Butterka Lawska

IIBSO

Ka gado nooc walba oo Butterka lawska oo culayskiisu yahay 16 oz ama 18 oz.

Kala dooro noocyada kala ah, chunky, plain, ama honey roasted peanut butter.

Gasac 16 oz

Gasac 18 oz

HA IIBSAN

• Lagu daray Jam, Jelleis, ama chocolate
• Fara badan • Ah Gourment ama markaas la soo jaray • Organic • Subaga lagu yareeyay

Digirta la qalajiyay, Peas ama Lentils

IIBSO

Ka iibso nooc waliba oo digirta la qalajiyay, peas, ama lentils. Organic waa la ogol yahay.

Jeeska midka baakadaha ku jira iyo tirada badanba

HA IIBSAN

• Midka koombada ku jira • Maraqa lagu daray

Caanaha Caaruurta

IIBSO

Iibso kaliya noocyada iyo magacyada liiska lagu qoray

HA IIBSAN

• Enfamil LIPIL • Enfamil Prosobee LIPIL
• Similac Advance • Isomil Advance

Boorashka caruurta

IIBSO *Iibso noocyadan kaliya:*

Ka dooro 8 oz ama 16 oz baakada.

HA IIBSAN

• Boorashka caruurta ee lagu daray qudaarta ama caanaha budada • Boorashka caruurta ee gasaca ku jira.

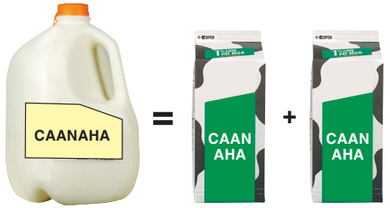
Caanaha

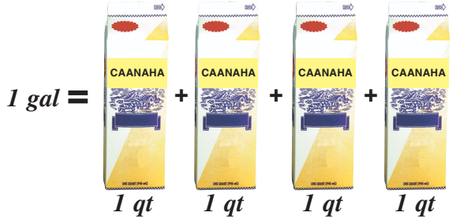
IIBSO

Iibso nooc waliba iyo isku dar waliba oo caanaha loda ee ay WIC-tu ogoshahay ee qiimaha ku qoran jeega.

Ka dooro noocyadan soo socda ee caanaha la hagaajiyay

- Whole (ilaa iyo 5%)
- Reduced Fat 2%
- Low Fat 1%
- Fat Free
- Non-Fat
- Skim
- Lactose Free
- Lactose Reduced
- Lactaid
- Acidophilus
- Kosher
- Organic
- Skim Deluxe
- Trim Deluxe
- Skim Royal
- Skim Supreme





Caanaha budada iyo kuwa wax lagu cadeeystaba waa la ogol yahay markii ay ku qoran yihiin jeega

HA IIBSAN

• Falavored milk • Glass bottles
• Raw ama unpasteurized milk
• Soy ama caanaha bariiska

Karotada & Malayga Tunada

Haweenka Naaska Nuujinaya "omen"

IIBSO

IIbso nooc waliba oo Korotada yar yar ka ah ama Dhanba

Organiga waa la ogol yahay

HA IIBSAN

• Mida lagu daray qudaarta, maraqa, ama macmacaanka

Naas nuujintu waa mida ugu fiican!

IIBSO

Iibso nooca aad doonto oo ah malayga tunada gasacadaha ku jirta midka biyaha ama saliida

Kala dooro midka cad, albacor lagu daray, chunk cada, ama chunk light ah.

HA IIBSAN

• Tunaha Freshka ah • Midka la dubay ama wax lagu daray • Tunaha qaska ee is caataynta
• Tunaha ku jira baakadaha qadada

GOBOLKA WASHINGTON
BARNAAMIJKA WIC-TA
CUNTADA WIC-TA

Laga bilaabo
April 1, 2003-March 31, 2006

Barnaamijka WIC ee Gobolka Washington waa shaqaaleeye loo simayn yahay oon midab kala sooc lahayn.

