



ናይ ቁርሲ እኽሊ WIC ንምግዛእ ዝሕግዙ ምኽርታት

ሕጂ ተወሳኺ ዓቕናትን ዝተፈለለዩ ዓይነታትን ናይ ቁርሲ እኽሊ ክትገዝኡ ትኽእሉ ኢኹም!

ምኽሪ 1

መጠን እኽሊኹም ኣረጋግጹ ቅድሚ ምዕዳግኩም!

ጥቕምታትኩም ንምርግጋጽ **My Benefits** መጠወቂ ተጠቐሙ፣ ኣብ WICShopper app ዘሎ!

መዘኻኽራ:- ህጻናትን ዓበይትን ነፍሲ ወከይም ኣብ ወርሒ 36 oz እኽሊ ይረኽቡ።

ምኽሪ 2

ሓደስቲ ናይ እኽሊ ኣማራጺታትኩም ዳግም ርኣይዎ!

ተወሳኺ ካብቲ እተፈትውዎ እኽልን ዓቕንን ሕጂ ተረኺቡ ኣሎ!



- ንኽትረኽብዎ፣ ኣብ ድሕሪት ናይዚ ዘሎ መምርሒ ተጠቐሙ፡
 - ፍቓድ ዘለዎም እኽሊ
 - ነዞም ኣእካል ክሕዙ ዝኽእሉ ድኳናት
- ሓደ እኽሊ ፍቓድ ዘለዎ እንተኾይኑ ንምርግጋጽ Scan Barcode (ባርኮድ ስካን ግበሩ) ዝብል መጠወቂ ኣብ WICShopper app ዘሎ ተጠቐሙ።

መዘኻኽራ:- ኣብቲ ናይ እኽሊ ሳንዲቕ ዘሎ ባርኮድ ስካን ግበርዎ እምበር ኣብቲ ናይ መደርደሪ ስቲከር ኣይኮነን!

ምኽሪ 3

ካብቲ ዝረኽብኩም ረብሓታት ዝያዳ ተጠቐሙ!

12 oz ወይ 18 oz ሳንዲቕ ዓቕን ምረጹ መታን፡

- ★ እቲ ዝዓበየ ናይ ኣእካል ኣማራጺታት ክህልዎኩም
- ★ ጠቕላላ ረብሓታት ብቐሊሉ ክትረኽቡ

ምሉእ ረብሓ እኽልኹም ንምጥቃም፡ ክሳብ 36 oz ዝበጽሑ ዓቕናት ምረጹ።

- ንኹሉ 36 oz ናይ ኣእካል እትረኽቡሉ መገድታት ንምርካብ ኣብ ታሕቲ ንዘሎ ሰደቓ ተጠቐሙ።

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

- ንስኹም ብተወሳኺ **Cereal Calculator (ናይ እኽሊ ካልኩሌተር)** ኣብ WICShopper app ዝርከብ ተጠቐምኩም ኣውንስ ክትከታተሉ ትኽእሉ ኢኹም።

ኣስተውዕሉ:- ብልክዕ 36 oz ዝበጽሖ እኽሊ ክትገዝኡ ኣየድልየኩምንዩ ግን ዝኾነ ዝተረፈኩም ኣውንስ ክጠፍእዩ።

ኣብነት A

MEENA ኩሉ ዓይነት ረብሓታታ ተጥቀመሉ እኽሊ ትረክብ።

ምኽሪ 1 Meena ክትጥቀመሉ እትክእል **36 oz** እኽሊ ኣለዎ።

ምኽሪ 2 እዚ መምርሒ እዚ እትፈትዎ እኽሊ Honey Bunches of Oats ብሽዱሽተ ዓቕን (12, 15, 18, 23, 28, 32 oz) ከም ዝርከብ ዘርኢ እዩ።

ምኽሪ 3 Meena **18 oz** ሳንዲቕ ስለ እትመርጽ **18 oz** ተሪፉዎ፡ እዚ ድማ ንኻልኣይ ሳንዲቕ ብዘሕ ምርጫታት ክህልዎ ይገብር። 18 oz ዝምዘን ሳንዲቕ ኮርን ፍሌክስ ትገዝእ።

Meena ኩሉ ረብሓታታ ኣብ ጥቕሚ ክውዕል ምዃኑ ድማ ሕገስቲ እያ።

36 oz ረብሓታት ኣእካል
 - 18 oz Honey Bunches of Oats
 - 18 oz ኮርን ፍሌክስ
 = **0 oz** ኣብ ጥቕሚ ዘይወፃለ



