

TALLOOYINKA KU SAABSAN KHUDAARTA IYO MIRAHA LOOGU DARO RAASHINKA IYO CUNNADA FUDUD



SABABO CAJIIB AH OO KEENAYA IN LA CUNO KHUDAARTA IYO MIRAHA

HEL DHALAALKAAS CAAFIMAADKA AH!

Maqaarkaaga wuxuu helaa faa'idooyinka marka aad cunto khudaar badan.

CARRUURTAADA ADIGA AYAY KUGU DAYANAYAAN!

Marka aad cunto miro iyo khudaar, ayaguna waa cunayaan, sidoo kale.

KOR U QAAD CAAFIMAADKAAGA DA' KASTA!

Nafaqooyinka awooda badan waxaa laga helaa cuntooyinka kaa caawinaaya xoojinta tamartaada iyo inaad maamusho miisaankaaga. Cuntada faybarka waxay kaa caawinayaan dheefshiidka wanaagsan.

XOG KU SAABSAN WIC FMNP IYO SENIOR FMNP

Farmers Market Nutrition Program (FMNP, Barnaamijka Nafaqada Suuqa Beeraha) ee WIC wuxuu qayb ka yahay Special Supplemental Nutrition Program for lower income Women, Infants, and Children (WIC, Barnaamijka Nafaqada Dheeraadka ah ee loogu talagalay Dumarka daqliga hooseeyo, dhallanka, iyo Carruurta). WIC Program wuxuu bixiyaa cuntooyin caafimaad leh, waxbarashada nafaqada ku saabsan, taageerada naasnuujinta iyo u-gudbinada adeegyada caafimaadka iyo bulshada.

Senior Farmers Market Nutrition Program (SFMNP, Barnaamijka Nafaqada ee Suuqa Beeraleyda ee Dadka waawayn) waa qayb ka mid ah Aging Long-Term Support Administration (ALISA, Maamulka Dadka waayeeleka ah iyo Taageerada Muddada Dheer) ee Washington State Department of Social and Health Services (DSHS, Waaxda Gobalka Washington ee qaabilsan Adeegyada Caafimaadka iyo Bulshada). Senior Nutrition Program wuxuu sare u qaadaa nafaqada loogu talagalay dadka waawayn ee daqliga hooseeyo ee ka weyn da' da 60 sano iyadoo cuntooyi nafaqo leh lagu siinayo goobaha kooxaha iyo cuntooyinka guryaha la geeyo.

- ✓ Fududee in la helo khudaarta. Joogtee khudaarta la jarjaro, sida karootada, barakooliga, digirta cagaarka ah, ama khudaarta cagaaran.
- ✓ Marka la gaaro waqtiga cuntada soo dhig khudaar ama miro aad jarjartay miiska.
- ✓ Miraha beeriga iyo miraha biijsiska waxay ka dhigaan badarka iyo yoogadka wax macaan oo lagu raaxeysto!
- ✓ Marka la gaaro waqtiga qadada ku dar cuntada salaad!
- ✓ Heeso baaquli miro ah. Ku dar miro cusub baaquli walba. Gasho qaanadaada!
- ✓ Sameyso Ansalaatadaada Gaarka ah Habbeenkii! Sii khudaarta jarjaran, hilibka digaaga la kariyay ama digirta, jiiska la jarjaray, oo ku dar wax cusub, sida tufaax jarjaran.
- ✓ Ofenka ku dub ku dhawaad khudaar kasta si aad u diyaariso cunto faakihaysi ah oo degdeg ah. Khudaarta ku wareeji saliid yar iyo xoogaa xawaashi ah si aad wax macaan ugu darsato cunto kasta.
- ✓ Miraha xiliga kuleelaha ee bislaanayo dhammaantood isla waqtiga? Sameyso cabitaan, ama jarjar oo ku kari biyo yar kadibna dusha ka saar baankeeg, ama jaamka! Ka raadi jaamka fudud webseedka aad jeceshahay inaad ka hesho cuntooyinka.

MACLUUMAADKA XIRIIRKA

WIC FMNP



WEBSEEDKA: <https://doh.wa.gov/you-and-your-family/wic/farmers-market>

TALEEFAN: 1-800-841-1410, riix 0

IIMAYLKA: FMNPteam@doh.wa.gov

Ma qabtaa cabasho ku saabsan FMNP? Ku soo dir boostada, iimeelka, ama fakiska adigoo isticmaalaya foomka Cabashada ee laga helo: <https://doh.wa.gov/you-and-your-family/wic/farmers-market/wic-fmnp-wic-participants>

SENIOR FMNP



WEBSEEDKA: <https://www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program>

TALEEFOONKA: 1-800-422-3263



DOH 961-275 | DSHS 22-1064 SO April 2025 Somali

United States Department of Agriculture (USDA, Waaxda Beeraha Mareykanka) waa fursad iyo shaqo-bixiye loo siman yahay. Washington Senior FMNP iyo WIC FMNP cidna ma takooraan.

