

Hagaha wax
 Wax ku ool ah
 2023. iibsiga



ADIGOO ISTICMAALAYA KAARKAGA WIC

- samee Furahaaga 4-lambar adigoo wacaya 1-833-566-5248.
- **Diiwaangeli Kaarka WIC** gudaha My Minnesota WIC App. (Eeg bogga 3)
- Dheefaha ayaa soconaya 30 MAALMOOD ka dibna way dhacayan; Waxyaabaha aan la adeegsan ma sii socdaan muddada gargaarka soo socda.
- Dhowrka jeer ee ugu horreeya, **ka dhig mid fudud** oo samee wax kala iibsiga WIC-kaliya.
- **Kaadhka WIC ka dhig mid badbaado leh** Dheefahaa mustaqbalka waxaa lagu darayaa isla kaadhka.
- **Haddii kaarkaagu LUMO, LA XADO, AMA LA DHAAWACO**, wac rugtaada WIC sida ugu dhakhsaha badan

KA HOR INTA AADAN WAX IIBSAN

- qorshee **inaad wax ka iibsatid goor hore** xilliga dheefaha lagu jiro
- Dooro **Dukaanka idman ee WIC**.
 - Weydiiso Rugtaada WIC dukaan kuu dhow.
 - isticmaalabka My Minnesota WIC goobiyaha dukaan
- hubi **hadhaaga cuntada akoonkaga** iyo **tarikhaha dhicitaanka** adigoo, isticmaalaya mid ka mid ah siyaabahan:
 - abka My Minnesota WIC.
 - Rasiidka iibsigii ugu dambeeyay ee WIC
 - Weydiinta hadhaaga oo lagu daabacay miiska adeegga macaamiisha ee dukaanka
 - Wac 1-833-566-5248 hadhaaga akoonkaaga
 - Hadhaaga Akoonka ee rugta WIC

INTAAD WAX KA IIBSANAYSO

- hubi **Summadaha WIC ay ogolaatay** adigoo isticmaalayatan **hagaha wax iibsiga** ama **Cunto Raadiye** ee ABKAGA MY MINNESOTA WIC.
- **Iskaan cunto** adhigo isticmalayo **cunto raadiye** si aad u hubiso inay ku jiraan dheefaha cuntada (**marka laga reebo** miraha iyo khudaarta).
- sida ugu fudud ee loo isticmaalod **dheefahaga miraha iyo khudradda** waa inaad **doorato badeecad aan baakadaysan** oo aad adigu adeegsanaysid
- **iibso waxaad u baahan tahay**. Ma aha inaad iibsatid dhammaan cuntadaada WIC hal mar
- hadhaaga akoonkaga ayaa laga yaabaa inay muujiso kuwan guud **CABBIRKA XIRMADA**

XIRMADA QAYBAHA

oz = cabiirada	lb = rodol	= 16 firiqo
doz = darsin	qt = rubuc	= 32 firiqo
con = weel	1/2 gal = nus galaan	= 64 firiqo
pkg = xirmo	gal = galaan	= 128 firiqo
	1/2 gal = nus galaan	= 64 firiqo

EEGISTA DIIWAAN-GELIISA

- Ogaysii khasnajiga haddii ay tani tahay **MARKII UGU HOREY-SAYee ad ku istacmaalayso** kaarka WIC dukaankas
- isticmaal **kaarka WIC**, ka hor noocyada kale ee lacag-bixinta
- kuubannada, kaararka daacadnimada ee dukanka, iyo **dalabyo kale oo gaar ah waa la ogol yahay**
- rain checks iyo **kuwa lamid lama ogola**.
- Haddii aad si khaldan u gasho PIN kaaga 4 jeer, **kaarkaga waa la xannibi doonaa** Wac 1-833-566-5248 si aad dib ugu dejiiso PIN kaaga.
- Haddii khasnajigu ku siiyo **risiidh DHEXE** oo muujinaysa waxa kaadhka WIC kuu bixin doono, si taxadar leh dib ugu eeg **KA HOR inta aanad ansixin iibkaaga WIC**.