Subaga (Cheese)

IIBSO

Iibso nooc waliba oo subaga ay WIC-tu ogoshahay qiimaha ku qoran jeega.

Ka kala dooro noocyadan soo socda:

- **Chedder** (Midka caanaha, dhaxdhaxaad ama jaale ama cadaanka)
- **Kraft Deluxe American** (aan la goyn)
- **Monterey Jack**
- **Mozzarelle** (Whole ama skim)
- **String Cheese** (cadaanka kaliya, dhowrka xabo ama hal halka)
- **Swiss**

16 oz = 1 lb = 1 pound

Caanaha uu subaga lahayn, ku yar yahay iyo "light" jiiska waa la ogol yahay

HA IIBSAN

- Subaga ariga • Jiiska Organiga ah • Midka la jar jara, ama daqiiqada laga dhigay.
- Jiisaska qaaska • Cayriinka midk ah.

Boorashka

IIBSO *Iibso noocyadan boorashka ah kaliya*

Dooro nooc walba oo boorashka ay WIC-tu ogoshahay oo culayskoodu gaarayo ilaa 36 oz ama ka yar.

9 oz baakada	+	*9 oz baakada*	+	*9 oz baakada*	+	*9 oz baakada*	=	*36 oz*
15 oz baakada	+	*1 lb, 2 oz baakada*	=	*33 oz*				
1 lb, 5 oz baakada	+	*9 oz baakada*	=	*30 oz*				

CABITAANKA

IIBSO *Iibso noocyadan kaliya*

Ka dooro noocada cabitaanka barafka ee miiran ama cabitaanka full-ka ah ee gasacadaha am dhalooyinka, ilaa iyo qiimaha ku qoran jeega WIC-ta

Cabitaanka Calciumka lagu qosay waa la ogol yahay, laakiin lagulama talinayo caruurta yar yar (dhashay)

10 oz, 11.5 oz ama 12 oz (Cabitaanka la miiray ee barafka)

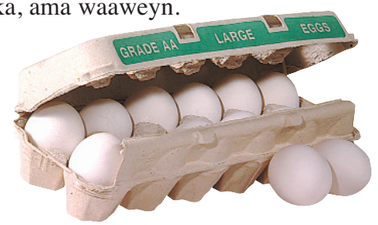
46 oz dhalooyinka balastikada

46 oz gasaca

Ukunta Digaaga

IIBSO

Iibso nooc waliba oo ukunta digaaga cad ee darsinka (12 Xabbo) kartoonada, yar, dhaxdhaxaadka, ama waaweyn.



HA IIBSAN

- Ukunta Brawnka ah • Ukunta ugxanta ah
- Ukunta Organic-ka • Ukunta Qaaska ah

Isticmaalka Jeegaga WIC-ta

- Dooro noocyada cuntada ee WIC-tu ogoshahay ee qiimaha ku qoran jeega WIC-ta
- Xasuuso, Qasab ma aha inaad iibsato dhamaanba cuntada ku qoran jeega WIC-ta
- Ka sooc cuntada WIC-ta cuntada kale ee aad iibsanayso.
- Gooni u kala saar saar jeegaga WIC-ta.
- U dhiib jeega WIC-ta qofka lacagta qaadaya markii aad timaado mesha lacagta lagu bixinayo.
- Saxiix gotka 2-aad ee saxiixa ka dib marka qofka lacagta qaadaya uu ku qoro qiimaha lacagta jeega.
- Ha bixin lacag cadaan ah, ha qaadan haddii lacag lagaaga soo celiyo ama jeeg.
- Weeydii sida loo isticmaalo jeegaga WIC-ta ama logu soo iibsado cuntada jeegaga WIC-ta shaqaalaha kiliniga, Xafiiska WIC-ta ee Gobolka, ama maamulaha dukaanka.

Qeybta Caafimaadka ee Gobolka Washington
Xafiiska Barnaamijka WIC-ta ee Gobolka
1-800-841-1410

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