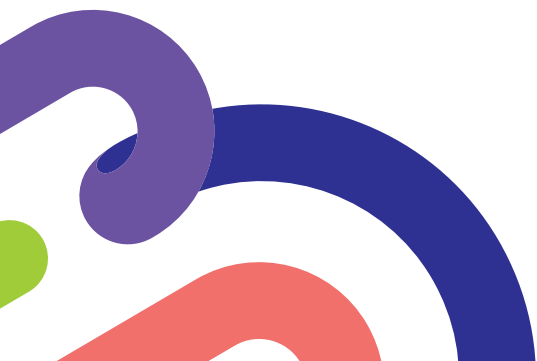




HAGAHA
DUKAAMAYSIGA
EE WASHINGTON

DHAQANGALAAYA JANAAYO 2025



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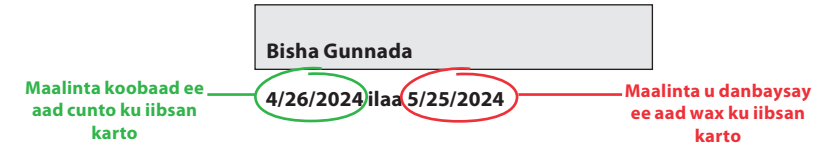
XILI HORE SII QORSHEE KAHOR INTAADAN DUKAAMAYSAN

Fiiri si aad u aragto noocyada cuntooyinka aad ku heli karto gunnooyinkaaga WIC. Halkaan ayaad ka helayaa labo qaab oo aad arrintaan u samayn karto:

- Wac lambarka ku qoran dhabarka danbe ee kaarkaaga WIC.
- Adeegso ablikeeshinka WICShopper. Ka diiwaan geli karkaaga WIC, kadibna arag gunnooyinka hadda aad haysato ee ku hoos jira qaybta **My Benefits (Gunnooyinka)**.

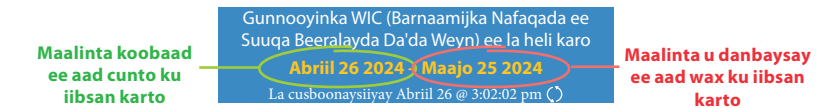
Xaqiiji in gunnooyinku ay furan yihiin maalinta aad qorshaynayso inaad dukaameysato:

- Fiiri liiska dukaameysiga WIC ee aad ka heshay xaruntaada WIC.



AMA

- Adeegso ablikeeshinka WICShopper, diiwaan geli kaarkaaga WIC, kadibna arag qaybta My Benefits.



Samayso liiska dukaameysiga kadibna fiiri cuntooyinka WIC kuu oggoshahay:

- Tasmadaan Dukaameysiga ee WIC ayaa kaa caawinaysa inay ku tusto cuntooyinka ku jira "libso" ama "Ha libsan."
- Ablikeeshinka WICShopper ayaa kuu sahlaaya inaad raadiso noocyada cuntooyinka WIC oo gaar ah. Tusaale ahaan, haddii uu jiis kuugu jiro liiska My Benefits:
 - » Ku dhufo dusha jiiska oo raadi jiiska aad rabto si aad u aragto inay tahay cunto ay WIC oggoshahay.
 - » Waxaad arkaysaa jiiska ka yimid shirkada aad ku iibsan karto gunnooyinkaaga WIC.

Raadso Dukaan:

- Adeegso ablikeeshinka WICShopper si aad u hesho dukaan WIC kamid ah oo ku yaala aaggaaga.
- Raadi dukaamada ay daaqadooda ku dhegan tahay calaamada "WIC Accepted Here (WIC waa laga ogol yahay halkaan)".

Ka taxadar lacagta bacda dukaanka cuntada:

- Bacaha waxaa qarashkooda qaba dukaanka keliya haddii aad u adeegsanayso kaarkaaga WIC si aad alaabta ugu iibsat.
- **Haddii kale**
 Waa inaad iska dhiibtaa lacagta bacda adeegga, haddii ay jirto.
- **Ama**
 La imoow bacahaaga shaqsiga ah ee aad dib u isticmaali karto

ADEEGSO QALABKA WIC INTAAD DUKAAMAYSANAYSO

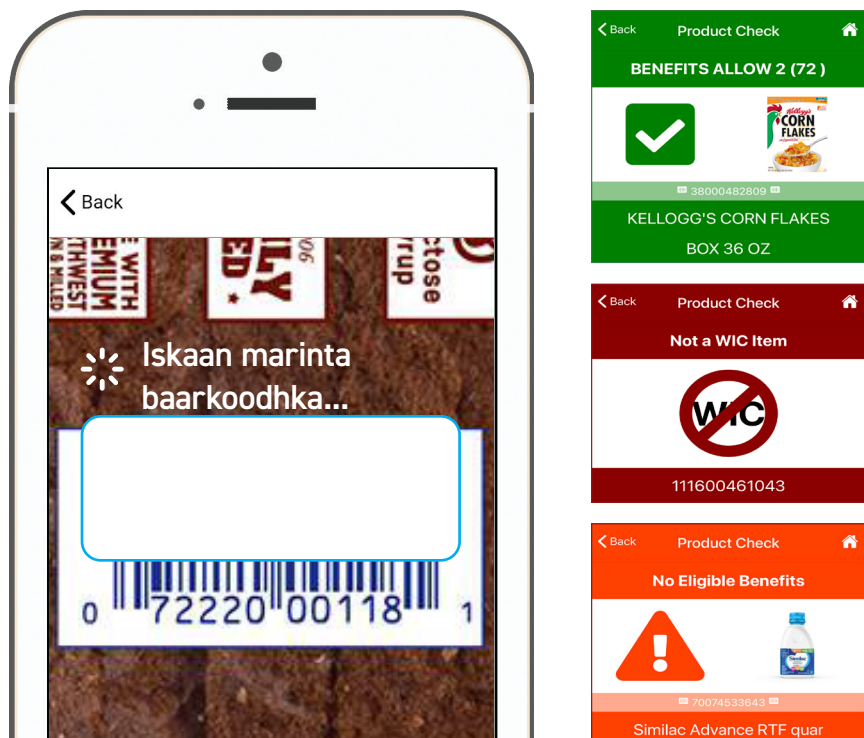
Hagaha Dukaamaysiga ee WIC

- Adeegso tusmadaan illaa aad kala qabsato cuntooyinka ay WIC oggoshahay.
- Haddii aad haysato taleefoon casri ah, nooca casriga ah ee Tasmada Dukaameysiga ayaa ku jirta ablikeeshinka WICShopper ee qaybta “WIC Allowable Foods (Cuntooyinka ay WIC Oggoshahay)” iyo websetkeena WIC oo ah doh.wa.gov/WIC/WICFoods.

Ablikeeshinka WICShopper

Xaqiiji haddii cunto ay tahay mid WIC oggoshahay:

- Iskaan garee koodhka iibka ee ku dhagan baakada alaabta taleefankaaga casriga ah ama geli 12 ka god ee UPC.
- Ablikeeshinka ayaa ku tusaaya haddii cunto ay tahay **WIC Allowed (Cunto WIC Oggoshahay)** ama **Not a WIC Item (Cunto Aysan WIC Oggolayn)**.
- Haddii aabku muujiyo **No Eligible Benefits (Ma jiraan Gunnooyin u Qalma)**, markaas ama ma haysatid gunnooyin kugu filan ama gunnooyinka saxda ah oo aad ku helayso ma haysatid.



Xog Muhiim ah! Ablikeeshinku ma aqoonsan karo inta badan miraha iyo khudaarta asalka ah xataa haddii ay baarkoodh leeyihiin. Cuntooyinka waxay iskaan uga muuqan doonaan sida “Not a WIC Item (Ma ahan shey WIC)” inkastoo inta badan cuntooyinka ddaaraya ah ay WIC oggoshahay. Ka fiiri bogga 16 aad ee tusmada si aad u aragto waxa aad u baahan tahay inaad ogaato.

WAXA AY TAHAY INAAD OGAATO MARKA AAD DUKAAMEYSANAYSO

Kaliya iibso cuntooyinka WIC ee aad u baahan tahay:

- Uma baahnid inaad gadato dhammaan cuntooyinkaaga WIC hal mar.
- Waxaad dukaamaysan kartaa si joogto ah markaad u baahato inta u dhaxaysa maalintaada koowaad iyo maalintaada ugu danbaysa ee muddada gunnada.
- Qasab maaha inaad hesho gunnooyinka WIC oo aadan doonayn.

Haddii aan dukaanku hayn cunto gaar ah oo WIC oggoshahay oo aad doonayso:

- Dukaamada loogama baahna inay qaataan dhammaan cuntooyinka WIC ansaxisay.
- Waad waydiin kartaa dukaanka haddii ay sheey kuu dalbi karaan.
- Fiiri cuntooyinka yaala dukaan kale.

Iskuday inaad isticmaasho gunnooyinka kahor Maalinta u danbaysay ee aad wax ku iibsano karto:

- Taasi waxay shaqaalaha WIC siinaysa waqti ku filan oo ay ku xaliyaan caqabado kasta.