Dukaanka raashinka ee RICK

WICadhaaga bilowga
PAN:*****5133 GOBOLKA: MN

TIRO CUTUBKA SHARAXA
CASHIRA

1.00 LB Farmaajo
36.00 OZ quraacda badarka
1.00 CON subagga lawska/Digirta
1.00 Walxaha badarka oo dhan
(xirmo)
\$9.00 \$\$\$ Khudradda iyo miraha daray
ah ama kuwa barafaysan
2.00 GAL Skim ama 1% Caano

Dheefaha waxay dhacayaan saqda dhexe
ee habeenimo
01/21/2022

eWIC Dheefaha Soo Furashada
0.25 CON Subagga lawska/Digirta/Digirta
EE DK RD DIGIRTA UU EG KILEY
4.99 \$\$\$ Miro/Khudaar daray ah(\$)
LIINTA MACAN 3 BAC
1.50 \$\$\$ Miro/Khudaar daray ah(\$)
KAROOTKA ORENJIGA AH

KHASNAJI SMITH, JOHN A
dukaanka: 00000 IS
DIIWAAN GELIN:000 KHASNAJI:1234
TIGIDH#: 1234 09JAN2022 15:10:39

Waad ku mahadsan tahay wax iibsiga
DUKAANKA RAASHINKA EE RICK
123 West Main St
magaalo kasta, MN40453

- Haddii shey cunto ah uu ka maqan yahay, **riix "NO"** oo hubi in shaygaas uu yahay mid WIC ogolaatay oo lagu daray dheefahaaga hadda.
- Waydii khasnajiga inuu **KA SAARO shay kasta oo aan WIC ahayn** oo aadan rabin inaad ku bixiso
- Haddii shay cuntadu **AANU ISKANSANEYN** sida sheyga WIC ogashahay, ma jirto wax uu khasnajigu samayn karo si uu u ogolaado. **waa inaad** la wadaagto shaqaalaha WIC
 - **SAWIRADA alaabta** aad doonayso inaad iibsato ee aan lagaa jarin kaarkaaga.
 - **DHAMMAAN rasiidhada** wax kala iibsiga (Dukaamada qaarkood waxay leeyihiin 5 rasiidh!)

Rasiidhada dukaamada way ku kala duwan yihiin

MINNESOTA WIC AY OGGLATAY SUMMADAHA CUNTADA



Dhammaan noocyada cuntada ee ay ogolaatay WIC kuma jiraan liiska ee Hagahan wax iibsiga. Istickmaal **My Minnesota Abka WIC** si aad u hubiso in cunto la oggol yahay iyo in ku jiro dheefahaaga cuntada.

Aabkayga

Waxaa laga soo dejisan karaa *App Store* iyo *Google Play*

SIDA LOO **DIWAAN GELIYO**

Waxaad iska diwaan gelin kartaa qalabyo badan. Haddii aad hesho telefoon cusub, waxaad u baahan doontaa inaad dib isu diwaangeliso.

1. Dooro **Is diwaangeli**
2. Taabo **Is Diwaangeli**



3. Geli WIC **Aqoonsiga Guriga** (oo ku qoran kaadhka ghadhashisa), [/] **10ka** labar ee u dambeeya kaarka, iyo **Magaca** akoonka

■ >si loo diwaan geliyo **In ka badan hal Guri**, raac Tallaabooyinka 1-3 akoon kasta.

■ Dooro falaarta akoonka **U beddel akoon kale** labadaba **Dheefaha** iyo **Cunto Raadiye** shaashadaha.



SIDA LOO **ISTICMAALO ABKA**

Abkan ma shaqayn karo hadii WiFi ama adeega selka xadidan yahay.

DHEEFAHA

Hadhaaga akoonkaaga waxa ay is cusboonaysiisaa wakhti kasta oo cuntooyinka lagu gato Kaarka WIC.

