



# KORDHINTA MIRAHA & KHUDAARTA LAGA BILAABO OKTOOBAR 1, 2022

## Waa kuwaan afar arrimood oo loogu talagalay inaad ku ogaato:

- 1. Laga bilaabo Oktoobar 1, 2022**, ka qaybgalayaashu waxay heli doonaan **in badan \$\$\$** bil kasta si ay u iibsadaan miro iyo khudaar cusub oo barafaysan. Faa'iidooyinka \$\$\$ waa:
  - » \$25 canug kasta (da'diisu tahay 1-5)
  - » \$44 ka qaybqaataha uurka leh ama aan naaska nuujineynin
  - » \$49 ka qaybgale kasta oo naasnuujinaayo
  - » \$73.50 ka qaybgale kasta oo si buuxda naas u nuujiya mataano ama saddex carruur ah
- 2.** Dhallaanka 9-11 bilood jirada ah waxay heli karaan \$4 oo loogu talagalay khudaarta la qalajiyay iyo tan fireeshka ah iyo khudradaha bil walba marka laga imaado cuntada ilmaha ee ah khudaarta iyo khudrada.
- 3.** Samee qorshe aad ku isticmaaleysid dhammaan mirahaaga iyo khudaartaada \$\$\$ bil kasta.

## 4. Waxaa halkaan yaalo fikrado kaa caawinaya inaad qorsheysato:

### ADEEGSO CUNTADA WIC MARKA HORE!



Adeegso kaarkaaga Special Supplemental Nutrition Program for Women, Infants & Children (WIC, Barnaamijka Gaarka ah ee Nafaqada ee Loogu Talagalay Dumarka, Dhallaanka, iyo Carruurya) marka koobaad oo aad tagto diiwaanka, kahor intaan isticmaalin gunnooyinka sida Supplemental Nutrition Assistance Program (SNAP, Barnaamijka Kaalmada Nafaqada Dheeraadka ah).

### KA FAKAR KUWO LA QABOOJIYAYNA!



Haddii aad hayso booska qaboojiyaha, khudaarka iyo miraha la qaboojiyay waa cabitaan culus iyo darafyada fudud ee xiliga cuntada.

### KA DHIG WAX FUDUD!



Dooro miraha iyo khudaarta horay loo jarjaray, ama caanaha iyo khudaarta horay loo baakadeeyay si aad ugu adeegsato cuntooyinka ama macmacaanka fudud.

### GADO KUWA AAD UGU JECESHAHAY!



Ku buuxi baaquligaaga miraha miro xilliyeed, sida liin iyo cambaruud. Iibso inta badan kabsar-caleenta, dabocasaha, baradhada macaan, iyo barokooli.

### HADDA KAYDSO!



Iibso miro iyo khudaar dheeraad ah oo muddo ooli kara, sida tufaaxda, kaaroodka, baradhada, basasha, iyo bacor jiilaalka.



## Ilaha qaybaha cuntada miraha iyo khudarada.

✓ **Saxankayga, Jikadayda**  
[myplate.gov/myplate-kitchen](https://myplate.gov/myplate-kitchen)

✓ **FoodHero.org**

✓ **Beer Samayso**  
[fruitsandveggies.org/recipes/](https://fruitsandveggies.org/recipes/)

✓ **Texas WIC**  
[texaswic.org/wic-foods-and-recipes/recipes](https://texaswic.org/wic-foods-and-recipes/recipes)

Sidoo kale fiiri  
Ablikeeshinka  
WICshopper, Pinterest,  
ama ama waydii  
WIC tilmaamo iyo  
fikrado kale!



# Fikradaha kaa caawinaya inaad qorshayso isticmaalka faa'iidooyinka mirahaaga iyo khudaartaada!

## Asbuuca 1 aad



### La qaboojiyay

12 oz. Beeriyada la Iskudaray	\$3.50
16 oz oo khudaar iyo Miro ah	\$1.75

### Fireesh

1 bawn oo barookooli ah	\$2.99
3 Tufaaxda Waawayn ee Fuji	\$1.75

Wadarta guud ..... **\$9.99**

## Asbuuca 2 aad



### La qaboojiyay

10 oz. oo sabuul macaan ah	\$2.00
12 oz. oo Canbe Jarjaran ah	\$2.99

### Fireesh

6 oz. oo buluu Beeri cusub ah	\$3.99
1 Xirmo ansalaatada cagaaran ah	\$2.49

Wadarta guud ..... **\$11.47**

Wadarta guud \$44.75

## Asbuuca 3 aad



### La qaboojiyay

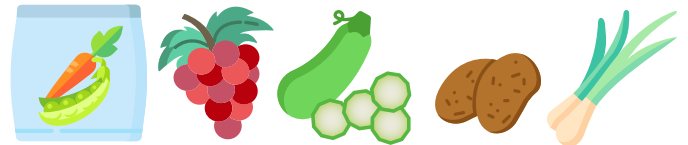
12 oz. oo cabitaanka la qasay ah	\$2.99
10 oz. miro gaduud la jarjaray	\$2.99

### Fireesh

8 oz. oo Koosto ah	\$1.99
16 oz. oo Jeexyada Kaaroodka ah	\$1.99

Wadarta guud ..... **\$9.96**

## Asbuuca 4 aad



### La qaboojiyay

16 oz. Misirta iyo Kaaroodka	\$1.75
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### Fireesh

2 bawn oo ah canabka cassaanka ah	\$2.50
12 oz. Qajaar jajabkiisa	\$3.50
5 bawn oo Baradhada Russet	\$2.99
1 Xirmo Basal Baar ah	\$1.99

Wadarta guud ..... **\$12.73**

(Ogsoonow: Qiimayaasha liiska ku jira waxaa lagu saleeyay xayeysiinada dukaannada maxaliga ah waana keliya qiyaasaad.)

## U sheeg saaxiibadaa WIC si ay u helaan miro iyo khudaar dheeraad ah, sidoo kale!

La wadaag qaababkaan fudud ee loola xariiri karo WIC:

- » Fariin qoraal erayga **WIC** ugu dir **96859**
- » Wac Help Me Grow WA Hotline **1-800-322-2588**
- » Booqo ParentHelp123's ResourceFinder oo aad ka helayso **parenthelp123.org/resources/food-assistance-resources/the-wic-program**



Hay'addaan waa adeeg bixiye ku shaqeeya fursadaha loo siman yahay. Washington WIC cidna ma takoorto. DOH 962-1005 October 2022 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.