utaremereye
- Odwalla cyangwa amazina azwi yumutobe wironji wakonjeshejwe
- umutobe w'ibimera
- Ibishyimbo byo mu biti byo ku rwego rwo hejuru 3 cyangwa ibishyimbo by'ubuki
- Umutobe wa V8 Splash

Pome

Amazina y'inganda dufite mu bubiko:



Ni ingenzi mu mibereho ya buri munsi



Ishyirahamwe ry'ibiribwa



Agaciro kanini



Kroger



Guhitamo umukono



Springfield



Ubwoko bw'umutobe bugaragazwa mu nyungu zawe za WIC.

Wunse 11.5 kugeza kuri 12oz z'umutobe wabaye barafu na wunse 64 zumutobe zituze

Umuzabibu

Amazina y'inganda dufite mu bubiko:



Ni ingenzi mu
mibereho ya
buri munsi



Ishyirahamwe
ry'ibiribwa



Agaciro kanini



Kroger



Guhitamo umukono



Springfield



Orange/Imbuto z'imizabibu

Calcium yakomejwe yemerewe

Barafu 11.5 kugeza kuri 12oz

- ubwoko ubwo aribwo bwose



64oz zituze cyangwa zikonjeshejwe:

- ubwoko ubwo aribwo bwose,
uretse Odwalla na Naked



Inama ku bijyanye no guahaha: 64oz = kimwe cya
kabiri cyijerekani

Ubwoko bw'umutobe bugaragazwa mu nyungu zawe za WIC.

**Wunse 11.5 kugeza kuri 12oz z'umutobe
wabaye barafu na wunse 64 zumutobe zituze**

Uburyohe buvanze

Izina ry'uruganda
dufite mu bubiko:



Agaciro kanini



ibirungo
by'umwimerere,
bifite sodiyumu
nke, kandi
biryoshye cyane



Ubwoko bw'umutobe bugaragazwa mu nyungu zawe za WIC.

**Wunse 11.5 kugeza kuri 12oz z'umutobe
wabaye barafu na wunse 64 zumutobe zituze**

Inanasi

Amazina y'inganda dufite mu bubiko:



Guhitamo umukono



Springfield



Inyanya

Campbell's



Ibikoresho byo guteka umutobe

Hakubiyemo

Imwe mu bwoko bw'umutobe
100% mu bunini bwatanzwe.

Ntibirimo

- isukari yongewemo cyangwa umutobe
- umutobe wimvange
- umutobe utaremereye
- umutobe w'ibimera



amapaki 6
ya 6oz



Inanasi



Amata y'inyanya



Inanasi orange
imeke



amapaki
8 ya 4.23oz



amapaki
8 ya 6.75oz



amapaki
6 ya 5.5oz
umwimerere, ufite sodiyumu nke,
ufite ibirungo bishyushey



amapaki
8 ya 5.5oz
umwimerere, ufite sodiyumu nke,
ufite ibirungo bishyushey



amapaki 8 ya 6oz



amapaki 8 ya 6.75oz



amapaki 8 ya 6.75oz

Inama zo guahaha muri Arizona WIC na Navajo Nation WIC:

Iyo ugura ipaki y'binyobwa, umubare wose w'amalitiro uvana
ku nyungu zawe.

Urugero, ipaki 6 za wunse 6 zigabanya wunse 36 by'inyungu.
Ushobora gusanga mu mpera z'ukwezi usigaye ufite udufaranga
duke mu nyungu zawe. Baza umukozi wa WIC kugira ngo
umenye byinshi.

WIC na American Academy of Pediatrics batanga inama y'uko
abana bafite kuva ku mwaka 1 kugeza ku myaka 3 batagomba
kurenza wunse 4 y'amazi ku munsi, naho abana bafite kuva ku
myaka 4 kugeza kuri 6 batagomba kurenza wunse 6 ku munsi.