1. Dooro **Dheefaha**
2. Dooro **hadda**
3. Dheefaha cuntada ee hadhay aya ku taxan **Bilow** iyo **Dhammaadka Taariikhaha**

CUNTO RAADIYE

Isticmaal Cunto Raadiyaha si aad u hubiso in cuntadu ay tahay mid WIC ay ogolaatay oo ay ku jirto dheefahaaga.

1. Dooro **Cunto Raadiye**
2. Dooro **iskaanka UPC AMA Geli UPC**
3. **Iskaan UPC** koodhka xirmada **AMA Geli** dhammaan **UPC**
4. Waxaad heli doontaa mid ka mid ah kuwan soo socda **Fariimaha:**



La Oggolyahay - Waxaa ku jira

075925301075.
Extra Sharp Cheddar Cheese
Ku jira dheefaha hadda
OK

CAGAAR
WIC-ay oggolaatay oo ku filan tahay dheefaha cuntada

Lama ogola

075925301075.
WIC ma ogola
OK

CASAAN
WIC ma ogola

La Oggolyahay - Laguma Darin

075925301075.
Extra Sharp Cheddar Cheese
Kuma jiraan dheefaha hadda.
OK

CAASAN-ORANJI
WIC-ay oggolaatay LAAKIIN shayga kuma jiro dheefahaaga cuntada

Waa la oggol yahay - dheelitirka aad u hooseeya

075925301075.
Extra Sharp Cheddar Cheese
dheelitirka aad u hooseeya.
OK

Oranji
WIC aya oggaal LAAKIIN kuma filna ku haray dheefaha cuntada

Waa la oggolyahay - Waa lagu dari karaa

021908503356.
Brokoli la barafiyeyey
Tixraac dheelitirka Akoonkaga lacagta kashka.
OK

jaalle
WIC aya oggaal LAAKIIN hubi dheelitirkaaga miraha iyo khudaarta

FARIIMAHA

1. Dooro **Farimaha**
2. in la ogeysiyo dhacatinka **Dheefaha** cuntada
3. Lagu wargeliyo waxa soo socdaa iyo WIC-ga seegay **Ballamaha**

Miro • Khudaarta

CUSUB

- Nooc kasta
- Guud, jarjar, baacaysan, ama baakadaysan
- dabiici ah waa la oggol yahay



X HA IIBSANIN

- Salad isku darka oo leh labiska, lawska, farmaajo, iwm
- saxaarad xafladaha, dambiisha miraha, ama walxaha saladhka.
- Xawaash ama dhir udgoon sida dhir, cilantro, iyo reexaanta
- Miro iyo khudaar la qalajiyey
- Miro iyo khudaar la isku qurxiyo



HA ISTICMAALIN CUNTA RAADIYAHA ee miraha iyo khudaarta darayga ah .

LA BAARAFIYEEY

- Nooc kasta
- Miro iyo khudaar caadi ah ama isku qasan
- dabiici ah waa la oggol yahay



X HA IIBSANIN

- Waxyaabaha lagu daray sonkor, subag, dufaan, saliid
- Waxyaabaha lagu daray baasto, bariis, suugo, ama farmaajo

QASACADAYSAN

MIRAHA

- Miro kasta ama miro kasta oo la isku daray oo biyo oo xirma ah ama casiiir (aan lagu darin sokor ama macmacaan macmal ah)
- Weel nooc kasta ama cabbir kasta (marka laga reebo boorsooyinka)
- Suugo tufaax ah oo aan la macaanayn (oo leh qorfe waa la oggol yahay)
- dabiici ah waa la oggol yahay
- Stevia waa la oggol yahay (macmacaan dabiiciga ah)



KHUDAARTA

- Nooc kasta oo cad ama isku darka khudaarta
- Tamaandhada (oo leh dhir ama xawaash waa la oggol yahay)
- Weel nooc kasta ama cabbir kasta
- dabiici ah waa la oggol yahay

