

Taariiqda: _____

Hay'ada: _____

Taleefonka: _____

**WASHINGTON WIC
"MA U QALMA" WARQADA**

Qaaliga ah _____:

(Macmiilka/Daryeel-siiyaha)

_____ maku jirayo bilowga WIC _____ sababtoo
ah: (macmiilka) _____ (taariiqda)

- Daqligaaga waa wax kabadan tirada laga ogolyahay sharciyada Federaalka.
- Sabab la xiriirto maalgelinta xadidan, WIC uma suurtoqaleysa in ay u adeegto macaamiisha oo dhan. Waxaa kaliya oo aan u adeegi karnaa carruurta ilaa _____ sanno.
- Canugaaga waa shan sanno jir. Sharciyada WIC waxaa kaliya oo ay ogolaadaan in ay u adeegto carruurta ilaa da'da 5.
- Waxaad dhaaftay lix bilood dhalmada iyo ma naas nuujin haysid.
- Waxaad joojisay naasnuujinta, ama waxaad nuujisay canugaaga hal sanno. Sharciyada WIC wuxuu noo ogolaanayaa in aan u adeegno haweenka naaska nuujinayo illaa canuga uu hal sanno ka jiro.
- Waxaad weydiisatay in lagaa saaro WIC.
- Waxkale:

Waxaan rajeyneynaa in WIC ay qoyskaaga caawisay. Fadlan joogteey in aad isticmaashid adeegyada kale ee xarunteena. Shaqaalahaaga WIC

Waxaad caq u leedahay Dhageysi Cadaalad ah

Haddii aad iska saartid WIC iyo aad umaleysay in ay tani cadaalad daro tahay, weydii Dhageysi cadaalad ah. Shaqaalahaaga WIC ayaa kugu caawinaya helida Dhageysi Cadaalad ama waxaad ka soo wici kartaa gobolka xafiiska WIC 1-800-841-1410. Dhageysiga Cadaalada ah adiga, saaxibkaaga ama qaraabada way sheegi karaan sheekada dhinacaada. Waa in aad ku weydiisaa Dhageysiga Cadaalada 60 maalmood gudaheed ee warqadaan."

Barnaamijka Nafaqada WIC ma takooro.

Sida waafaqsan sharciga xaquuqda rayidka Federaalka iyo sharciyada xaquuqda rayidka Waaxda Beeraha Mareykanka (USDA) iyo xeerarka, USDA, waa hay'adaha, xafiisyada, iyo shaqaalaha, iyo machadyada ka qeybqaadanayo ama maamulayo barnaamijyada USDA waa ka mamnuuc takoorida ku saleysan jinsiyada, midibka, asalka dhalashada, jinsiga, curyaannimada, da'da, ama aargoosiga ama ka aarsashada ka hor howsha xaquuqda rayidka oo barnaamij walba ama howl la qabtay ama ay maalgelisay USDA.

Dadka curyaanka ee u baahan qaabab kale oo xiriirka ah ee warbixinta barnaamijka (tusaale. Qoraalka dhagoolka, daabacada balaaran, cajalada maqalka, Luuqada Aastaanta Mareykanka, iwm.), waa in ay la xiriiraan Hay'ada (Gobolka ama Maxaliga) meesha ay ka codsadeen faa'idooyinka. Shaqsiyaadka dhagoolka ah, ku adagtahay maqalka ama qaba dhibaatooyinka hadalka waa in ay la xiriirtaa USDA oo dhinaca Adeega Gudbinta Federaalka ee (800) 877-8339. Intaa waxaa dheer, warbixinta barnaamijka waxaa laga yaabaa in lagu diyaariyo luuqado aan ka aheyn Ingiriis.

Si aad u gudbisid cabasho takoor oo barnaamij ah, buuxi [Foomka Cabashada Takoorida Barnaamijka USDA](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) laga helo onleenka: http://www.ascr.usda.gov/complaint_filing_cust.html, iyo xafiis walboo USDA, ama warqad soo qor oo lagu aadinayo USDA iyo warqada ku sheeg dhammaan warbixinta lagu codsaday foomka. Si aad u codsatid koobi foomka cabashada ah, soo wac (866) 632-9992. U soo gudbi foomkaaga buuxo ama warqada USDA oo:

Boosto ahaan: Waaxda Beeraha Mareykanka
Xafiiska Caawiyaha Xoghayaha ee Xaquuqda Rayidka
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

Imeel: program.intake@usda.gov

Fakis: (202) 690-7442

Hay'adaan waa bixiye fursad simman.

Gobolka Washington Barnaamijka Nafaqada WIC ma takooro.
Dadka curyaanka ah, warqadaan waxaa lagu heli karaa codsi ahaan oo qaabab kale ah.
Si aad u gudbisid codsi, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388)

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PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON