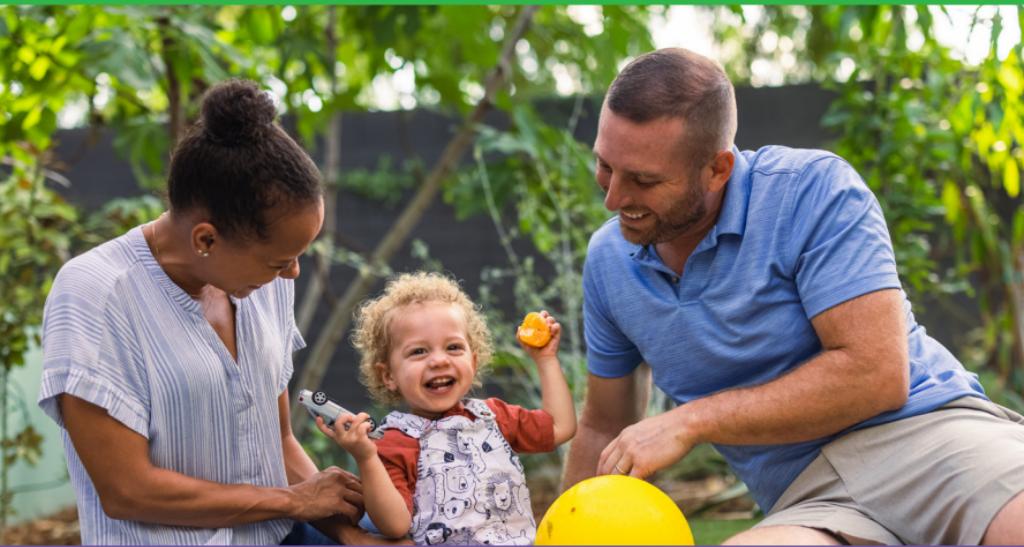




LISKA CUNTADA

Waxay dhaqan galaysaa
Oktoobar 1, 2023



Waajibaadka Saaran Macaamiisha WIC

Ka hor intaadan dukaamaysan:

1. Hubi hadhaagaaga dheefta iyo taariikhda dheeftaadu ay dhacayso.
2. Kaliya wax ka iibso dukaanada ay WIC ogoshahay. Xafiskaaga WIC ayaa kuu sheegi doona goobaha aad u adeegsan karto gunooyinkaaga. Ka fiiri astaanta "We Accept eWIC (Waan Aqbalnaa eWIC)" dukaanka adeegga.
3. U sheeg shaqaalaha WIC haddii aad doonayso in qof kale awood u yeesho inuu qaado ama adeegsado gunooyinkaaga WIC.

Si aad u hubiso hadhaagaaga qoyska, Liiska Cuntadda iyo wax badan, soo deji abka EzWIC, ama abka Wax iibsadaha WIC



EzWIC app
Arizona WIC
Navajo Nation WIC



**Abka wax
iibsadaha WIC**
ITCA WIC

Intaad dukaamaysanayso:

1. Akhri dheefahaaga si feejigan si aad u garato waxay tahay cuntadda iyo tirooyinka aad iibsan kartaa.
 - a. Waaad ka hubin kartaa haraagaaga kuugu haray WIC adoo kaarkaaga marinaaya mashiinka kadibna galinaaya BIINKaaga, wacaaya lambarka adeegyada bulshada ee ku qoran kaarkaaga, ama adoo adeegsanaaya aaladaada dukaamaysiga ee barnaamijka WIC.
2. Uma baahnid inaad iibsato dhammaan cuntadaada halmar.

Mashiinka hubinta ee taagan:

1. Isla markaba u sheeg qasnajiga inaad adeegsanayso kaarka eWIC. Iisticmaal kaadhkaaga eWIC ka hor qaababka kale ee lacag bixinta.
2. Sug qasnajiga ilaa uu kaa waydiinaayo inaad kaarkaaga eWIC mariso mashiinka aadna galiso BIIN kaaga.
3. Kadib marka cuntooyinka la mariyo mashiinka, akhri lacagta baxday ka hor intaadan aqbalin. Kadib markaad ansixiso, alaabaha cuntada WIC ee aad iibsatay waxaa lagaa jari doonaa haraaga koontadaada.
4. Waxaa lagu siinayaa risiid cusub oo ay ku qoran tahay inta kasoo hartay baaqiga gunada iyo taariikhda gunadaadu dhacayso. Hayso risiidkaaga si aad u ogaato baaqiga kuu haray iyo taariikhda ay dhacayso gunadaadu si aad mar kale ugu soo adeegato kaarka.

Oogow: Inaad si iskaa ah ula baxdo alaabaha ayaa la ogolaan karaa dukaannada WIC ogolaatay qaarkood. Fadlan raadi astaamaha u dhaw aaga alaabha lagala baxo si aad u aragto haddii la ogolyahay ama waydii shaqaalaha dukaanka.

Haddii aad doonayso inaad ogaato haddii noocyoo sumad ah oo cuntada ah loo qalmo, fadlan la xidhiidh xafiskaaga WIC ama isticmaal ilaha barnaamijkaaga ee hoose.



Arizona WIC

- La xidhiidh Khadka caawimada libsadayaasha WIC (866) 927-8390
Isnii - Jimce 7 subaxnimada. - 7 fiidnimada.
Sabtida 8 subaxnimada. - 1 duhurnimo.
azwicshoppershelpline@azdhs.gov
- Hubi abka EzWIC
- [La xidhiidh xafiskaaga WIC](#)



Gollaha Qabiilada ee Arizona WIC

- La xidhiidh xafiskaaga WIC
- Hubi abka Wax iibsadaha WIC
- Ama soo wac 1 (800) 360-6150



Navajo Nation WIC

- Iimayl ugu dir xafiska WIC
nwicnppdocuments@navajo-nsn.gov
- Soo wac xafiska WIC (928) 871-6698 ama 1 (800) 307-4231
- Ama huu abka EzWIC

Haddii aad qabto su'aalo ku sabasan dukaanka boosharaiga:

La hadal maareeyaha dukaanka. Soo sheeg taariikhda, waqtiga iyo magacyada shaqaalaha dukaanka ee dhibkaaga qaybta ku leh meelna dhigo risiidka aad ka heshay dukaanka. La xidhiidh xafiskaaga WIC haddii aadan wali qancin.

