



# TILMAAMAHA LOOGU TALAGALAY IIBSIGA SEERIYAALKA QURAACDA EE WIC

Waxaad hadda iibsana kartaa CABIRRO badan iyo NOOCYO KALA DUWAN oo seeriyaalka quraacda ah!

## TILMAAMTA 1-AAD

**HUBI QADARKA SEERIYAALKAAGA ka hor Inta aadan dukaameysan!**

Isticmaal badhanka **My Benefits** ee ku yaalla aabka WICShopper si aad u eegto dheefahaaga!

**Ogsoonow:** Carruurta iyo dadka waaweyn midkasta wuxuu helaa 36 oz oo seeriyaal ah bishiiba.

## TILMAAMTA 2-AAD



**EEG IKHTIYAARADAADA SEERIYAALKA CUSUB!**

Kuwa badan oo ah seeriyaalka dookhaaga ah iyo cabirro kala duwan ayaa hadda la heli karaa!



- Adeegso gadaasha danbe ee hagahaan si aad uga hesho:
  - Seeriyaalka la oggol yahay
  - Dukaamada laga yaabo inay qaataan seeriyaalkaan
- Isticmaal badhanka Scan Barcode (Iskaangaree Baarkoodhka) ee ku yaalla aabka WICShopper si aad u hubiso in seeriyaalka la oggol yahay.

**Ogsoonow:** Iskaangaree baarkoodhka ku yaalla bokiska seeriyaalka, ee ha iskaangarayn istiikarka iskifaallaha!

## TILMAAMTA 3-AAD

**OGOOW SIDA UGU FIICAN EE AAD uga faa'iidayaan karto gunnooyinkaaga!**

Dooro cabbirka bokiska 12 oz ama 18 oz si:

- ★ Leh xulashada ugu ballaaran ee dookhyada seeriyaalka
- ★ Si fududna kuheleyso dhammaan gunnooyinkaaga

Si aad u adeegsato dheeftaada seeriyaalka oo dhan, dooro cabirro isku darkoodu noqonayo 36 oz.

- Adeegso shaxda hoose si aad ooga hesho qaababka aad kuheli karto wadar iskugeyn oo ah 36 oz oo seeriyaal ah.

$9 + 9 + 9 + 9$	★ $12 + 12 + 12$	$16 + 20$
$9 + 9 + 18$	$12 + 24$	★ $18 + 18$
$10.6 + 13.4 + 12$	$13 + 23$	36

- Waxaad sidoo kale isticmaali kartaa **Cereal Calculator (Kaalkuleetarka Seeriyaalka)** ee ku jira aabka WICShopper si aad ula socoto cabirrada ounces.

**Fiiri Gaar ah:** Ma aha qasab in aad doorato seeriyaallo isku darkoodu noqonayo 36 oz laakiin wixi ounces ah oo soo hara waa ay lumi doonaan.

### TUSAALAHA A

**MEENA AYAA SOO HESHAY SEERIYAALLO ISTICMAALAYA DHAMMAAN DHEEFAHEEDA.**

**TILMAAMTA 1-AAD** Meena waxay haysataa **36 oz** seeriyaal ah oo ay isticmaasho.

**TILMAAMTA 2-AAD** Hagahani wuxuu muujinayaa in seeriyaalka ay u jeceshahay ee Honey Bunches of Oats lagu heli karo lix cabbir (12, 15, 18, 23, 28, 32 oz).

**TILMAAMTA 3-AAD** Meena ayaa dooratay bokiska **18 oz** waxaana baaqi u ah **18 oz**, taasoo ka dhigaysa in ay haysato dookhyo badan oo ay ku doorato bokiskeeda labaad. Waxay iibsatay bokis ah 18 oz oo ah Corn Flakes.

*Meena waxa ay ku faraxsan tahay in dhammaan dheefaheedii la isticmaali doono.*

36 oz gunnada seeriyaalka ah  
 – 18 oz Honey Bunches of Oats  
 – 18 oz Corn Flakes  
 = 0 oz ayaan la isticmaalin



### TUSAALAHA B

**MARTA AYAA DOORATAY SEERIYAALKA AY UGU JECESHAHAY DHIBNA UMA ARAGTO DHEEFAHA AAN LA ISTICMAALIN.**

**TILMAAMTA 1-AAD** Marta waxay haysataa **36 oz** seeriyaal ah oo ay isticmaasho.

**TILMAAMTA 2-AAD** Waxay jeceshahay Kellogg's Frosted Mini Wheats Bite Size Strawberry waxay ka aragtaa hagahan in lagu heli karo afar cabbir (13.3, 14.3, 20, iyo 22 oz). Dukaanka kaliya wuxuu hayaa cabbirka **13.3 oz**, taasoo ka dhigayasa in **22.7 oz** ay u soo harto ( $36 - 13.3 = 22.7$ ).