ኣብነት B

MARTA ንሳ ዝያዳ ዝፈትዎ እኽሊ ትመርጽ ከምኡውን ብቲ ዘይተጠቐመሉ ረብሓታት ኣይትገህን እያ።

ምኽሪ 1 Marta ክትጥቀመሉ እትክእል **36 oz** እኽሊ ኣለዎ።

ምኽሪ 2 ንሳ ንKellogg's Frosted Mini Wheats Bite Size Strawberry ትፈትዎን ኣብዚ መምርሒ ብኣርባዕተ ዓቕን (13.3, 14.3, 20, and 22 oz) ከምዝርከቡ ትርኢ። እቲ ድኳን **13.3 oz** ዓቕን ጥራይ ኣለዎ፡ እዚ ድማ **22.7 oz** ይተርፋ (36 - 13.3 = 22.7)።

ምኽሪ 3 Marta ኣብዚ መምርሒ ብልክዕ 22.7 oz ዝኾነ እኽሊ ከምዘየለ ትርኢ ግን ብዘሕ ካልኣ ናይ ዓቕን ኣማራጺታት ትርኢ እንተላይ **22.2 oz** ሳንዲቕ Rice Chex፡ ንሳ እውን ትፈትዎ። Marta ካብ ዝተፈለለዩ እኽሊታት ክትመርጽ ምኽኣላ ሕገስቲያ፡ ዋላውን ብልክዕ 36 oz እንተዘይኮነ ተደሚሮም።

Marta ነዘን ክልተ ሳንዲቕ እኽሊ ትገዝእንዎ ገለ ካብ ረብሓኣ ኣብ ጥቕሚ ከምዘይውዕል ትፈልጥያ።

36 oz ረብሓታት ኣእካል
 - 13.3 oz Mini Wheats
 - 22.2 oz Rice Chex
 = **0.5 oz** ኣብ ጥቕሚ ዘይወፃለ



ዝቡል ኣክሊ (ከየውዓኝ ዝብላዕ)

ዓይነት ዱካን
 (ኣብ ውስጥ ዱካናት ጥራይ እዩ ዝሸየጥ::
 ኣይ ፍሉይ ዱካን እንተዘይተጠቁሱ:
 ብዙሶ ዱካናት ኣሉ::)

