

**WIC** WOMEN  
INFANTS  
CHILDREN

VERMONT DEPARTMENT OF HEALTH

# VERMONT WIC FOODS

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Dhaqangal ah  
Oktoobar 2023 - Sibtambar 2025



# CUNTO. WAXBARASHO. TAAGEERO. TAN AYAAD HESHAY.



**CUNTOOYIN CAAFIMAAD  
LEH**



**WAXBARASHADA  
NAFAQADA**



**TAAGEERADA  
NAASNUUJINTA &  
LAABNUUJINTA**



**GUDBINAHA DARYEELKA  
CAAFIMAAD &  
BARNAAMIJYADA  
BULSHADA**

Khayraadka iyo faa'idooyinka nafaqada WIC oo dhammaystiran waxa la heli karaa laga bilaabo xilliga uurka ilaa laga gaarayo marka ilmahaagu 5 jirsado.

Markaad u doorato WIC qoyskaaga, waxaad heli doontaa taageerada aad u baahan tahay si aad u siiso ilmahaaga nolol bilaabidda ugu fiican ee suurtoagal ah. Ilmaha ku jira WIC ilaa 5 jirkiisa wuxuu u koraa si caafimaad leh, farxad leh, oo qurux badan.

Wax badan ka ogow barta  
[healthvermont.gov/wic](http://healthvermont.gov/wic)

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## 2 Masuuliyadaha Kaqaybqaataha Barnaamijka WIC:

1. Si aan uga dheeraado inaan waayo faa'idooyinka WIC, waxa waajib ah inaan aado dhammaan ballamaha WIC.
2. Haddii aanan aadi karin ballan WIC ah, hore ayaan u sii wici doonaa si aan dib ugu dhigo ballanta. Haddii aan ka maqnaado ballan dib-u-xaqiijineed ama hawsha waxbarashada nafaqada faa'idooyinka WIC ayaa laga yaabaa in la dhimo.
3. Waan ogaysiin doonaa shaqaalaha WIC marka cinwaankaygu isbaddalo ama aan u guuro magaalo kale ama gobol kale si marka WIC-tayda la iigu soo wareejin karo xafiiska deegaanka ama gobolka aan u guuray.
4. Cuntooyinka WIC waxa loogu talagalay xubinta qoyska ee ka-qaybqaadanaysa. Ka gadi maayo ama siin maayo faa'idooyinkayga WIC cid kale waxaan la xiriiri WIC haddii aan u baahdo inaan baddalo faa'idooyinkayga cuntada.
5. Dhammaan isku-baddalka caanaha daasada ee ilmaha/ caafimaadka waxa waajib ah inay ka dhacaan xafiiska WIC. Wixii caanaha daasada ee ilmaha sabiga ah ee soo hara ah waxa waajib ah in had iyo jeer lagu soo celiyo xafiiska WIC.
6. Waxaan ku ilaalin doonaa kaarkayga WIC meel ammaan ah, cidna siin maayo lambarkayga aqoonsiga gaarka ah marka laga tago cid samaynaysa waxyaalaha WIC lagu soo gato oo noqon karta cid kale oo iyadna qoyska ka masuul ah ama wakiil.
7. Haddii kaarkayga Vermont uu lumo ama la xado, waxaan warka u sheegi xafiiska WIC isla markaaba. Waan fahamsanahay inay suurto gal tahay in faa'idooyinka bisha socota aan la baddali doonin.
8. Waan fahamsanahay in faa'idooyinka WIC ay tahay in laga gato keliya tukaanada WIC oggolaatay gudaha bisha loogu talagalay inuu ku isticmaalo kaqaybqaataha faa'idooyinka la siiyey, iyo in faa'idooyinka aan la isticmaalin ee soo hara aan loola guuri karin bilaha mustaqbalka.
9. Anigaa ka masuul ah tabobaridda cidda kale ee qoyska ka masuul noqon karta ama wakiilka sida kaarka loogu isticmaalo tukaamada.
10. Aniga ayaa ka masuul ah hubinta in qofka tukaamaysiga aan u xilsaaray uu qaado isla masuuliyadahan.