**TILMAAMTA 3-AAD** Marta waxay aragtay in aysan jirin seeriyaal ku qoran hagahan oo cabbirkooda saxda ah uu yahay 22.7 oz balse waxay aragtaa xulashooyinka cabirro kale oo badan oo uu ku jiro bokis ah **22.2 oz** oo ah Rice Chex, oo ay sidoo kale jeceshahay. Marta waxay ku faraxsan tahay in ay wax ka dooran karto seeriyaallo kala duwan, xitaa haddii isku darkoodu si sax ah u noqon 36 oz.

*Marta waxay iibsatay labadaan bokis ee seeriyaalka ah waxayna ogtahay in qaar ka mid ah dheefaheeda aan la isticmaali doonin.*

36 oz gunnada seeriyaalka ah  
 – 13.3 oz Mini Wheats  
 – 22.2 oz Rice Chex  
 = 0.5 oz ayaan la isticmaalin



# SEERIYAALKA QABOOW

NOOCA SEERIYAALKA AY WIC OGGOSHAY NOOCA		CABBIRKA BAAKADKA LA OGGOL YAHAY (OZ)	NOOCYADA QARANKA (oo uu iibin karo dukaan kasta)	NOOCA DUKAANKA (kaliya lagu iibin karo dukaamo gaar ah. Haddii dukaan gaar ah la sheegin, markaa waxaa jira dukaamo badan.)
Best Yet	Bran Flakes	17.3	X	✓
	Frosted Bite Size Shredded Wheat	18	X	✓
	Toasted Oats	12	X	✓
Food Club	Bran Flakes	17.3	X	✓
	Corn Flakes	18, 24	X	✓
	Corn Squares	12	X	✓
	Crisp Rice	12	X	✓
	Frosted Shredded Wheat	18	X	✓
	Frosted Shredded Wheat Bite Size	32	X	✓
	Frosted Shredded Wheat Bite Size Strawberry	16.3	X	✓
	Honey and Oats with Almonds	14.5	X	✓
	Honey and Oats with Honey and Oat Clusters	14.5	X	✓
	Rice Squares	12	X	✓
Toasted Oats	12	X	✓	
Freedom's Choice	Bran Flakes	17.3	X	✓ Dukaamada Dabakaayada
	Frosted Shredded Wheat	18	X	✓ Dukaamada Dabakaayada
	Toasted Oats	12	X	✓ Dukaamada Dabakaayada
General Mills	Cheerios Multigrain	9, 12, 18, 20.6	✓ Dukaan kasta	X
	Cheerios Oat Crunch Berry	18, 24	✓ Dukaan kasta	X
	Cheerios Original	7.4, 8.9, 12, 18, 20, 21.7, 24, 28	✓ Dukaan kasta	X
	Cheerios Veggie Blends Apple Strawberry	10.6, 18	✓ Dukaan kasta	X
	Cheerios Veggie Blends Blueberry Banana	10.6, 18	✓ Dukaan kasta	X
	Chex Blueberry	12	✓ Dukaan kasta	X
	Chex Cinnamon	12, 19.2	✓ Dukaan kasta	X
	Chex Corn	12, 18, 23.2	✓ Dukaan kasta	X
	Chex Rice	12, 18, 22.2	✓ Dukaan kasta	X
	Chex Wheat	14, 19	✓ Dukaan kasta	X
	Fiber One Honey Clusters	17.5	✓ Dukaan kasta	X
	Kix Berry Berry	18	✓ Dukaan kasta	X
	Kix Honey	18	✓ Dukaan kasta	X
	Kix Original	12, 18	✓ Dukaan kasta	X
	Total Whole Grain	16	✓ Dukaan kasta	X
	Wheaties	15.6	✓ Dukaan kasta	X
Grain Berry	Grain Berry Apple Cinnamon	12	X	✓ Safeway
	Grain Berry Honey Nut	12	X	✓ Natural Grocers ✓ Sprouts
Great Value	Bran Flakes	15.6	X	✓ Walmart
	Corn Squares	12	X	✓ Walmart
	Rice Crisps	12	X	✓ Walmart
	Rice Squares	12	X	✓ Walmart
Kroger	Bran Flakes	18	X	✓ Fred Meyer ✓ QFC
	Corn Flakes	18	X	✓ Fred Meyer ✓ QFC
	Crispy Rice	12	X	✓ Fred Meyer ✓ QFC
	Honey Crisp Medley w/ Almonds	14.5	X	✓ Fred Meyer ✓ QFC
	Oat Squares	14.5	X	✓ Fred Meyer ✓ QFC
	Rice Bitz	12	X	✓ Fred Meyer ✓ QFC
	Toasted Oats	12	X	✓ Fred Meyer ✓ QFC
Kellogg's	Complete Bran	11.6	✓ Dukaan kasta	X
	Corn Flakes	9.6, 12, 18, 24, 25.2, 36	✓ Dukaan kasta	X
	Crispix	9.6, 12, 18	✓ Dukaan kasta	X
	Frosted Mini Wheats Bite Size Blueberry	14.3, 20, 22	✓ Dukaan kasta	X
	Frosted Mini Wheats Bite Size Pumpkin Spice	20	✓ Dukaan kasta	X
	Frosted Mini Wheats Bite Size Strawberry	13.3, 14.3, 20, 22	✓ Dukaan kasta	X
	Frosted Mini Wheats Blueberry Muffin	13.3	✓ Dukaan kasta	X
	Frosted Mini Wheats Cinnamon Roll	13.3	✓ Dukaan kasta	X
	Frosted Mini Wheats Golden Honey	13.3, 20	✓ Dukaan kasta	X
	Frosted Mini Wheats Little Bites	14.8, 15.9, 20.2, 23	✓ Dukaan kasta	X
	Frosted Mini Wheats Original	14.5, 16, 18, 20, 24, 29.5, 32, 34	✓ Dukaan kasta	X
	Frosted Mini Wheats Pumpkin Pie Spice (seasonal)	13.3, 20	✓ Dukaan kasta	X
	Kashi Organic Blueberry Clusters	13.4, 18.3	✓ Dukaan kasta	X
	Kashi Organic Hearts & O's Honey Toasted	10.6	✓ Dukaan kasta	X
	Kashi Organic Hearts & O's Warm Cinnamon	10.6	✓ Dukaan kasta	X
	Rice Krispies	9, 12, 18, 24, 25.2	✓ Dukaan kasta	X
Special K Original	9.6, 12, 18	✓ Dukaan kasta	X	
Special K Protein Original Multi-Grain Touch of Cinnamon	12.9, 13.3, 17.5, 19	✓ Dukaan kasta	X	
Malt-O-Meal	Crispy Rice	36	✓ Dukaan kasta	X
	Frosted Mini Spooners	18, 27, 36	✓ Dukaan kasta	X
	Strawberry Mini Spooners	36	✓ Dukaan kasta	X
Post	Grape Nuts Flakes	18	✓ Dukaan kasta	X
	Grape Nuts Original	20.5, 29	✓ Dukaan kasta	X
	Great Grains Banana Nut Crunch	15.5, 18	✓ Dukaan kasta	X
	Great Grains Crunchy Pecan	16, 19	✓ Dukaan kasta	X
	Honey Bunches of Oats Honey Roasted	12, 15, 18, 23, 28, 32	✓ Dukaan kasta	X
	Honey Bunches of Oats Maple & Pecans	12	✓ Dukaan kasta	X
	Honey Bunches of Oats with Almonds	12, 15, 18, 23, 28	✓ Dukaan kasta	X
	Honey Bunches of Oats with Cinnamon	12	✓ Dukaan kasta	X
	Honey Bunches of Oats with Vanilla	12, 18	✓ Dukaan kasta	X
Quaker	Life Original	13, 22.3, 24.8	✓ Dukaan kasta	X
	Life Vanilla	13	✓ Dukaan kasta	X
	Oatmeal Squares Brown Sugar	21	✓ Dukaan kasta	X
Signature Select	Bran Flakes	17.3	X	✓ Safeway/Albertsons
	Corn Flakes	18	X	✓ Safeway/Albertsons
	Crispy Rice	12	X	✓ Safeway/Albertsons
	Oats and Almonds	14.5	X	✓ Safeway/Albertsons
	Oats and More with Honey	14.5	X	✓ Safeway/Albertsons
	Rice Pockets	12	X	✓ Safeway/Albertsons
	Toasted Oats	12	X	✓ Safeway/Albertsons
That's Smart	Bran Flakes	17.3	X	✓
WinCo Foods	Corn Flakes	18	X	✓ WinCo