Imbuto nshya**Hakubiyemo****Amoko yose y'imbuto nshya:**

- yuzuye
- gukata
- ibice byonyine
- bashyizwe mu mifuka no mu bikapu
- ibikomoka ku bimera

Ntibirimo

- indi sukari, ibinure, amavuta cyangwa umunyu
- imbuto zumishijwe
- uduetebo tw'imbuto
- imbuto zigurishwa ku tubati twa salade
- imbuto zirimo umutobe
- Imvange z'imbuto n'ibishyimbo
- imbuto zo kurimbisha
- amatireyi y'ibirori

Imbuto zabaye barafu**Hakubiyemo****Amoko yose y'imbuto zabaye barafu:**

- ubwoko bumwe ubwo aribwo bwose cyangwa ubwoko buvanze
- Ingano iyo ariyo yose n'ubwoko bw'ibikoresho byose
- ibikomoka ku bimera

Ntibirimo

- indi sukari, ibinure, amavuta cyangwa umunyu
- ibindi bikoresho byongewemo
- ibirungo byo mu bwoko bwa aspartame, Splenda, cyangwa stevia

Imbuto zabitswe mu macupa**Hakubiyemo****Amoko yose y'imbuto zo mu nkono:**

- ubwoko bumwe cyangwa ubwoko buvanze butetse mu mazi y'ibiti
- Ubwoko bwose bw'ibikoresho byo kubika ibicuruzwa n'ubunini bwabyo (bidashobora kumara igihe kirekire cyangwa bikonje)
- umutobe wa pome utaryoshye
- ibikomoka ku bimera

Ntibirimo

- indi sukari, ibinure, amavuta cyangwa umunyu
- ibirungo byo mu bwoko bwa aspartame, Splenda, cyangwa stevia
- umutobe w'ibishyimbo byitwa cranberry sauce cyangwa pie filling
- Imbuto zibitse mu macupa y'isukari, yoroheje cyangwa yoroheje cyane
- Imbuto zibitse mu mazi y'imbuto cyangwa mu manywa arimo isukari

Imboga n'imboga



Hakubiyemo

Amoko yose yimboga nshya:

- Yuzuye
- Gukata
- ibice byonyine
- byashyizwe mu bikapu
ndetse byapakiwe,
harimo na salade
- ibikomoka ku bimera

Hakubiyemo

Ibimera byimboga n'ibirungo
bikurikira:

- Ibibabi bya Bay
- Basil
- Cilantro
- Chives
- Dill
- Tangawizi
- Mint
- Oregano
- Perisire
- Te
- Sage
- Thyme

Ntibirimo

- indi sukari, ibinure,
amavuta cyangwa umunyu
- imboga n'imboga
zibishyimbo
- ibyatsi byumye n'ibirungo
- indabo ziribwa nk'indabo
zibishyimbo (broccoli,
cauliflower na artichoke
byemewe)
- ibimera by'ibyatsi
- ibyatsi cyangwa
ibirungo bitanditswe
nk'ibyemerewe
- Ibikoresho by'ibyokurya
birimo ibyokunywa
by'ubwoko bwose
- imboga z'igikundiro,
urugero nk'ibishyimbo
by'ibishyimbo
- ibihaza by'amabara
- amatireyi y'ibirori
- Imvange z'ibinyampeke
n'imboga
- imboga zo kugura mu
tubari tw'isalati

Imboga n'imboga bihiye**Hakubiyemo****Amoko yose y'imboga zabaye barafu:**

- ubwoko bumwe ubwo aribwo bwose cyangwa ubwoko buvanze
- ingano iyo ariyo yose n'ubwoko bw'ibikoresho byose
- ibikapu byibikoresho
- ibikomoka ku bimera

Ntibirimo

- indi isukari, amavuta, ibinure, makaroni, cyangwa umuceri
- byavungutse cyangwa imboga zatetswe
- ifiriti, tater tots, cyangwa hash browns
- isosi nk'iya foromaje, amavuta cyangwa ya teriyaki