X HA IIBSANIN

MIRAHA

- Sonkor lagu daray
- Sharoobada (culus, fudud)
- macmacaan macmal ah sida Sucralose (Splenda)
- Buuxinta pie
- Maraqa karamberriga
- Kiishashyada

KHUDAARTA

- Maraqa baastada, maraqa basta dadeer, suugo pizza, ama suugo salsa/pikante ah
- Galley la dubay
- Isku darka digiraha (sida lima, digirta madow, digirta kelyaha uu eg)
- Cuntooyinka khamiirsan (sida Sauerkraut)
- Subageysan, dufaneysan, ama saliideysan
- Macmacaan macmal ah iyo sharoobada culus
- Walxaha khalka leh
- Kiishashyada



HADDII QIIMAHA ee khudaartaada iyo mirahaaga **UU KA BADAN YAHAY** dheelitirka akonkaga, waad awoodaa in aad KU bixisid farqiga kaash, Barnaamijka Kaalmada Caawimaada Cuntada (Supplemental Nutrition Assistance Program, SNAP), ama karka credit-ka ama debti-ka

SHAYGA HADHUUDHKA OO DHAN HADDII DHEELITIRKA DHEEFAHA MUUJISO

(16 oz) Walxaha badarka Dhan ee WIC oggaal waad iibsana kartaa
Rooti **AMA** Bariiska bunniga ah **AMA** boorash **AMA** Tortillas **AMA** Baastada

Rooti WAXYAABAHA BADARKA OO DHAN

16 oz xirmo (1 rodol)

100% sarreen dhan

WIC ay ogalatay sumadaha waxa kamid ah.

⊗ HA IIBSANIN

- dabiici ah
- rootiga duuban, rootiga, rootiga pita



Best Choice
Whole Wheat



Bimbo
Whole Wheat



Cub Foods
Whole Wheat



Fareway
Whole Wheat



Food Club
Whole Wheat



Great Harvest
Whole Wheat



Hy-Vee
Whole Wheat



Midwest Bakery
Whole Wheat



Our Family
Whole Wheat



Pepperidge Farm
Very Thin Sliced
Soft Whole Wheat



Sara Lee Classic
Whole Wheat



Sunny Brook
Whole Wheat



Village Hearth
Whole Wheat

Brown Rice WHOLE GRAIN ITEM



16 oz xirmo (1 rodol)

Sumad kasta

- Caad

⊗ HA IIBSAN

- dabiici ah
- Wild rice
- Bariis khaas ah sida basmati

boorash WAXYAABAHA BADARKA OO DHAN

16 oz xirmo (1 rodol)

- Boorash la dubay oo kaliya

WIC ay ogalatay sumadaha waxa kamid ah



Mom's Best
Quick

Old Fashioned Oats

⊗ HA IIBSAN

- dabiici ah
- Steel cut
- Baakadaha boorashka degdega ah
(waxaa loo iibsana karaa sidii badarka)



badharka oo dhan waxaa loo ogol yahay kaliya
16 oz xirmooyinka.

Raadi **1 rodol** ama **16 oz cabbirrada.**

Tortillas SHAYGA HADHUUDHKA OO DHAN

16 oz xirmo (1 rodol)

WIC ay ogalatay sumadaha waxa kamid ah.

HA IIBSANIN

- dabiici ah
- Duubabka, rootiga fidsan, rootiga pita
- Tortillas qolof adag ama qolof taco

Qamadi Dhan



Best Choice
Whole Wheat



Chi-Chi's
Whole Wheat
Fajita Style



Don Pancho
Whole Wheat



Essential Everyday
Whole Wheat



Fareway
Whole Wheat



Food Club
Whole Wheat



Frescados
Whole Wheat



Great Value
Whole Wheat



Hy-Vee
Whole Wheat



La Banderita
Whole Wheat



Market Pantry
Whole Wheat



Mission
Whole Wheat



Our Family
Whole Wheat

Corn



Best Choice
Whole Corn



Chi-Chi's
White Corn



Don Pancho
White Corn



Essential Everyday
Whole Corn



Fareway
White Corn



Food Club
Whole Corn



Frescados
Corn



Hy-Vee
White Corn



La Banderita
Corn



La Burrita
Corn



La Perla
Corn



Los Maizales
Corn



Mission
Extra Thin
Yellow Corn



Our Family
Yellow Corn
White Corn

Baastada WAXYAABAHA BADARKA OO DHAN



16 oz xirmo (1 rodol)