# SEERIYAALKA KULUL

NOOCA SEERIYAALKA AY WIC OGGOSHAY NOOCA		CABBIRKA BAAKADKA LA OGGOL YAHAY (OZ)	NOOCYADA QARANKA (oo uu iibin karo dukaan kasta)	NOOCA DUKAANKA (kaliya lagu iibin karo dukaamo gaar ah. Haddii dukaan gaar ah la sheegin, markaa waxaa jira dukaamo badan.)
Best Yet	Instant Oatmeal Regular	11.8	X	✓
Cream of Rice	Instant	12	✓ Dukaan kasta	X
	Original	14	✓ Dukaan kasta	X
Cream of Wheat	Instant	12	✓ Dukaan kasta	X
	1 Minute	28	✓ Dukaan kasta	X
	2 ½ Minute	12, 18, 28	✓ Dukaan kasta	X
Food Club	Instant Oatmeal Regular	11.8	X	✓
Great Value	Instant Oatmeal Regular	11.8	X	✓ Walmart
Kroger	Original Oats Instant Oatmeal	12	X	✓ Fred Meyer ✓ QFC
Malt-O-Meal	Original Hot Wheat Cereal	36	✓ Dukaan kasta	X
Quaker	Instant Oatmeal Original	9.8	✓ Dukaan kasta	X
Signature Select	Instant Oatmeal Regular	9.8	X	✓ Safeway/Albertsons

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Machadkani waa bixiye fursad loo siman yahay. Washington State WIC Nutrition Program (WIC, Barnaamijka Nafaqada Haweenka, dhallaanka iyo Caruurta ee Gobalka Washington) cidna ma takooro.

Si aad dukumiintigaan oo qaab kale ah u codsato, wac 1-800-841-1410. Macaamiisha dhagoolka ah ama maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udir WIC@doh.wa.gov.