WIC
Hagaha Iibka

Barnaamijka Nafaqada ee Goboka Washington

www.doh.wa.gov/WICfoods

Dhaqan Gal ah Laga Bilaabo Oktoobar 2016

Soo qaado hagahan ama booqo www.doh.wa.gov/WICfoods markasta oo aad ku adeegato jeegada WIC

Marka aad adeeganayso waa inaad soo iibsataa noocyada iyo tirada saxda ah ee raashinka WIC:

- Badarka carruurta (bogga 6aad)
- Cuntadda carruurta (bogagga 6-7)
- Badarka quraacda (bogagga 8-9)
- Cabitaanka Haweenka iyo caruurta (bogagga 15-21)
- Cabitaanka soya (bogga 26)
- Sooya la cajiimay (Tofu) (bogga 27)
- Tortilla jilicsan (bogga 30)
- Baasto Qamadi aan buunshada laga saarin ah (bogga 31)

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Macluumaadka
Loogu Talagalay
Dukaamaysatada WIC

Isticmaalka Jeegaga WIC

Raac shuruudahan jeeg kasta

- U isticmaal jeegagaaga markaas ama markay tahay maalinta u horaysa iyo ta u dambaysa ee la isticmaalayo
- Isticmaal jeega keliya haddii magacaagu uu ku qoran yahay sanduuqa afar geesta hoostiisa.
- Kaga iibso keliya dukaanada la ogol yahay. Raadi calaamada "**WIC Accepted Here**" meesha .

- Iibso cadadka, qiyaasta iyo noocyada cuntada kuqoran jeegaaga.
- U kala sooc cuntadaada WIC Jeeg ahaan, iyo kuwa kaleba waxyaabaha aad iibsanayso.
- U ogolow hubiyaha in uu ogaado in aad isticmaalayso jeegaga WIC inta aadan bilaabin wax iibsigaaga.
- Saxiix jeega keliya kadib marka hubiyuhu arko aqoonsigaaga oo uu ku qoro "Actual Purchase Price".

Sharciyada dheeraadka ahi waxa ay ku haboon yihiin keliya jeegaga WIC ee khudrada geed miroodka ah iyo khudaarta kale:

- Waydii hubiyaha in aad isku dari karto in ka badan hal jeeg oo ah WIC Khudrada geed miroodka iyo Khudaarta kale ee WIC. Dukaanada intooda way sameeyn karaan tan.

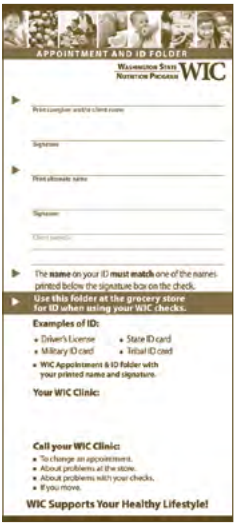
  Tusaale: Waad isku dari kartaa jeega khudaarta geed miroodka ah oo dhan $8 iyo jeeg kale oo khudarta caadiga ah oo dhan $11 oo waad isku bixin kartaa $ 19 oo uqalma khudaar mirood iyo khudaarta kale oo cusub.

- Haddii wax iibsigaagu uu ka badan yahay cadadka jeega WIC ee Khudrada geed miroodka ah iyo Khudaarta, waxaa laguu ogolyahay in aad bixiso cadadka dheeraadka ah.

  Tusaale: Haddii kharashkaagu la qiimayahay $9 oo aad isticmalayso Jeeg $ 8 ee WIC Khudrada geed miroodka iyo Khudaarta kale, waxaad bixin kartaa $1 oo dheeraad ah si aad u daboosho qiimaha.

- Haddii iibkaagu uu ka yar yahay cadadka jeega WIC ee Khudrada geed miroodka iyo Khudaarta kale, laguuma ogola in aad lacagta dib u hesho.

Tilmaamha Wax Iibsiga


APPOINTMENT AND ID FOLDER

WIC

The **name** on your ID **must match** one of the names printed below the signature box on the check.

Use this folder at the grocery store for ID when using your WIC checks.

Examples of ID:

- Driver's License
- State ID card
- Military ID card
- Tribal ID card
- **WIC Appointment & ID folder with your printed name and signature.**

Your WIC Clinic:

Call your WIC Clinic:

- To change an appointment.
- About problems at the store.
- About problems with your checks.
- If you move.

WIC Supports Your Healthy Lifestyle!

Waxaad ku caawin kartaa WIC in ay u adeegto qoysas badan adoo isticmaalaya lacag qabasho lacag dhimis leh iyo kaadhka aqoonsiga, iyo adoo dooranaya cuntadda qiimaha jaban.

Waxaad ka qayb qaadan kartaa alaabooyinka dukaanka ee gaarka ah markaad isticmaalayso Jeegaga WIC. Tani waxaa ka mid ah mid iibso, deeqaha midna bilaash ku qaado. Cuntadda "mid iibso" waa in ay tahay mid WIC ogolaaday. "Mida bilaashka lagu qaadanayo" khasab maahan inay noqoto mida WIC ogolaatay.

Waxaad waydiin kartaa shaqaalaha dukaanka ee u adeegaha macmiilka haddii dukaanku uu dalban karo cuntadda aad u baahan tahay. Dukaamada loogama baahna in ay hayaan dhammaan cuntadda ay WIC ogoshahay. Ha aqbalin jeegaga lasoo celiyo ama cunto badal ah oo aan kuqornayn jeegaaaga WIC.

Waa in aanad iibsan dhammaan cuntooyinka ku daabacan jeegaaga WIC. Dukaanka kuma soo celin kartid cuntadii kuqornayd jeega ee aadan iibsan.

Keen aqoosi saxiixan Haddii adiga ama iibsadahaaga kale uu u isticmaalo Ballanka WIC/ faylka Aqoonsiga sidii Aqoonsi, iska hubi in magacyada iyo saxiixyadu ay ku jiraan **ka hor** wax iibsiga. Noocyada kale ee aqoonsiga waa la aqbali karaa. Magaca Aqoonsigu waa in uu la mid noqdaa mid ka mid ah magacyada lagu daabacay afar geesta saxiixa hostiisa ah ee jeega.
Eeg bogga 36.

Saxiix jeega kaliya marka hubiyuhu uu geliyo "Actual Purchase Price".

Waa ay fiican tahay in aad iska ilaalisid jidka degdeg ah markaad isticmaalaysid in ka badan hal jeeg oo WIC ah.

Talada wax libsiga

Ka raadi tilamaamaha wax libsiga hagahan oo dhan.

Culaysyada iyo Cabirada

Kalmaddaha la soo gaabiyay:

Ounces = OZ
Pound = LB

Kuwa la midka ah:

½ gallon = 2 quarts
1 gallon = 2 half-gallons
1 gallon = 3.8 liters
½ pound = 8 ounces
1 pound = 16 ounces
1 pound = 0.45 kilograms

Cuntadda Carruurta

Badarka Carruurta

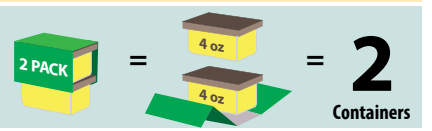
LA OGOLAADAY	AAN LA OGOLAAN
Waxa waajib ah in	**Ha iibsan**
8 oz ama 16 oz	Qasacado
Sanduuqayada ama weelka caaga ah ee daboolka leh	Dhalooyin
Qalalan	Mar keliya la bixiyo ama baakad kaliya
Noocyadan:	Lagu daro dhadhan, khudrad, ama cuntadda carruurta
Beech-Nut	Galey
Gerber	DHA
Waad dooran kartaa	Hab dabiici ah loo beeray
Nooc kasta oo ay ku jirto mid xubuub kala duwan leh, boorash, bariis, iyo qamandidoo dhammaystiran	Jira ama dhaca nolosha ka hor ama bakteeriyada aan waxyeelada lahayn
	Khudrada midhaheeda la shiido ee Quwino

Cuntadda Carruurta – Khudaarta Miraha iyo Khudaarta

LA OGOLAADAY	AAN LA OGOLAAN
Waxa waajib ah in	**Ha iibsan**
4 oz dhalooyin ah	Lagu daray dhadhan, cuntooyin, ama xawaash
4 oz Weelka caaga ah	Falfal
Noocyadani - Heerka 2:	Badar
Baby Basics	Cuntooyin isku jir ah
Beech-Nut Classics	Macmacaan
Beech-Nut Naturals	DHA/ARA
Earth's Best Organic	Cashooyin
Full Circle Organic	Badar
Gerber 2nd Foods	Hilib
O Organics	Baasto jilicsan ama bariis
Tippy Toes	Bushqad
Tippy Toes Organic	Heerka 1 ama heerka 3
Wild Harvest Organic	
Yummy Naturals	
Yummy Organics	
Waad dooran kartaa	
Isku jir kasta oo khudaarta geed miroodka ah iyo khudrad kale	
2 dii baakadood waxay udhigmaan 2 sanduuq	

Talada wax libsiga

Markaad gadanayso Cuntadda Carruurta ee Khudaarta ah, 2 baakadood waxay udhigmaan 2 sanduuq.



