



# ናይ ቁርሲ እኽሊ WIC ንምግዛእ ዝሕግዙ ምኽርታት

ኣብቲ ናይ Women, Infants and Children (WIC, ኣንስቲ ሕጻናትን ቆልዑን) እተፈቓደልና ዓቕናት መዐሽጊ እተወሰነ ለውጥታት ተገይሩ እዩ። እዞም ለውጥታት፡

- ካብቲ እኽልኹም ትረኽብዎ ረብሓታት ዝበለጸ ውጽኢት ንክትረኽብ ይሕግዝ።
- ኩሉ ዱኳናት ኩሉ ናይ ኣእካል ወይ ዓቕን መዐሽጊ ስለዘይሕዙ ቁሩብ ዘደናግር ክኸውን ይኽእል እዩ።
- በዘን 3 ምኽርታትን እዚ መምርሒን ድማ እዚ ክቐልል ይኽእል እዩ!

## ምኽር 1



2 ወይ 3 ናይ WIC ኣእካል ልዕሊ ኩሉ እትፈትውዎ ምረጹ!

ዝባን እዚ መምርሒ እዚ ተጠቂምኩም ርእ ፦

- ዝተፈቐደ ኣእካል
- ድኳናት ነቶም ኣእካል ክሕዙ ዝኽእሉ

መዘኻኸሪ፡ ኣየናይ ኣእካል ከም ዘሎ ንምፍላጥ፡ ናብቲ ድኳን ክትከዱ ወይ ናብ መርበብ ሓበሬታ ናይቲ ድኳን ክትከዱ ኣለኩም።

## ምኽር 2



ነቲ ናይ ኣእካል ሳይን ረኣዮ ንብዘሒ ounces (oz)!

ቅድሚ ምውጻእኩም ነዚ መምርሒ ወይ ናይ WIC Shopper ኣፕሊኬሽን ተጠቂምኩም ዝፍቀድ ዓቕናት ፈትቡ።



ኣብ ናይ WIC Shopper ኣፕሊኬሽን፡ ከምዚ ክትገብሩ ትኽእሉ፡

- እቲ ናይ ኣእካል ባርኮድ እቲ ብWIC ዝፈቀድ ከምዝኾነ ንምፍላጥ ርኣይዎ።
- ኣውንስ ንምክትታል ነቲ ናይ ኣእካል መቐመጫ ተጠቐሙ።

## ምኽር 3



ካብቲ ዝረኽብኩምዎ ረብሓታት ዝያዳ ተጠቐሙ!

12 oz ወይ 18 oz ዝዓቕኑ ባኮ ምረጹ፡ ከምኡ'ውን፡

- ካብ ናይ ኣእካል ኣማራጺታት እቲ ዝዓበየ ሕርዩ
- ብቐለሉ ጠቐላላ ረብሓታት ትረኽቡ

ነፍሲ ወከፍ ተሳታፊ ኣብ ወርሒ 36 oz ናይ እኽሊ ይረኽብ። ንኹሉ 36 oz ናይ ኣእካል እትረኽቡሉ መገድታት ንምርካብ ኣብ ታሕቲ ንዘሎ ሰደቓ ተጠቐሙ።

9 + 9 + 9 + 9	11 + 11 + 14	11 + 9 + 16	11.8 + 9 + 15.2
★ 12 + 12 + 12	12.7 + 9 + 14.3	14 + 22	14.3 + 21.7
14.5 + 21.5	15 + 21	15.5 + 20.5	16 + 20
★ 18 + 18	20 + 16	24 + 12	36

ኣብ ስድራቤትኩም ክልተ ሰባት ናይ WIC እኽሊ ዝወሃቡ እንተሃልዩምኹም፡ እዚ ኣብ ወርሒ 72 oz እዩ። እቲ ዝቐለለ ምኽር ናይ 72 oz ንምውሳድ፡ ነቲ ክሳብ 36 oz ዝድመሩ ቁጽሪ ባኮታት (ኣብ ላዕሊ ኣብ ዘሎ ሰደቓ) ብዕጽፊ ምዕባይ እዩ።

### ኣብነት ሀ

MEENA ንኹሉ ረብሓታት ትጥቀመሉ ኣእካል ረኺባ።

ምኽር 1 Meena Honey Bunches of Oats ትፈቱ።

ምኽር 2 ኣብዚ መምርሒ እዚ፡ ሰለስተ ዝተፈቐደ ዓቕናት ባኮ ከምዘሎ ትርእዮ ኣላ (12, 14.5 ወይ 18 oz) ካብቲ እትፈትዎ ዓይነት እኽሊ። Meena ነቲ ናይ 18 oz ባኮ እንተ መሪጸ፡ ካልኣይ ናይ 18 oz ባኮ ተወሳኺ ኣማራጺ ኣለዎ።