Waxaad heli kartaa kaararka qiimo dhimista dukaanka ama shirkada cuntada, sida:

- Mid iibso, mid kalena bilaash ku qaado
- Gunnooyinka kaarka macmiilka ku xiran dukaanka
- Kaarka qiimo dhimista ee shirkada cuntada (tusaale ahaan, Darigold)
- Waxyaabaha qaaska ah ee dukaanka

Waad isticmaali kartaa waxyaabahaan gaarka ah ee aan ahayn cuntooyinka WIC. Tusaale ahaan, haddii Kellogg's ay leedahay heshiis aad ku iibsano karto hal seeriyaaalka oo quraacda ah oo aadna heleyso mid bilaash ah, waxaad u adeegsan kartaa gunnooyinka WIC inaad ku iibsato Rice Krispies kadibna waxaad helayso seeriyaal kale oo ah mid kuwa WIC oggoshahay ama aysan ogolayn.

FAHMIDDA CABBIRADA BAAKADHA CUNTADA

WIC ayaa qeexday xajmiyada baakadaha cuntada waayo WIC waxay doonaysaa inay xaqiijiso inaad hesho dhammaan gunnooyinkaaga cuntada. Tusaale ahaan, WIC waxay oggoshahay gallons, half gallon iyo quarts. Jaleecida koowaad, arrintaan ayaa u muuqan karta wax fudud in la fahmo. Illaa aad ka ogaato in noocyo caano ah aysan isticmaalayn xajmiga ay WIC ogolaatay. Half gallon oo caano ah waa inuu ku jiraa 64 oz si WIC u ogolaato. Wali noocyada qaar ayaa kaliya ka kooban 54 oz oo caano ah.

Ablikeeshinka WICShopper ayaa si dhaqsa ah u hubin kara haddii shay la oggolyahay. Miiska hoose wuxuu muujinayaa xajmiyada loo cajimay baakadaha WIC.

XAJMIYADA BAAKADA CUNTADA EE CAADIGA AH IYO ERAYADA LASOO GAABIYAY

Baakada Cuntada Dareeraha ah	Ounces (oz)	Liter (L) ama Milliliter (ml)
1 Quart	32 oz	946 ml
Half (1/2) Gallon	64 oz	1.89 L
1 Gallon	128 oz	3.78 L
Baakada Cuntada Adkaha ah	Ounces (oz)	Grams (g)
Half (1/2) Pound	8 oz	226 g
1 Pound (lb)	16 oz	453 g
2 Pounds (lbs)	32 oz	907 g

QAYBTA LACAG BIXINTA EE DUKAANKA

Ka sooc cuntooyinka WIC waxyaabaha kale ee aad iibsanyso:

- Arrintaan ayaa ku caawinaysa haddii cunto aysan ku jirin WIC sidii aad filaysay. Waxaad awoodi doontaa inaad oggaato sheeyga si dhakhso ah.
- Geli cuntooyinkaaga aadka qaaliga u ah qaybta hore ee rakada iibka. Qaabkaas haddii aad kaliya haysato gunnooyin kugu filan si aad u daboosho mid kamid ah alaabaha, WIC ayaa dhiibaysa qarashka sheeyga ugu qaalisan.
- Waxaa jira xadiga 50 sheey marka aad adeegsanayso karkaaga WIC. Haddii aad qorsheynayso inaad iibsato cunto aad u faro badan iskumar, u sheeg qasnajiga inuu u kala sooco alaabtaada iibab kaladuwan.

Mari mashiinta Kaarkaaga WIC kadibna geli BIIN-kaaga:

- Haddii sheey cunto ah uusan ku jirin WIC sidaad filaysay, qasab maaha inay sheeyga gadato.
- Waxaad dooran Kartaa inaad dhiibto qarashka cunto kasta oon ku jirin WIC Supplemental Nutrition Assistance Program (adoo adeegsanaaya (Supplemental Nutrition Assistance Program, SNAP, Barnaamika Caawimaada Cuntada Dheeraadka ah), kaash, kaarka kaashka, daynta) ama inaad iska celiso.

RISIIDYADA WIC

8 oz Raashinka Baalka leh
1.75 CTR Digirta, qalalan ama qasacadeysan
39.5 OZ Seeriyaal - kulayl / qaboow
0 CTR Subaga Lowska / digirka
30 OZ Kaluun - qasacadaysan

**** Dhammaadka Baaqiga Bilowga Gunnada ****

* Sarifashada/Wax ku iibsashada Gunnada eWIC *

0.25 CTR Digirta, qalalan ama qasacadeysan
1 S&W DIGIRTA GADUUDAN 1.39
17 OZ Kaluun - qasacadeysan
1 CHKN OO AH TUUNADA BADA 2.99
1 CUNTADA ISKU DARKA AH EE OPN NAT 1.99

**** Dhammaadka Sarifashada/Wax ku iibsashada Gunnada ****

+++ Gunnooyinka eWIC ee Haray +++
8 oz Raashinka Baalka leh
1.5 CTR Digirta, qalalan ama qasacadeysan
39.5 OZ Seeriyaal - kulayl / qaboow
0 CTR Subaga Lowska / digirka
13 OZ Kaluun - qasacadaysan

Gunnooyinku waxay dhacayaan SAQDA DHEXE marka la gaaro 5/25/2024

Qaybtaan waxaad kahelaysaa cuntooyinka kaarka kuugu jira kahor intaadan ku dukaamaysan. Cuntooyinka qaar waxay kuqoranyihiin miisaanka ounces, qaar waxaa loo yaqaanaa qasacado, miraha iyo khudaartuna waxay kucabiranyihiin qimahooda doolarka.

Qaybtaan waxaad ka helaysaa liiska cuntooyinka aad gadatay.

Qaybtaan waxaa kuqoran liiska baaqiga lacagta kuuhartay. Kuwaan waa cuntooyinka WIC ee kuu haray si aad wax ugadato ilaa maalinta ugu danbaysa ee bisha.

Tani waxay muujinaysaa maalinta ugu danbaysa ee aad iibsan karto cadadka soohara ee cuntooyinkaaga WIC bishaan. Gunnooyinkaaga **xiga** ee WIC waxay diyaar unoqonayaan inaad adeegsato marka la gaaro 12:01 a.m.maalinta xigta.

Waa inaad haysato koobiyada risiidyadaada.

Haddii aad su'aalo qabto, risiidyada waxay ka caawinayaan shaqaalaha inay raadshaan waxa dhacay.

Waxa aad sawir ka qaadan kartaa risiidyada kadibna waxaad ku seef garaysan kartaa taleefankaaga ama waxaad risiidyada ku haysan kartaa Aqoonsiga WIC iyo sanduuqa Kaarka.

Xog Muhiim ah! Risiiyada baaqiga kaarka WIC ee lagu daabacay dukaanka **ma muujinayaan dhammaan noocyada cuntooyinka la ogolyahay.** Tusaale ahaan, haddii risiidka baaqigu muujinaayo "Milk - 1% Nonfat and Soy (Milk - 1% Nonfat and Soy (Caano - 1% Aan dufan lahayn iyo Sooy)), " waxay ka dhigan tahay inaad heli karto waxyaabaha soo socda:

- Dhammaan caanaha WIC oggoshahay ee dufanku ku yaryahay (1%) iyo kuwa aan dufanka lahayn (0%, sifaysan, aan dufanka lahayn) ama dookhyada cabitaanka Sooy ee ku jira liiska Tasmadaan Dukaamaysiga ee WIC. Tan waxaa ku jira:

Caanaha lo'da – Bilaa dufan/aan lahayn dufan (0%) iyo kuwa dufanku ku yar yahay (1%)

- Dareere
- Qalalan
- Buddo
- La karkariyay/la qasacadeeyay
- Bakteeriyada yoogarka
- Laktoos aan lahayn
- Subaga caanaha
- Cabbitaanka macmacaanka kefir

Caanaha Riyaha – Duxdu Ku Yartahay

- Dareere

Cabitaanka Sooyaha

Hoos waxaad ka helaysaa tusaalaha waxa ka muuqda liiska dukaameysiga ee WIC ee xaruntu soo saartay marka loo eego waxa ka muuqda risiidka baaqiga ee Kaarka WIC ee dukaanku bixiyo.

Liiska Dukaamaysiga ee Xarunta WIC:

Bisha Gunnada	Lambarka Seeriyaaalka	Cadadka	Cabirka Wax lagu Cabiro	Qeexitaanka
4/26/2024 ilaa 5/25/2024	998833	\$11.00	\$\$\$	Miraha iyo khudaarta - Boonada Qiimaha Kaashka
	998833		16 Ounce	Roodhiga Sareenka Guud ama Haruurka Guud
	998833		2 Darsin	Ukumaha - dhammaan WIC
	998833		2 CTNR	Subaga Lawska/Digirta Dhammaan WIC
	998833		6 Gallon	Caanaha ama Sooyga (1% iyo Dufan la'aanta ah) Dhammaan WIC - Lo'da, Riyada, Sooyga

Risiidka Dukaanka:

WIC EBT Benefit Balance Receipt
Date: 5/4/2024 Time: 05:27PM
11.00 \$\$\$ Fruit & Veg - WIC
16 OZ WW Bread/Whl Grn - WIC
2 DOZ Eggs Dozen - WIC
2 CTR PB/Beans - WIC
6 GAL Milk - 1%I Nonfat Soy

These Benefits expire at MIDNIGHT on 5/25/2024
*** End of benefit balance receipt ***

MARKA WIC AYSAN UBIXIN CUNTOOYINKA SIDI LAGA FILAYEY

Haddii aad su'aalo ka qabto sababta aysan cunto ugu jirin gunnooyinka WIC:

- Sawir ka qaad cuntada ama Hayso koobiyada dhammaan risiidyada haddii aad soo iibsata.
- Akhri qaybaha "libso" iyo "Ha iibsan" ee Tasmada Dukaamaysiga si aad u aragto sababta aan cuntadu u ahayn mid WIC oggoshahay.
- Haddii miraha iyo khudaarta cusub aysan ku jirin, u sheeg WIC. Dukaannadu waa inay u sameeyaan koodhka WIC miro iyo khudaar kasta xataa haddii ay leeyihiin baarkoodh. Haddii uusan lahayn koodhka WIC kaarkaada ma aqoonsan doono cuntada meesha lacag bixinta.
- Waydii xaruntaada WIC ama codsi u dir xafiiska gobalka ee WIC adoo:
 - » Adeegsanaaya qaybta "I couldn't buy this (Ma iibsan karo sheeygaan)" ee ablikeeshinka WICShopper.
 - » limeel noogusoo dir wawicfoods@doh.wa.gov. Waxaan u baahan doonaa inaan ogaano waxyaabaha soo socda:
 - » Magaca dukaanka iyo goobta.
 - » Taariikhda aad iskudayday inaad iibsato sheeyga.
 - » Lambarka kaarka WIC.
 - » Qeexitaanka sheeyga—Risiidyada, ama sawiro nadiif ah, ama xogta ugu badan ee suurtagalka ah. Haddii xogta la keeno halki laga keeni lahaa risiido ama sawiro, waxaa aan ubaahanahay kuwa soo socda:
 - ▶ nooca cuntada (caano, boorash, iwm.)
 - ▶ magaca cuntada/nooca
 - ▶ xajmiga baakada
 - ▶ 12-god ee UPC (lambarka baarkoodhka)

Tusaale ahaan: Oatmeal, Bob's Old Fashioned Rolled Oats, cabbirka 32 oz, UPC 039978021540

Ayada oo ay kuxiran tahay dukaanka, waxaa sidoo kale awoodaa in aad karaadiso sheyga oonlayn ahaan oo aadna noosoo dirto lifaaqa.

06S00N00W

WIC waxay si joogto ah u cusbooneysiisaa cuntooyinka aad ku iibsan karto gunnooyinkaaga. Mar kasta iskaanka mari badeecada si aad u xaqiijiso inay tahay mid WIC oggoshahay. Xaqiiji inaad iskaanka mariso baarkoodhka ku qoran badeecada aadana marin baarkoodhka qaanada. Tan ayaa xaqiijinaysa in abku ku siiyo xogta saxda ah.



Key Enter UPC



BADARKA CARRURTA

IIBSO

Waa inay noqotaa

8 oz ama 16 oz

Qalalan

Summadahan:

- Beech-Nut
- Earth's Best
- Gerber

Noocyadaan:

- Heed
- Multigrain
- Oatmeal
- Whole grain
- Organic
- Non-organic
- Natural



HA IIBSAN

Waxa lagu daray:

- Dacmada, khudrada, ama foomyulada
- Cuntadda aan dheefshiidmin, cuntadda aan dheefshiidmin, ama DHA
- Qasacad, dhalo yar, ama kiishash
- Bariiska Seeriyaal
- Adeega keliya ama baakadaha kaliga ah

CUNTADA ILMAHA - KHURADA IYO KHUDDARTA

IIBSO

Waa inay noqotaa

Marxaladda 1 aad ama 2 aad

Miraha iyo khudaarta caadiga oo kaliya oon wax lagu darin

Xajmiyada:

- Garaafaha dhalada ah/qasacyada caaga ah ee 4 oz ah
- 2 oz oo weel caaga ah oo laba baakad ka kooban (4 oz wadarta guud)
- 4 oz oo weel caaga ah oo laba baakad ka kooban (8 oz wadarta guud)
- bokisyada ay ku jiraan baakadaha badan

Summadahan:

- Beech-Nut
- Earth's Best Organic
- Gerber
- Happy Baby Organic
- O Organics
- Tippy Toes
- Wild Harvest Organic

Waxaad Dooran Kartaa

Isku darka miraha iyo khuddarta, dabiiciga, iyo kuwa warshadeysan

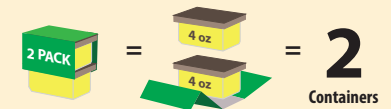
HA IIBSAN

Waxa lagu daray:

- Badarka/miraha - Badarka quraacda, Oats, bariis, ama baasto
- Geedo dhaqameedka tusaale Qorfaha
- Hilibka
- Macaan ama sonkor
- Kiishashka
- Marxalada 3 aad

TILMAAMAHA DUKAAMAYSIGA

Marka la iibsanayo khudrada cuntadda ilmaha iyo khuddarta, 2 xidhmo ayaa loo tiriya 2 weel.





CUNTADDA CARRUURTA -- HILIBKA



ILMAHA SIDA BUUXDA LOO NAAS-NUUJIYO KELIYA

IIBSO
Waa inay noqotaa
Hilibka keliga ah keliya
Marxaladda 1 aad ama 2 aad
2.5 oz oo dhalo yar ah
Summadahaan:
Beech-Nut
Gerber
O Organics
Tippy Toes
Wild Harvest
Waxaad Dooran Kartaa
Dabiici u baxa
kuwa dabiici ahaan aan u bixin
Leh maraq ama shurbad

HA IIBSAN
Waxa lagu daray:
Dacmad, sonkor, ama xawaash
Badarka, xubuubka, ama baasto daqiiq laga sameeyay
Khudrada ama khuddaarta
Ulaha hilibka
Dinners
Marxalada 3 aad

FOOMYULA

libso keliya summada, nooca, xasmiga qasaca, iyo qadarka caanaha ilmaha ee ku qoran liiska WIC Benefits. Haddii aad dooneyso xog ku saabsan Cuntooyinka carruurta WIC oggoshahay, booqo www.doh.wa.gov/WICFoods/InfantFormula, ama wac 1-800-841-1410.



Raadi astaanta dhammaan tasmada. Calaamadu

waxay muujinaysa noocyada cuntooyinka WIC ee loo kordhiyay hooyooyinka naas-nuujinaaya ilmo. Haddii aad si buuxda ilmo u naas-nuujinayso, waxaad sidoo kale helaysaa kaluun ilmahaaga yarna waxa uu heli doonaa hilibka cuntada ilmaha.

Naasnuujinta waxay siisaa hooyooyinka iyo ilmaha faa'iidooyinka caafimaadka cimri dheerida.



IIBSO
Waa inay noqotaa
15 oz ama ilaa 16 oz
Saafi ah digirta ama digirta dufanka kuyar saafi ah
Waxaad dooran Kartaa
Summad kasta
Soodhiyam hoose ama la yareeyay
Qasacyo gaar ah ama 4 baakad
Kuwa dabiiciga u baxay ama aan dabiiciga u bixin



HA IIBSAN
Waxa lagu daray:
Dacmada ama hilibka
Malabka, sharoobooyinka, cabbitaanka macaanka, sonkorta, ama waxyaabaha kale ee wax lagu macaaneeyo
Faasuuliyaha la dubbay
Saladhka faasuuliyaha
Fasuuliyaha laamaha la cuno
Faasuuliyaha jili
Cagaar ama faasuuliyaha canjo ah
Faasuuliyaha isku jirka ah
Faasuuliyaha maraq
Shumburo
Kiishashka

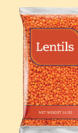
DUKAAMAYSIGA DIGIRTA IYO AMA BURCADKA LAWSKA

Waxaad dooran Kartaa digir qasacadaysan, digir la qalajiyay, ama subaga lawska oo aad ku helaysa gunnooyinkaaga WIC.

Dooro xajmiga saxda ah! 1 CTR oo burcadka lawska ah/digir qalalan ama qasacadaysan =



AMA



AMA



15-18 oz

16 oz

15-16 oz oo qasacado ah

Iibsigaha Digirta Qasacadaysan Haddii aad doorato inaad iibsato digir qasacadaysan, 1 qasac (CTR) oo ku jira liiska dukaamaysiga = 4 qasac oo digir ah. Waa qasab inaad iibsato afarta qasac ee digirta ah si aad u xaqiijiso inaad hesho dhammaan gunnooyinkaaga WIC.

Hal qasac oo digir ah = **.25 CTR**

Labo qasac oo digir ah = **.50 CTR**

Saddex qasac oo digir ah = **.75 CTR**

Afar qasac oo digir ah = **1.0 CTR**



IIBSO

Waa inay noqotaa

Baakad 16 oz ah

Waxaad dooran Kartaa

Summad kasta

Nooc kasta

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin



HA IIBSAN

Marka lagu daro damcada ama xawaashka

Bogosyo

Heed

Fasuuliye iyo isku jir bariis

Wax badan (lagu iibiyo miisaanka)

Siidh cabbitaanlaga sameeyo

Mirta bunka

Fassuuliyaha faasuuliy dib loo dubbay

Farro (noocyo dhirta qamandiga ah)

La qalajiyay

Faasuuliyaha cagaarka

Shey Dhaxal ah

Miraha geedka Quinoa

Soo baxa ama soo fuura

Maraq ama isku jir maraq

DUKAAMAYSIGA DIGIRTA IYO AMA BURCADKA LAWSKA

Haddii aad doorato digir qalalan, 1 qasac (CTR) = baakad 16 oz ah oo digir qalalan ah.