100% sarreen dhan

Sumad kasta

- Qaab kasta waa OK

HA IIBSANIN

- dabiici ah
- Baastada laga sameeyay bariis, quinoa, flax, galley, ama khudaar

Caano



galaan ama nus galaan

Sumad kasta

- Pasteurized

Waxa kaliya oo aad iibsana kartaa nooca saxda ah ee caanaha ku qoran Hadhaaga Akoonkag WIC. xulashooyinka caanaha waxaa ka mid ah:

- Caanaha lo'da
- Caanaha aan Lactose-ka lahayn
- Caanaha budo ah
- Caano uumi baxay
- Caanaha riyaha - Weligaa ha isticmaalin caanaha riyaha caruurta kayar 1 sano sumadaha Caanaha riyaha ee la ogolyahay:
 - Poplar Hill rubuc
 - Meyenberg rubaac ama nus galaan
 - Meyenberg la uumi baxiyay gasacadaha

HA IIBSAN

- dabiici ah
- **Fiin** caano boore ah
- shukulaato ama caano dhadhan lo yelay
- Caano gaar ah ama caano nafaqo lagu daray (kale oo aan ahayn Vitamin A ama D)
- Caanaha ku jira dhalooyinka dhalada ah



LABA (2) galan badhkii



isla siman

=



(1) gallon

Cabitaanada Soy

WIC sumadaha ay ogalatay waxa kamid ah.



8th Continent
Original Plain
Refrigerated
Half Gallons



Great Value
Original Plain
Refrigerated
Half Gallons



Pacific Foods
Ultra Soy Plain
Shelf-stable
Quarts



Silk
Original Plain
Refrigerated
Half Gallons
Twin Packs
OK



Silk
Original Plain
Shelf-stable
Quarts

HA IIBSAN

- dabiici ah
- Soy caraf udgoon cabbitaanada
- qafiif ama baruur la'aan

Tofu



12 ilaa 16 oz xirmo

- dabiici ah
 - Bannaan aan dhadhaan laheynta, dareen taabasho nooc kasta
 - La qaboojiyey ama shelf-joog
- WIC sumadaha ay ogalatay waxa kamid ah.

- Azumaya
- Franklin Farms
- House
- MinnTofu
- Mori-nu
- Nasoya
- Wildwood

HA IIBSAN

- Dufan lagu daray, sonkor, saliid, sodium, ama xawaash

Farmaajo



8 ama 16 oz xirmo kaliya
Sumad kasta

- Pasteurized
- Waa la gooyay, xannibay, xadhig, ulaha, ama leexiyay
- dufaan-ku-hooseeya, dufaan la dhimay, dufaan-la'aan, ama soodhiyam hoose OK

Farmaajo ay ogolaatay WIC waxa ka mid ah:
(isku darka kuwan OK)

- Cheddar
- Colby
- Farmer
- Monterey Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

HA IIBSAN

- dabiici ah
- Mareykan, cun-tooyinka farmaajo la warshadeeyay, farmaajo fidsan, ama **Velveeta**
- La jarjaray, la jarjaray, xabadaha, curis, ama farmaajo daadi
- Xawaash lagu daray, basbaas, ama cuntooyin kale
- Dili ama farmaajo dibada laga keenay
- Parmesan, Romano, ama farmaajo riyaha



LABA 8 oz (0.5 lb) xidhmooyin la siman HAL 16 oz (1 rodol) xirmo



caano fadhi



32 oz weel oo keliya

Sumad kasta

- La karkariyay
- Dhadhan kasta
- Giriiga OK

HA IIBSAN

- dabiici ah
- Macnacyaasha macmalka ah sida sucralose (**Splenda**) ama aspartame
- caano fadhi in ka badan 40g oo sonkor ah koobkiiba



Haddii hadhaaga akoonkaaga WIC uu liis gareeyo **caano fadii oo dufaan ku yar / caano fadii aan dufan lahayn**, hubi inaad ku aragto ereyadan xagga hore ee weelka caano fadhi.