Si waafaqsan sharciga xuquuqda madaniga federaalka iyo Waaxda Beeraha Maraykanka (USDA) shuruucda iyo xeerarka xuquuqda madaniga ah, hayadan waxaa ka mamnuuc ah inay ku takoorto qaab isirka ah, midabka, asalka qaranka sinjiga (ay ku jiraan aqoonsiga sinjiga iyo qaabka galma), naafanimada, da'da, ama aangoosiga ama aarsiga hawsha xuquuqda madaniga ah oo hore.

Macluumaadka barnaamijka waxaa lagu heli karaan luqaddaha aan Ingiriisiga ahayn Dadka naafada ah ee u baahan qaab kale oo wada xidhiidhka ah si ay u helaan macluumaadka indhoolaha (tusaale Farta qoraalka indhoolaha, daabcaada wayn, cajalada maqalka ah, Luqadda Ishaarada Maraykanka), waa inay la xidhiidhaan gobolka ka masuulka ah ama wakaalada maxaliga ah ee maamusha barnaamijka ama USDA Xarunteeda TARGET lambarka (202) 720-2600 (codka iyo TTY) ama kala xidhiidh USDA dhexda Adeega Xidhiidhka Federaalka Lambarka (800) 877-8339.

Si loo xareeyo cabashada takoorka, Qofka cabanaya waa inuu buuxiyaa Foomka AD-3027, USDA Barnaamijka Foomka Cabashada Takoorka oo laga heli karo: :
<https://fns-prod.azureedge.us/sites/default/files/resource-files/ad3027-somali.pdf>, from any USDA office, by calling (866) 632-9992, ama addoo warqad u qoraya loo dirayo USDA. Warqaddu waa inay ka koobnaataa magaca qofka cabanaya, cinwaanka, lambarka telefoonka, iyo faahfaahinta qoran ee tallaabada takoorka lagu andacoonyo faahfaahinta ku filan si loogu wargeliyo Kaaliyaha Xoghayaha Xuquuqda Madaniga ah (ASCR) waxa ku saabsan sifada iyo taariikhda xad gudubka lagu andacoonyo ee xuquuqda madaniga ah. Foomka la buuxiyay ee AD-3027 ama warqadda waa in loogu gudbiyaaa USDA:

1. Boosta ku dir:
xafiska Waaxda Beeraha Maraykanka
ee Caawiyaha Xoghayaha ee Xaqquqda Shicibka
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; ama
2. fagas:
(833) 256-1665 ama (202) 690-7442; ama
3. iimayl:
program.Intake@usda.gov

Hay'adani furmad siman ayay cid walka siisa.

Seeriyaalka Ilmaha iyo Cuntada Qoyan	1
Miraha iyo Khudaarta ilmaha yar.....	2
Hilibka Ilmaha yaryar.....	3
Caani	4
Caanaha Sooyaha.....	5
Caanaha Riyaha	5
Toofu	6
Cabbianka macmacaanka kefir.....	6
Caano fadhi Dux yar iyo Aan Dux lahayn	7
Caabi fadhi dhammaystiran	9
Jiista	11
Sharaabka	12
Khudrad	17
Khuddaarta.....	18
Faasuuliye	20
Subaga Lowska	21
Ukun	21
Kalluun.....	22
Badarka.....	23
100% Qamandi baalkii leh iyo Rooti Qamandi baalkii leh laga sameeyay.....	27
Bariiska buniga ah	27
Heed.....	28
Baasto laga sameeyay Qamandi Baalkii leh.....	28
Toortayasha Sabuulka ee jilicsan.....	29
Toortilada Khamadiga Guud ee Burka ah	30

Seeriyaalka Ilmaha**Lagu daray**

Mid kasta oo summadaa
soo socda ah iyo noocyada
badarka ilmaha:

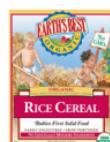
- 8 ama 16 wiqiyadood cabirka
- dabiici ah

Laguma darin

- la gu daray khudrad, sonkor, caano fadhi, caanaha carruurta, ama DHA/ARA
- cuntooyinka barotiinka badan
- sakeelada, jirgaanada ama koobabka halka mar wax lagu caboo



Boorash



MultiGrain
Boorash
Bariis

Gerber

MultiGrain
Boorashl
Bariis

Cuntada qoyan ee ilmaha

Keliya summada, nooca, iyo cabirka lagu daray
dheefahaaga WIC.



Lagu daray

Mid kasta oo summadaha soo socda ee khudada ilmaha iyo khuddaarta:

- marxalada 1 iyo marxalada 2
- nooc kasta oo kali ama iskudar ah
- 2 ama 4 wiqiyadooda cabirka
- keli ah ama 2 xidhmo
- Sabiic ama asal ah

Laguma darin

- cunta La qaso ee dheeraad ah, seeriyaal ama DHA/ARA
- lagu daray cusbo, sokor, ama istaash
- cuntooyinka saxarada, cashoooyinka ama iskudarka cuntada
- kiishashka
- cuntooyinka la jilciyay

Beech-Nut[®]



EARTH'S BEST[®]
ORGANIC



Gerber



Parent's
CHOICE



simple truth
ORGANIC



tippy toes[®]



**Waxaad isku qasi kartaa isna waafajin kartaa cadadka
ku jira gunooyinkaaga**

256 wiqiyadood = 128 2 wiqiyadood weelka ama 64 4 wiqiyadood weelka
 128 wiqiyadood = 64 2 wiqiyadood weelka ama 32 4 wiqiyadood weelka
 64 wiqiyadood = 32 2 wiqiyadood weelka ama 16 4 wiqiyadood weelka

Ilmaha 9 bilood jirka ah ama kasii wayn waxay heli karaan gunooyin kaash ah oo lagu bixinaayo miraha iyo Khudaarta cusub halkii laga siin lahaa nus kamid ah mirahooda iyo khudaartooda haafka ah. Waydii xubinta shaqaalaha WIC macluumaad dheeraad ah.