Ka fiiri bogga 9 hadaad rabto xog dheeraad ah.

IIBSO

Waxaad dooran Kartaa

Baakad kasta ilaa 36 oz

Summad kasta

Kiishash ama bogosyo

Diyaar u ah in la cuno (seeriyaal qaboow)

Degdeg ah ama caadi ah (seeriyaal kulul)

Ay ka maqan tahay Gulutoontu

Dabiici u baxa

Tusaalooyinka noocyada seeriyaal qaboo:

Sabuulka

Buunshaha Sabuulka

Bariiska La shiilay

Sabuulka Buskutka camal ah loo sameeyay

Bariiska Buskutka camal ah loo sameeyay

Boorashka La qalajiyay

Galoolada khamadiga

(la dubay iyo kuwa aan la dubin)

Boorash la Dubay/O's

(kahali iyo mid raashin isku dhafan)

Noocyada Honey oat oo lagu daray laws

Tusaalooyinka noocyada seeriyaal kulul:

Bariiska jiiska leh

Qamadi jiis leh

Heed la dhalaaliyay

Boorashka (baakadaha aan sonkoraysnayn ee halka mar la cuno)

Seeriyaalka ay WIC ogoshahay ayaa buuxinaaya shuruudaha gaarka ah ee nafaqada. Waxaan xaqiijinaa:

- In sseeriyaalkeena ay sonkortu ku yar tahay.
- Seeriyaalkeena ay ku jirto ayroon.
- 75% seeriyaalkeena la oggol yahay waa raashin baal leh.

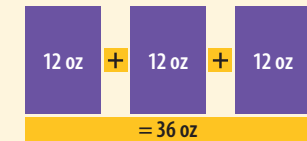


HA IIBSAN

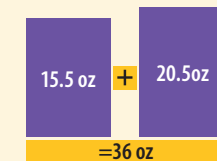
Dhululubooyin

TILMAAMAHA DUKAAMAYSIGA

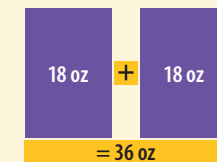
Arag buug tusmeedka ku jira abka WICShopper ama oonlaynka oo ciwaankiisu yahay "Tilmaamaha loogu talagalay liibsiga Seeriyaalka Quraacda ee WIC". Wuxuu kaa caawin karaa helista seeriyaal iyo xajmiyada baakadaha ku haboon qoyskaaga.



AMA



AMA



Iskudarka kale ee 36 oz:

9 + 9 + 9 + 9	15.5 + 20.5
9 + 9 + 18	18 + 18
10.6 + 13.4 + 12	14 + 22
12 + 12 + 12	16 + 20
12 + 24	36

IIBSO

Waa inay noqotaa

Laga sameeyay caanaha lo'da la karkariyay

Lagu Sameeyay Maraykanka'

Xajmiyada:

8 oz

16 oz (1 lb)

32 oz (2 lbs)

Noocyadaan:

Jiista adag (jiilican, dhexe, fiiqan, aad u fiiqan, jaalle, ama caddaan ah)

Jiiska caanaha lo'da

Jiiska Jack caanaha lo'da

Jiiska caanaha lo'da Monterey Jack

Jiiska caanaha lo'da Monterey Monterey Jack

Jiiska Mozzarella

Jiiska Munster

Jiiska Provolone

Dadka Swisska ah

Waxaad dooran Kartaa

Summad kasta

Noocyadaan:

Xirmo ama cad jiis ah

Jiis la duubay ama la kuusay

Jeexyo ama ulo jiis ah

Kosher ama non-Kosher

HA IIBSAN

Oo leh dacmad lagu daro, dhir, midho qolof leh, siidh, xawaash, ama khuddaar

Ulaha keli adeega ama xidhmooyin

Jiiska laga sameeyay caanaha caydhin

Cotija

Shaaxid la jarjaray

Jiista Kiriimka

Jiista Deli

La qurbay ama la yareeyay

Mozzarella daray ah

Jiista riyaha ama idaha

La soo dhoofiyay

Laktoos aan lahayn

Dabiici u baxa

Parmesan

Pepper Jack

La habbeeyay la karkariyay Maraykan ah

Queso fresco

Ricotta

Aan la karkanin

Jiista Vintage



IIBSO

Waa inay noqotaa

12-count kartoon (1 dozen)

Ukunta galkeedii leh ee digaaga



Waxaad dooran Kartaa

Summad kasta

Xajmi kasta: yar, dhexe, wayn, aad u wayn, jumbo

Ukunta cad ama baroon ah

Doolshe bilaa dufan ah

Asal ah ama aan Ahayn Asal

Omeega 3

HA IIBSAN

Jumlo ah

DHA

La qalajiyay ama la ridqay

Ukunta shimbir badeeda

Waxyaabaha ukunta beddela

La bacrimiyay

Mid iskeed u foofa ama xerada lagu quudsho

Ukunta si adag loo bayliyay

Ukunta dareeraha ah

Hoseeya ama kolostaroolka la yareeyay

La kariyay

Duxda badan oo la yareeyay



KALLUUN - QASACADAYSAN IYO MIDKA KIISHADAHA KU JIRA

IIBSO

Waxaad dooran Kartaa

- Qasacyada kaluunks Tuna/salmon: ilaa 20 oz
- Kiishadaha Tuna/salmon: 2.5-5 oz
- Qasacyada Kalluunka Sardines: 3.75 iyo 4.25 oz
- Noocyada Tunaha: Adag, jaanki
- Midabka Tunaha: Caddaan, fudud
- Summad kasta
- Lagu daray xawaashyo
- Tuunada Albacore
- Aan laf lahayn
- Qasac, kiishado duuban, ama baakado
- Soodhiyamku ku yartahay
- Aan cusbo lagu darrin
- Aan maqaar lahayn
- SkipJack
- La soo baday
- Tuuna Jaalaha ah



***Ogsoonoow:** Doorashada qasaca iyo xirmada ee gaaraaya ilaa 30 oz ayaa kuu sahlaaya inaad heerka ugu sarreeya u gaarsiiso dheeftaada.

HA IIBSAN

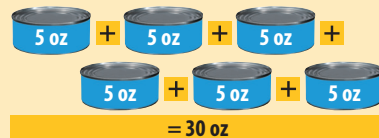
- Cuntooyinka lagu daray
- Sardiinka Brisling
- La qalajiyay
- Hilib aan laf lahayn
- Fireesh
- La qalajiyay
- Koob
- Jack Mackerel
- Dabiici u baxa
- Saalmoon cas
- La uumiyay
- Xidhmada cuntadda fudud
- Tuunada Tongol

TILMAAMAHA DUKAAMEYSIGA

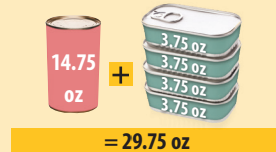
Booqo *Tusmada Kalluunka Caafimaad leh ee Department of Health (DOH, Waaxda Caafimaadka)* oo aad ka helayso doh.wa.gov/community-and-environment/food/fish/healthy-fish-guide si ay kaaga caawiso inaad samayso xulashooyin caafimaadka leh marka aad iibsaneyso kalluunka.

Waxaad dooran kartaa isku darka waslad tuuna khafiif ah, salmoonka basaliga ah, ama sardiinka illaa qadarka ounces (oz) ee ku qoran gunnooyinkaaga WIC.

Tusaalooyinka:



..... AMA



MIRAHA, KHUDDAARTA, IYO DAAWO DHAQAMEEDKA - CUSUB

IIBSO

Waxaad dooran Kartaa

- Summad kasta ama nooc kasta
- La jaray ama isku dhan
- Khudrad daray ah iyo khuddaarta ku jirta kiishashka, noolaha qolofa leh ee laga helo badda, koobabka, madiibadaha caaga ah, ama weel.
- Khudrada darayga ah iyo khuddaarta ku jirta weelka la tuuro oo ku duuban caag
- Saladaha miraha iyo khudaarta iyo isku dhafka aan lahayn suugada
- Daawo dhaqameedka cusub ee la jarjaray ee laga jaray xididka ama wata xididka
- Toon iyo sanjabiil cusub
- Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsana kartaa isku darka miraha iyo khudaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasuuusnoow, haddii aad doorato cuntooyiin ka badan kuwa ku jira liiska WIC Benefits, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.

HA IIBSAN

- Waxa lagu daray:
- Waa lagu dhuuqo, lagu suugeeyo, duxda, saliida, ama sooska
- Maceeyaasha, cuntada, lawska, ama xawaashka
- Miro ama khudaar qalalan
- Ubaxa la cuni karo
- Saladaha khudrada
- Saladaha waawayn ama isku dhafyo wata suugo
- Walxaha saladhka
- Qasabka
- Daawo dhaqameedka la qalajiyay ama xawaashyo sida digirta fanilla, qorfe, anise, ama thyme qalalan
- Daawo dhaqameedka dhoob ku jira, sida basil dhoob, rosmeeriga dhoobka, ama minti dhoob ku jira
- Qurxin ah ama walxaha qurxinta, sida: Basbaaska la qalajiyay, toonta isku xidhan, ubooyinka, aaraa dubbaha la xoday ama midab la mariyay



KHUDDRAD/KHUDDAAR -- DARAY

KALLUUN - QASACADAYSAN IYO MIDKA KIISHADAHA KU JIRA

IIBSO

Waxaad dooran Kartaa

Kiish cabbir kasta ah

Summad kasta

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Digirta la qaboojiyay waa CAADI (sida: shumburada bogga madoow, sooyaha jabaan, misirta waa wayn, iyo faasuuliyaha lima)

HA IIBSAN

Waxa lagu daray:

Duxda, saliida, cusbada, dacmada lagu daro, xawaashka, sonkorta iyo sooska.