ምኽር 3 Meena ነቲ ናይ 18 oz ባኮ ናይ Honey Bunches of Oats ከምኡ'ውን ናይ 18 oz ባኮ ናይ Corn Flakes ትመርጽ።



Meena ኩሉ እቲ ዝረኽቡሉ ረብሓታት ስለትጥቀመሉ ሕገ-ሰብ እዩ።

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

### ኣብነት ለ

MARTA ዝያዳ ትፈትዎም ኣእካል ትመርጽ ከምኡ'ውን ብቲ ዘተጠቐመትሉ ረብሓታት ኣይትገቡን እዩ።

ምኽር 1 Marta Oatmeal Squares ትፈቱ።

ምኽር 2 ኣብቲ መምርሒ እቲ እትፈትዎ ዓይነት ኣእካል፡ 14.5 oz ዝዓቕኑ ባኮ ምዃኑ ትርእ። እዚ ማለት ከኣ፡ ሕጂ 21.5 oz ባኮ እተፈላለየ ዓይነት ኣእካል ክትመርጽ ትኽእል እዩ። ነዚ ሕውስዋስ ብምሕራይ (14.5 + 21.5) Marta ን36 ounces ናይቲ ንሳ እትወሃቦ ናይ WIC ናይ ኣእካል ረብሓታት ክትጥቀመሉ እዩ። Marta ነዚ መምርሒ ድሕሪ ምምርማራ፡ 21.5 oz ዝዓቕኑ ዝተፈቐደ እኽሊ ሓደ ዓይነት ጥራይ ከም ዘሎ ፈለጠት፡ ንሱ ድማ ካብቶም ናይ ኣእካል ምርጫ ኣይኮነን።

ምኽር 3 Marta ነቲ 14.5 oz ዝዓቕኑ ባኮ ናይ Oatmeal Squares ከምኡ'ውን 20 oz ባኮ ቸሪዮስ እያ መሪጸ። ነቲ ትደልዮ ዓይነት ኣእካል ንምርካብ ዝተፈላለየ ዓቕናት ካብቲ WIC ዘፍቅደላ ኣእካል ክትመርጽ ምኽላ ሕገ-ሰብ እዩ።

Marta ክልተ ባኮታት ኣእካል ዝዚኣ ከምኡ'ውን ገላ ካብቲ ረብሓታት ኣብ ጥቕሚ ከም ዘይወግሉ ትፈልጥ።



- 36 oz ረብሓታት ኣእካል
- 14.5 oz Oatmeal Squares
- 20 oz Cheerios
- = 1.5 oz ኣብ ጥቕሚ ዘይወግለ