ብWIC ፍቓድ ዝተዋህሞ ዓይነት ኣክሊ	ዓይነት	ፍቓድ ዝተዋህሞ ዓቕን መዕቐን (OZ)	ሃገራዊ ዓይነት (ብዝኾነ ዱካን ከሸየጥ ይኽእል)	ዓይነት ዱካን
Best Yet	Bran Flakes	17.3	X	✓
	Frosted Shredded Wheat, Bite Size	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, Bite Size	18	X	✓
	Frosted Shredded Wheat, Bite Size	32	X	✓
	Frosted Shredded Wheat, Bite Size	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	✓ ኮሚሽን ዱካናት
	Frosted Shredded Wheat, Bite Size	18	X	✓ ኮሚሽን ዱካናት
	Toasted Oats	12	X	✓ ኮሚሽን ዱካናት
General Mills	Cheerios Multigrain	9, 12, 18, 20.6	✓ ዝኾነ ዱካን	X
	Cheerios Oat Crunch Berry	18, 24	✓ ዝኾነ ዱካን	X
	Cheerios Original	7.4, 8.9, 12, 18, 20, 21.7, 24, 28	✓ ዝኾነ ዱካን	X
	Cheerios Veggie Blends Apple Strawberry	10.6, 18	✓ ዝኾነ ዱካን	X
	Cheerios Veggie Blends Blueberry Banana	10.6, 18	✓ ዝኾነ ዱካን	X
	Chex Blueberry	12	✓ ዝኾነ ዱካን	X
	Chex Cinnamon	12, 19.2	✓ ዝኾነ ዱካን	X
	Chex Corn	12, 18, 23.2	✓ ዝኾነ ዱካን	X
	Chex Rice	12, 18, 22.2	✓ ዝኾነ ዱካን	X
	Chex Wheat	14, 19	✓ ዝኾነ ዱካን	X
	Fiber One Honey Clusters	17.5	✓ ዝኾነ ዱካን	X
	Kix Berry Berry	18	✓ ዝኾነ ዱካን	X
	Kix Honey	18	✓ ዝኾነ ዱካን	X
	Kix Original	12, 18	✓ ዝኾነ ዱካን	X
	Total Whole Grain	16	✓ ዝኾነ ዱካን	X
	Wheaties	15.6	✓ ዝኾነ ዱካን	X
	Grain Berry	Grain Berry Apple Cinnamon	12	X
Grain Berry Honey Nut		12	X	✓ ተፈጥሮአዊ ሸየጥቲ / ቡቕሊ
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	✓ ዝኾነ ዱካን	X
	Corn Flakes	9.6, 12, 18, 24, 25.2, 36	✓ ዝኾነ ዱካን	X
	Crispix	9.6, 12, 18	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Bite Size Blueberry	14.3, 20, 22	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Bite Size Pumpkin Spice	20	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Bite Size Strawberry	13.3, 14.3, 20, 22	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Blueberry Muffin	13.3	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Cinnamon Roll	13.3	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Golden Honey	13.3, 20	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Little Bites	14.8, 15.9, 20.2, 23	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Original	14.5, 16, 18, 20, 24, 29.5, 32, 34	✓ ዝኾነ ዱካን	X
	Frosted Mini Wheats Pumpkin Pie Spice (seasonal)	13.3, 20	✓ ዝኾነ ዱካን	X
	Kashi Organic Blueberry Clusters	13.4, 18.3	✓ ዝኾነ ዱካን	X
	Kashi Organic Hearts & O's Honey Toasted	10.6	✓ ዝኾነ ዱካን	X
	Kashi Organic Hearts & O's Warm Cinnamon	10.6	✓ ዝኾነ ዱካን	X
	Rice Krispies	9, 12, 18, 24, 25.2	✓ ዝኾነ ዱካን	X
	Special K Original	9.6, 12, 18	✓ ዝኾነ ዱካን	X
Special K Protein Original Multi-Grain Touch of Cinnamon	12.9, 13.3, 17.5, 19	✓ ዝኾነ ዱካን	X	
Malt-O-Meal	Crispy Rice	36	✓ ዝኾነ ዱካን	X
	Frosted Mini Spooners	18, 27, 36	✓ ዝኾነ ዱካን	X
	Strawberry Mini Spooners	36	✓ ዝኾነ ዱካን	X
Post	Grape Nuts Flakes	18	✓ ዝኾነ ዱካን	X
	Grape Nuts Original	20.5, 29	✓ ዝኾነ ዱካን	X
	Great Grains Banana Nut Crunch	15.5, 18	✓ ዝኾነ ዱካን	X
	Great Grains Crunchy Pecan	16, 19	✓ ዝኾነ ዱካን	X
	Honey Bunches of Oats Honey Roasted	12, 15, 18, 23, 28, 32	✓ ዝኾነ ዱካን	X
	Honey Bunches of Oats Maple & Pecans	12	✓ ዝኾነ ዱካን	X
	Honey Bunches of Oats with Almonds	12, 15, 18, 23, 28	✓ ዝኾነ ዱካን	X
	Honey Bunches of Oats with Cinnamon	12	✓ ዝኾነ ዱካን	X
Quaker	Honey Bunches of Oats with Vanilla	12, 18	✓ ዝኾነ ዱካን	X
	Life Original	13, 22.3, 24.8	✓ ዝኾነ ዱካን	X
	Life Vanilla	13	✓ ዝኾነ ዱካን	X
Signature Select	Oatmeal Squares Brown Sugar	21	✓ ዝኾነ ዱካን	X
	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
That's Smart	Toasted Oats	12	X	✓ Safeway/Albertsons
	Bran Flakes	17.3	X	✓
WinCo Foods	Corn Flakes	18	X	✓ WinCo

ወደ ሲርያል

በWIC ፍቃድ ዝተዋህቦ ዓይነት እክሊ ዓይነት		ዝጸደቐ ዓቕን ዕቡን (OZ)	ሃገራዊ ዓይነት (ብዝኹን ድካም ክሸየጥ ይኸእል)	ዓይነት ዱካን (እብ ውሱን ዱካናት ጥራይ እዩ ዝሸየጥ። ኣይ ፍሉይ ድካን እንተዘይተጠቐሱ፡ ብዙሕ ድካናት ኣሎ።)
Best Yet	Instant Oatmeal Regular	11.8	X	✓
Cream of Rice	Instant	12	✓ ዝኾነ ድካን	X
	Original	14	✓ ዝኾነ ድካን	X
Cream of Wheat	Instant	12	✓ ዝኾነ ድካን	X
	1 Minute	28	✓ ዝኾነ ድካን	X
	2 ½ Minute	12, 18, 28	✓ ዝኾነ ድካን	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	✓ ዝኾነ ድካን	X
Quaker	Instant Oatmeal Original	9.8	✓ ዝኾነ ድካን	X
Signature Select	Instant Oatmeal Regular	9.8	X	✓ Safeway/Albertsons