Eggs



dhexdhexaad, weyn, dheeraad ah oo weyn ama jumbo

Sumad kasta

- Xirmooyinka 1 (hal) darsin kaliya
- Badhan, ukun digaag oo cad

HA IIBSAN

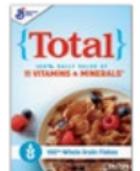
- dabiici ah, pasteurized, ama ukun bacrin ah
- Ukun bunni ah
- Eggland's Best ama Ukunta kale ee gaarka ah

badarka

12 oz xirmo ama cabbir ka weyn

FA Folic acid oo ay ku badan tahay **W** Hadhuudh **5+** Dhan oo dhan leh 5+ garaam oo fibre ah **GF** Gluten-la'aan

WIC ay ogalatax sumadaha waxa kamid ah.

	 Cheerios W GF	 Multi Grain Cheerios FA W GF	 Kix Malab W	 Kix W	 Kix Berry Berry W
 Total Whole Grain FA W	 Wheaties W	 Wheat Chex 5+	 Corn Chex GF	 Rice Chex GF	 Grape-Nuts FA 5+
 Honey Bunches of Oats Vanilla FA	 Honey Bunches of Oats With Almonds FA	 Honey Bunches of Oats Cinnamon Bunches FA	 Honey Bunches of Oats Honey Roasted FA	 Great Grains Banana Nut Crunch 5+	 Frosted Mini Wheats Original FA 5+
 Frosted Mini Wheats Little Bites FA 5+	 Corn Flakes	 Crispix	 Rice Krispies	 Special K FA	 Oatmeal Squares Brown Sugar 5+
 Oatmeal Squares Cinnamon 5+	 Life W	 Mini Spooners Plain Frosted FA 5+	 Mini Spooners Strawberry Cream FA 5+	 Crispy Rice Malt-O-Meal Only FA GF	

Hot Cereal



**COCO
Wheats**
28 oz



**Quaker
Oatmeal**
9.8 oz
Individual Packets
Original Flavor
W



**Quaker
Instant Grits**
9.8 oz
Individual Packets
Original Flavor



Malt-O-Meal
28 or 36 oz
Original



Malt-O-Meal
28 or 36 oz
Chocolate



**Cream of
Wheat**
28 oz
Original



**Cream of
Wheat**
18 oz
Whole Grain
5+



**Cream of
Rice**
14 oz
Gf

Dukaanka Sumada badarka

WIC sumadaha ay ogalatay waxa kamid ah.
Foosyada laanta, rootiga la dubay/Dhadhanka,
iyo Xirmooyinka Boorashka degdega ah



badarka baakadaha **ka yar 12 oz lama ogola.**
Haddii aad leedahay **wax ka yar 12 oz oo badarka ku hadhay**
dheefahaaga, ma aad isticmaali doontid **/b]** iyaga.

Isticmaal hagahan si aad u hesho badarka ugu badan.

36.0.
Cabirida



34.5.
Cabirida



36.0.
cabirida



marka laga reebo

9.8 oz boorash degdeg ah waa badarka kaliya ee
la ogolyahay **ee ka hooseeya 12 oz.**

casiir

- 100% casiir
- Dhadhan kasta
- Kaalshiyam iyo fitamiino lagu daray OK

Waxa kaliya oo aad iibsana kartaa nooca saxda ah iyo cabbirka casiir ee ku qoran Hadhaaga akoonkaga WIC.