Cuntadda Carruurta – Hilibka

LA OGOLAADEY	AAN LA OGOLAAN
Waxa waajib ah in	**Ha iibsan**
2.5 oz dhalooyin ah	Weelka caaga ah
Noocyadani - Heerka 1 ama Heerka 2	Lagu daray dhadhan, cuntooyin, ama xawaash
Baby Basics	Falfal
Beech-Nut Classics	DHA/ARA
Full Circle Organic	Cashooyin
Gerber 2nd Foods	Hilib hab ul usamaysan
O Organics	Lagu qasay khudrada geed miroodka iyo khudaarta kale
Tippy Toes	Baasto jilicsan ama bariis
Tippy Toes Organic	Marxaladda 3
Wild Harvest Organic	
Yummy Naturals	
Yummy Organics	
Waad dooran kartaa	
Nooc kastoo kala duwan	
Helib keliya	
oo Maraq leh	

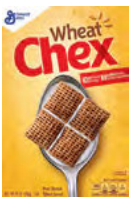
Haweenka si Buuxda u Naasnuujinaya

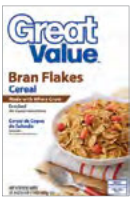
Hooyooyinka naas nuujinaya iyo carruurta leh dheefaha caafimaad ee noloshoo dhan ah. WIC waxay taageertaa naas nuujinta. Hadii aad dheerayso nuujinta naaska, Waxaad WIC Ka heli cunto!

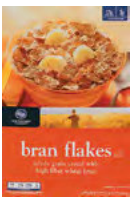
Cuntadda ilmaha
Keliya iibso cadadka, qiyaasta iyo nooca cuntadda carruurta ee ku daabacan jeega WIC. Wixii xog ah ee ku saabsan Cuntooyinka carruurta WIC ogoshahay, booqo **www.doh.wa.gov/WICFoods/InfantFormula**, ama wac **1-800-841-1410**.

Badarka Quraacda

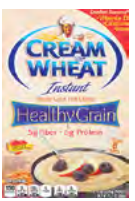
Quraacda Badarka Qabow







Quraacda Badarka Kulul



Badarka Quraacda

LA OGOLAADAY

Waxa waajib ah in ay tahay

Bogosyo, 11 oz ilaa 36 oz

Kaliya magacyadan iyo noocyadan:

Quraacda badarka ah ee qabow

- Alpha-Bits
- Cheerios (Plain)
- Cheerios Multi Grain
- Corn Chex (Plain)
- Dora the Explorer
- Great Grains Banana Nut Crunch
- Kellogg's Corn Flakes
- Kellogg's Frosted Little Bites or Mini Wheats Original
- Kellogg's Rice Krispies (Plain)
- Kix (Plain)
- Post Grape Nuts
- Post Grape Nuts Flakes
- Rice Chex (Plain)
- Sunbelt Bakery Simple Granola
- Wheat Chex (Plain)
- Bran Flakes:
  - Essential Everyday
  - Food Club
  - Great Value
  - IGA
  - Kroger
  - Signature Kitchens
  - Western Family

Quraacda badarka ah ee kulul

- Cream of Rice
- Cream of Rice Instant
- Cream of Wheat (Instant, 1 minute, 2½ minute, 10 minutes)
- Cream of Wheat Whole Grain (Instant and 2½ minute)
- Essential Everyday Grits Original
- Malt-O Meal Original

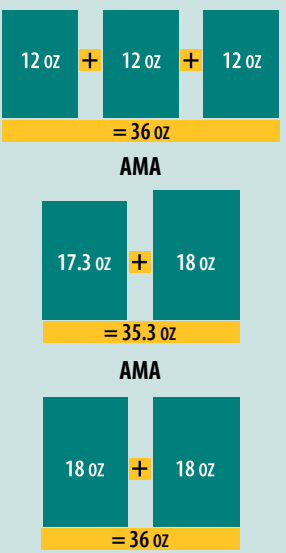
AAN LA OGOLAAN

Ha iibsan

- Kiishashka
- Caanaha Shokolaatada leh
- Weel hab dhululubo ah
- Boorash marka badar uu ku qoran yahay jeegaaga WIC

Talada wax libsiga

Waxaad dooran kartaa isku dar quraac badar ah ilaa cadadka wiqiyadood oo ah (OZ) ee ku daabacan jeega WIC. Tusaalooyin:



Jiis

LA OGOLAADAY

Waxa waajib ah in ay tahay

16 oz qayb bushqadaysan marka "1 LB cheese" ay ku daabacan tahay jeega WIC

Laga sameeyay caanaha lo'da oo la kar kariyay

Lagu Sameeyay Maraykanka

Noocyadan:

- Jiista adag (dhexe, Dhexdhexaad ah, ama caaro fiiqan, jaale ah ama caddaan)
- Jiis Colby ah
- Jiis Colby Jack ah
- Jiis Colby Monterey Jack ah
- Jiis Monterey Jack ah
- Jiis Mozzarella ah

Waxad dooran kartaa

8 oz baakad ah keliya marka "kosher cheese" ay ku daabacan tahay jeega WIC

Labo 16 oz baakadood marka "2 LB cheese" ay ku daabacan tahay jeega WIC

Hal 32 oz baakad ah marka "2 LB cheese" ay ku daabacan tahay jeega WIC

Nooc kasta

Kaalshiyam iyo/ama Fiitamiin D lagu daray

Aan dux lahayn, duxdu ku yar tahay, iyo duxda laga yareeyay

Qaar khaliif ah ama dhamaanteed

Soodhiyamka laga yareeyay

AAN LA OGOLAAN

Ha iibsan

Waxyaabaha ama baakadaha kaligood ah

Aan waxyabaha dhadhanka uyeela aan lagu darin, dawo dhireedka, lowska, miraha, dhirta cuntada ama khudaarta

Jiis laga sameeyay caano ceeriin

Karakar la jaray

Labeenta jiiska

Jiista Deli

La jarjaray, la kala jebiyay, lashiiday, la bur buriyay, ama la saafay

DHA/ARA

Jiis leh fiiqnaan dheeraad ah

Mozzarella cusub

Jiista riyaha ama idaha

La soo dhoofiyay

Aan lahayn laktoos

Muenster

Hab dabiici ah loo beeray

Parmesan

Jiiska nooca Jack ah oo basbaas leh

La karkariyay la warshadeeyay oo Maraykan ah

Provolone

Queso fresco

Ricotta

Jiis la dhuubay

Iswiisarlaan ah

Aan la karkarin

Jiista Vintage

Digir Qalalan/Salbuko/Digirta Cagaaran

LA OGOLAADAY
Waxad dooran kartaa
16 oz kiish
Waxbadan (lagu iibiyo miisaan)
Nooc kasta
Nooc kastoo kala duwan
Aan dabiici u bixin ama dabiici u baxay

AAN LA OGOLAAN
Ha iibsan
Bogosyo
Qasacado
Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
Heed
Digir iyo bariis la isku daray
Bun ama qaxwo
Bun qalalan oo la dubay
La qaboojiyay
Digirta cagaaran/salbuko
Nacnac digir u eeg
Maraq ama maraq la isku qasay
Midhaha faniilada

Talada wax libsiga

Waxaad dooran kartaa digir la qalajiyay, shunburo, iyo misir ama subaga lowska.
Eeg bogga 25 wixii xog ah ee ku saabsan subaga lowska.