Hilibka, baastada, midhaha qolofa leh, bariiska, ama midhaha

La burburiyay ama la shaaxidiyay

Kiriim la mariyay

Walxaha Deli

Khudrada la qalajiyay, khudaarta, ama diirka khudrada

Jibista la shiilay

Baradho shaaxid ah

Baradho la cajiimay, Yaanyada O'Brien, Tater Tots®

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsan kartaa isku darka miraha iyo khudaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasuusnoow, haddii aad doorato cuntooyiin ka badan kuwa ku jira liiska WIC Benefits, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.

IIBSO

Waxaad dooran Kartaa

Summad kasta ama nooc kasta

Qasaca xajmi kasta, koob ama weel caaga ah

Cabitaanka tufaaxda: waxaa ku jiri kara qorfe

Maadada koowaad ee lagu daray waa miro

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

HA IIBSAN

Waxa lagu daray:

Sonkorta, duxda, saliida, ama cusbada

Miraha qasacadeysan ee ku jira sharoobada "light (fudud)"/"lite (yar)", casiiir macaan yar leh ama malab macaan

Duubabka miraha

Iskudarka miraha iyo lawska

Jaamka la qasacadeeyay iyo kan guriga lagu haysto, malmalaado, sharoobada miraha ama sharoobada miraha

Roodhi buuxis

Kiishashka

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsan kartaa isku darka miraha iyo khudaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasuusnoow, haddii aad doorato cuntooyiin ka badan kuwa ku jira liiska WIC Benefits, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.



IIBSO

Waxaad dooran Kartaa

Summad kasta ama nooc kasta
Qasaca xajmi kasta, koob ama weel caaga ah
Yaanyo qasac ah: la burburshay, jeex-jeex ah, falfaliir, dheecaan, soos, la ridqay, ama fadhaag ah
Miraha qasacadeysan ee la isku daray oo ay ku jirto digir
Maadooyinka koobaad ee ku qoran wax khudaar
Baradho Macaan
Waxaa ku jiri kara dhirta
Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

HA IIBSAN

Waxa lagu daray:
Sonkorta, duxda, saliida, ama cusbada
Kiriim la mariyay ama soos lagu daray
Jaamka la qasacadeeyay iyo kan guriga lagu haysto, malmalaado
Kajab
Saliid Saytuun
Khudaarta la Jarjaray
Khuddaarta wax lagu daray:
hilib, nuudal, bariis, laws, baasta, ama haruur

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsan kartaa isku darka miraha iyo khudaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasuusnoow, haddii aad doorato cuntooyiin ka badan kuwa ku jira liiska WIC Benefits, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.



IIBSO

Waa inay noqotaa

Daasad 46 oz ama dhallooyin caaga ah
Keliya kuwa aanan la talaagadaynin
Keliya summadahan ama noocyadan

Yaanyo

Campbell's
Food Club
Haggen
Kroger
That's Smart!

Khuddaarta

Campbell's V8 Essential Antioxidants
Campbell's V8 Hint of Black Pepper
Campbell's V8 Hint of Lime
Campbell's V8 Low Sodium
Campbell's V8 Original
Campbell's V8 Spicy Hot
Campbell's V8 Spicy Hot Low Sodium
Food Club
Haggen
Kroger

HA IIBSAN

Kartoono ama dhallooyin quraarad ah
Khamri laga sameeyay tufaax
Mushakal
Cabbitaanka la miiray
Dabiici u baxa
Sharaab kala duwan
La talaagadeeyay
Aan la shaandhayn





IIBSO

Waa inay noqotaa

11.5 ama 12 oz la qalajiyey
Keliya summadahan ama noocyadan

Tufaax

Essential Everyday
Food Club
Freedom's Choice
Great Value
IGA
Kroger
Langers
Old Orchard
Signature Select
Tree Top
WinCo

Cinab ama Cinabka Cad

Essential Everyday
Food Club
Great Value
Old Orchard
Welch's

Liin qarboosha

Summad kasta oo 100% liin qarboosh ah

Liin

Summad kasta oo 100% liin ah

Khudrad Isku jir ah

Dole

Orange Peach Mango
Pineapple Orange
Pineapple Orange Banana

Old Orchard

Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry Banana

IIBSO

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

Caana-naas

Dole
Old Orchard



HA IIBSAN

Khamri laga sameeyay tufaax
Mushakal
Cabbitaanka la miiray
Liin dhanaan
Sharaabka liinta
Liin bortuqaal
Cabbitaanka liin bortuqaasha
Dabiici u baxa
Cabbitaanada maaha 100% khudrad la miiray
La talaagadeeyay
Aan la shaandhayn

IIBSO

Waa inay noqotaa

64 oz dhallooyinka caaga ah
Keliya kuwa aanan la talaagadaynin
Keliya summadahan ama noocyadan

Essential Everyday

Berry
Cherry
Cranberry
Cranberry Raspberry
Grape Blend
100% Juice Punch

Food Club

Cranberry Raspberry

Great Value

Cranberry Blend
Cranberry Grape
Cranberry Pomegranate
White Grape iyo 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
White Grape Peach

IIBSO

Langers

Apple Berry Cherry
Apple Cranberry
Apple Grape
Apple Kiwi Strawberry
Apple Orange Pineapple
Apple Peach Mango
Cranberry Grape Plus
Cranberry Plus
Cranberry Raspberry Plus

Ocean Spray

Cranberry Blackberry
Cranberry Cherry
Cranberry Concord Grape
Cranberry Mango
Cranberry Pineapple
Cranberry Pomegranate
Cranberry Raspberry
Cranberry Watermelon
Cranberry Elderberry

Old Orchard

Acai Pomegranate
Apple Cranberry
Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Pomegranate
Immune Health Citrus
Immune Health Superfruit
Immune Health Tropical Fruit
Kiwi Strawberry
Mango Tangerine
Orange Tangerine
Peach Mango
Red Raspberry
Strawberry Watermelon
Wild Cherry

IIBSO

Signature Select

- Cranberry
- Cranberry Grape
- Cranberry Raspberry

Tree Top

- Apple Berry
- Apple Cranberry
- Apple Grape
- Orange Passionfruit
- Pineapple Orange Buy

Welch's (Bold)

- White Grape Cherry
- White Grape Peach
- Orange Pineapple Apple

HA IIBSAN

- Kartoono ama dhallooyin quraarad ah
- Khamri laga sameeyay tufaax
- Mushakal
- La qalajiyay
- Cabbitaanka la miiray
- Liin dhanaan
- Sharaabka liinta
- Liin bortuqaal
- Cabbitaanka liin bortuqaasha
- Dabiici u baxa
- Cabbitaanada maaha 100% khudrad la miiray
- La talaagadeeyay
- Aan la shaandhayn

IIBSO

Waa inay noqotaa

- 64 oz dhallooyinka caaga ah
- Keliya kuwa aanan la talaagadaynin
- Keliya summadahan ama noocyadan

Tufaax

- Best Yet
- Essential Everyday
- Food Club
- Freedom's Choice
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Market Pantry
- Mott's
- Ocean Spray
- Old Orchard
- Signature Select
- Tree Top
- WinCo

Cinab, Cinab Cas, ama Cinabka Cad

- Essential Everyday
- Food Club
- Freedom's Choice
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Market Pantry
- Ocean Spray
- Old Orchard
- Signature Select
- That's Smart!
- Welch's
- Winco

IIBSO

Caana-naas

- Essential Everyday
- Food Club
- Great Value
- Kroger
- Langers
- Libby's
- Old Orchard
- Signature Select

Casiirka Liinta

Waa inay noqotaa

- 100% cabbitaan liin ah
- Qaanada deggan/ Aan talaagad la gelin
- Summad kasta

Tusaalooyinka qaarkood:

- Essential Everyday
- Food Club
- Golden Crown
- Juicy Juice
- Langers
- Old Orchard
- Signature Select
- Tropicana



HA IIBSAN

Eeg bogga 22.

IIBSO

Waa inay noqotaa

64 oz dhallooyinka caaga ah
Keliya kuwa aanan la talaagadaynin
Keliya summadahan ama noocyadan

Campbell's

Tomato Juice
Low Sodium Tomato Juice

Campbell's V8

Original 100% Vegetable Juice Low Sodium
100% Vegetable Juice Spicy Hot
100% Vegetable Juice

Food Club

Tomato Juice
Vegetable Juice
Spicy Vegetable Juice

Signature Select

Low Sodium 100% Vegetable Juice
Vegetable Juice
Tomato Juice

WinCo

Low Sodium 100% Vegetable Juice
100% Vegetable Juice



DHEECAAN

IIBSO

Waa inay noqotaa

Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay: 1%, duxda la yareeyay: 2%, caanaha guud) ku qoran gunnooyinkaaga WIC
Gallon, 96 oz, half-gallon, ama quart xajmiga nus qasac.
Weelka warqadda ama weelka
Caanaha lo'da
La kariyay
La talaagadeeyay
Aan damcad lahayn

Caanaha lo'da ee ay WIC ogoshahay ayaa buuxinaaya shuruudaha gaarka ah ee nafaqada.