### Ka saaridda, ka hakinta, eedaynta, iyo lacag ka soo ceshigu waxay ku dhici karaan:

1. Si xun u isticmaalidda faa'idooyinka WIC sida isku-baddalidda/ gadidda ama isku-dayidda gadista kaarka WIC Vermont ama cuntooyinka lagu soo gado faa'idooyinka WIC iyadoo la adeegsanayo hadal, qoraal daabacan, onlayn ahaan, ama hab kale oo kasta si qofku u helo lacag cad, dayn ugu bixiyo, ama waxyaalo aan cunto ahayn;
2. Soo gadashada/helitaanka cunto aan ku jirin Liiska Cuntooyinka WIC Ansixisay;
3. Gaboodfal jireed, ku hanjabid gaboodfal jireed, ama aflagaado loo gaysto shaqaalaha WIC ama tukaanka raashinka.

## 3 Isticmaalidda Hagaha Cuntada

Hagahan cuntadu wuxuu muujinayaa dhammaan cuntooyinka Vermont ee WIC ay Ansixisay. Ka raadi macluumaadkan qayb kasta oo calaamad midab looga dhigay:

**Qaybta Tusaalaha**

### Kooxda cuntada

**⚠️ Dooro waxa adiga lagu ansixiyey.**

Qaar ka mid ah cuntooyinka WIC ansixisay waxa dhici karta inaysan ku jirin liiska Faa'idooyinka Cuntada **Qoyskaaga**. Raadi sanduuqyada liimiga ah sida kuwan oo kale si ay kaaga caawiyaan inaad doorato waxsoosaarka saxda ah.




**✓ WIC Ansixisay**

- Sanduuqyadan cagaarka ah waxay muujinayaan xajmiyada, noocyada iyo xirmooyinka la oggol yahay.

**⊘ Ha iibsan**

- Sanduuqyadan jaallaha ah waxay muujinayaan waxsoosaarka, noocyada, iyo ku-jirayaasha cunto ee **aan la oggolayn**.

**➔ Xajmiga iyo qaabka xirmooyinka ee la oggol yahay**

**Shirkadaha la oggol yahay**

- Qaybtani waxay muujinaysaa xajmiyada, qaababka xirmooyinka, shirkadaha iyo dhadhamada la oggol yahay.

**🛒 Talooyinka tukaamaysiga**

Ka raadi gaariga tukaamaysiga sanduuqyo midabbo calaamad looga dhigay sida tan oo kale. Talooyinkan waxay kaa caawin doonaan inaad gadato **dhammaan** cuntooyinkaaga WIC bil kasta.

Culayska iyo xajmiyada waxsoosaarka mararka qaar waxa lagu sheegaa halgeeyo kala duwan, ama waxa lagu soo gaabiyey buug-yarahan iyo xirmooyinka cuntada.

### Soo Gaabinta Halbeegga:

**wiqiyad = wiqiyado**  
**bowndhi = bawdhis**  
**galaan = galaan**

### U-Dhigmayaasha Halbeegga:

**½ bowdhis = 8 wiqiyadood**  
**1 bowndhi = 16 wiqiyadood**  
**1 jeeg = 32 wiqiyadood**  
**½ galaan = 2 jeeg (64 wiqiyadood)**  
**1 galaan = 2 kalabadh galaan**

# Miro iyo Khudaar

## Xaddiyada faa'idooyinka:

Hubi Liiska Faa'idooyinka Cuntada Qoyskaaga ama Baaqiga WIC ee xaddiyada faa'idada Miraha iyo Khudaarta

## Daray

### ✓ WIC Ansixisay

- Xajmi kasta
- Dhan, jarjaran, la baceeyay ama la xirxiray
- Dabiici la oggol yahay

### ⊘ Ha iibsan

- Lagu daray sonkoro, duxo ama saliido
- Miro ama khudaar la qallajiyey
- Ubaxyada la cuno
- Miraha kala duwan
- Xawaashka ama basbaaska
- Waxyaalaha saladku ka kooban yahay
- Weelka saladka ama suxuunta xafladaha ee cuntooyin lagu daray
- (dhuuq, dhandhanaan, nuts, iwm.)