Ukunta

LA OGOLAADAY
Waxa waajib ah in ay tahay
12-xabo kartoon (1 darsin)
Ukunta, digaaga cad

Waxad dooran kartaa
Nooc kasta
Yar, Dhexe, ama xajmi wayn

AAN LA OGOLAAN
Ha iibsan
In badan
Ukun bunni ah
Aan Qafis ku jirin
DHA
La qalajiyay
Ukunta booloboolada
Walxaha Ukunkta cuno ahaan bedeli kara
Aad u xajmi wayn ama si aad ah u wayn
Bacrimi kara
Ukunta digaaga aan banaanka ubixin
Ukunta aadka loo karkariyay
Ukunta dareeraha ah
Ay ku yartahay ama laga yareeyay kolestaroolka/dufanka
Udhalatey dabiici ahaan ama ukumaha kale gaarka ah
Aan ukun dooro ahayn
Omega 3
Dabiici
La karkariyay
La budeeyay
Laga yareeyay duxda/dufanka
Doorada dhirta daaqda

Kalluun – Qasacadaysan

LA OGOLAADAY	AAN LA OGOLAAN
Waxa waajib ah in ay tahay	**Ha iibsan**
Hilibka Tuunada Fudud oo biyo ku jira, oo miisaankiisu yahay 5 oz ilaa 6 oz(aan miisaankeeda laqalajin.)	Bacaha wax lagu rito
Kalluunka Salmoon oo basali ah, 5 oz ilaa 14.75 oz	Dhalo
Qasacado	Caag
	Baqshad
	Baqshadaha cuntada fudud
	Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
	Albakoork tuuna
	La qalajiyay
	Khiyaali ah
	Aan laf lahayn
	Cusub
	La qaboojiyay
	Qofka cuntadda jecel
	Kalluunka Jack Mackerel
	Line or pole caught ah
	Dabiici
	Kalluunka gaduudan ee Salmoon
	Kalluunka Sardiinka
	La uumiyay
	Adag ama waslad hilib tuuna ah oo cad
	Kalluunka Salmoonka oo khaas ah ama hilib saafan oo Tuuna ah
	Tuunada Tongoolka ah
	Tuunada Yellowfin

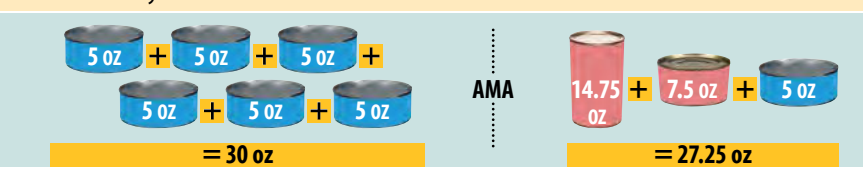
Waxad dooran kartaa

- Nooc kasta
- Aan laf lahayn
- Soodhiyamku ku yartahay
- Diirka laga qaadey

Haweenka si Buuxda u Naasnuujinaya

Talada wax libsiga

Waxaad dooran kartaa iskujirka waslad hilib tuuna khafiif ah iyo kalluunka salmoonka basaliga ah ilaa iyo cadadka wiqiyadoodka ah (OZ) ee ku daabcan jeega WIC. Tusaalooyin:



Khudaarta Miraha Saafiga Iyo Khudaarta

LA OGOLAADEY	AAN LA OGOLAAN
Waxa waajib ah in	**Ha iibsan**
Khudaarta geed miroodka cusub	Lagu daro suugo xawaash leh, wax cuntada la mariyo, dux, ama saliid
Khudaar cusub	Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
Waad dooran kartaa	Lagu daro cabitaan, khudrad la miiray, ama biyo
Kiishash ama xidhmooyin	La rootiyeeyay, la qasacadeeyay, la kariyay, la mariyay kiriim, la qaboojiyay, ama maraqyo
Waxbadan (lagu iibiyo miisaan)	Mid duuban oo la qalajiyay iyo maqaarka khudrada
Baaquliyo caag aha, qolofta xayawaanka clamka ladhaho, kooba ama tuubooyin	Ubaxa la cuni karo ama ubaxyo
Nooc kasta	Saladaha khudrada
Isku jir kasta oo khudaarta geed miroodka iyo khudaarta kale ah	Dawo dhireedka ama xawaashka, sida aloe vera, anise, caleenta muuska,rayxaanka, caleenta geedka bay, geedka sida khamuunta ah, jerfiil, geedka toonta shabaha ee jayfis, kabsar, diirka sare ee hadhuudhka, caleenta dill, xildiida, malayga, cawska sida liinta ucarfa, caleenta liinta, marjoram, reexaanta, udgoonka, parsley, rosemary, sage, savory, tarragon, thyme, midhaha faniilla, ama cawska sareenka
Nooc kastoo kala duwan	Qurxin ah ama walxaha qurxinta, sida basbaabska cas, toon la isdaba taxay, ubbooyin, bocor la midabeeyay ama la xardhay
Khudaarta geed miroodka ama khudaarta kale oo tareeyada xumbada ee cuntada ah oo lagu duudubay caag	Tareega ama saxamada ballaaran ee xafladaha, saxamada caadiga ah, tareeyada wata ama aan wadan maquufin
Aan dabiici u bixin ama dabiici u baxay	Noocyo salar ah oo kolba in la qaadanayo
Isku dhan ama la kala jaray	Sonkor ama qasabka sonkorta

Qasacado Ama Dhalooyin Caag Ah (46 oz)

LA OGOLAADEY	AAN LA OGOLAAN
Kaliya waxaad dooran kartaa magacyadan iyo noocyadan:	**Ha iibsan**
Yaanyo	Tufaax, Canab, Liin macaan, Banbeelmo, Cananaas
Campbell's	Kartoono ama dhalooyin quraarad ah
Haggen	Casiir laga miiray tufaax
Shur Saving	Mushakal
Western Family	Cabbitaan juus ah
Khudrad	Liin
Cambell's V8 Essential Antioxidants	Casiirka liinta
Campbell's V8 Hint of Black Pepper	Liin dhanaan
Campbell's V8 Hint of Lime	Cabbitaanka liin dhanaan la miiray
Campbell's V8 Low Sodium	Si dabiici ah loo beeray
Campbell's V8 Original	Si dabiici ah u baxay
Campbell's V8 Spicy Hot	Laqaboojiyay
Campbell's V8 Spicy Hot Low Sodium	Aan lamiirin
Haggen	
Kroger	
Western Family	

Kaliya magacyadan iyo noocyadan:

Yaanyo

Khudrad

Cabitaanka Haweenka

La Qaboojiyay (11.5 oz ama 12 oz)

Tufaax Kaliya noocyadan

Canab ama Canabka Cadcad Kaliya noocyadan

Miraha canabka/ Banbeelmo
Nooc kasta

Cananaas
Kaliya magacyadan iyo noocyadan

Khudaar la Isku Dar Daray Kaliya noocyadan

La Qaboojiyay (11.5 oz ama 12 oz)

LA OGOLAADEY
Waxa waajib ah in ay tahay
11.5 oz ama 12 oz la qaboojiyay
Kaliya magacyadan iyo noocyadan:
Tufaaxa
Essential Everyday
Great Value
IGA
Kroger
Langers
Old Orchard
Signature Kitchens
Tree Top
Western Family
Canab ama Canabka cadcad
Essential Everyday
Great Value
Old Orchard
Welch's
Western Family
Miraha canabka
Nooc kasta 100% oo miraha canabka
Liin
Nooc kasta 100% oo liin banbeelmo ah
Khudar isku jir ah
Dole
Orange Peach Mango
Pineapple Orange
Pineapple Orange Banana
Old Orchard
Apple Cherry
Apple Cranberry

LA OGOLAADEY
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry Banana
Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Blend
Cranberry Pomegranate
Cranberry Raspberry
Pineapple Orange
Pineapple Orange Banana
Welch's
White Grape Peach
White Grape Raspberry
Cananaas
Dole
Old Orchard

AAN LA OGOLAAN
Ha iibsan
Casiir laga miiray tufaax
Mushakal
Cabbitaan juus ah
Liin
Casiirka liinta
Liin dhanaan
Cabitaanka liin dhanaan laga sameeyay
Si dabiici ah loo beeray
Si dabiici ah u baxay
Laqaboojiyay
Aan lamiirin

Cabitaanka Carruurta

Dhalooyinka Caaga ah (64 oz)

Tufaax Kaliya noocyadan

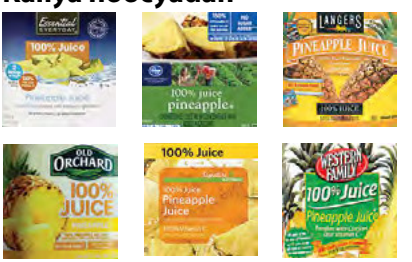
Canab, Canabka Gaduudan ama Canabka Cadcad Kaliya noocyadan

Liin Banbeelmo

Nooc kasta

Tufaax

Kaliya noocyadan



Dhalooyinka Caaga ah (64 oz)

LA OGOLAADEY
Magacyadan iyo noocyadan:
Tufaax (Kaliya noocyadan)
Essential Everyday
Great Value
Haggen
IGA
Juicy Juice
Kroger
Langers
Old Orchard
Signature Kitchens
Tree Top
Western Family
Canab, canabka gaduudan ama Canabka cadcad (Kaliya noocyadan)
Essential Everyday
Great Value
Haggen
IGA
Juicy Juice
Kroger
Langers
Old Orchard
Signature Kitchens
Welch's
Western Family

LA OGOLAADEY
Liin banbeelmo
Nooc kasta 100% Cabitaanka liin banbeelmada
Tusaalooyinka qaar hoos bay ku qoran yihiin:
Essential Everyday
Golden Crown
Juicy Juice
Langers
Old Orchard
Signature Kitchens
Tropicana
Western Family
Tufaax (Kaliya noocyadan)
Essential Everyday
Kroger
Langers
Old Orchard
Signature Kitchens
Western Family