Imboga zo mu nkono**Hakubiyemo****Amoko yose y'imboga zo mu macupa:**

- ubwoko bumwe ubwo aribwo bwose cyangwa ubwoko buvanze
- Ingano iyo ariyo yose n'ubwoko bw'ibikoresho byose
- isukari yongewemo yemerewe kubishyimbo cyangwa ibigori
- sodiyumu isanzwe cyangwa nkeya
- umutobe winyanya, zasewe, zumwimerere, zose, zakanzwe cyangwa zaciwe mu bice
- ibikomoka ku bimera

Ntibirimo

- ibinure cyangwa amavuta byongewemo
- kongeramo makaroni cyangwa umuceri
- isukari yongerewe ku mboga zose uretse ibishyimbo cyangwa ibigori
- Imboga zakaswe cyangwa zasewe
- pizza, amasupu, ketchup, ibirungo cyangwa imyelayo
- imboga mu isosi

Ibishiimbo byumye**Hakubiyemo**

**Ubundi bwoko bwemewe
bwibishiimbo byumutse,
amashaza, cyangwa lentils**

- uburebure bwa onsi 16
- ibikomoka ku bimera

Ntibirimo

- uruvange rwibishiimbo bivanze n'ibirungo/ indyohesha
- ibishiimbo mu masanduku
- ibishiimbo bigezweho cyangwa bikonje
- ibishiimbo by'icyatsi kibisi, by'umuhondo cyangwa by'umutuku
- ibishiimbo byokeje

Ibishiimbo byo mu macupa**Hakubiyemo**

**Amoko yose namazina yose
y'ibishiimbo byo mu nkono:**

- kugeza ku ngano ya wunse 16
- ibikoresho byemewe birimo amasahani, ibikombe, ibibindi cyangwa udupfunyika
- sodiyumu ifunguye cyangwa nkeya
- ibikomoka ku bimera

birimo, ariko ntibigarukira ku:

- Umukara
- Umukara wa Njahi
- Amashaza yirabura afite amaso
- Cannellini
- Garbanzo (Chickpeas)
- Amajyaruguru meza
- Kathika
- impyiko (umutuku numweru)
- Lentils
- Lima
- Mayocoba
- Ubururu bwijimye
- Iroza
- Pinto
- Umutuku

Ntibirimo

- andi mavuta, inyama, imbuto cyangwa imboga byongewemo
- ibishiimbo byo mu bwoko bwa Cajun, barbecue, cyangwa byo mu bwoko bwa ranch
- ibishiimbo bya chili
- ibishiimbo, ibishiimbo by'ibishiimbo cyangwa ibishiimbo by'ibishiimbo
- inyama y'ingurube n'ibishiimbo
- ibishiimbo byokeje

**Inama ku bijyanye
no guhaha:**

Buri ngano y'ibishiimbo ibarwa nka 0.25 y'igikombe (CTR).

**Hakubiyemo****Amoko yose yibishiimbo bya kizungu:**

- uburebure bw'ibiro
16 kugeza kuri 18
- isukuye, ifashe, ihinnye,
ikase cyangwa ikase cyane
- ifite sodiyumu nke
- isukari nkeya
- karemano

Ntibirimo

- izindi jams, jellies,
shokola, marshmallows,
DHA, omega-3, cyangwa
ubuki
- ibishiimbo bya kizungu
mu mpombo
- ibishiimbo bya kizungu
bimeneka

Inama ku bijyanye no guhana:

Kuri buri gikoresho (CTR) cy'ibishiimbo cyangwa isupu y'ibishiimbo (PB) biri ku ikanita yawa ya eWIC, ushobora kugura umufuka wibishiimbo byumye, ibishiimbo, amashaza cyangwa lentils za wunse 16, amakarito 4 y'ibishiimbo (bigera kuri wunse 16 kuri buri karito), cyangwa ijerekani y'isupu y'ibishiimbo iri hagati ya 16 na 18.

