

Beddelada Kale ee WIC (Carruurta iyo Dadka Waaweyn)

Casiirka

1. Ma waxaad doorbidaysaa:

- Hal dhalo biyo casiir ah oo 64 oz ah **AMA**
- \$3 Dheef Qiimo Lacag Caddaan ah



Casiir oo 64 oz ah

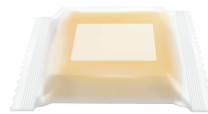


\$3 Dheef Qiimo
Lacag Caddaan ah

CAANAHA

2. Ma doonaysaa inaad caanaha gaar ku beddesho (mid ka dooro):

- Jiis (1 lb **AMA** ilaa 2 lbs haddii aad Si Buuxdo u Naasnuujinayso)
 - 1 lb jiis = 3 qt oo caano ah
- Yoogat (ilaa 2 qt)
 - 1 qt yoogat = 1 qt oo caano ah
- Tofu (ilaa ugu badnaan)
 - 1 lb tofu = 1 qt oo caano ah
- *Caanaha Soyga (ilaa ugu badnaan)
 - 1 qt oo caanaha soyga ah = 1 qt oo caano ah



Jiis



Yoogat



Tofu



Caanaha Soyga

UKUNTA

3. Ma doonaysaa inaad hal darsin oo ukuma ah ku beddesho (mid ka dooro)**:

- Subaga lowska (1 weel)
- Digirta qasacadaysan (afar qasac oo min 15-16 oz ah)
- Tofu (1 lb)
- Digir La Qallajiyay, Misir, ama Digirta Lentils (1 lb)



Subaga Lowska



Tofu



Digir La Qallajiyay



Digir Qasacadaysan

* Caanaha soyga waa in loo doortaa carruurta da'doodu u dhaxayso 12 bilood ilaa 23 bilood laakiin waa in ikhtihaar ahaan loogu daraa dhammaan xirmooyinka kale ee cuntada.

** Kaqeybqaatayaasha Si Buuxda u Naasnuujinaya waxay iska beddeli karaan 1 ama 2 darsin oo ukuma ah, midkasta oo ay ku beddelan karaan xulashooyinka la taxay.



DOH 961-1321 CS June 2025 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.