AAN LA OGOLAAN
Ha iibsan
Kartoono ama dhalooyin quraarad ah
Casiir laga miiray tufaax
Mushakal
La qaboojiyay
Liin
Casiirka liinta
Liin dhanaan
Cabitaanka liin dhanaan laga sameeyay
Dabiici
Cabitaanka baajka layiraahdo ee aan 100% cabitaan kaliya ahayn
Laqaboojiyay
Aan lamiirin

Cabitaanka Carruurta

Dhalooyinka Caaga ah (64 oz)

Khudaar la Isku Dar Daray Kaliya noocyadan

Dhalooyinka Caaga ah (64 oz)

LA OGOLAADEY
Khudaar la isku dar daray (Kaliya noocyadan)
Essential Everyday
Berry
Cherry
Cranberry
Cranberry Raspberry
Grape Blend
100% Juice Punch
Great Value
Cranberry Blend
Cranberry Grape
Cranberry Pomegranate
White Grape and Peach
Haggen
Cranberry
Cranberry Raspberry
Juicy Juice
Apple Raspberry
Berry
Cherry
Cranberry Apple
Fruit Punch
Kiwi Strawberry
Mango
Orange Tangerine
Passion Dragonfruit
Peach Apple
Strawberry Banana
Strawberry Watermelon
Tropical
Kroger
Cranberry
Langers
Apple Berry Cherry
Apple Cranberry
Apple Grape
Apple Kiwi Strawberry

LA OGOLAADEY
Apple Orange Pineapple
Apple Peach Mango
Cranberry Grape Plus
Cranberry Plus
Cranberry Raspberry Plus
Old Orchard
Acai Pomegranate
Apple Cranberry
Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Pomegranate
Kiwi Strawberry
Mango Tangerine
Peach Mango
Red Raspberry
Wild Cherry
Signature Kitchens
Cranberry
Cranberry Grape
Cranberry Raspberry
Tree Top
Apple Berry
Apple Cranberry
Apple Fruit Punch
Apple Grape
Blueberry Pomegranate
Orange Passionfruit
Pineapple Orange
Western Family
Cranberry Blend
Cranberry Grape
Cranberry Raspberry

AAN LA OGOLAAN

Eeg bogga 17.

Caanaha

Aan Dufan Lahayn, 1%, 2%, oo Dhamman

LA OGOLAADEY

Waxa waajib ah in ay tahay	Waad dooran kartaa
Keliya nooca caanaha ah ee ku daabacan jeega WIC (Aan dufan lahayn, 1%, 2%, oo dhamman)	Isku dar nus galaano ah iyo galaano ah
Weel warqada ama caag ah	Rubucyada waxaa la ogolyahay kaliya marka ay ku daabacanyihiin jeega
Caanaha lo'aad	Bakteeriyada Ciirta
Habka caanaha duxda loogu milo	Nooc kasta
La karkariyay	Lagu xoojiyay Kalshiyam
Laqaboojiyay	Aan dux lahayn
Aan lagu darin waxyaabaha dhadhanka	Kosher
	Bateeriyada khamiirka
	Duxdu kuyartahay
	Jira ama dhaca nolosha ka hor
	Laga yareeyay duxda
	Caano subagii laga saaray lagu daray adkeeye, Creamy Fat Free, Skim Supreme

Talada wax libsiga: Waad isku dari kartaa laba haaf ama nus oo gallon ah si ay unoqdaan hal gallon. Tusaalooyin:

AAN LA OGOLAAN

Eeg bogga 24.

Aan Lahayn Lactoos

LA OGOLAADAY

Waxa waajib ah in ay tahay

- Keliya nooca caanaha ah ee aan lahayn laaktoos ee ku daabacan jeega WIC (1% ama kayar, 2% ama dhamaan)
- Weel warqad ama caag ah
- Caanaha lo'da
- Habka caanaha duxda loogu milo
- La karkariyay
- Laqaboojiyay
- Aan lagu darin waxyaabaha dhadhanka

Waad dooran kartaa

- Isku dar nus galaano ah iyo galaano
- Rubucyada waxaa la ogolyahay kaliya marka ay ku daabacanyihiin jeega
- Nooc kasta
- Lagu xoojiyay Kalshiyam
- Aan dux lahayn
- Kosher

AAN LA OGOLAAN

Eeg bogga 24.

Qalalan

LA OGOLAADAY

Waxa waajib ah in

- Keliya caanaha qalalan marka ay ku daabacanyihiin jeega WIC
- Lagu qasey hal rubuc oo caano ah ama kabadan
- Caanaha lo'da
- Habka caanaha duxda loogu milo
- La karkariyay
- Aan lagu darin waxyaabaha dhadhanka

Waxad dooran kartaa

- Bokisyo, dhululubooyin, baco ama baqshqado
- 2%, 1%, aan dux lahayn, ama caano dhamman qalalan
- Nooc kasta
- Lagu xoojiyay Kalshiyam
- Kosher

Talada wax libsiga

Qadarka kudaabacan jeega waxay lamidtahay qadarka rubacyada kaliya markii lagu qaso biyo.

AAN LA OGOLAAN

Eeg bogga 24.

Caanaha

Uumi Baxay

LA OGOLAADAY

Waxa waajib ah in ay tahay	Waxad dooran kartaa
12 oz qasacad	2%, 1%, dux ka maqan tahay, aan dux ahayn, ama caano dhammaystiran oo la uumi bixiyay
Kaliya caano la uumi bixiyay marka ay ku daabacanyihiin jeega WIC	Nooc kasta
Caanaha lo'da	Lagu xoojiyay Kalshiyam
Habka caanaha duxda loogu milo	Kosher
La karkariyay	
Aan lagu darin waxyaabaha dhadhanka	

AAN LA OGOLAAN

Eeg liiska hoose

AAN LA OGOLAAN DHAMMAAN NOOCYADA CAANAHA

Ha iibsan	
Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka	Caanaha aan duxda lagu dhex baabi'in
Baydh, nus baydh, ama ka yar	Omega 3
Dhalooyin quraarado ah	Si dabiici ah loo beeray
Mar keliya la bixiyo ama baakidh qudha	Caana kale ee xawayaanada, sida riyaha ama idaha
Caana boore badan	Caano Ceeriin
Yicib, qumbe, bariis, ama noocyada kale ee badarka, ama cabitaanada lowska	Caano macaan oo lafariisiyay
Subaga caanaha	Weelalka UHT
Caanaha Shukulaatada	Caano aan la karkarin
DHA/ARA	Burcad la khafiifiyay
Caanaha ladhaamiyay	
Nus iyo Nus	
Kefir	
Cabbitaanada caanaha ee kaarboon haydarayku ku yaryahay	

Talada wax libsiga

Waxad iibsan kartaa cabitaanada iyo caanaha laga sameeyay soyga, kaliya marka ay ku daabacan yihiin jeegaaga WIC Eeg bogga 26, macluumaad dheeri ah oo kusaabsan cabitaanada soy.

Subaga Lowska

LA OGOLAADAY
Waxad dooran kartaa
16 oz ilaa 18 oz dhalo
Nooc kasta
Kiriim leh ama jilicsan
Waslad ah ama waslad dheeraad ah
Cunto sanqadhaysa marka la calaaliyo ama ah mid in dheeraada sanqadha
Soodhiyamtu ku yartahay
Subaga dabiiciga ah ee lowska
Aan la walaaqin ama walaaq
Cusbo leh ama aan lahayn

AAN LA OGOLAAN
Ha iibsan
In badan
Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
Lagu daray geedka loo yaqaan falaakis ama saliida laga sameeyo geedka looyaqaan safflower
DHA/ARA
Shukulaato
Ayadoo cusub la ridqay ama ridiq laftaadu
Qofka cuntadda jecel
Malab
Macmacaan
Subaga lowska wax la marsado ee kaarboon haydaraydku kuyar tahay
Ku hoosaysa guluukoosta dhiiga
Nacnac sonkor
Ismariska Dabiiciga ah
Midho qolof leh ama miraha subaga leh, sida lowska kashiyuuga, macasarada, sooyada, sunfalawarka, ama tahini
Omega 3
Dabiici ah
La budeeyay
Lows malab lagu dubay
Adeeg- keliya ama waslado saafan
Ismaris
“Isku uruuri” tuunbooyinka
Falensiya
Faytamiin E

Talada wax libsiga

Waxaad dooran kartaa digir la qalajiyay, shunburo, iyo misir ama subaga lowska Ka eeg bogga 11 wixii xog ah ee ku saabsan digirta la qalajiyay, shunburo, iyo misir.