## Xajmi kasta



### Shirkad kasta

- Miro ama Khudaar kasta

## 🛒 Talada tukaamaysiga

Jiritaanka waxsoosaar daray ah xilliyada ayay isla baddalaan. Haddii waxsoosaar daray ah ay lacag-bixintu si fiican u qaadan waydo, u sheeg tukaanka si ay markaa u galiyaan kombiyuutarka.

## Baraf ah

### ✓ WIC Ansixisay

- Xajmi kasta
- Nooc kasta oo xirmo (baag, sanduuq, iwm.)
- Dabiici la oggol yahay

### ⊘ Ha iibsan

- Lagu daray duxo ama saliido
- Lagu daray sonkor, dextrose ama macaaneeye macmal ah
- Ku-jirayaasha aan miraha ama khudaarta ahayn (baasto, bariis, jiis, iwm.)
- Khudaarta sooska leh

## Xajmi kasta



### Shirkad kasta

- Miro ama khudaar kasta oo saafi ah, ama isku-jirro saafi ah

## Qasaacadaysan

### ✓ WIC Ansixisay

- Xajmi kasta
- Weel kasta (qasaacad, jalxad, koob, kiish, iwm.)
- Dabiici la oggol yahay

### ⊘ Ha iibsan

- Lagu daray sonkoro, duxo ama saliido
- Khudaarta la labeeneeyey
- Mushakalka miraha oo ku jira shurbad
- Jaamka afokaadada
- Khudaar dhanaan lagu daray
- Shigni
- Suugo (biisa, baasto ama yaanyo)
- Yaanyo la shiiday ama qasaac

## Xajmi kasta



### Shirkad kasta

- Miro kasta ama isku-jir miro oo kasta oo saafi ah oo biyo leh
- Khudaar kasta ama isku-jir khudaar oo kasta

## Talada tukaamaysiga

Faa'idada firilayda balka wadata waxa ka mid ah noocyada kala ah:

- **Rooti:** Sarreen balka wata iyo firilay balka wadata
- **Baasto:** Sarreenka balka wata iyo firilay balka wadata
- **Jibaati:** Sarreen balka wata iyo xasiid
- **Bariiska bunniga ah**
- **Boorash**

## Rooti

### Dooro rootiga culayskoodu yahay 16 wiqiyadood kaliya (1 bowndhis).

Rootida qaar badani way ka culus yihiin 16 wiqiyadood (1 bowndhig). Ma aha qaar WIC ansixisay. Si taxaddar leh u hubi culayska.

### WIC Ansixisay

- Qurubyo 16 wiqiyadood (1 bowndhig) ah
- Sarreen Balka Wata
- Firilay Balka Wadata

## Qurubyo 16 wiqiyadood (1 bowndhis) ah



### Arnold

- Daqiiqda/Burka Sarreenka



### The Bread Shed

- Sarreen Balka Wata & Salliid



### La Panciata

- Sarreenka Balka Wata Malab & Boorash



### Baker's Choice

- 100% Sarreen Balka Wata



### Hannaford

- 100% Sarreen Balka Wata



### Nature's Own

- 100% Sarreenka Balka Wata Bilaa Sonkor

## Rooti (sii socda)

### Qurubyo 16 wiqiyadood (1 bowndhis) ah



### Nature's Own

- 100% Sarreen Balka Wata oo Malab leh



### Pepperidge Farm

- Rootiga Kaalorigan ku yar Yahay ee Jilicsan



### Pepperidge Farm

- 100% Sarreenka Balka Wata Aad u Khaafiif ah



### Pepperidge Farm

- Rootiga Duuban ee 100% Sarreen Balka Wata ah oo leh Sabiib



### Signature Select

- 100% Sarreen Balka Wata



### Signature Select

- 100% Sarreen Balka Wata Bilaa Milix



### Sara Lee

- 100% Sarreenka Balka Wata ee Qaddiimiga ah



### Wonder

- 100% Sarreen Balka Wata

## Baastada Sarreenka Balka Wata

### ✓ WIC Ansixisay

- Xirmooyin 16 wiqiyadood (1 bowndhig) ah
- Qaab kasta
- 100% Sarreenka Balka Wata
- 100% Firilayda Balka Wadata