Waxaa loo ogolyahay ilmaha yar ee si buuxda naaska u nuuga kaliya

Lagu daray

Shay kasta oo keliya oo ay ka kooban tahay hilibka carruurta

- 2.5 wiqiyadood cabirka
- marxalad kasta
- lagu daray maraq iyo shurbad
- dabiici ah

Laguma darin

- lagu daray cusbo ama sonkor
- cashooyinka ama iskudarka cuntada
- isteegyada hilibka



Gerber



Waxaad isku qasi kartaa isna waafajin kartaa noocyada hilibka ee cadadka ku jira gunooyinkaaga.

77.5 wiqiyadood = 31 caagadood



Lagu daray

Summad kasta, caano la qaboojiyay rubucyoah, nus galaan, ama galaamo sida lagu caddeeyay dheefahaaga WIC:

- Caanaha lo'ada dareeraha ah ee la kariyay (ay ku jiraan kuwa dabiici ah hal galaan cabirka keliya)
 - Bilaa dufan ah
 - Dufanku ku yaryahay (1%)
 - Dufanka laga yareeyay (2%)
 - Caanaha guud

Noocyada kale ee Caanaha

- caanaha la uumi bixiyay (ilaa 12 wiqiyadood cabirka, waxaa ku jira caanaha aan laktoos lahayn)
- caanaha qalalan ee buddada (9.6 ilaa 56.4 wiqiyadood cabirka)
- UHT/la kariyay/caanaha muddada dheeraada (waxaa ku jira kuwa aan laktooska lahayn)
- caanaha lo'da aan laktood lahayn (nu sgalaan cabirka)
- **Navajo Nation WIC keliya:** caanaha lo'da aan laktood lahayn (nus galaan iyo 96 wiqiyadood cabirka)

Laguma darin

- caano la khamiiriyay
- subaga caanaha
- caanaha jokolaatada
- labeen
- caanaha la buuxiyay
- caano dhadhan loo sameeyay
- nus iyo nus
- midhaha ama caanaga midhaha (sida loowska, qumbaha, ama caanaha bariiska)
- caanaha dabiiciga ah cabirada aan ahayn hal galaan
- caano aan la karin
- caano la adkeeyay oo la macaaneeyay

Caanaha Sooyaha

Lagu daray

Mid kasta oo ka mid ah summadaha soo socda iyo noocyada caanaha sooyada cabirada qoran.

Laguma darin

- lagu daray DHA/ARA
- dabiici ah ama fudud
- caanaha sooyada dhadhanka kale

Caanaha sooyada waxay u yimaadaan rubux iyo cabirada nus galaanka ah.

32 wiqiyadood (1 rubic) = 0.25 galaan (gal)
 64 wiqiyadood (nus galaan) = 0.5 galaan (gal)



nus galaanka la qaboojiyaw,
 asal iyo faniila



32 wiqiyada
 khaanada
 degen, asal



nus galaan
 la qaboojiyaw,
 asal ah

Caanaha Riyaha

Arizona WIC keliya

Duxda ay ka kooban tahay waxaa lagu cadeeyay dheefahaaga WIC.

Lagu daray

Summada Meyenberg ee
 canaaha riyaha

Laguma darin

Summada kale ee caanaha riyaha



duxda yar iyo
 dhammaan,
 hal rubux



dhammaan buddo
 ah 12 wiqiyadood



dhammaan uuma
 bixay 12 wiqiyadood

Toofu

Lagu daray

Mid kastoo ka mid ah summadaha soo socda ee kaalshiyamka tuufuuga:

- 14 ilaa 16 wiqiyadood cabirka
- taanasho kasta waxy jilicsan tahay, dhexdhexaad, adayg, ama adayg dheeraad ah
- dabiici ah

Azumaya
Tofu



Laguma darin

Duxda lagu daray, sonkorta, saliida, ama soodhiyamka

Good & Gather



House Foods



nasoya



O organics



simple truth organic



SUNRISE



Cabbiitaanka macmacaanka kefir

Duxda ay ka kooban tahay waxaa lagu cadeeyay dheefahaaga WIC.

Lagu daray

Lifeway Kefir 32 wiqiyadood (1 rubuc) cabirka:

- dhadhan kasta
- dux aan lahayn
- duxyar (1%)
- dhammaan (3.25%)
- dabiici ah

Laguma darin

- doog la siiyay
- sharaabka boorashka
- summadaha kale ama cabirka kafirkha

Lifeway



Duxda ay ka kooban tahay waxaa lagu cadeeyay dheefahaaga WIC.

24 ilaa 32 wiqiyadood oo caano fadhi ah

Lagu daray

Mid kasta oo ka mid ah summadaha soo socda ee ta caadiga ah ama caano fadhiba Giriiga

- 24 ilaa 32 wiqiyadood cabirka
- dhadhankasta

Summadaha dukaanka:



Naadiga
Cuntadda



Qiima
Wayn



Good &
Gather



Kroger



Lucerne



O
Organics



Open
Nature



Simple
Truth
Organic



WinCo

Laguma darin

- Go-Gurt shraabka
- caano fadhiba aan caano laga samayn
- isku jirka caano fadhiba sida garanoola, qaybo nacnac ah, malab, lows, ama waxyabo la mid ah oo ay ka kooban tahay
- caano fadhiba la cabi karo

Waad isku deyi kartaa oo isku habboonaysiisaa doorashooyinka caano fadhiba ilaa qadarka lagu daray dheefahaaga.