Xulashooyinka casiirka waxaa ka mid ah:

- **64 oz dhacaan** la barafeey ama aan barafeynin
- **12 oz barafaysan**
- **6 baakidh oo 5.5 ilaa 6.0 wiiyadiid ah** (kaliya baakadaha cuntada xadidan)

HA IIBSAN

- dabiici ah
- iskudaarka Casiirka miraha
- Casiirka is biirsaday, cabbitaannada, ama casiirka oo sonkor lagu daray
- Waxaa lagu daray macmacaan ah sida sucralose
- Casiir cusub oo la tuujiyey

Casiirka la qaboojiyey



64 oz oo kaliya cabbirka WIC ay ogoshahay

Sumad kasta

- Nus (½) galaan oo kaliya
- casiirka liin macanta

Casiir diirran oo la qaboojiyey



11.5 ilaa 12 oz kaliya

Sumad kasta

WIC dhadhanka ay ogalatay waxa kamid ah.

Tufaxa, Canab, Miraha Canabka, Liin, iyo Cananaaska



Haddi casiir **uusan iskan gareysan sida WIC ogashahay** waxay noqon kartaa:

in uu ku jira **cabbir** khalidan weelka

Aan ku filnayn Vitamin C

Isku darka casiirka

Casiirka aan la qabojin

64 oz kaliya

WIC sumadaha ay ogalatay waxa kamid ah.



Campbell's
100% Tomato
100% Tomato
Low Sodium



Indian Summer
Premium
Apple



Juicy Juice
100% Apple
No other
flavor



Langers
Orange, Apple,
Grape, Red Grape,
White Grape,
Grapefruit, Pineapple,
Tomato, Vegetable,
Vegetable Low
Sodium



Libby's
Pineapple



Mott's
100% Apple
No Mott's for
Tots, Light, or
Medleys



Musselman's
100% Apple



Old Orchard
100% Apple
100% Grape
100% White Grape
100% Orange



V8
100%
Vegetable
Original
Low Sodium
Spicy Hot



Old Orchard
100% Apple
100% Grape
100% White
Grape 100%
Orange

Dukaanka Sumada casiirka

WIC dhadhanka ay ogalatay waxa kamid ah.

liinta, miraha cabanka, Cananaaska,
Canabka, Tufaaxa, Tamaandhada,
iyo Khudaarta

Kallunka Tuna oo gasacadaysan .Kallunka Salmon

Haweenka Naasnuujinta kujira



5 oz ama ka weyn

Sumad kasta

- Tunaa caad oo biyeysan
- Kallunka salmon oo caas ah oo biyeysan
- joogto ah ama soodhiyam hoose
- Khudaar lagu daray maraq OKm

HA IIBSAN

- saliida kallunka Tuna ama saliida kallunka salmon
- Albacore/Tunaa cad ama salmon cas
- Baakadaha bireedka ama qadada
- **Wild Planet** ama sumadaha gaarka ah

Subaga lawska . Digir . Digir

Subaga lawska



16 ilaa 18 oz dhalo

Sumad kasta

- kareem leh qallafsan, jilicsan
- Dabiiciga ah ama la dhimay sonkor

HA IIBSAN

- dabiici ah
- Fidaa (sida *Jif Natural* iyo *Skippy Natural* >) ama dufaanta la dhimay
- Waxaa lagu daray jelli, shukulaatada, ama malab
- Subaga lowska kale
- la talajadey

digir qallalan & digirta



16 oz xirmo

Sumad kasta

- Nooc kasta
- waxbo lahayn oo la diyaariyey

HA IIBSAN

- dabiici ah ama badan
- Maraq la isku daray, xawaash, ama maaddooyin kale oo lagu daray

digirta qasacadaysan



15 ilaa 16 oz gasacadaha
Sumad kasta

- joogto ah ama soodhiyam hoose
- Nooc kasta oo ay ku jiraan digirta kelyaha uu eg, digirta pinto, digirta madow, digirta badda, digirta cas, garbanzo, lima, Great Northern, iyo digir madow

HA IIBSAN

- dabiici ah
- Digirta lagu daray dufanka, saliida, ama hilibka
- Digir la dubay, hilibka doofaarka & digirta, digirta basbaaska, digirta shiilan
- Cagaar, jaalle, ama digirta dhuka