### Xirmooyin 16 wiqiyadood (1 bowndhis) ah



**Barilla**



**Bella Terra**



**Bionaturae**



**Delallo**



**Field Day**



**Full Circle**



**Food Club**



**Great Value**



**Hannaford**



**Hodgson Mill**



**Luigi Vitelli**



**Mantova**



**Nature's Promise**



**O Organics**



**Racconto**



**Ronzoni**



**San Remo**



**Signature Select**

## Jibaati

### ✓ WIC Ansixisay

- Xirmooyin 16 wiqiyadood (1 bowndhis) ah
- 100% Sarreenka Balka Wata
- Xasiid

### 🛒 Talada tukaamaysiga

Ma raadinaysaa jibaati? Hubi khaanadaha rootiga, qaybta qaboojiyaha, ama meesha agabka taco-da.

### Xirmooyin 16 wiqiyadood (1 bowndhis) ah



**Chi-Chi's**

- Xasiidda Cad, Qaabka Taco-da
- Sarreenka Balka Wata, Qaabka Fajita



**Food Club**

- Xasiidda, Qaabka Taco-da
- Sarreenka Balka Wata, Qaabka Fajita



**Great Value**

- Sarreenka Balka Wata



**Hannaford**

- Sarreenka Balka Wata, Xasiidda Cad
- Xasiidda Cad
- Xasiidda Jaallaha ah



**IGA**

- Xasiidda Cad
- Sarreenka Balka Wata, Qaabka Taco



**La Banderita**

- Xasiidda Cad, Xasiidda Jaallaha ah
- Sarreenka Balka Wata, Fajita
- Sarreenka Balka Wata, Taco-da
- Sarreenka Balka Wata, Jilicsan



**Mission**

- Sarreenka Balka Wata, Taco-da
- Sarreenka Balka Wata, Fajita
- Xasiidda Jaallaha ah oo Sii Khafiif ah



**Ortega**

- Sarreenka Balka Wata



**Pics Brand**

- Xasiid, Qaabka Taco-da
- Sarreenka Balka Wata, Qaabka Taco



**Signature Select**

- Sarreenka Balka Wata

# Bariiska Bunniga ah

## ✓ WIC Anxisisay

- Xirmooyin ah 14–16 wiqiyadood
- Xirmooyin ah 28–32 wiqiyadood
- Kiishash, sanduuqyo, iyo jalxado caag ah
- Dabiiciga la oggol yahay

## ⊘ Ha iibsan

- Lagu daray sonkoro, duxo, saliido, milix ama dhadhan-sameeyayaal

### 14–16 wiqiyadood



#### Shirkad Kasta

- Caadi ah
- Dhakhso u bislaada
- Hore u karsama
- Ku karkarinta kiishka

### 28–32 wiqiyadood



#### Shirkad Kasta

- Caadi ah
- Dhakhso u bislaada
- Hore u karsama
- Ku karkarinta kiishka

## 🛒 Talada tukaamaysiga

Waxaad dooran kartaa isku-jir ah **rooti, baasta, jibaati, bariis iyo boorash si** ay iskugu noqdaan wadarta tirada wiqiyadood **Rooti-Firilay Balka Wadata-Baasto ee ku jira** liiska Faa'idooyinka Cuntada Qoyskaaga. Waa kuwan laba tusaale:



+



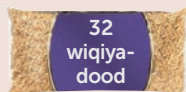
= 32 wiqiyadood

Hal rooti oo 16 wiqiyadood ah

Hal xirmo jibaati ah oo 16 wiqiyadood ah



+



= 48 wiqiyadood

Hal xirmo baasto ah oo 16 wiqiyadood ah

Hal xirmo bariis oo ah 32 wiqiyadood

# Boorash

## ✓ WIC Anxisisay

- Xirmooyin 16 wiqiyadood iyo 32 wiqiyadood ah
- Diyaarsan, Hore u Bislaada, Duuban, La Yaryareeyey, Qaddiimi ah
- Dabiiciga la oggol yahay

## ⊘ Ha iibsan

- Xirmooyin gooni-gooni ah
- Wax badan
- Lagu daray sonkoro, duxo, saliido, milix ama dhadhan-sameeyayaal

