



# VIDOKEZO VYA KUNUNUA NAFAKA ZA KIFUNGUA KINYWA ZA WIC

Sasa unaweza kununua kwa UKUBWA na AINA zaidi za nafaka za kifungua kinywa!

## DOKEZO LA 1

**ANGALIA NAFAKA YAKO KIASI kabla ya manunuzi!**

Tumia kitufe cha **My Benefits (Manufaa Yangu)** kwenye programu ya WICShopper kuangalia salio lako!

**Kumbuka:** Kila mtoto na mtu mzima hupata oz 36 za nafaka kila mwezi.

## DOKEZO LA 2



**KAGUA CHAGUZI MPYA ZA NAFAKA!**

Nafaka unazozipenda zaidi na ukubwa tofauti zinapatikana sasa!



- Tumia sehemu ya nyuma ya muongozo huu kutafuta:
  - Nafaka zilizoidhinishwa
  - Maduka ambayo yanaweza kubeba nafaka hizi
- Tumia kitufe cha **Scan Barcode (changanua msimbo)** katika programu ya WICShopper ili kuangalia ikiwa nafaka imeidhinishwa.

**Kumbuka:** Changanua msimbo kwenye kisanduku cha nafaka, si kwenye kibandiko cha rafu!

## DOKEZO LA 3

**PATA FAIDA zaidi kutoka kwenye manufaa yako!**

Chagua ukubwa wa sanduku la oz 12 au oz 18 hili:

- Kuwa na uteuzi mkubwa wa chaguo za nafaka
- Kupata faida zako kwa urahisi

Ili kutumia kiasi chako kamili cha faida, tumia ukubwa ambao unajumuisha oz 36.

- Tumia jedwali hapa chini kupata njia za kupata oz 36 za nafaka zote.

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

- Unawezapia kutumia **Cereal Calculator (kikokotoo cha nafaka)** kwenye programu ya WICShopper hili kufuatilia alama za aushi.

**Kumbuka:** Huna haja ya kununua nafaka ambazo zinajumuisha aushi 36 kamili lakini aushi zozote zilizobaki zitaondolewa.

### MFANO WA A

**MEENA ANAPATA NAFAKA AMBAZO ZINATUMIA MANUFAA YAKE YOTE.**

**DOKEZO LA 1** Meena ana oz 36 za nafaka za kutumia.

**DOKEZO LA 2** Mwongozo huu unaonyesha kwamba nafaka yake anayoipenda ya Honey Bunches of Oats inapatikana kwenye ukubwa mara sita (oz 12, 15, 18, 23, 28, 32).

**DOKEZO LA 3** Meena anachagua sanduku la oz 18 ili awe na oz 18 zilizobaki, linalomwacha na chaguzi nyingi kwa sanduku lake la pili. Ananunua sanduku la oz 18 la Corn Flakes.

*Meena anafurahia kwamba faida zake zote zita tumika.*



faida ya nafaka oz 36  
 - oz 18 za Honey Bunches of Oats  
 - oz 18 za Corn Flakes  
 = oz 0 zisizotumika

### MFANO B

**MARTA ANACHAGUA NAFAKA ANA ZOZIPENDA ZAIDI NA YUKO SAWA NA FAIDA ZISIZOTUMIKA.**

**DOKEZO LA 1** Marta ana oz 36 za nafaka za kutumia.

**DOKEZO LA 2** Anapenda Kellogg Frosted Mini Wheats Bite Size Strawberry na anaona kwenye mwongozo huu kwamba zinapatikana katika ukubwa mara nne (oz 13.3, 14.3, 20, na oz 22). Duka lina ukubwa wa oz 13.3 tu, ambayo inamwacha na oz 22.7 zilizobaki ( $36 - 13.3 = 22.7$ ).

**DOKEZO LA 3** Marta anaona kwamba hakuna nafaka kwenye mwongozo huu zinazokidhi haswa oz 22.7 lakini anaona chaguzi nyingi za ukubwa tofauti ikiwa ni pamoja na sanduku la oz 22.2 la Rice Chex, ambalo pia anapenda. Marta anafurahia kwamba anaweza kuchagua kutoka kwenye nafaka tofauti, hata kama hazijumuishi haswa oz 36.

*Marta ananunua sanduku hizi mbili za nafaka na anajua kwamba baadhi ya faida zake hazijatumika.*



faida ya nafaka oz 36  
 - oz 13.3 za Mimi Wheats  
 - oz 22.2 Rice Chex  
 = oz 0.5 zisizotumika

