

# KHUDAAR CUSUB. CAAFIMAAD LEH. MACAAN.

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' walba ood jirtaba!

Nafaqooyinka awooda badan waxaa laga helaa cuntooyinka kaa caawinaaya xoojinta tamartaada iyo inaad maamusho miisaankaaga. Cuntada caloosha jilcisa waxay kaa caawinayaan caafimaadka dhiifshiidka.

Qoysasku waxay wadaagaan qaabka ay u cuni lahaayeen khudaar iyo miro badan:

“Waxaan subax kasta sameyaa cabitaan leh caano, beeris, iyo kale ama isbiineej. Waxaan ku daraa subaga loos yar oo borutiin dheeraad ah leh.”

“Marka aan tago guriga oo aan ka imaado suuqa beeraha, waxaan dhaqaa miraha iyo khudaarta aan isla markaas cuni doono. Sidoo kale waxaan soo jaraa xoogaa khudaar ah si cunto fudud ahaan loogu cuno inta asbuuca lagu jiro.”

“Carruurtaada waxay jecel yihiin in wax walba la dubo, marka waxaan dubnaa qudaarta iyo xittaa miraha, sida biijska.”



## 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). Barnaamijka WIC wuxuu bixiyaa cuntooyin caafimaad leh, waxbarashada nafaqada ku saabsan, iyo u-gudbinada adeegyada caafimaadka iyo adeegyada kale ee bulshada.

Senior Farmers Market Nutrition Program (SFMNP, Barnaamijka Nafaqada ee Suuqa Beeraleyda ee Dadka waawayn) waa qayb ka mid ah Aging and Long-Term Support Administration (AL TSA, Maamulka Dadka waayelka ah iyo Taageerada Muddada Dheer) ee DHS. Madaxa FMNP wuxuu sare u qaadaa nafaqada loogu talagalay dadka waawayn ee daqliga hooseeyo ee ka weyn da'da 60 sano kana midka ah goobaha kooxa cuntooyinka nafaqada leh iyo cuntooyinka guriga la geeyo.

U.S. Department of Agriculture (Waxda Mareykanka ee Beeraha), Washington State Department of Health (Waxda Caafimaadka Gobolka Washington) – Office of Nutrition Services (Xafiiska Adeegyada Nafaqada), iyo Washington State Department of Social and Health Services (Waxda Bulshada iyo Adeegyada Caafimaadka Gobolka Washington) – Aging and Long-Term Supports Administration ka faala qaaday WIC iyo SFMNP.

## MACLUUMAADKA XIRIIRKA

### WIC FMNP



**WEBSEEDKA:** [doh.wa.gov/YouandYourFamily/WIC/FarmersMarket](https://doh.wa.gov/YouandYourFamily/WIC/FarmersMarket)

**TALEEFoonka:** 1-800-841-1410

**IIMAYLKA:** [FMNPteam@doh.wa.gov](mailto:FMNPteam@doh.wa.gov)

Ma qabtaa cabasho ku saabsan FMNP? Boosto, iimayl, ama Fakis kusoo dir foomka Cabashada ee laga helo: [doh.wa.gov/YouandYourFamily/WIC/FarmersMarket](https://doh.wa.gov/YouandYourFamily/WIC/FarmersMarket).

### SENIOR FMNP



**WEBSEEDKA:** [www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program](https://www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program)

**TALEEFoonka:** 1-800-422-3263



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USDA 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](mailto:WIC@doh.wa.gov)



# WIC & SENIOR

## Farmers Market Nutrition Program

**CUN KHUDAAR FIREESH AH!  
IIBSO ALAABTA DEEGAANKA!  
TAAGEER BEERALEYDA!**

## ADOO ISTICMAALAYA DHEEFAHAAGA SUUQA BEERALEYDA

- Ka qaybgalayaasha WIC iyo Senior FMNP waxay isticmaali karaan dheefahooda si ay ugu iibsadaan khudaarta fireeshka ah, miro iyo cagaarada markaas lasoo jaray oo kaliya.
- Kaliya isticmaal dheefaha Suuqa Beeraleyda marka aad joogto suuqa beeraleyda. Kaararka WIC ee leh koodhka QR-ka waxa lagu isticmaali karaa suuqa beeraleyda ama dukaamada beeraha.
- Ka qaybgalayaasha Senior FMNP waxay sidoo kale isticmaali karaan dheefahooda si ay u iibsadaan malab.
- Wax isbadel ah ama calaamad ah laguguma siin doono dheefahaaga.
- 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.
- U isticmaal dheefahaaga keliya beeraleyda leh calaamadahan:



Imoow  
suuqa  
wakhti hore  
si aad u  
samayso  
xulashada ugu  
wanaagsan!



Isku day wixii  
cusub ee yaala  
suuqa  
beeraleyda!

Weydii  
qof beeley ah  
saambal  
iyo cunto.

## TALLOOYINKA KU SAABSAN QAABKAA LOOGU DARO KHUDAARTA IYO MIRAHA CUNTOOYINKA IYO CUNNADA FUDUD

- ✓ Fududeey in la helo khudaarta. Joogtee khudaarta la jarjaro, sida karootada, barookaliga, digirta cagaarka ah, ama khudaarta cagaaran.
- ✓ Marka la gaaro waqtiga cuntada soo dhig khudaar ama miro aad jarjartay miiska.
- ✓ Miraha beeriga iyo miraha biijska waxay ka dhigaan badarka iyo yoogadka wax macaan oo raaxo leh!
- ✓ 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 Habeenkii! Sii khudaarta jarjaran, hilibka digaaga la kariyay ama digirta, jiiska la jarjaray, oo ku dar wax cusub, sida tufaax jarjaran.
- ✓ Ma dooneynaa wax dhaqso la cuno oo ah cunto fudud? Sameyso salaad khudaar ah. Ku walaq qaado buuxdo oo juuska oranjiga qabooban ah si aad u hesho dhadhan dheeraad ah.
- ✓ 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.

## SIDEE AYAAN U KEYDIYAA MIRAHEYGA IYO KHUDAARTA?

- **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 kaydineyso muddo dheer, tixgeli inaad barafeysid ama gasaceysid cuntooyinka. Si aad wax badan uga barato, raadi: Tallooyin Xiliyeedka ku saabsan qaabka Cuntada Loo Kaydiyo.