Cabbitaanka Fuulka Sooya

LA OGOLAADEY

Waxa waajib ah in ay tahay

Magacyadan iyo noocyadan:

8th Continent Original Soymilk
8th Continent Vanilla Soymilk
Weel nus galaan ah
La qaboojiyay

Pacific Ultra Soy Original
Pacific Ultra Soy Vanilla
32 oz (rubuc) weelalka
Aan la qaboojin

Silk Original Soymilk
Weelka nus gaalaanka
32 oz (rubuc) weelka
labba baqshad oo weel nus galaan ah
La qaboojiyay

AAN LA OGOLAAN

Ha iibsan

Lows, Qunbe geedka hemb, ama caano bariis

Walaaqey ama shay Bedelka burcadka

8th Continent Complete Vanilla
8th Continent Light Chocolate
8th Continent Light Original
8th Continent Light Vanilla
Pacific organic Unsweetened
Pacific Select Soy Original
Pacific Select Soy Vanilla
Silk Soymilk oo aan laqaboojin
Silk Chocolate
Silk DHA Omega-3
Silk Light Chocolate
Silk Light Original
Silk Light Vanilla
Silk Organic Original
Silk Organic Unsweetened
Silk Organic Vanilla
Silk Vanilla
Silk Very Vanilla

Talada wax libsiga

Waad dooran kartaa inaad iibsato weelka ay ku jirto nus galaan cabitaanka soyga ah, markasta oo ay labo rubuc kuqorantahay jeegaaga WIC.

Sooya la Cajiimay (Tofu)

LA OGOLAADAY

Waxa waajib ah in ay tahay

- 16 oz weel
- Kaalshiyamta ka mid ah

Waxad dooran kartaa

- La dubay, la jarjaray, ama la saafay
- Aan dabiici u bixin ama dabiici u baxay
- Laqaboojiyay

Magacyadan iyo noocyadan:

- Azumaya Extra Firm
- Azumaya Firm
- Azumaya Silken
- House Foods Extra Firm
- House Foods Firm
- House Foods Medium Firm
- Nasoya Organic Silken
- Nasoya Organic Sprouted Super Firm
- O Organic Silken
- O Organic Sprouted Extra Firm

AAN LA OGOLAAN

Ha iibsan

- Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
- La dubay
- Macmacaanka tofu (Sooya la cajiimay)
- Aan laqaboojin

Ikhtiyaarada Badar Dhammaystiran

Ikhtiyaarada Badar Dhammaystiran

- **Bariiska buniga ah**
- **Rootiga badarka**
- **Boorashka**
- **Tortilla jilicsan**
- **Baasto dhammanteed qamandi laga sameeyay**
- **100% Rooti laga sameeyay qamandi dhammaystiran**
- **100% rooti hambeegar ah iyo kan hiibka ridqan kujira oo sooseejka ah**

Talada wax libsiga

Waxaad dooran kartaa isku darsan kartaa ikhtiyaarada dhamaan badarka ah ilaa cadad wiqiyadoodka ah (OZ) ee ku daabacan jeega WIC. Xubuubka quraacda uma dhigmo ikhtiyaarada badarka dhamayska tiran ee kudaabacan jeegaaga WIC. Eeg boggaga 8-9, ee ikhtiyaarada xubuubka quraacda.

Bariiska Buniga ah

LA OGOLAADAY
Waxad dooran kartaa
14 oz ilaa 32 oz kiish ama bokisyo
Waxbadan (lagu iibiyo miisaan)
Nooc kasta
Galatoon ay ka maqan tahay
Aad udheer, dheer, dhexdhexaad ah, ama badarka gaagaaban
Degdeg ah ama caadi ah
Aan dabiici u bixin ama dabiici u baxay

AAN LA OGOLAAN
Ha iibsan
Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
Baasmaati, madow, yaasmiini ah, moxog, caddaan, ama duur joogta ah
Kiishka lagu karin karo
Qofka cuntadda jecel
Shuuro caano leh
Bariis isku jir ah
Khudrada midhaheeda la shiido ee Quwino

Ikhtiyaarada Xubuub Dhammaystiran

Rootiga Badarka

LA OGOLAADAY	AAN LA OGOLAAN
Waxad dooran kartaa	**Ha iibsan**
16 oz ilaa 32 oz kiish ama bokisyo	Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
Waxbadan (lagu iibiyo miisaan)	Shuuro caano leh
Nooc kasta	Khudrada midhaheeda la shiido ee Quwino
Aan dabiici u bixin ama dabiici u baxay	

Boorashka

LA OGOLAADAY	AAN LA OGOLAAN
Waxad dooran kartaa	**Ha iibsan**
16 oz ilaa 32 oz kiish ama bokisyo	Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
Waxbadan (lagu iibiyo miisaan)	Bokisyo Baakidho gaar ah leh
Kartoon dhululubo ah	Badarka Granola
Nooc kasta	Shuuro caano leh
Galatoonku kamaqanyahay	Bir dhululubo ah
Aad u degdega ama degdeg ah	Baqshad
Aan dabiici u bixin ama dabiici u baxay	Khudrada midhaheeda la shiido ee Quwino
Noocii waagii hore ama caadi	
Duuban ama bir lagu jray	

Ikhtiyaarada Badar Dhammaystiran

Tortilla Jilicsan

LA OGOLAADAY	AAN LA OGOLAAN
Waxad dooran kartaa	**Ha iibsan**
8 oz ilaa 32 oz xidhmood	Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
Galay or galay masa tortilla jilicsan	96% Qamandi dhamaystiran
Tortilla jilicsan oo dhamantiis kasamaysan qamadi	Jibsi, tako salar, qolofta taco, tostado, ama tortilla kale
Soodhiyamku ku yartahay	Ay ku yartahay kaarboon haydaraydku
Aan dabiici u bixin ama dabiici u baxay	Dufanku kuyaryahay, laga yareeyay dufanka, ama tortilla aan dufan lahayn
Kaliya magacyadan iyo noocyadan:	Tortilla xubuub lagu daray, sida galay iyo qamandi iskujira
Celia's	Galayda gaduudan
Essential Everyday	Qamandiga la beekhaamiyay
Don Pancho	Lagu sameeyay dukaanka
Garden of Eatin' Organic	Tortilla ay guudka uga qorantahay "light" ama "lite" calaamada ahan
Great Value	Duuduub
Guerrero	
Kroger	
La Banderita	
La Burrita	
Market Pantry	
MiCasa	
Mission	
Ortega	
Signature Kitchens	

Ikhtiyaarada Badar Dhammaystiran

Baasto Qamadi aan Buunshada Laga Saarin ah

LA OGOLAADEY

Waxad dooran kartaa

- 8 oz ilaa 32 oz kiish ama bokisyo
- Nooc kasta
- Aan dabiici u bixin ama dabiici u baxay
- Dhamaan qamadi ah ama dhamaantii ah qamadiga nooca loo yaqaan durum

Kaliya magacyadan iyo noocyadan:

- Barilla
- Bella Terra
- Best Yet
- Bionaturae
- Da Vinci
- Dellallo Organic
- Essential Everyday
- Full Circle Organic
- Gia Russa
- Great Value
- Hodgson Mill
- Kroger
- Natural Directions Organic
- Market Pantry
- O Organics
- Racconto
- Ronzoni Healthy Harvest
- Simple Truth Organic
- Western Family

LA OGOLAADEY

Halkan waa tusaalooyinka qaarkood:

- Angel hair
- Bows
- Egg noodles
- Elbow
- Fettuccine
- Fusilli
- Lasagna
- Linguine
- Macaroni
- Penne
- Rigate
- Rotini
- Shell
- Spaghetti
- Spirals
- Vermicelli
- Ziti

AAN LA OGOLAAN

Ha iibsan

- Lagu daray waxyaabaha dhadhanka sameeya, cuntooyin, ama macaanayn
- 51% Badar dhamasytiran ama Qamandi dhamaystiran
- baakwiit
- In badan
- Cusub
- Galatoonku kamaqanyahay
- Xubuub isku jir ah
- Midabyo badan
- Laqaboojiyay
- Baasta bariiska laga sameeyo
- Semolina
- Khudrad

Ikhtiyaarada Badar Dhammaystiran

100% Rooti Laga Sameeyay Qamadi

LA OGOLAADEY	AAN LA OGOLAAN
Waxad dooran kartaa	**Ha iibsan**
16 oz ilaa 32 oz xidhmooyin	Lagu daray waxyabaha dhadhanka uyeela, cuntooyin, ama dhir cunteedka
100% qamandi dhammaystiran (ku daabcan calaamada)	Xirfadle ama qof cuntadda jecel (rooti uduban qaybo yar yar)
Nooc kasta	Rooti aan bac ku duubnayn
Saanjad, ama la saafay	Rooti guudka kuleh "light" ama "lite" calaamad ahaan
Soodhiyamku ku yartahay	Bagels
Aan dabiici u bixin ama dabiici u baxay	Qamandiga la jarjarey
Halkan waa tusaalooyinka qaarkood:	DHA
Country Oven	Doolshe Ingiriis
Essential Everyday	Faybar ama bir dheeraad ah
Franz	Fransiis
Fred Meyer	Cajiin la fariisiyay ama la qaboojiyay
Great Value	Galatoonku kamaqanyahay
Haggen	Badar badan
Market Pantry	Cajiin khamiiray
Merita	Qamandiga la beekhaamiyay
Nature Harvest	Dukaanka lagu sameeyay
Nature's Own	Rooti iskujir ah oo aan la karin
Oroweat	Aan la jar jarin
QFC	
Roman Meal	
Sara Lee	
Signature Kitchens	
Simple Truth Organic	
Standish	
The Bread Garden	
Wonder	