Eggs**Amagi****Hakubiyemo****Amoko yose yamagi:**

- ingano yiduzeni
- amagi y'inkoko y'umweru
cyangwa y'umukara,
mashya, atatswe
- hagati, nini, nini cyane,
cyangwa nini cyane
- ibikomoka ku bimera
bikomoka ku bimera
bikomoka ku bimera
bikomoka ku bimera
bikomoka ku bimera

Ntibirimo

- ibishushanyo by'amagi
- ibyari n'uburumbuke
- igipfunyika cy'amagi
atandatu

Tuna**Hakubiyemo**

Amoko yose, ingano yose, kuegza ku ngano yavuzwe mu nyungu zawe za WIC:

- Yoroshye gusa
- sodiyumu isanzwe cyangwa nkeya
- ibisanzwe cyangwa irimo ibirungo
- Ibikoresho byemewe birimo amasahani, ibikombe, ibibindi cyangwa udupfunyika

Ntibirimo

- ibindi bishyimbo, makaroni cyangwa umucerি
- izindi ntungamubiri za soya
- tuna nkoranu cyangwa karemano
- uruvange rwa tuna yo kurya saa sita cyangwa ifunguro ryoroheje
- fire nziza
- tuna ya albacore ikomeye cyangwa y'umweru
- tuna irimo ibivungagurika cyangwa ibindi biryo

Sarumoni ya Pink**Hakubiyemo**

Amoko yose, ingano yose, kuegza ku ngano yavuzwe mu nyungu zawe za WIC:

- sarumoni yirozagusa
- sodiyumu isanzwe cyangwa nkeya
- ibisanzwe cyangwa irimo ibirungo
- ibikoresho byemewe birimo amasahani, ibikombe, ibibindi cyangwa udupfunyika

Ntibirimo

- saumoni yo mu nyanja ya Atlantic
- amafi ya file
- sarumoni itukura

Saradine**Hakubiyemo**

Amoko yose ya saradine:

- ingano ya wunse ya 3.75
- ibirungo, binoze, cyangwa bisanzwe

Ntibirimo

- Brisling
- Ibyo muri norway

Ibinyampeke bishyushye

Hakubiyemo

Amoko yose yibinyampeke bishyushye mu ngano ya wunse 9 kugeza 36.

Ububiko bwibicuruzwa warya ako kanya, ibirungo karemano, ipaki bwite:



Ishyirahamwe ry'ibiribwa

Ububiko bwibicuruzwa warya ako kanya byinyanya, ibirungo karemano, ipaki bwite:



Ni ingenzi mu
mibereho ya buri
munsi



Ishyirahamwe
ry'ibiribwa



Agaciyo
kanini

Ntibirimo

- izindi raisins, imbuto, na nuts
- ingano iri munsi ya wunse 9
- ibinyampeke bikomoka ku bimera
- udupfunyika tw'ubwoko

**Ushobora kuvanga no
guhuza ibinyampeke
kugeza ku mubare uboneka
mu nyungu zawe.**



Kroger



Guhitamo
umukono



CREAM WHEAT



umwimerere

udupfunyika
tw'ibishyimbo



umunota 1
w'umwimerere

iminota 2.5
w'umwimerere

ibipfunyika
by'umwimerere



Malt O Meal



ibishyimbo
by'umwimerere
ibishyimbo
by'inyanya
n'bitinguru
by'umwimerere



icy'umwimerere
na shokola



Ingano
za Coco

★ = 100% bya acid ya foric kubyo urya

■ = Itagira gluten

◆ = Ibinyampeke byuzuye. Ibinyampeke byuzuye birimo intungamubiri nyinshi n'ibyokurya by'ingenzi ku buzima bw'umutima n'ubw'igifu.

Ibinyampeke bikonje

Hakubiyemo

Bimwe mu birango bikurikira by'ibinyampeke bikonje bifite ubunini bwa onsi 9 kugeza kuri 36.