Waxaan xaqiijinaa in caanaheena lo'da ay ku jiraan:

- ugu yaraan 150 mg oo feetamiin A ah koobkiiba
- ugu yaraan 2.5 mg oo feetamiin D ah koobkiiba



IIBSO

Waxaad dooran Kartaa

Iskudarka qalaanada, galoon barkiis, iyo rubucyada oo dhan illaa wadarta guud ee caanaha ku qoran Gunnooyinkaaga WIC
Bakteeriyada yoogarka
Summad kasta
Subaga caanaha
Kalshiyaam-Ku xoogantahay
Cabbitaanka macmacaanka kefir
Cusbada Kosher
Bakteeriyada nooc ka mid ah
Laktoos aan lahayn
Cuntadda aan dheefshiidmin
Dabiici u baxa
Caanaha duxda leh ee lagu daray adkeyayaasha (Kiriimka Ay ka maqan tahay Kiriimka, Caanaha Aadka loo sifeeyay)

TILMAAMAHA DUKAAMAYSIGA

Caanaha qaarkood lama ogola maadaama ay ku yimaadaan nooca ama xajmiga qasaca oo qaldan. Tusaale ahaan, qaar kamid ah noocyada fairlife® and a2 Milk® kuma yimaadaan xajmiga saxda ah. Sidoo kale, caanaha ku jira qasacyada dhalada ah lama ogola.

Halkii gallon, waxaad isku dari kartaa laba half-gallons ama afar quarts.



1.0 GAL = 1 gallon
ama 128 oz



0.5 GAL = 1 half gallon
ama 64 oz



0.25 GAL = 1 quart ama
32 oz

CASIIR - CARRUURTA OO KALIYA - CASIIRKA KHUDAARTA (64OZ)

CAANO - CAANAHA LO'DA

UUMI BAXAY

IIBSO
Waa inay noqotaa
Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay: 1%, duxda la yareeyay: 2%, caanaha guud) ku qoran gunnooyinkaaga WIC
Qasacad 12 oz
Caanaha lo'da
La kariyay
Aan damcad lahayn
<i>*Ogsoonoow: Ka eeg bogga 25 shuruudaha nafaqada ee caanaha lo'da.</i>

IIBSO
Waxaad dooran Kartaa
Summad kasta
Kalshiyaam-Ku xoogantahay
Cusbada Kosher

TILMAAMAHA DUKAAMEYSIGA

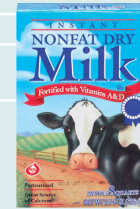
Inta badan baakadaha caanaha kuma qorna "Whole Milk (Caanaha Guud)" marka ay yihiin caanaha guud. libso 5 qasac oo galaan kasta oo caano ah si aad u hesho gunnooyinkaaga WIC oo buuxa.



5 qasacado caanaha karkarsan ah = 1 gallon

QALALAN

IIBSO
Waa inay noqotaa
Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay: 1%, duxda la yareeyay: 2%, caanaha guud) ku qoran gunnooyinkaaga WIC
Lagu laaqa ilaa 1 quart oo caano ah ama wax badan
Caanaha lo'da
Marka labeenta caanaha lagu dhex walaalo
La kariyay
Aan damcad lahayn
Waxaad dooran Kartaa
Bogoyada, dhululubooyin, bacaha, ama kiishashka
Summad kasta
Kalshiyaam-Ku xoogantahay
Cusbada Kosher
<i>*Ogsoonoow: Ka eeg bogga 25 shuruudaha nafaqada ee caanaha lo'da.</i>



TILMAAMAHA DUKAAMAYSIGA		
Qadarka lagu ku qoran gunnooyinkaaga WIC waxay la mid tahay qadarka caano booraha ka dib marka biyo lagu qaso. Ka fiiri shaxda hoose wixii caawimaad ah oo ku aadan u badelida caano booraha rubucyo.		
Caanaha Lo'da la qalajiyay Laaqida		
Caanaha Duxda	Cabbirka ku Daabacan Weelka	Samaynta Lagu daray Biyaha
Aan dux lahayn	9.6 oz	3 Quarts
Aan dux lahayn	9.64 oz	3 Quarts
Aan dux lahayn	25.6 oz	8 Quarts
Aan dux lahayn	32 oz	10 Quarts
Aan dux lahayn	64 oz	20 Quarts
Isku dhan	12.6 oz	3 Quarts
Isku dhan	28.1 oz	7 Quarts
Isku dhan	56.3 oz	13 Quarts

HA IIBSAN DHAMMAAN NOOCYADA CAANAHA LO'DA AH	
Ku dar damcad, cuntooyinka, ama xawaashka	Baydh, nus baydh, ama cabbir ka yar Caano qaydhin
Yicibta, qumbaha, geedka hemb, bariiska, ama midho kale ama cabbitaanka midhaha qolofa leh	Adeega keliya ama baakadaha kaliga ah Caanaha la macaaneeyay ee la adkeeyay Weelka UHT
Caano boodhe badan	Caano aan karsanayn
Jookalaatada caanaha	Kriimka adag ee la is mariyo
Caano la buuxiyay	
Caanaha dhalooyinka	
Nus iyo nus	
Cabbitaanka caanaha ee kaarboon haydarayt ku yartahay	
Marka labeenta caanaha aan lagu dhex laaqin	
Omeega 3	
Caanaha kale ee xawayaana, sida rida ama laxda	

TILMAAMAHA DUKAAMAYSIGA

Arag bogga 28 aad si aad u hesho macluumaadka caanaha riyaha iyo 31 wixii ah macluumaadka cabbitaanka sooyaha.

CAANO - CAANAHA LO'DA

CAANO - CAANAHA LO'DA



IIBSO

Waa inay noqdaan Summadaahan iyo Noocyadaan:

Caanaha Meyenberg

- 12 oz Evaporated Milk, Whole (3.5% Milk Fat)
- 12 oz Powdered Milk, Whole (3.5% Milk Fat)
- 32 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)
- 32 oz (1 quart) Liquid Milk, Low Fat (1% Milk Fat)
- 64 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)



Grace Harbor Farms

- 32 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)
- 32 oz (1 quart) Kefir, Whole (3.5% Milk Fat)
- 64 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)



Caanaha riyaha ee ay WIC oggoshahay buuxinaaya shuruudaha gaarka ee nafaqada.

Waxaan xaqiijinaa in caanaheena riyuhu ay ku jiraan:

- ugu yaraan 150 mg oo feetamiin A ah koobkiiba
- ugu yaraan 2.5 mg oo feetamiin D ah koobkiiba

Caanaha Qalalan la qalajiyay Laaqida

Cabbirka weelka	Samaynta Lagu daray Biyaha
1 qasac	3 quarts caano ah
2 Qasac	6 quarts caano ah
3 Qasac	9 quarts caano ah
4 Qasac	12 quarts caano ah
jeex 12 oz ah	3 quarts caano ah
Bokis ay ku jiraan 12 jeex oo min 4 oz ah	4 quarts caano ah

HA IIBSAN

Noocyada kale ee caanaha riyaha

IIBSO

Waa inay noqotaa

Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay: 1%, caanaha guud) ku qoran gunnooyinkaaga WIC

1 quart (32 ounces)

Weel caaga ah

Caanaha lo'da

Marka labeenta caanaha lagu dhex walaaqo

La kariyay

Wax ka yar 40 grams oo sonkor ah 8 oz ba

Kaliya noocyadan

- Activia
- Best Yet
- Brown Cow
- Chobani
- Dannon
- Darigold
- Essential Everyday
- Food Club
- Fred Meyer
- Great Value
- Goobta sameyska Green Valley
- Kroger
- LaLa
- Lucerne
- Market Pantry
- Mountain High
- Nancy's
- Oikos
- Open Nature
- Tillamook
- WinCo
- Yami
- Yoplait
- Zoi

IIBSO

Waxaad dooran Kartaa

Khali ah ama miro lagu macaaneeyay (kaliya haddii lagu daro 40 grams oo sonkor ah 8 oz ba aanana lagu darin maceeyaasha aan dabiiciga ahayn) (ka fiiri qaybta Ha libsan.)

Stevia waa la qaadan karaa

Giriig (aan ahayn mida asalka ah)



HA IIBSAN

Macaaneeyayasha macmalka: aspartame, saccharin, ama sucralose (Splenda™)

2% caano fadhiga lo'da

Waxa lagu daray:

Dacmada, xubuubka, ama midhaha Nacnac, malab, xawaash, ama barootiin lagu daray

Labaniyada ama waxa la mariyo

La cabbi karo ama la miiri karo

Caano fadhi la qaaboojiyay

Fudud

Dabiici u baxa

Caano qaydhin


Keli loo bixiyo ama xidhmooyin badan

Weelka caana fadhiga

IIBSO

Waa inay noqotaa
15-18 oz qaraafe

Waxaad dooran Kartaa
Summad kasta
Labeen ama jilicsan
Adag ama aad u adag
Burburaya ama aad u burburaya
Soodhiyamku ku yartahay
Subaga Lowska dabiiciga ah
Aan la walaaqin ama la walaaqo
Mid caadi ah ama asal ah
La milxiyo ama aan la mxin



HA IIBSAN

Wax badan (lagu iibiyo miisaanka)
Ridiq daray ah ama adiga laftaadu ridiq
Subaga lowska la mariyo ee kaarboon haydaraytku ku yartahay
Ku yartahay sonkorta jirka
Lowska kale ama subagga iniinta (sida almond, kaashuuga, sisinta)
Omeega 3
La ridqay
Qolofa malab ee la dubbay
Keli lagu bixiyo
Kuwa wax la mariyo
"Maroooji iyada" tuumbada
Valencia
Waxa lagu daray:
Damcad, cuntooyinka, ama xawaashka
Geedka kataanta saliida saflaawar
Shokolaato
Malab
Jeeliga
Maalashaanka

DUKAAMAYSIGA DIGIRTA IYO AMA BURCADKA LAWSKA

Waxaad dooran Kartaa digir qasacadaysan, digir la qalajiyay, ama subaga lawska oo aad ku helayso gunnooyinkaaga WIC.