# NAFAKA BARIDI

WIC IMEIDHINISHA CHAPA YA NAFKA AINA		IDHINISHA UKUBWA WA KIFURUSHI (OZ)	CHAPA YA KITAIFA (inaweza kuuzwa na duka lolote)	CHAPA YA DUKA (inauzwa tu katika maduka maalum. Ikiwa duka maalum halijaorodheshwa, basi kuna maduka mengi.)
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	✓ Commissary Stores
	Frosted Shredded Wheat	18	X	✓ Commissary Stores
	Toasted Oats	12	X	✓ Commissary Stores
General Mills	Cheerios Multigrain	9, 12, 18, 20.6	✓ Duka lolote	X
	Cheerios Oat Crunch Berry	18, 24	✓ Duka lolote	X
	Cheerios Original	7.4, 8.9, 12, 18, 20, 21.7, 24, 28	✓ Duka lolote	X
	Cheerios Veggie Blends Apple Strawberry	10.6, 18	✓ Duka lolote	X
	Cheerios Veggie Blends Blueberry Banana	10.6, 18	✓ Duka lolote	X
	Chex Blueberry	12	✓ Duka lolote	X
	Chex Cinnamon	12, 19.2	✓ Duka lolote	X
	Chex Corn	12, 18, 23.2	✓ Duka lolote	X
	Chex Rice	12, 18, 22.2	✓ Duka lolote	X
	Chex Wheat	14, 19	✓ Duka lolote	X
	Fiber One Honey Clusters	17.5	✓ Duka lolote	X
	Kix Berry Berry	18	✓ Duka lolote	X
	Kix Honey	18	✓ Duka lolote	X
	Kix Original	12, 18	✓ Duka lolote	X
	Total Whole Grain	16	✓ Duka lolote	X
	Wheaties	15.6	✓ Duka lolote	X
	Grain Berry	Grain Berry Apple Cinnamon	12	X
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	✓ Duka lolote	X
	Corn Flakes	9.6, 12, 18, 24, 25.2, 36	✓ Duka lolote	X
	Crispix	9.6, 12, 18	✓ Duka lolote	X
	Frosted Mini Wheats Bite Size Blueberry	14.3, 20, 22	✓ Duka lolote	X
	Frosted Mini Wheats Bite Size Pumpkin Spice	20	✓ Duka lolote	X
	Frosted Mini Wheats Bite Size Strawberry	13.3, 14.3, 20, 22	✓ Duka lolote	X
	Frosted Mini Wheats Blueberry Muffin	13.3	✓ Duka lolote	X
	Frosted Mini Wheats Cinnamon Roll	13.3	✓ Duka lolote	X
	Frosted Mini Wheats Golden Honey	13.3, 20	✓ Duka lolote	X
	Frosted Mini Wheats Little Bites	14.8, 15.9, 20.2, 23	✓ Duka lolote	X
	Frosted Mini Wheats Original	14.5, 16, 18, 20, 24, 29.5, 32, 34	✓ Duka lolote	X
	Frosted Mini Wheats Pumpkin Pie Spice (seasonal)	13.3, 20	✓ Duka lolote	X
	Kashi Organic Blueberry Clusters	13.4, 18.3	✓ Duka lolote	X
	Kashi Organic Hearts & O's Honey Toasted	10.6	✓ Duka lolote	X
	Kashi Organic Hearts & O's Warm Cinnamon	10.6	✓ Duka lolote	X
	Rice Krispies	9, 12, 18, 24, 25.2	✓ Duka lolote	X
	Special K Original	9.6, 12, 18	✓ Duka lolote	X
	Special K Protein Original Multi-Grain Touch of Cinnamon	12.9, 13.3, 17.5, 19	✓ Duka lolote	X
	Malt-O-Meal	Crispy Rice	36	✓ Duka lolote
Frosted Mini Spooners		18, 27, 36	✓ Duka lolote	X
Strawberry Mini Spooners		36	✓ Duka lolote	X
Post	Grape Nuts Flakes	18	✓ Duka lolote	X
	Grape Nuts Original	20.5, 29	✓ Duka lolote	X
	Great Grains Banana Nut Crunch	15.5, 18	✓ Duka lolote	X
	Great Grains Crunchy Pecan	16, 19	✓ Duka lolote	X
	Honey Bunches of Oats Honey Roasted	12, 15, 18, 23, 28, 32	✓ Duka lolote	X
	Honey Bunches of Oats Maple & Pecans	12	✓ Duka lolote	X
	Honey Bunches of Oats with Almonds	12, 15, 18, 23, 28	✓ Duka lolote	X
	Honey Bunches of Oats with Cinnamon	12	✓ Duka lolote	X
	Honey Bunches of Oats with Vanilla	12, 18	✓ Duka lolote	X
Quaker	Life Original	13, 22.3, 24.8	✓ Duka lolote	X
	Life Vanilla	13	✓ Duka lolote	X
	Oatmeal Squares Brown Sugar	21	✓ Duka lolote	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

# NAFAKA MOTO

WIC IMEIDHINISHA CHAPA YA NAFKA AINA		IMEIDHINISHWA UKUBWA WA KIFURUSHI (OZ)	CHAPA YA KITAIFA (inaweza kuuzwa na duka lolote)	CHAPA YA DUKA (inauzwa tu katika maduka maalum. Ikiwa duka maalum halijaorodheshwa, basi kuna maduka mengi.)
Best Yet	Instant Oatmeal Regular	11.8	✗	✓
Cream of Rice	Instant	12	✓ Duka lolote	✗
	Original	14	✓ Duka lolote	✗
Cream of Wheat	Instant	12	✓ Duka lolote	✗
	1 Minute	28	✓ Duka lolote	✗
	2 ½ Minute	12, 18, 28	✓ Duka lolote	✗
Food Club	Instant Oatmeal Regular	11.8	✗	✓
Great Value	Instant Oatmeal Regular	11.8	✗	✓ Walmart
Kroger	Original Oats Instant Oatmeal	12	✗	✓ Fred Meyer ✓ QFC
Malt-O-Meal	Original Hot Wheat Cereal	36	✓ Duka lolote	✗
Quaker	Instant Oatmeal Original	9.8	✓ Duka lolote	✗
Signature Select	Instant Oatmeal Regular	9.8	✗	✓ Safeway/Albertsons