Ikhtiyaarada Badar Dhammaystiran

100% Rooti Hambeegar ah iyo Kan Hiibka Ridqan Kujira oo Sooseejka ah

LA OGOLAADEY	AAN LA OGOLAAN
Waxad dooran kartaa	**Ha iibsan**
14 oz ilaa 32 oz xidhmooyin	Lagu daray walxaha cuntada dhadhanka umaceeya, cuntooyin, ama xawaash
100% qamandi dhammaystiran (Calaamad kudaabacantahay)	Xirfadle ama qof cuntadda jecel (rooti uduban qaybo yar yar)
Nooc kasta	Rooti aan bac ku duubnayn
Aan dabiici u bixin ama dabiici u baxay	Rooti guudka kuleh "light" ama "lite" calaamad ahaan
Mira korka loosaarey	dhoonadka ama rootiga giraangirta ah
Halkan waa tusaalooyinka qaarkood:	DHA
Rootiga hambeegarka ah	Doolshe Ingiriis
Country Oven	Faybar ama bir dheeraad ah
Franz	Cash, Fransiis, ama rootiga hoogii looyaqaan ama duuduubka
Fred Meyer	Cajiin la fariisiyay ama la qaboojiyay
Nature's Own	Galatoonku kamaqanyahay
Oroweat	Badar badan
Pepperidge Farm	Cajiin khamiiray
QFC	Qamandiga la beekhaamiyay
Rootiga hilibka ridqan kudhexjiro	Dukaanka lagu sameeyay
Franz	
Fred Meyer	
Great Value	
QFC	

Macluumaadka Loogu Talagala Tafaariiq Layaasha WIC

Xog Muhiim u ah Iibiyayaasha

Waxaanu qiimaynaa xidhiidhka aan kula leenahay! Wada shaqaynteenu waxay faa'iido uleedahay dukaankaaga, qoysaska WIC, iyo bulshooyinkeena Daraasadu waxay muujinaysaa in macaamiisha WIC ay dukaanka ku kharash gareeyaan in dheeraada oo ah $3 ilaa $4, halkii doolar kasta oo WIC oo la kharash gareeyay. Macluumaad ganacsi kasta oo dhaca, WIC waxay xaqiijisaa in Hooyooyinka iyo caruurta WIC helaan cuntada nafaqada leh ee ay baahan yihiin si ay unoqdaan kuwo caafimaad qaba wakhtiyada adag ee noloshooda.

Dukaankaagu waxa uu qandaraas la leeyahay Wasaarada Caafimaadk si uu u aqbalo jeegaga WIC. Qandaraaska waxa uu leeyahay shuruudo badan kuwas oo ku dara loolan shaqadaadu ay awalba horay udalbanaysay Waxaynu ujoognaa halkan inaynu kutaageerno!

Ma Ogayd?

Waxaan karajaynayaa in ay macaamiisha WIC ula dhaqmi doonaan shaqaalaha dukaanka si edaableh.

Waxaanu sidoo kale karajaynaynaa in shaqaalaha dukaanku ay ula dhaqmaan macaamiisha WIC si ixtiraam leh, iyo anshax sida ay ula dhaqmi lahaayeen macmiisha kale.

WIC waxay bixisaa ilo tababar, barnaamijka gargaar farsamada iyo waxyaabaha kaa caawinaya in aad la dhiso fahamkaaga Barnaamijka Nafaqada WIC ee, iyo in la wanaajiyo isdhexgalka macaamiisha WIC. Waxaanu kugu halaynay in aad aqoonsato cuntooyinka WIC ogoshahay oo aad u samayso wax iibsiga WIC si sax ah.

Waxaad tahay qofka ugu horeeya ee macaamiisha WIC ay ku qaabilaan dukaanka.

Is dhexgalkagu macaamiileed wuxuu saamaynayaa aragtiyada iyo daacadnimada macaamisha

Dhamaanteen waan mudanahay xog gaaryeelid Macaamiil badan waa ku xasaasi isticmaalka jeegaga WIC. Fadlan ha la wadaagin xogta macmiilka cida kale .

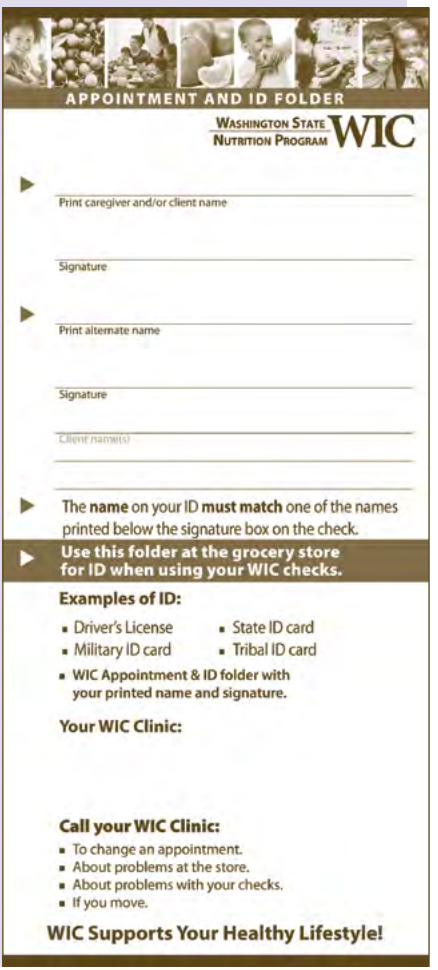
Waa muhiim in aad iibso kaliya cuntooyinka WIC ogoshahay ee kuqoran jeega WIC. Khaladaadku waa kugu qaali adiga iyo shaqaalahaaga. Khaladaadku waxay keeni karaa lacag dib u bixin, ganaaxyo, ama so af jarida ahaanshaha tafaariiqle WIC ah. Feejignaantaada faahfaahsani waxay caawinaysaa in dukaankaagu loo soo celiyo lacagii alaabta WIC aad kugadey.

Wakhtiyada qaar WIC waa lagu wareerayaa. Anaga, iyo macaamiishaadu, waxaanu qiimaynaa samirkaaga iyo fahankaaga.

Waad ku mahadsantahay go,aankaaga aad sii wado in aad u sii adeegto qoysaska WIC ee Washington.

Aqoonsiga Macaamiisha WIC

1. Magaca qofka isticmaalaya jeega WIC waa in uu ku daabacnaadaa hoosta afargeesta saxiixa macmiilka ee jeega oo uula mid noqdaa aqoonsiga.
2. Aqoonsiga waa in la muujiyaa marka la isticmaalayo jeega WIC. Balanta/aqoonsiga WIC waa aqoonsiga kaliya ee loo baahan yahay
3. Balanta/aqoonsiga WIC **WAA IN** ay kujiraan magaca qoran iyo saxiixa kahor inta aanu iibka WIC bilaaban.
4. Haddii macmiilka WIC aanu haysan faylkooda Ballanka/Aqoonsiga WIC, ama haddii aanu lahayn magac ku daabcan ama saxiixa, isticmaal noocyo kale oo aqoonsi ah sida:
   - Laysanka Darawalnimada
   - Aqoonsiga Militariga
   - Kaadhka Aqoonsiga Gobolka
   - Kaadhka Aqoonsiga Qabiilka


APPOINTMENT AND ID FOLDER

WASHINGTON STATE NUTRITION PROGRAM WIC

Print caregiver and/or client name

Signature

Print alternate name

Signature

Client name(s)

The **name** on your ID **must match** one of the names printed below the signature box on the check.

Use this folder at the grocery store for ID when using your WIC checks.

Examples of ID:

- Driver's License
- Military ID card
- State ID card
- Tribal ID card
- **WIC Appointment & ID folder with your printed name and signature.**

Your WIC Clinic:

Call your WIC Clinic:

- To change an appointment.
- About problems at the store.
- About problems with your checks.
- If you move.

WIC Supports Your Healthy Lifestyle!

Saxeexa Macmiilka WIC

1. Jeegaga WIC waa in la saxiixaa isagoo jooga qof hubiya ah iyo ka dib marka qiimaha iibka dhabta ah lagu qoro jeega.
2. Hadii jeega la saxiixay kahor inta aan qiima lagu qorin, Dukaamaystaha WIC ha saxiixo markale saxiixii jore agtiisa.