Tusaale ahaan, hal weel (ama 32 wiqiyadood) ee caano fadhiba waxa uu noqon karaa:

- hal 32 wiqiyadood caano fadhi
- labbaa 16 wiqiyadood xidhmooin
- hal 6 wiqiyadood 4 xidhmo iyo hal 5.3 ama 6 wiqiyadood oo caano fadhi ah
- lix 5.3 wiqiyadood caano fadhi a
- shan 6 wiqiyadood caano fadhi ah



Saafi ah



Fudud + Leeg



La isku
laaqay



Pro



Saddex
Eber



Giriig



Qaabka Giriiga



La isku
laaqay



Duxda yar/Dux aan
lahayn



Duxda yar/Dux
aan lahayn



Giriig Wanaagsan
& Kiriim leh



Asal ah



Giriig

Caano fadhiba Hal mar la bixiyo iyo

Xidhmooyinka Caano fadhiba

Lagu daray

Mid kastoo ka mid ah summadaha soo socda ee caano fadhiba hal mar la bixiyo iyo xidhmooyinka caano fadhiba, dhadhan kasta, ee cabirada qoran.

Laguma darin

- Go-Gurt shraabka
- caano fadhiba aan caano laga samayn
- isku jirka caano fadhiba sida garanoola, qaybo nacnac ah, malab, lows, ama waxyaboo la mid ah oo ay ka kooban tahay
- caano fadhiba la cabi karo

Summadaha dukaanka:

5.3 ilaa 6 wiqiyadood bixinta keliya ama 4 xidhmo



Naadiga
Cuntadda



Qiima
Wayn



Kroger



Lucerne



Open
Nature



WinCo



4 ilaa 5.3 wiqiyadood keliya ama 4-xidhmo



Activia



Fudud + Asal ku
habboon ama Girig



5.3 wiqiyadood keliya ama 4-xidhmo



La isku
laaqay



Pro



Saddex
Eber



Dabiicga Carruurta

2 wiqiyadood

8-xidhmood

4 wiqiyadood

6-xidhmood



6 wiqiyadood keliya



Asal ah ama Nal

4 wiqiyadood
8-xidhmood



Carruurta
Asalka ah



2 wiqiyadood
8-xidhmood



2 wiqiyadood
16 xidhmood



Chobani

5.3 wiqiyadood keliya ama 4-xidhmo



Eber Sonkor ah

Tillamook

6 wiqiyadood keliya



Wanaagsan & Leh kiriim

Duxda ay ka kooban tahay waxaa lagu cadeeyay dheefahaaga WIC.

24 ilaa 32 wiqiyadood oo caano fadhi ah

Lagu daray

Mid kasta oo ka mid ah summadaha
soo socda ee ta caadiga ah ama
caano fadhibaaga Giriiga

- 24 ilaa 32 wiqiyadood cabirka
- dhadhan kasta

Laguma darin

- caano fadhibaaga aan caano laga samayn
- caano fadhibaaga la cabi karo
- isku jirka caano fadhibaaga sida garanoola, qaybo nacnac ah, malab, lows, iyo waxyabo la mid ah oo ay ka kooban tahay

Summadaha dukaanka:



Naadiga Cuntadda



Good & Gather



Qiima Wayn



Lucerne



O Organics



Simple Truth Organic



WinCo



BROWN COW



Labeen guudka ku leh

Chobani



Giriig



Saafi ah



Giriig

MOUNTAIN HIGH



Asal ah



Caano duxdii leh

ZOI

GREEK YOGURT.



Giriig

Caano fadhiga Hal mar la bixiyo iyo Xidhmooyinka Caano fadhiga

Lagu daray

Mid kastoo ka mid ah summadaha
soo socda ee caano fadhiga hal
mar la bixiyo iyo xidhmooyinka
caano fadhiga, dhadhan kasta,
ee cabirada qoran.

Laguma darin

- caano fadhiga aan caano laga samayn
- caano fadhiga la cabi karo
- isku jirka caano fadhiga sida garanoola, qaybo nacnac ah, malab, lows, ama waxyaaboo la mid ah oo ay ka kooban tahay

Summadaha dukaanka:

5.3 ilaa 6 wiqiyadood bixinta
keliya ama 4 xidhmo



Naadiga
Cuntadda



WinCo



8 wiqiyadood
tuumbo ah



4 wiqiyad
4 xidhmo



OIKOS

5.3 wiqiyadood keliya bixinaya
ama 4-xidhmo



La isku laaqay



5 wiqiyadood keliya ama
4 xidhmoood



Qaabka Faransiiska



Dabiicga Carruurta
2 wiqiyadood 8-xidhmoood
4 wiqiyadood 6-xidhmoood



Lagu daray

Summad kasta oo la kulayliyay jiista hore loo sii cabeyyo:

- 8 ama 16 wiqiyadood cabirka
- lakab, qay jarjaran, qurban, ama liidad ah
- caadi ah, duxda la yareeyay, ama soodhiyamka hoose

Mid kastoo ka mid ah noocyada jiiska soo socda:

- Jiista adag (degen, dhexdhexaad, fiqan, aad u fiqan, jiista afar geesta ah, ama caddaan)
- Colby (waxaa ku jira Longhorn)
- Monterey Jack
- Mozzarella (ay ku jiraan liidadka jiista)
- Muenster
- Provolone
- Swiss
- Jiista la isku daray (isku darka nooc kasta oo sare ku qoran)

Laguma darin

- basbaas lagu daray ama waxybaaha ay ka kooban tahay
- jiist aka timid miiska jiista badan
- jiiska rootiga la mariyo
- liidadka jisita (laga reebo liidadka jiista mozzarella)
- kiriimka jiista
- jiista la qurbay
- jiista dibada laga keeno
- jiiska Maraykanka la habbeeyay, jiista cuntadda la habbeeyay, alaab jiis ah
- miisaanka jiista aan tooska ahayn

Nooca sahraabka lagu caddeeyay dheefahaaga WIC.

11.5 ilaa 12 wiqiyadood oo sharaab la qaboojiyaya ah iyo 64 wiqiyadood oo sharaab ooli karta marfashka ah.

Lagu daray

Mid kasta oo ka mid ah summadaha soo socda

100% sharaab:

- dhadhanka iyo noocyada hoos ku qoran
- weelka la oggol yahay ay ku jiraan dhalooyinka caaga ah, kartoomada, iyo daasadaha

Laguma darin

- sonkorta lagu daray ama macaaneeyayaasha
- sharaab mushakal ah
- sharaab fudud
- Summadaha Odwalla ama Naked ee sharaabka liinta la talaagadaeeyay
- sharaan dabiici ah
- Geedka Sare 3 oo la isku daray iyo tufaas
- V8 Splash

Tufaax

Summadaha dukaanka:



Lama huraan ah
Maalin kasta



Naadiga Cuntadda



Qiima Wayn



Kroger



Saxeexa Xulashada



Springfield



Nooca sahraabka lagu caddeeyay dheefahaaga WIC.

11.5 ilaa 12 wiqiyadood oo sharaab la qaboojiyaya ah iyo 64 wiqiyadood oo sharaab ooli karta marfashka ah.

Cinab

Summadaha dukaanka:



Lama huraan ah
Maalin kasta



Naadiga Cuntadda



Qiima Wayn



Kroger



Saxeexa Xulashada



Springfield



Liinta/Liin qarboosh

Ku xoojinta kaalshiyam la oggol yahay

11.5 ilaa 12 wiqiyadood

la qaboojiyay

- summad kasta



64 wiqiyadood marfish degen

ama la tallaagadeeyay:

- summad kasta, aanay ku jirin Odwalla ama Naked



Tilmaanta wax iihsiga: 64 wiqiyadood = nus galaan

Nooca sahraabka lagu caddeeyay dheefahaaga WIC.
**11.5 ilaa 12 wiqiyadood oo sharaab la
 qaboojiyaya ah iyo 64 wiqiyadood oo
 sharaab ooli karta marfashka ah.**

Dhadhan isku jira

Summada dukaanka:



Qiima Wayn



asal ah,
 soodhiyam yar,
 iyo dhadhanka
 kulul ee
 xawaashka



Nooca sahraabka lagu caddeeyay dheefahaaga WIC.
**11.5 ilaa 12 wiqiyadood oo sharaab la
 qaboojiyaya ah iyo 64 wiqiyadood oo
 sharaab ooli karta marfashka ah.**

Cananis

Summadaha dukaanka:



Saxeexa Xulashada



Springfield

**Tamaandho***Campbell's*

Xidhmooyinka Sharaabka

Lagu daray

Mid kasta oo ka mid ah summadaha
soo socda 100% sharaabka
cabirada qoran.

Laguma darin

- sonkorta lagu daray ama macaaneeyayaasha
- sharaab mushakal ah
- sharaab fudud
- sharaan dabiici ah



6 wiqiyadood
6 xidhmo



Cananis



Cananis Liin



Cananis Liin Muus



4.23 wiqiyadood
8-xidhmood



6.75 wiqiyadood
8-xidhmood



5.5 wiqiyadood
6 xidhmo



5.5 wiqiyadood
8-xidhmood
asal ah, soodhiyam yar, xawaash kulul



6 wiqiyadood
8-xidhmood



6.75 wiqiyadood
8-xidhmood



6.75 wiqiyadood
8-xidhmood

Tilmaanta wax iibsiga Arizona WIC iyo Navajo Nation WIC:

Markaad iibsato xidhmada sharaabka, wadarta tirada wiqiyadaha waxaa
laga jaraan dheefahaaga.

Tusaale ahaan, 6 wiqiyadood 6 xidhmo waxya yaraysaa wadarta
dheefataada 36 wiqiyadood. Waxaad ku dambayn kartaa wiqiyadaha oo ku
hadha dheefahaaga dhammaadka bisha. Waydi xubinta shaqaalaha WIC
maclumaaad dheeraad ah.

WIC iyo Akaademyada Maraykanka ee Carruurta waxay ku talinaysaa
sharaabka ka yar 4 wiqiyadood maalin kasta ee socod baradka 1 ilaa 3 sano
jir, iyo in ka yar 6 wiqiyadood maalin kasta carruurta 4 ilaa 6 sano jirka.

Khudrad Daray ah



Lagu daray

Nooc kasta oo khudrad daray ah:

- dhan
- jarjaran
- qaybo yaryar
- kiish lagu riaday iyo hore loo xidhay
- dabiici ah

Laguma darin

- sonkorta lagu daro, duxda, saliida, ama cusbada
- khudaar la qalajiyay
- saladaha khudrada
- khudrada la soo iibsado ee qaybaha saladhka
- khudrad leh soos la dhixgaliyo
- isku darka khudrada
- khudrada qurxinta
- tareeyaa xaflada

Khudrada la tallaagadeeyay



Lagu daray

Nooc kasta oo khudrada la tallaagadeeyay ah:

- mid kaliya oo kasta iyo noocyada isku jira
- cabir kasta yo nooca weelka
- dabiici ah

Laguma darin

- sonkorta lagu daro, duxda, saliida, ama cusbada
- waxyaboo kale oo lagu dray
- macaaneeyayaasha macmacla sida asbartame, Splenda, ama istaafiya

Khudrada qasacadaysan



Lagu daray

Nooc kasta oo kale oo khudrada khasacadaysan ah:

- mid kasta ama noocyada isku jira ee xidhan ee ku jira sharaab
- cabir kasta iyo nooca weelka (ay degen tahay marafashka ama la tallaagadeeyay)
- sooska tufaaxa aan la macaanayn
- dabiici ah

Laguma darin

- sonkorta lagu daro, duxda, saliida, ama cusbada
- macaaneyayaasha macmacla sida asbartame, Splenda, ama istaafiya
- sooska karan beeriga ama buuxinta saanwija
- khudrad lagu xidhay mid culus, fudud, ama sharaabka fudud oo dheeraad ah
- khudrad xidhan oo lagu macaaneyay sharaab khudradeed ama raxiiq

Khuddaarta Darayga ah



Lagu daray

Nooc kastao khuddaarta darayga ah:

- dhan
- jarjaran
- qaybo yaryar
- kiish lagu riaday iyo hore loo xidhay, ay ku jiraan saladh
- dabiici ah

Lagu daray

Dhirta darayga ah ee soo socda iyo xawaashyada:

- Caleemaha Bay
- Basiilkha
- Kamasaro
- Nooc basasha ah
- Dill
- Sinjibiiil
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

Laguma darin

- sonkorta lagu daro, duxda, saliida, ama cusbada
- rooti leh, kiriim leh, ama khuddaar soos leh
- dhirta qalalan iyo xawaashyada
- qaybaha bisal sida bocorka (barakoolida, koolifalaawarka, iyo artijooga la oggol yahay)
- dhirta
- dhirta iyo xawaashka aan qornayn sida la oggol yahay
- agabyada leh waxyaboo la dul saaro ama sooska la dhex galiyo
- khuddaarta qurxinta, sida jiliga liidadka ah
- aaraa dubbaha midabka leh
- tareeyaa xaflada
- isku jirka khuddaar iyo midho
- khuddaarta iibka ee qaybaha saladhka

Khudaarta La qaboojiyay**Lagu daray****Nooc kasta oo khuddaarta la qaboojiyay:**

- mid kaliya oo kasta iyo noocyoo isku jira
- cabir kasta yo nooca weelka
- kiishka lagu rido maykaroofaya
- dabiici ah

Laguma darin

- lagu daray sokor, saliid, dux, baasto, ama bariis
- khuddaar rooti leh ama la xawaasheeyay
- jibis, baradho kuusan oo shiilan, ama baradho la kariyay
- sooska sida jiista, subaga, ama sooska teriyaki

Khuddaarta Qasacadaysan**Lagu daray****Nooc kasta oo khuddaarta qasacadaysan:**

- mid kaliya oo kasta iyo noocyoo isku jira
- cabir kasta yo nooca weelka
- sonkortalagu daray loo oggolaaday shumburo macaan ama galley
- caadi ah ama soodhiyan yar
- sooska tamaandhada, baasta, cajiiin, mid dhammaystiran, burbursan, iyo tamaandho la jarjaray
- dabiici ah

Laguma darin

- lagu daray dux ama saliid
- lagu daray baasto ama bariis
- lagu daray sonkor khuddaar kasta oo aan ahayn shumburo macaan ama galley
- la khamiiriay ama khuddaar kiriim lagu daray
- sooska biisaha, maraq, tamaandho soos, soos dhadahn leh, ama saliid sayntuun
- khuddaar lagu daray soos

Faasuuliye Qalalan



Lagu daray

Summad kasta oo loo qalmo oo faasuuliye la qalakiyay ah, shumburo, ama misir:

- 16 wiqiyadood cabirka
- dabiici ah

Laguma darin

- isku darka maraqa faasuuliya leh xidhmooyin dhadhan ah/xawaashka
- faasuuliya ku jira weel wayn
- faasuuliya darayga ah ama la qaboojiyay
- cagaar, jaalle, ama faasuuliye jaalle ah
- faasuuliyyada duban

Faasuuliya Qasacadaysan



Lagu daray

Summad kasta, iyo nooc kasta oo faasuuliye qasacadaysan ah

- ilaa 16 wiqiyadood cabir ah
- weelka la oggolaan karo ay ku jiraan daasado, koobab, dhalooyin, ama kiishado
- caadi ah ama soodhiyan yar
- asal ah

ay ku jiraan, laakiin aan ku xadidnayn:

- Madow
- Black Njahi
- Faasuuliye dhinac madow
- Cannellini
- Garbanzo (shumburo)
- Great Northern
- Kathika
- Keli (casaan iyo cadaan)
- Misirka
- Lima
- Mayocoba
- Ciidanka bada
- Basali
- Pinto
- Casaan

Laguma darin

- duxda lagu daray, saliida, hilibka, khudrada, ama khudaarta
- duban, Kajuun, mid la shiilid dibada ah, ama faasuuliya qaabka beerka
- faasuliya jili
- shumburo, faasuuliye cagaar ah, ama faasuuliye jaalle ah
- hilibka doofarka iyo faasuuliya
- faasuuliyyada duban

Tilmaanta Wax iibsiga:

Daasad kasta oo faasuuliya ah waxaa loo tirayaa sida 0.25 ee weelka ah (CTR).

**Lagu daray****Summad kasta oo subaga****lowska ah:**

- 16 ilaa 18 wiqiyadood cabir ah
- caadi, kiriim leh, burburaya, qaybo ah, ama qaybo wanaagsan ah
- soodhiyam yar
- sonkor yar
- dabiici

Laguma darin

- jaamka lagu daray, jeliyada, shokolaatada, maashaaliga, DHA, omega-3, ama malab
- subaga lowska oo dhuumo ku jirta
- subaga lowska la mariyo rooti

Tilmaanta Wax iibsiga:

Weel kasta (CTR) ee faasuuliyaaha ama subaga lowska (PB) ee kaadhaaga eWic, waxaad iibsan kartaa miduun kiish 16 wiqiyadood oo faasuuliye qalalan ama misir, 4 daasadood ee faasuuliyaaha (ilaa 16 wiqiyadood cabir kasta), ama 16 ilaa 18 wiqiyadood caaga ah ama subaga lowska.