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.



WIC & SENIOR

FARMERS MARKET NUTRITION PROGRAM

CUN KHUDAAR FIREESH AH!
IIBSO KHUDAARTA MAXALLIGA!
TAAGEER BEERALEYDA!

ADOO ISTICMAALAYA DHEEFAHAAGA SUUQA BEERALAYDA

- Koodhkaaga QR-ka, dheefahaaga suuqa beeralayda ku isticmaal suuqyada iyo dukaamada beeralayda ee idman.
- Koodhkaaga QR-ka ka hel kaarka WIC ama SFMNP ama aabka dhexdiisa.
- Ma jiraan wax sarrif ah ama baaqi ah oo lagaaga soo celinayo dheefahaaga.
- Beeraluhu wuxuu iskaan gareen doonaa sawirka koodhka QR-ka wuxuuna gelin doonaa lacagta aad wax ku iibsatay.
- Hubi qadarka lacagta kadibna geli BIIN-kaaga
- Soo sheeg haddii uu kaa dhumo, ama lagaa xado kaar leh koodhka QR-ka una soo gudbi hay'ada kusiisay dheefaha.
- Waa inaad isticmaasho dheefahaaga inta u dhaxeysa 1 da Juun iyo 31 da Oktoobar.

KAARKA SENIOR FMNP IYO ASTAANTA AABKA



KAARKA WIC IYO ASTAANTA AABKA



SIDA LOO KEYDSADO MIRAHAAGA IYO KHUDAARTAADA

- Ku kaydi inta badan khudaarta talaagada!
- Ku dar cuntooyinka cusub sida cagaarka iyo miraha beeriga ah ee hoosta ayadoon la dhaqin.
- Ku dhaq dhammaan cuntooyinka biyo kahor intaadan isticmaallin. Cagaarada sidoo kale waxaa lagu dhaqi karaa sinkiga biyaha qabow oo dhoor jeer la badelay.
- Dhig khudaaraha sida bashada iyo baradhada meel qabow, armaajo mugdi ah ama daboolan. Ha gelin talaagada! Isku meel haku ridin basasha iyo baradhada.
- Ku kaydi yaanyada iyo miraha aan bislaan heer kululka guriga, caadi ahaan qaanada cuntada ama miiska.
- Haddii aad kaydinayso muddo dheer, tixgeli inaad barafeysid ama gasaceysid cuntooyinka.

MAXAAD KU IIBSAN KARTAA DHEEFAHA SUUQA BEERALAYDA?

libso miraha, khudaarta maxalliga ah ee aan la warshadayn iyo dhirta jarjaran ku hel dheefahaaga suuqa beeralayda

oo lagu soo saaray gudaha Washington iyo degmooyinka xaduudaha la leh ee Idaho iyo Oregon. Waxyaabaha aad ku iibsan karto dheefaha suuqa beeralayda waxaa ka mid ah balse aanay ku koobnayn:

KHUDDAARTA

Asparagus, Beets, Barakooli
Digir cagaar, Kaarooto, Gabal, Basal,
Koosto, Leeks, Ansalaato, Basal,
Bataati, Bocor, Koosto,
Winter Squash, Yams, Zucchini

MIRAHA

Tufaaxda, Buluubeeri, Cherries,
Nectarines, Peaches, Pears,
Rasbeeriga, Istaroowbeeriga

DAAWO DHIREEDKA

Basil, Kabsar-caleen, Reexaan, Roos-meeri

FADLAN OGOOW:

Kaliya Ka qaybgalayaasha Senior FMNP ayaa iibsan kara malab.

Si aad u hesho liiska dhammeystiran ee khudaarta uqalanta, fadlan ka eeg:
<https://doh.wa.gov/you-and-your-family/wic/farmers-market/wic-fmnp-wic-participants>



RAADI BEERALAYDA SUUQA EE LEH CALAAMADAHAN!

SUUQA BEERALAYDA WAKHTIGA XILLIGA

GU'

- ▶ Ka qaybgalayaasha Senior FMNP ayaa codsada inay helaan dheefaha suuqa beeralayda.
- ▶ Hay'adaha maxalliga ayaa bilaaba qaybinta kaararka Senior FMNP.

JUUN 1

- ▶ Xilliga suuqa beeralayda ayaa bilaabma.
- ▶ Maalinta koowaad ee aad wax ku iibsan karto dheefaha suuqa beeralayda.

SEBTEEMBAR 30

- ▶ Maalinta u dambaysa ee la helo dheefaha suuqa beeralayda iyadoo ku xiran helitaanka.

OKTOOBAR 31

- ▶ Maalinta u dambaysa ee la isticmaalo dheefaha suuqa beeralayda.

Ogsoonow: Ka qaybgalayaasha WIC waxay dheefahaooda miraha iyo khudaarta ku isticmaali karaan suuqyada iyo dukaamada beeralayda ee furan sanadka oo dhan.



ISKU DAY WIXII CUSUB EE YAALA SUUQA BEERALAYDA!