Ntibirimo

- ibinyampeke by'ibinyampeke, uretse ibyemerewe
- ingano iri munsi ya wunse 9
- udupfunyika tw'ubwoko

Ushobora kuvanga no guhuza ibinyampeke kugeza ku mubare uboneka mu nyungu zawe. Ingero:

$$9 + 9 + 9 + 9 = 36$$

$$24 + 12 = 36$$

$$18 + 18 = 36$$

Ububiko bwibicuruzwa byumuceri wa Crispy:



Umuhandwa wa Mbere



Ishyirahamwe ry'ibiribwa



Agaciyo kanini



Kroger



Ibicuruzwa byo mu isoko



Guhitamo umukono



WinCo

Ububiko bwibicuruzwa byifu ikaranzé:



Umuhandwa wa Mbere



Ishyirahamwe ry'ibiribwa



Agaciyo kanini



Kroger



Guhitamo umukono



WinCo

★ = 100% bya acid ya foric kubyo urya

■ = Itagira gluten

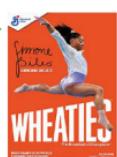
◆ = Ibinyampeke byuzuye. Ibinyampeke byuzuye birimo intungamubiri nyinshi n'ibyokurya by'ingenzi ku buzima bw'umutima n'ubw'igifu.

Ibinyampeke bikonje

Cheerios
imbuto nyinshi
zumwimerere
imbuto nyinshi
irimo inkeri
umwimerere



Chex
cinnamon
ibigori
umuceri
Ingano



ubutare bumwe
imbumbe yubuki
Kix
umwimerere
Igiteranyo
Wheaties

Kashi



Kashi
ubuki bukaranz
cinnamon
bishyushye



Bran yuzuye
ibisuguti byibigori by
umwimerere
Crispix
Ibisyimbo
bito by'ingano
blueberry muffin



Ibisyimbo bito by'ingano
umuzingo wa cinnamon
ibisyimbo bito bya
shokola
ibisyimbo bito
umwimerere
umwimerere



Ibisyimbo bito by'ingano
inkeri
K yihariye
umwimerere
poroteyine z'igit
cy'umushongi
Imboga z'umuceri

★ = 100% bya acid ya foric kubyo urya

■ = Itagira gluten

◆ = Ibinyampeke byuzuye. Ibinyampeke byuzuye birimo intungamubiri
nyinshi n'ibyokurya by'ingenzi ku buzima bw'umutima n'ubw'igifu.

Ibinyampeke bikonje

Malt O Meal



Umuceri wa Crispy

Ibisyimbo bito

biburungushuye

umwimerere

inkeri numushongi



Imbuto nini

igiti cy'igitit cy'umwembe

Ibisyimbo bya crunchy

Ifu yimbumbe yubuki almond



Ifu yimbumbe yubuki

imbumbe ya cinnamon

ubuki bukaranzé

imbuto na pecan



Ifu yimbumbe yubuki

vanilla

Imbuto z'imizabibu

flakes

umwimerere



Ubuzima

umwimerere

Umutobe wifu ya

quaker Ibiheke

isukari yumuhondo cinnamon

Grain Berry



Ikinyampeke

cya berry

flakes ifite

bran nyinshi

★ = 100% bya acid ya foric kubyo urya

■ = Itagira gluten

◆ = Ibinyampeke byuzuye. Ibinyampeke byuzuye birimo intungamubiri nyinshi n'ibyokurya by'ingenzi ku buzima bw'umutima n'ubw'igifu.

Umutsimwa w'ingano zisanzwe

100% n'umutsimwa w'ingano zose

Hakubiyemo

Amoko yose yubwoko bwumutsimwa kugeza ku ngano ya wunse 16.