Dooro xajmiga saxda ah! 1 CTR oo burcadka lawska ah/digir qalalan ama qasacadaysan =



AMA

15-18 oz



AMA

16 oz



15-16 oz oo qasacado ah

libsiga Subaga Lowska Haddii aad doorato inaad iibsato subaga lawska, 1 qasac oo ku qoran gunnooyinka WIC = 15-18 oz garaafe oo subaga lawska ah. libshada garaafe 18 o ah ayaa kuu sahlaysa inaad heerka ugu sareeya ku adeegsato dheefahaaga.

IIBSO

Waa inay noqdaan Summadahaan iyo Noocyadaan:

Nooca	Xajmiyada	Noocyada	Kuwa La qaboojiyay ama Aan la qaboojin
8th Continent	half gallon	Original	La talaagadeeyay 
Pacific Ultra	32 oz (quart)	Original	Aanan la talaagadaynin oo kaliya 
Silk	32 oz (quart), half gallon, ama laba baakad (2 half-gallon)	Original	La talaagadeeyay AMA Aanan la talaagadaneynin 
Bettergoods	half gallon	Original	La talaagadeeyay 

HA IIBSAN

Cabitaanada kale ee aan caanaha ahayn sida yicib, qumbe, hemb, ama caanaha bariiska
Sharaabka la ridyo ama kiriim looga dhigo
8th Continent Complete
8th Continent Light
Pacific organic Unsweetened
Pacific Select
Silk Vanilla/Very Vanilla/Chocolate
Silk DHA Omega-3

Silk Light Original/Vanilla/Chocolate
Silk Organic Original/Vanilla
WestSoy, West life

TILMAAMAHA DUKAAMAYSIGA

2 qts = 1 half gallon
4 qts = 1 gallon
2 half gallons = 1 gallon

IIBSO

Waa inay noqotaa

Qasacyada 8 oz ama 16 oz ah oo keliya

Waxaad dooran Kartaa

Dhamaystiran, laqurbay, ama jeexjeex laga dhigey

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Aad/si wayn u adag

Adag

Dhexdhexaad adag

Jilicsan

Silken

Toofuuga ay WIC ogoshahay ayaa buuxinaaya shuruudaha gaarka ah ee nafaqada. Waxaan xaqiijinaa in tofuugeena ay ku jiraan 100 mg oo kaalshiyaam ah calaa 100 grams oo toofuu ah.



HA IIBSAN

Marka lagu daro damcada, cuntadda, ama xawaashka

La dubay

Macmacaanka toofu

La shiilay

Aan la talaagadeeyaynin

Waxaad dooran Kartaa

- Bariis Bunni ah
- Boorash
- Tortiilo jilicsan
- Baasto laga sameeyay Qamandi Baalkiisa leh
- Rooti laga sameeyay Qamandi Baalkiisa leh
- Haambeergar Qamandi Baalkii leh laga sameeyay iyo Rootiga Hot Dog

CUSUB! Laga bilaabo Janaayo 2025, Washington WIC ayaa balaarisay dookhyada xajmiga ee tiro badan oo raashinka baalka leh ah. Inaad isticmaasho dheeftaada raashinka baalka leh waxay qaadan kartaa qorshayn dheeraad ah.

Si aad uxaqiiiso in aad u adeegsato dhammaan gunnada cuntadada baalka leh, fiiri buug tusmeedka, "Tilmaamaha Istimaalka Dheefahaaga Raashinka Baalka leh."

GUNNADA BISHII AH EE 16 OZ

KALIYA DOORO HAL

12 oz

Roodhi laga sameeyay Qamandi Baalkiisa leh

14 oz

Bariis Bunni ah, isla markiiba

Roodhi laga sameeyay Qamandi Baalkiisa leh

16 oz

Bariis Bunni ah

Boorash

Tortiilo jilicsan

Baasto laga sameeyay Qamandi Baalkiisa leh

Rooti laga sameeyay Qamandi Baalkiisa leh

Roodhi laga sameeyay Qamandi Baalkiisa leh

Rootiga Hot Dog laga sameeyay Qamandi Baalkiisa leh

TILMAAMAHA DUKAAMAYSIGA

Ayadoo ku xiran cadadka dheefta lagu siiyo bishii, iibsashada xajmiyada baakadaha qaar ayaa kuu soo reebaysa dheefo aadan isticmaalin.

Tusaale, haddii aad haysato dheefta 16 oz bishii, aadna iibsato baakad 14 oz ah waxaa kuu soo haraysa 2 oz oo dheefta raashinka baalka leh oo aadan isticmaalin. Haddii aad haysato dheefta 32 oz bishii, aadna iibsato baakad 26 oz ah waxaa kuu soo haraysa 6 oz oo dheefta raashinka baalka leh oo aadan isticmaalin.

GUNNADA BISHII AH OO DHAN 32 OZ AMA KA BADAN

DOORO ISKUDARKA

12 oz

Roodhi laga sameeyay Qamandi Baalkiisa leh

14 oz

Bariis Bunni ah, isla markiiba

Roodhi laga sameeyay Qamandi Baalkiisa leh

16 oz

Bariis Bunni ah

Boorash

Tortiilo jilicsan

Baasto laga sameeyay Qamandi Baalkiisa leh

Rooti laga sameeyay Qamandi Baalkiisa leh

Roodhi laga sameeyay Qamandi Baalkiisa leh

Rootiga Hot Dog laga sameeyay Qamandi Baalkiisa leh

18 oz

Boorashka

24 oz

Boorashka

Rooti laga sameeyay Qamandi Baalkiisa leh

32 oz

Bariis Casaan ah

Boorashka

Ogoow: Liisaska kore ee xajmiyada baakadaha raashinka guud kuma jiraan dhammaan dookhyada xajmiyada ay WIC ogoshahay.





BARIIS BUNNI AH

IIBSO

Waxaad dooran Kartaa

- Summad kasta
- Kiishashka iyo bogosyada
- Ay ka maqan tahay Gulutoontu
- Degdeg ah ama caadi ah
- Kuwa dabiici ahaan u baxay ama kuwa dabiici ahaan aan u bixin
- Noocyada: Aad dheer, dheer, dhexdhexaad ah, ama xubuub gaaban
- Baakad kasta ilaa 48 oz



HA IIBSAN

- Marka lagu daro damcada, cuntadda, ama xawaashka
- Basmaatiga
- Madaw
- Wax badan (lagu iibiyo miisaanka)
- Lagu bayliyo oo kiishka ku jira
- Siidh cabbitaanalaga sameeyo
- Farro (noocyo dhirta qamandiga ah)
- Boorashka Grits
- Baakadaha qaada cuntada halka mar
- Bariiska Jasmine
- Geedka Mahogany
- Bariis la isku laaqay
- Miraha geedka Quinoa
- Casaan
- Soo baxa ama soo fuura
- Caddaan
- Aan la garanayn

TILMAAMAHA DUKAAMAYSIGA

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad uxaqijiso in aad u adeegsato dhammaan gunnada cuntadada baalka leh, fadlan fiiri bogga 33 ee tusmadaan iyo buug tusmeedka, "Tilmaamaha Isticmaalka Dheefahaaga Raashinka Baalka leh."

Ogsoonoow: Haddii aad haysato 16 oz oo gunnadaada bilkasta ah oo aadna doorato 14 oz oo Bariis Bunni isla markii ah, waxaad haysan doontaa 2 oz oo gunnadaada ah oo aadan awoodi doonin in aad adeegsato.

BOORASH

IIBSO

Waxaad dooran Kartaa

- Summad kasta
- Kiishash, bogosyo, or kartoon dhululubo ah
- Ay ka maqan tahay Gulutoontu
- Degdeg ah ama degdega ah
- Kuwa dabiici ahaan u baxay ama kuwa dabiici ahaan aan u bixin
- Jarida birta, qaabki hore, ama joogto ah
- Baakad kasta ilaa 48 oz



HA IIBSAN

- Marka lagu daro damcada, cuntadda, ama xawaashka
- Bogosyada leh xidhmooyinka gaarka ah
- Wax badan (lagu iibiyo miisaanka)
- Badarka quraacda
- Boorashka Grits
- Baakadaha qaada cuntada halka mar
- Dhululubooyin
- Miraha geedka Quinoa

TORTIILLO JILICSAN

IIBSO

Waa inay noqotaa

- Tortilla Qamadida baalka leh Ka samaysan AMA
- Toortada khaliga ah, cad ee jilicsan, ama jaalaha ah ee sabuulka

Waxaad dooran Kartaa

- Baakad kasta ilaa 48 oz
- Galley ama galleyda masa tortiila jilicsan
- Qamandi baalkii leh tortiila jilicsan
- Soodhiyanku ku yartahay
- Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Toortada ay WIC ogoshahay ayaa buuxinaaya shuruudaha gaarka ah ee nafaqada.