MINNESOTA WIC
TILMAAN

Wixii ah **mid walba** ee digirta qasacadaysan ee aad iibsato, **.25 weel** waa laga saari doonaa baaqigaaga:

			
1 GASACAD	2 GASACADAHA	3 GASACADAHA	GASACADAHA
= .25	= .50	= .75	= 1
KONTEENARADA	KONTEENARADA	KONTEENARADA	KONTEENAR

cuntada dhallaanka

Miro Khudaarta

4 oz tubbada ama dhalooyinka

- Miro iyo khudaar kala duwan kaliya
- Isku darka khudaarta/ miraha OK

HA IIBSANIN

- Cashada
- Added sugar, salt, or DHA
- Boorsooyinka tuujin
- iskudaarka caano fadi
- 2-baakidh oo 2 oz tubbada

WIC ay ogalatay sumadaha waxa kamid ah.



Beech-Nut



Beech-Nut
Naturals



Beech-Nut
Organic



Earth's Best
Organic



Gerber
2 baakad kamid ah 4 ama



Gerber
Natural



Gerber
Organic



Happy Baby
Organic



Parent's
Choice



Parent's
Choice
2 baakad kamid ah 4 ama



Tippy Toes
2 baakad kamid ah 4 ama



Happy Baby
Organic



Earth's Best
Organic



1
2-XIRMO 4 oz
TUBBADA



2
4 oz
DHALOYINKA

Badarka

8 ama 16 oz xirmo

HA IIBSANIN

- dabiici ah
- Badar lagu daray khudaar, caano fadhi, caano-fudud, DHA, ama wax kale lagu daro s

WIC ay ogalatay sumadaha waxa kamid ah.



Beech-Nut
Corn
Oatmeal



Gerber
Plain Rice
Oatmeal
Whole Wheat
Multigrain

Hilibka

Haweenka Naasnuujinta kujira

2.5 oz kaliya

HA IIBSANIN

- Hilib ama digaag kasta oo kala duwan sida ah hal qayb
- Maraq lagu daray OK
- Cashada
- lagudaray sonkor, cusbo, ama

WIC ay ogalatay sumadaha waxa kamid ah.



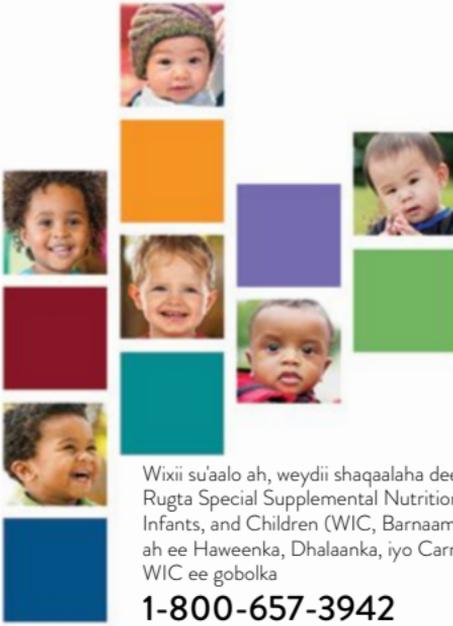
Beech-Nut



Earth's Best
Organic



Gerber



Wixii su'aalo ah, weydii shaqaalaha deegaankaaga ee Rugta Special Supplemental Nutrition Program for Women, Infants, and Children (WIC, Barnaamijka Nafaqada Gaarka ah ee Haweenka, Dhalaanka, iyo Carruurta), ama wac xafiiska WIC ee gobolka

1-800-657-3942

Si aad u codsato agabkan qaab kale la xidhiidh:



**Minnesota WIC Program
(Barnaamijka WIC ee Minnesota)**

P.O. Box 64975

St. Paul, MN 55164-0975

www.health.state.mn.us/wic

Hay'adani waa bixiye
fursad loo siman yahay.
04/23

Somali