Ntibirimo

- imigati
- ifunguro ryoroheje cyangwa ridafite ibinure byinshi
- Muffin z'icyongereza
- Itagira gluten
- umugati wa pita cyangwa wa flat



Ububiko bwose bujuje ibisabwa cyangwa ikirango cyabo cyanditseho ingano yuzuye 100% (100% Wheat Whole)



100% by'ingano zuzuye



Imikate ya hot dog ikozwe mu ngano yuzuye 100%



Sandwich thins igizwe n'ibinyampeke | byinshi



100% by'ingano zuzuye



100% by'ingano zuzuye



100% by'ingano zuzuye

Umuceri w'umuhondo



Hakubiyemo

Amoko yose yumuceri wumuhondo

- ingano ya wunse 14 kugeza kuri 16
- guteka vuba, vuba, guteka mu isakoshi, cyangwa guteka bisanzwe
- ibinyampeke bigufi cyangwa birebere

Ntibirimo

- umuceri wa basmati cyangwa Jasmine
- umuceri wo mu bwoko karemano
- ibirungo cyangwa ibirungo by'umuceri
- umuceri wumweru

Barley**Hakubiyemo****Ubwoko bwose bw'ingano za sayiri:**

- kugeza ku ngano ya wunse 16
- guteka byihuse, byihuse, guteka mu isakoshi, cyangwa guteka bisanzwe

Ntibirimo

- sayiri mu bikoresho byo gutwara imizigo
- udukoresho tw'isupu

Makaroni zikomoka ku ngano**Hakubiyemo**

makaroni ikomoka ku ngano ifte ingano ya wunse 16.

Hamwe, ariko ntirangirira ku bicuruzwa bikurikira:

Ntibirimo

- indi sukari, ibinure, amavuta cyangwa umunyu
- impapuro zrimo urutonde rw'ifu y'ibindi biribwa uretse iy'ingano yuzuye na/ cyangwa iy'ingano nzima yuzuye mu bikoresho

Amazina y'inganda dufite mu bubiko:

Byiza kandi kusanya



Agaciyo kanini



Kroger



I Ibikomoka ku bimera



Guhitamo umukono



Simple Truth Organic



Umusaruro w'izuba



WinCo



Tortilla zibogori byoroshye

Hakubiyemo

Tortilla zibigori byoroshye
 zumuhondo cyangwa umweru
 zifite ingano ya wunse 16.
 Hamwe, ariko ntirangirira ku
 bicuruzwa bikurikira:

Ntibirimo

- tortilla zikomoka ku bimera
- ifitiri za tortilla
- udusimba twa tostada
 cyangwa twa taco

Amazina y'inganda dufite mu bubiko:



El Super



Kroger

CASA RICA
TORTILLAS



GUERRERO



LA BANDERITA
AUTENTICO TORTILLAS



LA BURRITA



MISSION



SANTA FE
TORTILLA



Tortilla y'ifu y'ingano isanzwe

Hakubiyemo

Tortilla y'ifu y'ingano isanzwe ifite ingano ya wunse 16. Ifu y'ingano yuzuye igomba kuba ari yo ifu yonyine yanditswe ku rutonde rw'ibirungo. Hamwe, ariko ntirangirira ku bicuruzwa bikurikira:

Ntibirimo

- tortilla zirimo ibirungo (nka sipinashi cyangwa inyanya)
- tortilla zikomoka ku bimera
- ifitiri za tortilla
- udusimba twa tostada cyangwa twa taco
- tortilla zikozwe mu ifu y'umweru

Amazina y'inganda dufite mu bubiko:



Agaciro kanini



Kroger



Los Altos Ranch Market



Guhitamo umukono





**WIC iteza imbere konsa
nk'amahitamo meza yo
kugaburira abana.**

Gahunda ya WIC itanga:



Abajyanama
b'urungano mu
bijyanye no konsa



Abajyanama
mu bijyanye
no konsa



Amashuri
n'amatsinda
y'ubufasha



Imfashanyigisho



Imashini
zikura
amabere



Gahunda yo
kugaburira abana
bahabwa amabere
onyine ya WIC

**Niba wifuza ibindi bisobanuro, hamagara
ku ivuriro ry'aho rya WIC utuye.**