Waxaan xaqiijinaa in toortadeena ay ku jiraan:

- Toortada Qamadida baalka leh Ka samaysan waxaa laga sameeyay burka 100% khamadiga baalka leh ah. ("Whole wheat flour (Burka khamadiga baalka leh)" waa keliya burka ku qoran liiska maadooyinka.)
- Toortadeena sabuulka ayaa ka samaysan burka masa-da baalka leh (burka sabuulka)



HA IIBSAN

- Marka lagu daro damcada, cuntadda, ama xawaashka
- 96% Rooti laga sameeyay Qamandi Baalkii leh
- Jibis, saladhka taako, qolofa taako, tostaada, ama tortiila kale oo adag
- Ay ku yar tahay kaarboon haydaraytku ama dheelitirka kaarboon haydaraytku
- Tortiila midhaha isku jira, sida galley iyo qamandi wada jir
- Galleyda cas
- Duxda la yareeyay, ama tortilada duxda aan lahayn
- Soo baxa ama soo fuura
- Dukaanka lagu sameeyo
- Tortiilada leh "light (Kalastarool yar)" ama "lite (aan dufanku ku badnayn)" guudka summada
- Duubka

TILMAAMAHA DUKAAMAYSIGA

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad uxaqijiso in aad u adeegsato dhammaan gunnada cuntadada baalka leh, fadlan fiiri bogga 33 ee tusmadaan iyo buug tusmeedka, "Tilmaamaha Isticmaalka Dheefahaaga Raashinka Baalka leh."



BAASTO LAGA SAMEEYAY QAMANDI BAALKIISA LEH

IIBSO

Waa inay noqotaa

Mid laga sameeyay Qamandi baalkii leh ama qamadiga durum oo baalkii leh

Waxaad dooran Kartaa

- Baakad kasta ilaa 48 oz
- Kiishashka iyo bogosyada
- Nooc kasta
- Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Baastada ay WIC ogoshahay ayaa buuxinaaya shuruudaha gaarka ah ee nafaqada.

Waxaan xaqiijinaa in baastadeenu tahay:

- Mid laga sameeyay burka khamadiga baalka leh iyo/ama burka baalka leh ee durum. ("Whole wheat flour (Burka khamadiga baalka leh)" iyo/ama "whole durum wheat flour (burka khamadiga durum ee baalka leh)" waa keliya noocyada burka ee ku qoran liiska maadooyinka.)
- Aan lagu darin sonkor, dufan, saliid, cuntuoyin, maceeyaal, ama cusbo



IIBSO

Halkan waxaa ah dhowr tusaalooyin ah ama noocyo:

Baastada Angel hair	Makarooniga waawayn
Saxan baasto ah	Baasto Rigate
Nuudhuliska ukunta leh	Makarooniga yaryar
Makarooni	Baasto Qalfoof
Baastada Fettuccine	Baasto dhaadheer
Fusuul	Duduuban
Baasto Lasagna	Baasto
Baasto Linguine	dhaadheerta yaryar ka ah
Makarooni	Ziti

HA IIBSAN

- Leh cunto lagu daray damcada, cuntadda, ama xawaashka
- 51% midhaha baalkii leh ama qamandiga baalkii leh
- Qamandi ka baxda aasiga
- Wax badan (lagu iibiyo miisaanka)
- Fireesh
- Ay ka maqan tahay Gulutoontu
- Midho isku jir ah
- Midabo badan
- Lama bayliyo, lagama saaro biyaha
- La talaagadeeyay
- Bariis baasto
- Semolina
- Soo baxa ama soo fuura
- Khuddaarta

TILMAAMAHA DUKAAMAYSIGA

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad uxaqiijsi in aad u adeegsato dhammaan gunnada cuntadada baalka leh, fadlan fiiri bogga 33 ee tasmadaan iyo buug tusmeedka, "Tilmaamaha Isticmaalka Dheefahaaga Raashinka Baalka leh."

ROOTI LAGA SAMEEYAY QAMANDI BAALKIISA LEH

IIBSO

Waa inay noqotaa

Khamadiga baalka leh ama raashinka baalka leh

Waxaad dooran Kartaa

- Summad kasta
- Baakad kasta ilaa 48 oz
- Saanjad rooti ah oo la jarjaray
- Soodhiyamku ku yartahay
- Kuwa dabiiciga u baxay ama aan dabiiciga u bixin
- Aan sonkor lahayn

Roodhiga ay WIC ogoshahay ayaa buuxinaaya shuruudaha gaarka ah ee nafaqada.

Waxaan xaqiijinaa in rootiyadeena:

- Lagu asteeyo "100% whole wheat (100% Rooti laga sameeyay Qamandi)" iyo/ama
- Waxaa ku jira ugu yaraan 50% raashinka guud miisaan ahaan



Tusaalooyinka raashinka baalka leh waxaa kamid ah: burka khamadiga guud, burka boorashka baalka leh, sabuulka baalka leh, galay baal leh.

TILMAAMAHA DUKAAMAYSIGA

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad uxaqiijsi in aad u adeegsato dhammaan gunnada cuntadada baalka leh, fadlan fiiri bogga 33 ee tasmadaan iyo buug tusmeedka, "Tilmaamaha Isticmaalka Dheefahaaga Raashinka Baalka leh."

HA IIBSAN

- Marka lagu daro damcada, cuntadda, ama xawaashka
- Cuntada dhaqan ama caaddo ahaan loo diyaariyay (furinka loo dubbay qaybo yaryar)
- Rooti aan bac lagu duubin
- Rootida ku leh "light (Kalastarool yar)" ama "lite (aan dufanku ku badnayn)" guudka summada
- Rooti wareegsan
- Qamandi la ridqay
- Rootiga duban a nooc rooti ah
- Faybar dheeraad ah
- Faransa
- Cajinkii la qaboojiyay ama tallaagada lagu riday
- Ay ka maqan tahay Gulutoontu
- Rooti yiis looga dhigay tu ka hadhay rooti hore
- Soo baxa ama soo fuura
- Dukaanka lagu sameeyo
- Isku darka rootiga aan la karin
- Aan la jarjarin

TILMAAMAHA DUKAAMAYSIGA

Halkaan waxaad ka helayaa tusaalaha liiska maadooyinka u qornaan karaan markaad iibsanayso roodhiga raashinka baalka leh. Maadada koobaad ee raashinku waa raashinka "whole" grain (baalka leh)".

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ENZYMES, ASCORBIC ACID), SOYBEAN OIL, VINEGAR, CULTURED WHEAT FLOUR, MONOCALCIUM PHOSPHATE, CITRIC ACID, SODIUM CITRATE, SOY LECITHIN, NATAMYCIN (TO RETARD SPOILAGE). CONTAINS WHEAT AND SOY.



HAAMBEERGAR QAMANDI BAALKII LEH LAGA SAMEEYAY IYO ROOTIGA HOT DOG

IIBSO

Waa inay noqotaa

Khamadiga baalka leh ama raashinka baalka leh

Waxaad dooran Kartaa

Summad kasta

Baakad kasta ilaa 48 oz

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Siidh dusha loo saaray

Rootiga wareegsan ee ay WIC ogoshahay ayaa buuxinaaya shuruudaha gaarka ah ee nafaqada.

Waxaan xaqiijinaa in haan-beegarkeena iyo roodhigeena hot dog:

- Lagu asteeyo "100% whole wheat (100% Rooti laga sameeyay Qamandi)"

iyo/ama

- Waxaa ku jira ugu yaraan 50% raashinka guud miisaan ahaan

Tusaalooyinka raashinka baalka leh waxaa kamid ah: burka khamadiga guud, burka boorashka baalka leh, sabuulka baalka leh, galay baal leh.



HA IIBSAN

Marka lagu daro damcada ama xawaashka

Cuntada dhaqan ama caaddoo ahaan loo diyaariyay keega yar (loo dubbay qaybo yaryar)

Keega yar aan bac lagu duubin

Keega yar ku leh "light (Kalastarool yar)" ama "lite (aan dufanku ku badnayn)" guudka summada

Rooti wareegsan

English muffins a nooc rooti ah

Faybar dheeraad ah

Qaddo, Grench ama rootiga hoagie ama rootiga wareegsan

Cajiinkii la qaboojiyay ama tallaagada lagu riday

Ay ka maqan tahay Gulutoontu

Rooti yiis looga dhigay tu ka hadhay rooti hore

Soo baxa ama soo fuura

Dukaanka lagu sameeyo

TILMAAMAHA DUKAAMEYSIGA

Ka fiiri bogga 37 aad sanbalka qaabka liiska maadooyinku u qornaan doono roodhiga burka guud.

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad uxaqiijsi in aad u adeegsato dhammaan gunnada cuntadada baalka leh, fadlan fiiri bogga 33 ee tasmadaan iyo buug tusmeedka, "Tilmaamaha Isticmaalka Dheefahaaga Raashinka Baalka leh."



WASHINGTON STATE DEPARTMENT OF HEALTH
WIC PROGRAM

1-800-841-1410

www.doh.wa.gov/WICfoods

Hay'addaan waa adeeg bixiye ku shaqeeya fursadaha loo simanyahay. Washington WIC cidna ma takoorto.



DOH 960-278 December 2024 Somali

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir WIC@doh.wa.gov.