



# TILMAAMAHA MASHIINADA GEESKA LADHIGO EE KAARARKA AKHRIYA



**Dukaanada yaryar ayaa lahaan kara qalabka geeska ladhigto ee kaararka akhriya. Qalabkaan waxay ushaqeeyaan si xoogaa kaduwan kuwa kale. Raac tilmaamahaan muhiimka ah:**

- **Udhiib kaarkaaga qasnajiga dukaanka ee WIC.**  
Asagaa kaarka kuumarinaaya mashiinka.
- **Ha kudarin cuntooyinkaaga WIC** adeegyada kale ee aad dukaanka kagadato.
- **Xisaabi cuntooyinka WIC** (sida seeriyaaalka, caanaha, iwm.) **kahor inta aadan xisaabta marin wax miro iyo khudaar ah.** Qasnajigu waa inuu mashiinka wada mariyaa miraha iyo khudaarta marka ugu danbaysa.
- **Qasnajigu wuxuu mashiinka marinayaa cunto kasta** gacantiisa ayuuna kugalinayaa qiimaha cuntada. Qasnajiga ayaa kuusheegaaya haddii ay jiraan cuntooyin aan kujirin liiska kaarka. Kaliya cuntooyinka kaarku uu ogalyahay ayaa lagu darayaa waxyaabaha aad iibsato.
- **Qasnajiga ayaa kuusheegaaya hadaad gadatay alaabo ubaahan in laga saaro iibka** kahor intaadan iibsan alaabaha. Tusaale ahaan, haddii miraha iyo khudaarta aad gadatay ay kabadan yihiin cadadka WIC kaa bixinayso aadna qaab kale kudhiibayn qarashka (sida kaash ahaan ama gunooyinka Supplemental Nutrition Assistance Program (SNAP, Barnaamijka Caawmaada Kaalmaatiga Cuntada)).
- **Gali BIIN kaaga marka** lagaa dalbado inaad galiso. Ha usheegin qasnajiga BIIN kaaga ama ha u ogolaan qasnajiga BIIN ka.

**Hay'addaan waa adeeg bixiye ku shaqeeya fursadaha loo simanyahay.**

Washington State Women, Infants and Children Nutrition Program (WIC, Barnaamijka Nafaqada ee loogu talagalay Caruurta, Dhalaanka iyo Haweenka ee Gobalka Washington) cidna ma takooro.

Dadka naafada ah, warqaddaan waxay kuheli karaan markay u codsadaan qaabab kale. Si aad u gudbisid codsi, fadlan soo wac 1-800-841-1410 (TDD/TTY 711).