# ዝሑል እክል (ከየውዓኝ ዝብላዕ)

WIC ዝተፈቀደ ዓይነት እክል	ዓይነት	ዝተፈቀደ ዓዋን መዕሸጊ (OZ)	ዘይተፈቀደ ዓዋን መዕሸጊ (OZ)	ሃገራዊ ዓይነት (ብዝኸነ ድካን ከሸየጥ ይኸለል)	ዓይነት ድካን (ኣብ ውሱን ድካን ጥራይ እዩ ዝሸየጥ። ኣደ ፍሉይ ድካን እንተዘይተጠቐሱ፡ ብዙሕ ድካን ኣሎ።)
Essential Everyday	Corn Flakes	12	—	X	X
	Crispy Hexagons	12	—	X	X
	Crispy Rice	12	—	X	X
	Crunchy Corn Squares	12	—	X	X
	Crunchy Oat Cereal	14.5	—	X	X
	Crunchy Rice Squares	12	—	X	X
	Crunchy Wheat Squares	14	—	X	X
	Oats More w/ Honey	14.5	—	X	X
	Tasteos	12	—	X	X
Food Club	Corn Flakes	12, 18, 24	32	X	X
	Corn Squares	12	—	X	X
	Crisp Rice	12	32	X	X
	Frosted Shredded Wheat, Bite Size	18 - 24	16.4, 32	X	X
	Honey and Oats w/ Almonds	14.5	—	X	X
	Honey Oats w/ Oat Clusters	14.5	—	X	X
	Rice Squares	12	—	X	X
	Strawberry Frosted Shredded Wheat, Bite Size	18	—	X	X
	Toasted Oats	12	—	X	X
	Twin Grain Crisps	12	—	X	X
	Wheat Squares	14	—	X	X
General Mills	Berry Berry Kix	18	—	✓ ዝኾነ ድካን	X
	Blueberry Chex	12	—	✓ ዝኾነ ድካን	X
	Cheerios	12, 14, 18, 20, 21, 21.7, 24, 36	—	✓ ዝኾነ ድካን	X
	Cinnamon Chex	12	19.2, 19.6	✓ ዝኾነ ድካን	X
	Corn Chex	12, 14, 18	—	✓ ዝኾነ ድካን	X
	Honey Kix	18	—	✓ ዝኾነ ድካን	X
	Kix	12, 18	—	✓ ዝኾነ ድካን	X
	Multigrain Cheerios	9, 12, 18, 36	12.8	✓ ዝኾነ ድካን	X
	Rice Chex	12, 18	12.8	✓ ዝኾነ ድካን	X
	Wheat Chex	14	19	✓ ዝኾነ ድካን	X
	Whole Grain Total	16	—	✓ ዝኾነ ድካን	X
Great Value	Corn Squares	12	—	X	✓ Walmart
	Rice Squares	12	—	X	✓ Walmart
Kellogg's	All-Bran Complete Wheat Bran Flakes	18	—	✓ ዝኾነ ድካን	X
	Corn Flakes	12, 18, 24, 36	—	✓ ዝኾነ ድካን	X
	Crispix	12, 18	—	✓ ዝኾነ ድካን	X
	Frosted Mini Wheats	18, 24, 36	27.6, 32	✓ ዝኾነ ድካን	X
	Frosted Mini Wheats BS Blueberry	14.3, 22	16.5	✓ ዝኾነ ድካን	X
	Frosted Mini Wheats BS Strawberry	14.3, 22	—	✓ ዝኾነ ድካን	X
	Frosted Mini Wheats Little Bites	15.2, 21.5	15.9, 23	✓ ዝኾነ ድካን	X
	Rice Krispies	12, 18, 24	—	✓ ዝኾነ ድካን	X
	Spec K Protein Honey Almond Ancient Grain	11	17.1, 33	✓ ዝኾነ ድካን	X
	Special K Original	12, 18	—	✓ ዝኾነ ድካን	X
Kroger	Bran Flakes	18	17.3	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
	Malt-O-Meal	Frosted Mini Spooners	15, 18, 12, 36	30	✓ ዝኾነ ድካን
Market Pantry	Toasted Rice	12	—	X	✓ Target
Post	Grape Nuts Flakes	18	—	✓ ዝኾነ ድካን	X
	Grape Nuts Original	20.5	29	✓ ዝኾነ ድካን	X
	Great Grains Banana Nut Crunch	15.5, 18	—	✓ ዝኾነ ድካን	X
	Honey Bunches of Oats Almonds	12, 14.5, 18	23, 28, 30.5	✓ ዝኾነ ድካን	X
	Honey Bunches of Oats Honey Roasted	12, 14.5, 18	23, 28, 30.5	✓ ዝኾነ ድካን	X
Quaker	Oatmeal Squares Brown Sugar	14.5, 21	—	✓ ዝኾነ ድካን	X
	Oatmeal Squares Cinnamon	14.5, 21	—	✓ ዝኾነ ድካን	X
	Oatmeal Squares Golden Maple	14.5, 21	—	✓ ዝኾነ ድካን	X
	Oatmeal Squares Honey Nut	14.5	—	✓ ዝኾነ ድካን	X
Signature Select	Corn Flakes	18	—	X	✓ Safeway/Albertsons
	Corn Pockets	12	—	X	✓ Safeway/Albertsons
	Crispy Rice	12	—	X	✓ Safeway/Albertsons
	Oats More w/ Almonds	14.5	—	X	✓ Safeway/Albertsons
	Oats More w/ Honey	14.5	—	X	✓ Safeway/Albertsons
	Rice Pockets	12	—	X	✓ Safeway/Albertsons
	Toasted Oats	12, 18	28	X	✓ Safeway/Albertsons

## ወ.ዑ.ይ ሲ.ር.ያል

Cream of Rice	Instant	12	—	✓ ዝኾነ ድካን	X
	Original	14	—	✓ ዝኾነ ድካን	X
Cream of Wheat	2 1/2 minute	12	28	✓ ዝኾነ ድካን	X
	Instant	12	28	✓ ዝኾነ ድካን	X
	Whole Grain 2 1/2 min Original	18	28	✓ ዝኾነ ድካን	X
Essential Everyday	Oatmeal Instant Original	11.8	—	X	X
	Oatmeal Instant Original	11.8	—	X	X
Food Club	Oatmeal Instant Original	11.8	—	X	X
Great Value	Instant Oatmeal Regular	11.8	—	X	✓ Walmart
IGA	Oatmeal Instant Original	11.8	—	X	✓ IGA
Kroger	Oatmeal Instant Original	12	—	X	✓ Fred Meyer ✓ QFC
Malt-O-Meal	Malt-O-Meal	36	28	✓ ዝኾነ ድካን	X
Quaker	Oatmeal Instant Original	11.8	23.7	✓ ዝኾነ ድካን	X
Signature Select	Oatmeal Instant Original	11.8	—	X	✓ Safeway/Albertsons