Qodobada Muhiimka ah ee Aad Xusuusanayso Markaa Joogto Meesha Wax Laga Iibsanayo

Macaamiisha WIC waa in ay helaan adeeg wanaagsan oo la mida adeega aad siiso dhammaan macaamiishaada kale

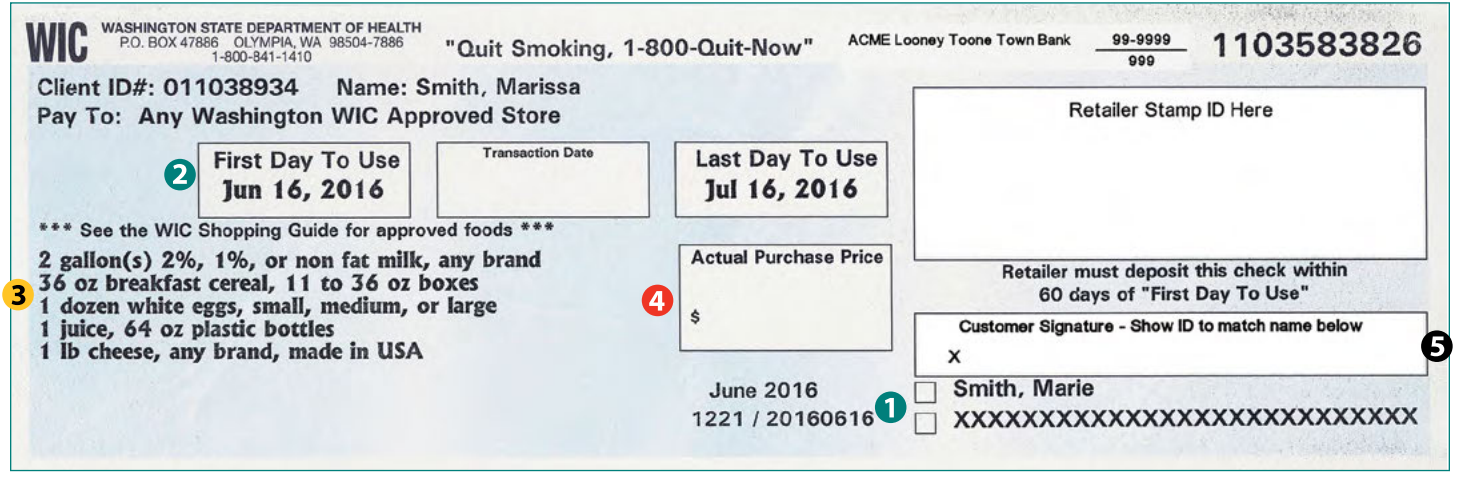
Macaamiisha WIC waxay awoodaan inay:

- Go'aansan karaan haddii ay doonayaan in ay iibsadaan dhamaan ama qayb cuntada kamida ah ilaa inta ku daabcan jeega.
- Iibso kaliya cuntooyinka WIC ogoshahay ee ku daabcan jeega. Bedelasho lama ogola.
- Isticmaali kartaa warshadeeyayaasha iyo kaadhadhka dukaanada iyo kaadhadka dukaamadu saayiraada u bixiyaan.
- Badalan kartaa kaliya cuntada dhacday, xumaatay, waxyeelo gaadhay, ama cuntada iinta leh ee isla alaabtaas ah.
- Waydiin karaa dalabka cuntadda WIC ogolaatay (tusaale ahaa, soya, ama cabbitaan). Xusuuso macmiilka waa in uu sugaa in uu isticmaalo jeega ilaa aad kahesho shayga aad codsatay. Ku bixinta cuntadda jeega WIC, iyo ku soo noqodka dukaanka in aad soo qaadato markale lama ogola.
- Isticmaal qiima dhimista loo sameynayo macaamisha (tusaale ahaan: iibso mid, midna bilaash ku qaado). Cuntadda "mid iibso" ahi waa in ay tahay mid WIC ogolaatay. "Mida bilaashka lagu qaadanayana" khasab maahan inay noqoto mid WIC ogolaaday.
- Isticmaali karaa lacag caddan ah, kaadhadhka amaahda, EBT, ama lacag bixin la aqbali karo si loo bixiyo cadadka aanu daboolin jeega khudrada iyo khudaarta WIC.
- Saxiix marlabaad jeega WIC hadii lasaxiixay kahor inta aadan qiimaha saxda ah lagalin Waad waydiin kartaa macaamiilka inuu saxiixo jeeg kasta markale meel kudhow saxiixii hore

Macaamiisha WIC ma awoodaan inay :

- Aqbalaan haleeyan jeega, ama ku soo noqdaan dukaanka si loo helo alaabta aan la iibsan haddii aad dhammaysay wax iibsiga.
- Looma isticmaali karo jeega WIC in lagu bixiyo biil ama dayn dukaanku kugu leeyahay.
- Ma heli karo lacag caddaan ah, kaadhadh dukaan, summado, ama shay qiima doolar leh cuntadda la soo celiyay.

Sida loo Qaato Jeega WIC


WIC
WASHINGTON STATE DEPARTMENT OF HEALTH
P.O. BOX 47886 OLYMPIA, WA 98504-7886
1-800-841-1410
"Quit Smoking, 1-800-Quit-Now"
ACME Looney Toone Town Bank
99-9999
999
1103583826
Client ID#: 011038934 Name: Smith, Marissa
Pay To: Any Washington WIC Approved Store
Retailer Stamp ID Here
2
First Day To Use
Jun 16, 2016
Transaction Date
Last Day To Use
Jul 16, 2016
*** See the WIC Shopping Guide for approved foods ***
2 gallon(s) 2%, 1%, or non fat milk, any brand
36 oz breakfast cereal, 11 to 36 oz boxes
1 dozen white eggs, small, medium, or large
1 juice, 64 oz plastic bottles
1 lb cheese, any brand, made in USA
3
4
Actual Purchase Price
$
Retailer must deposit this check within
60 days of "First Day To Use"
Customer Signature - Show ID to match name below
X
5
June 2016
1221 / 20160616
1
Smith, Marie
XXXXXXXXXXXXXXXXXXXXXXXXXXXX

1 Bilaabida

- U habee jeeg kastoo WIC sidii iib gooni ah.
- Waydii jeega iyo aqoonsiga macmiilka Faylka WIC ee saxiixani waxa uu udhigmaa aqoonsi
- Magaca aqoonsigu waa in uu la mid ahaadaa mid ka mid ah magacyada ku daabacan afargeesta ka hoosaysa saxeexa.
- Sax afargeesta ku xigta magaca macmiilka.
- Diid jeega haddii macaamiilku uusan wadan aqoosi, ama magaca macaamiilku uusan kuqornayn afar geesta hoosteeda, ama haddii jeega la bedelay (tusaale ahaan, haddii taariikhda ama tirooyinka la bedelay). ama uu aad uhalaysan.
- Isticmaal qalin khad madow ama buluug mari ah markaad wax ku qorayso jeega WIC. si faseex ah uqor Ha isticmaalin qalimada khadka midabka leh ama qalimada meelaha madow lugu qoro.

2 U Hubi Taariikhda si Feejigan

- Ha qaadan jeega ka hor "**Maalinta Isticmaalka u Horaysa**" **(First Day To Use)** ama ka dib "**Maalinta u Dambaysa Isticmaalka**" **(Last Day To Use)**.
- Ku qor taariikhda maanta "**Taariikhda Iibka**" **(Transaction Date)** afargeesta.

3 Iibi Cuntadda WIC Ogoshahay Keliya, iyo Tirada Saxda ah ee Cuntadda

- Isku gee cuntadda ku daabacan jeega.
- Hubi in macmiilku doorto cuntooyinka WIC ogoshahay keliya taasoo ku qoran jeega.
- Eeg tirada alaabta iyo tirooyinka jeega oo ka iibi tirooyinkaas. Maaha shuruud in macaamiisha WIC ay iib sadaan wax kastoo ku yaal jeegooda.

Haddii aad qabto su'aalo ku saabsan jeegaga WIC, wac 1-800-841-1410.