Eggs

Ukun

**Lagu daray****Summad kasta oo ukunta ah:**

- cabirka darsin ah
- daray, qaydhin, cadaan, ama ukunta digaaga bunniga ah
- dhexdhexaad, wayn, aad u wayn, ama wayn
- dabiici ah, heer bilash ah, aan ku jiran qafis

Laguma darin

- beddelka ukunta
- buul iyo mida saxan
- cabirka lix xidhmo

Tuunada**Lagu daray**

Summad kasta, cabir kasta, ilaa qadarka ku qoran dheefahaaga WIC:

- fudud keliya
- caadi ah ama soodhiyan yar
- caadi ama dhadhan leh
- weelka la oggolaan karo ay ku jiraan daasado, koobab, dhalooyin, ama kiishado

Laguma darin

- faasuuliye lagu daray
- barootiinka sooyada lagu daray
- macmal ah ama tuunada goob ku salaysan
- qadada ama bogoska cuntadda fudud ee tuuna isku jirta
- hilibka kalluunka sare
- tuunada adag ama cad ee Abakoore
- tuunada leh jibis ama cuntooyin kale

Salmoonka basaliga ah**Lagu daray**

Summad kasta, cabir kasta, ilaa qadarka ku qoran dheefahaaga WIC:

- kalluunka salmoonka basaliga ah oo keliya
- caadi ah ama soodhiyan yar
- caadi ama dhadhan leh
- weelka la oggolaan karo ay ku jiraan daasado, koobab, dhalooyin, ama kiishado

Laguma darin

- salamoonka Atlaantiga
- hilib aan laf lahayn
- kalluunka cas

Kalluunka sardiinka**Lagu daray**

Summada kasta oo sardiinka ah

- 3.75 wiqiyadood cabirkii
- dhadhan leh, la xawaasheeyay, amacaadi ah

Laguma darin

- Brisling
- Noorwayjiyaan

Badarka Kulul

Lagu daray

Qayb kasta oo summadaha soo socda ah ee badarka kulul 9 ilaa 36 wiqiyadooda cabirka.

Summada dukaanka shuuro degdega ah, dhadhanka asalka ah, xidhmooyin gaar ah.



Naadiga Cuntadda

Laguma darin

- lagu daray sabiib, khudrad, ama midho qolof leh
- ka yar 9 wiqiyadood
- badarka orgaaniga ah
- xidhmooyin kala duwan

Waad isku deyi kartaa oo isku habboonaysiisaa ilaa qadarka lagu daray dheefahaaga.

Summada dukaanka boorashka degdega ah, dhadhanka asalka ah, xidhmooyin gaar ah.



Lama huraan
ah Maalin
kasta



Naadiga
Cuntadda



Qiima
Wayn



Kroger



Saxeexa
Xulashada




asal ah
xidhmooy-
inka gaar-
ka ah ee
degdega
ah







asal ah 1 daqiiqo

asal ah 2.5 daqiiqo

asal ah
xidhmooyinka
gaarka ah ee
degdega ah




shuuro degdega
ah oo asal ah
yo subag



boorashka
asalka ah ee
degdega ah



asal ah iyo
shokolaato



Coco Wheats

- ★ = 100% asiidha fooliga markii la bixiyaba
- = Ay ka maqan tahay gulutoontu
- ◆ = Bdarka oo baalkii leh Isagoo baalka leh waxaa ku badan liifka iyo nafaqeeyaha wadnaha iyo caafimaadka dheefshiidka.

Badar qabow**Lagu daray**

Qayb kasta oo summadaa
soo socda ah ee badarka qabow
9 ilaa 36 wiqiyadooda cabirka.

Laguma darin

- badarka la qaboojiyay, laga reebo kuwan sare ku qoran sida la oggol yahay
- ka yar 9 wiqiyadood
- xidhmooyin kala duwan

**Waad isku deyi kartaa oo isku habboonaysiisa ilaa qadarka
lagu daray dheefahaaga. Tusaalooyinka:**

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

$$24 + 12 = 36$$

$$18 + 18 = 36$$

Ku kaydi summada Bariis burburaya: Ku kaydi summada Boorashka Duban:



Jidka Koowaad



Naadiga Cuntadda



Qiima Wayn



Kroger



Jidka Koowaad



Naadiga Cuntadda



Qiima Wayn



Kroger



Market Pantry



Saxeexa Xulashada



Saxeexa Xulashada



WinCo



WinCo

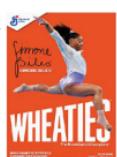
- ★ = 100% asiidha fooliga markii la bixiyaba
- = Ay ka maqan tahay gulutoontu
- ◆ = Bdarka oo baalkii leh Isagoo baalka leh waxaa ku badan liifka iyo nafaqeeyaha wadnaha iyo caafimaadka dheefshiidka.

Badar qabow

Quraac khudrad ah
midho badan oo asal ah
midho badan wata
midhaha shaanida
asal ah



Chex
qoranfal
galley
bariis
qamandi



Mid liif leh
qaybaha malabka
Kix
asal
Wadarta guud
Quraac qamandi ah



Kashi
malab lagu dubay
qoranfal diiran



Qamandi tuman oo dhan
Corn Flakes
asal ah
Crispix
Qamandi yar
oo qaboojisan
keeg wata midhaha
buluu beeri



Qamandi Yar oo Qaboojisan
duubka qoranfalka
qaniinyo yar oo shokolaato ah
qaniinyo yar asal ah
asal ah



Qamandi Yar oo Qaboojisan
strawberry
K gaar ah
asal ah
taabashada barootinka
ee qoranfalka
Bariis La adkeeyay
sida keega

- ★ = 100% asiidha fooliga markii la bixiyaba
- = Ay ka maqan tahay gulutoontu
- ◆ = Badarka oo baalkii leh Isagoo baalka leh waxaa ku badan liifka
iyo nafaqeeyaha wadnaha iyo caafimaadka dheefshiidka.

Badar qabow**Malt O Meal**

Bariis la Adkeeyay
Frosted Mini Spooners
 asal ah
 shaani iyo kriim



Great Grains
 badar leh moos
 midhaha bikan
 ee burburi kara
Honey Bunches of Oats
 lows

Honey Bunches of Oats
 xidhmooyin qoranfol ah
 la dubay malab leh
 maalashaanka i yo
 midhaha beekan

Honey Bunches of Oats
 fanilaha
Badar la dubay
 qaybo
 asal ah



Nolosha
 asalka ahl
Quaker Oatmeal
Squares
 sonkor banni ah
 qoranfal

Grain Berry
 with Amazing ONYX Sorghum



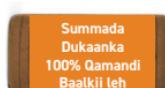
Qamandi asalkii ah
 quraac laga sameeyay
 khamandi la dubay

- ★ = 100% asiidha fooliga markii la bixiyaba
- = Ay ka maqan tahay gulutoontu
- ◆ = Bdarka oo baalkii leh Isagoo baalka leh waxaa ku badan liifka iyo nafaqeeyaha wadnaha iyo caafimaadka dheefshiidka.

100% Qamandi baalkii leh iyo Rooti Qamandi baalkii leh laga sameeyay

Lagu daray

Mi dkastoo ka mid ah
doorashooyinka rootiga soo socda
ilaa 16 wiqiyadood cabirka ah.



Dukaan kasta oo loo qalmo ama
guri summada leh calaamada 100%
Qamandi baalkii leh

Laguma darin

- rooti wareegsan
- cunto, fudud, ama ay ku yartahay kaarboon haydarayt
- English muffins a nooc rooti ah
- ay ka maqan tahay Gulutoontu
- rooti dhexda ka jeexan ama rooti siman

BIMBO



100% Qamandi
Baalkii leh

OROWEAT



100% Qamadi baalkii leh oo
wadata saanwij rooti ah



Qaybo saandawijj wata
qamandi baalkii | leh oo badan

Ozark Health



100% Qamandi
Baalkii leh

Sara Lee



100% Qamandi
Baalkii leh

WONDER



100% Qamandi
Baalkii leh

Bariiska buniga ah



Lagu daray

Summad kasta bariiska buniga ah:

- 14 ilaa 16 wiqiyadood cabirka
- Degdeg, aad u degdeg ah, ku bayli kiish, ama karin caadi ah
- midho dheer ama gaaban

Laguma darin

- bariiska basmaatiga ama yaasmiinka
- bariiska dabiciiga ah
- bariiska la udgooneeyay ama dhadhan leh
- bariis cad

Heed**Lagu daray****Summad kasta oo heed adag ah**

- ilaa 16 wiqiyadood cabir ah
- degdeg, aad u degdeg ah, ku bayli kiish, ama karin caadi ah

Laguma darin

- heedka ku jirta weel wayn
- agabka maraqa

Baasto laga sameeyay Qamandi Baalkii leh**Lagu daray**

Baasto laga sameeyay qamanid baalkii leh oo cabirka 16 wiqiyadood ah. Ay ku jiraan, laakiin aan ku xadidnayn summadaha soo socda:

Laguma darin

- Lagu daray sonkor, dux, saliid, ama cusbo
- baastada ay ku jiran liiska burka kale marka laga reebo qamadiga guud iyo/ama qamadiga guud ee sareenka oo ku jira maadooyinka

Summadaha dukaanka:

Good and Gather



Qiima Wayn



Kroger



O Organics



Saxeexa Xulashada



Simple Truth Organic



Sun Harvest



WinCo



Toortayasha Sabuulka ee jilicsan

Lagu daray

Jaalle ama cadaan tortiilada qamandiga jilicsan cabir dhan 16 wiqiyadood. Ay ku jiraan, laakiin aan ku xadidnayn summadaha soo socda:

Summadaha dukaanka:



El Super

Laguma darin

- toortilada Cusub
- jimsiga toortilada
- sheelyada Tostada ama taco



Kroger

CASA RICA
TORTILLAS



GUERRERO



LA BANDERITA
AUTENTICO TORTILLAS



LA BURRITA



MISSION



SANTA FE
TORTILLA COMPANY



Toortilada Khamadiga Guud ee Burka ah

Lagu daray

Daqiqada qamandiga dhan ee tortilada 16 wiqiyadood cabirka Burka haruurka guud waa inuu noqdaa kaliya burka ku jira liiska maadooyinka. Ay ku jiraan, laakiin aan ku xadidnayn summadaha soo socda:

Laguma darin

- toortilada la maceeyay (sida koostada ama yaanyada)
- toortilada Cusub
- jimsiga toortilada
- sheelyada Tostada ama taco
- toortilada burka Cad

Summadaha dukaanka:



Qiima Wayn



Kroger



Suuqa Los Altos Ranch



Saxeexa Kulashada





**WIC waxay kor u qaadysaa naas
nuujinta oo ah dookha ilmo quudinta
oo ugu fiican**

Barnaamijka WIC wuxuu baxshaa waxyabaha



La taliyaasha Naas
Nuujinta ee Ilmaha
Soo koriyay



Lataliyaasha
Naas Nuujinta



Casharo iyo Kooxo
Taageero



Qalabka waxbarashada



Bamka naaska



Xidhmada cuntada WIC
naas nuujinta si gaar ah
sare loogu qaaday

La xidhiidh rugtaada maxaliga ah ee WIC si aad wax badan u ogaato

**Laynka tooska ah ee
Naas Nuujinta 24 saac
shaqeeya
1-800-833-4642
gobreastmilk.org**

