



## Waraaqda Kaarka WIC ee Boostada Lagusoo diray

Taariikhda:

Ku socota:

Mudane/Marwo

Sabab la xariirta xaalado gaar ah, waxaan boostada kuugusoo diraynaa kaarkaaga WIC.

Fadlan xasuusnoow tallaabooyinka aad qaadayso si aad u isticmaasho Kaarkaaga WIC:

1. Xaqiiji inaad taqaano BIIN kaaga 4-god ah.
  - Haddii aadan xasuusan BIIN kaaga, wac 1-844-359-3104 si aad biinka u badesho xiligaad rabto, maalin iyo habayn.
  - Gali taariikhda dhalashada qofka kaarka leh iyo koodhka boostada.
2. Fiiri si aad u aragto noocyada cuntooyinka WIC ee aad ku heli karto kaarkaaga.
  - Adeegso Ablikeeshinka WICShopper.
  - Akhri liiska dukaamaysiga hadduu la socdo kaarka lagu soo diray.
  - Ka fiiri risiidkaagii ugu danbeeyay ee aad wax ugasoo iibsatay dukaanka WIC.
  - Waydii qaybta adeegga macaamiisha ee dukaanka.
  - Wac xarunta WIC.
3. Iibso Cuntooyinka WIC marka lagaaro ama inta u dhaxaysa taariikhda bilowga iyo tan dhammaadka si aad qarashka kaarka u isticmaasho.
  - Cuntooyin kasta oo aadan iibsan, baaqigoodu uma gudbaayo bisha xigta ee gunnada.
4. Oonleen wax uga iibso dukaanada ay WIC aqoonsan tahay. Raadi calaamadaha “WIC Accepted Here (WIC meeshaan waa laga ogolyahay)”.
5. Iibso kaliya cadadka iyo noocyada cuntooyinka aad heli karto.
6. Usheeg qasnajiga inaad isticmaasho kaarka WIC.
7. Mari kaarkaaga mashiinka kadibna gali BIIN kaaga 4-god ah markuu kuwaydiiyo.
8. Qaado risiidkaaga.

Fadlan wac shaqaalaha xarunta ood ka helayso nambarka hoose mid kasta oo kamid ah sababaha hoose:

- Su'aalo ku saabsan kaarkaaga WIC ama cuntooyinka la heli karo.
- Dhibaatooyin kaa haysta isticmaalida kaarka WIC markaad dukaanka joogto.
- Aad u baahan tahay inaad qabsato ama badeshaa balantaada xigta ee WIC.

Xaruntaada Caafimaadka ee WIC:



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### **WIC Nutrition Program cidna ma takooro.**

Si waafaqsan sharciga xaquuqda madaniga ah ee heer Federaal iyo shuruucda iyo xaquuqaha madaniga ah ee U.S. Department of Agriculture (USDA, Wasaaradda Beeraha ee Maraykanka), waaxda USDA, wakaaladaheeda, xafiisyadeeda, iyo shaqaalaheeda, iyo hay'adaha qaybta ka ah ama fulinaaya barnaamijyada USDA waxaa xaaraan ka ah inay dadka utakooraan sababo laxariira isir, midab, asalka uu kasoo jeedo qofku, jinsiga, naafada, da'da, ama cad goosi ama aargoosi sabab laxariirta xaquuqda madaniga ah oo qofku karaadsado wax kamid ah barnaamijka ah oo ay fulinayso USDA.

Dadka naafada ah oo ubaahan hab isgaarsiineed kale ee macluumaadka barnaamijka (tusaale, farta indhoolka, khad waawayn, cod duuban, Luuqada Dhagoolayasha Maraykanka iyo wixii lamid ah.) waa inay laxariiraan wakaalada (heer Gobal ama tan maxaliga ah) oo ay kacodsadeen gunooyinka. Shaqsiyaadka dhagaha la'a maqalka culus oo uu hadalku dhibaayo waa inay laxariiraan USDA ayagoo adeegsanaaya Federal Relay Service (Laynka Adeegyada Dhagoolayaasha) ee USDA oo lambarkoodu yahay (800) 877-8339. Waxaa intaas siidheer, macluumaadka barnaamijka waxaad kuheli kartaa luuqado kabaxsan af Ingiriisiga.

Si aad u gudbisno cabashada takoorka oo ka dhan ah barnaamijka, buuxi [USDA Program Discrimination Complaint Form \(Foomka Cabashada Takoorka ee Barnaamijka USDA\)](#), (AD-3027) oo oonleen ahaan looga heli karo: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), aadna sidoo kale kahelayso xafiis kasta oo ay USDA leedahay, ama waraaq qoran udir taasoo ay kuqoran yihiin dhamaan macluumaadka foomka kuyaalay. Si aad ucodsato koobiga foomka cabashada, wac (866) 632-9992. Ugudbi USDA foomkaaga ama warqaddaada aad buuxisay adoo:

Boosto ugu diraaya: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

Fakiska: (202) 690-7442; ama

limaylka: [program.intake@usda.gov](mailto:program.intake@usda.gov)

### **Hay'addaan waa adeeg bixiye ku shaqeeyso fursadaha loo simanyahay.**

Washington State Women, Infants and Children Nutrition Program (WIC, Barnaamijka Nafaqada Haweenka, dhalaanka iyo Caruurta ee Gobalka Washington) cidna ma takooro.

Si aad dukumiintigaan oo qaab kale u ah u dalbato, wac 1-800-841-1410. Macaamiisha dhagoolka ah ama maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udira [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).



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