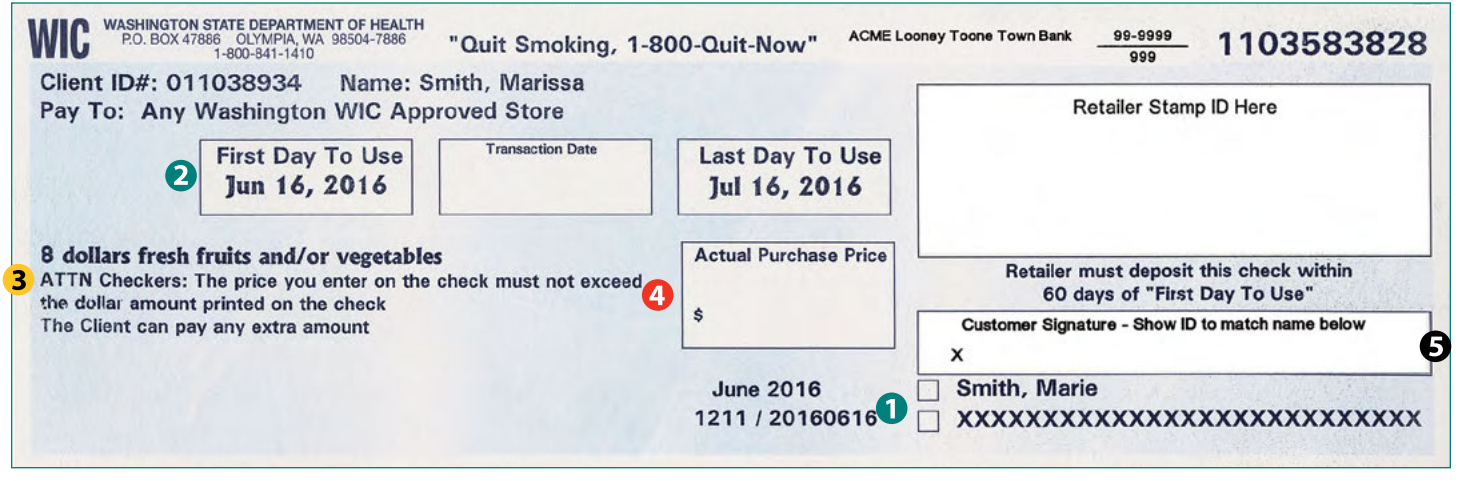
4 Isku Wada Gee Iibka

- Ka jar qiimaha lagaa dhimay ka hor qorida wadarka guud ee tirada iibka "**Actual Purchase Price**" afar geesta.
- Haddii aad khaldanto marka aad qorayso tirada iibka, waad sixi kartaa. Raac tallaabooyinkan:
  - Khad kala dhex maro tirada khaladka ah.
  - Si cad u qor tirada saxda ah gudaha ama ku dhow afargeesta, oo ku qor xarfaha hore ee magacaaga meel ku dhow tirada cusub.
  - Wax ha ku qorin ama ha ku feegarin tirooyinka guud keeda, isticmaal caddayso, ama isku day in aad masaxdo tiridada khaladka ah.

5 Iibka ku Dhammee Saxiixooda

- Macmiilkaagu ha saxiixo afargeesta saxiixa **ka dib** markaad dhammayso "**Actual Purchase Price"** afargeesta. Hadii jeega la saxiixay kahor inta aan Actual Purchase Price lagu qorin, Dukaamaystaha WIC ha saxiixo jeega markale saxiixii jore agtiisa.
- Macmiilku waa in uu saxiixaa jeeg kasta markaad joogto.
- Dib u eeg jeega si aad u hubiso in uu leeyahay: Xaqiiji inay leedahay taariikh sax, qiimaha Iibka Dhabta ah" la geliyay, iyo saxiixa macaamiilka

Sida loo Qaato WIC Jeegageeda Khudrada Diirka Leh iyo Khudaarta Kale


WIC
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ACME Looney Toone Town Bank 99-9999 / 999 1103583828
Client ID#: 011038934 Name: Smith, Marissa
Pay To: Any Washington WIC Approved Store
Retailer Stamp ID Here
2 First Day To Use Jun 16, 2016
Transaction Date
Last Day To Use Jul 16, 2016
8 dollars fresh fruits and/or vegetables
3 ATTN Checkers: The price you enter on the check must not exceed the dollar amount printed on the check
The Client can pay any extra amount
4 Actual Purchase Price $
Retailer must deposit this check within 60 days of "First Day To Use"
Customer Signature - Show ID to match name below
X
5
June 2016
1211 / 20160616
1
Smith, Marie
XXXXXXXXXXXXXXXXXXXXXXXXXXXX

1 Bilaabida

- **Macaamiisha WIC waxay isku dari karaan in ka badan hal jeeg oo khudaarta geed miroodka ah iyo khudrada.**
- Waydii jeega iyo aqoonsiga macmiilka Faylka WIC ee saxiixani waxa uu udhigmaa aqoonsi.
- Magaca aqoonsigu waa in uu la mid ahaadaa mid ka mid ah magacyada ku daabacan afargeesta ka hoosaysa saxeexa.
- Sax afargeesta ku xigta magaca macmiilka.
- Diid jeega haddii macaamiilku uusan wadan aqoosi, ama magaca macaamiilku uusan kuqornayn afar geesta hoosteeda, ama haddii jeega la bedelay (tusaale ahaan, haddii taariikhda ama tirooyinka la bedelay). Ama uu aad uhalaysanyahay.
- Isticmaal qalin khad madow ama buluug maari ah markaad wax ku qorayso jeega WIC. Si faseex ah uqor Ha isticmaalin qalimada khada midabka leh ama qalimada meelaha madow lugu qoro.

2 U Hubi Taariikhda si Feejigan

- Ha qaadan jeega ka hor "**Maalinta Isticmaalka u Horaysa**" **(First Day To Use)** ama ka dib "**Maalinta u Dambaysa Isticmaalka**" **(Last Day To Use).**
- Ku qor taariikhda maanta "**Taariikhda Iibka**" **(Transaction Date)** afargeesta.

3 Iibi Kaliya Khudaarta Geed Miroodka ah iyo Kudrada Kale WIC Ogoshahay Keliya

- Hagahan waxa uu leeyahay xogta WIC ogolaatay ee khudaarta iyo khudaarta (eeg bogga 12).
- Waxaanu ku dhiiri gelinaynaa macaamiisha WIC in ay iibsadaan qiimaha buuxa ee jeega, laakiin maaha shuruud.

4 Isku Wada Gee Iibka

- **Haddii tirada iibka ay ka yar tahay qiimaha jeega, ku qor tirada iibka afargeesta "Actual Purchase Price".** Tusaale ahaan, haddii qiimahu jeegu yahay $8.00, oo wadarta iibkuna tahay $4.50, ku qor $4.50.
- **Haddii iibku ka badan yahay qiimaha jeega, ku qor afar geesta qiimaha doolarka ee jeega "Actual Purchase Price".** Tusaale ahaan, haddii qiimaha jeegu yahay $8.00, oo wadarta iibkooda guudna yahay $9.00, tirada aad ku qoraysa jeegau waa $8.00. Macaamiishu waxay ka bixisaa doolar dheeraada naftooda, isagoo isticmaalay kaadhka Washington, kaaraka korontada ah ee loo yaqaan (EBT) Quest card, kaadhka amaahda, jeeg, ama lacag caddaan ah. Haddii ay lacag caddaan ah wax ku bixiyaan, waxay heli karaan sarif.
- Hadii aad khalad samayso, waad saxi kartaa. Raac tallaabooyinkan:
  - Khad kala dhex mari tirada khaladka ah.
  - Si cad u qor tirada saxda ah gudaha ama ku dhow afargeesta, oo ku qor xarfaha hore ee magacaaga meel ku dhow tirada cusub.
  - Wax ha ku qorin ama ha ku feegarin tirooyinka guud keeda, isticmaal caddayso, ama isku day in aad masaxdo tiridada khaladka ah.

5 Iibka ku Dhammee Saxiixooda

- Macmiilkaagu ha saxiixo afargeesta saxiixa **ka dib** markaad dhammayso "**Actual Purchase Price**" afargeesta. Hadii jeega la saxiixay kahor inta aan Actual Purchase Price lagu qorin, Dukaamaystaha WIC ha saxiixo jeega markale saxiixii jore agtiisa.
- Macmiilku waa in uu saxiixaa jeeg kasta markaad joogto.
- Dib u eeg jeega. Xaqiiji inay leedahay taariikh sax, qiimaha Iibka Dhabta ah" la geliyay, iyo saxiixa macaamiilka

Haddii aad qabto su'aalo ku saabsan jeegaga WIC, wac 1-800-841-1410.

Washington State Department of Health
(Waaxda Caafimaadka Gobolka Washington)
Barnaamijka Nafaqadda WIC

1-800-841-1410
www.doh.wa.gov/WICfoods

Waxaanu fursado u abuurnaa dadka ilaha xadidan leh si ay u sameeyaan doorashooyin nafaqo oo caafimaad leh. Waxaanu taageernaa cunitaan caafimaad leh, naasnuujin, helitaanka cunto caafimaad leh, iyo hawl jidhka ah.

Hay'addaan waa bixiye fursadaha siman.

Barnaamijka Nafaqada WIC ee Gobolka Washington ma leh takoorid.

Washington State Department of Health
DOH 960-278 October 2016 Somali

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

Dadka naafadi ahi waxay warqadaan ku heli karaan qaabab kale marka ay codsadaan.
Si aad u gudbiso codsi, fadlan wac 1-800-841-1410 (TDD/TTY 711).