## Xirmooyin 16 wiqiyadood ah



#### Bob's Red Mill

- Boorashka Hore u Bislaada
- Boorashka Nooca Qaddiimiga ee Dabiiciga ah



#### McCann's Imported Irish Oatmeal

- Boorashka La Yaryareeyey ee Dhakhso u Bislaada
- Boorashka Dhakh-saha u Karsama



#### Mom's Best Cereal

- Boorashka Degdegga ah



#### Woodstock

- Boorashka Hore u Bislaada ee Dabiiciga ah

## Xirmooyin 32 wiqiyadood ah



#### Bob's Red Mill

- Bilaa Gluten
- Adayg dheeraad ah leh
- Hore u bislaada
- Waa-hore jiray
- Dabiiciga

## 🛒 Talada tukaamaysiga

### Boorashku ma siiriyaalbaa mise waa firilay balka wadata? Waa labadaba!

Markaad ku tukaamaysanayso WIC, xasuusnow inaad:

- **Isticmaasho faa'idooyinka Siiriyaalka** si aad ugu soo iibsato boorash diyaarsan xirmooyin halmar la isticmaalo.
- **Isticmaal faa'idooyinka Firilayda Balka Wadata** si aad u soo iibsato noocyada kale ee boorashka oo ku jira sanduuqyo, kiishash ama suxuun.



## Ukun

### ✓ WIC Anxisisay

- Darsinka oo dhan
- Bunni iyo caddaan
- Dhexe, wayn, aad u wayn, camiiq ah
- Bilaa qasaf ah
- Dabiici
- Cunto dhir ka timi lagu quudiyey
- La xoojiyey ama si gaar ah loo sameeyey (Omega-3)

## Darsin, Xajmi Kasta



Shirkad Kasta

## Sharaabka Soymilk

### ✓ WIC Anxisisay

- Tallaagad la galiyey: 32 wiqiyadood (1 jeeg), 64 wiqiyadood (1/2 galaan)
- Muddo yaala: 32 wiqiyadood (1 jeeg)

## Tallaagad la galiyey

### 32 wiqiyadood (1 jeeg)



Silk  
• Asal

### 64 wiqiyadood (1/2 galaan)



Silk  
• Asal

## Muddo yaala

### 32 wiqiyadood (1 jeeg)



Pacific  
• Soy la Xoojiyey Asal



Silk  
• Asal

## Caanaha Lo'da

### ⚠ Dooro waxa adiga lagu anxisiyey.

- Caano dhan oo loogu talagalay carruurta 12-24 bilood jirka ah
- Caano duxdu ku yar tahay (1%) iyo kuwo bilaa dux ah (labeenta laga qaaday) oo loogu talagalay haweenka iyo carruurta 2-5 jirka ah

### ✓ WIC Anxisisay

- Dareere: Galaan, 1/2 galaan, iyo jeeg
- Muddo yaala: Quart
- Caano booraha bilaa duxda ah: 25.6 wiqiyadood
- Dabiici

### ⊘ Ha iibsan

- La xoojiyey ama gaarka ah
- Duxda la yareeyey (2%)
- Dhadhan loo sameeyey
- Dhalooyin quraarad ah ku jira

## Dareere

### Galaan, 1/2 galaan, jeeg



### Shirkad Kasta

- Dhan: Carruurta jira 12-24 bilood
- Duxda yar (1%) ama aan dux lahayn (laga qaaday labeenta)
- Bilaa lactose

### Noocyada dabiiciga ah waa la oggol yahay



Full Circle



Horizon



Nature's Promise



Organics



Organic Valley



Stonyfield Organic

## Muddo yaala

### Jeeg



Shirkad Kasta

## Caano boodhe bilaa dux ah

### 25.6 wiqiyadood (waxay noqdaan 2 galaan)



Shirkad Kasta



# Caanaha Riyaha

## ⚠️ Dooro waxa adiga lagu ansixiyey.

- Caano dhan oo loogu talagalay carruurta 12-24 bilood jirka ah
- Caano duxdu ku yar tahay (1%) iyo kuwo bilaa dux ah (labeenta laga qaaday) oo loogu talagalay haweenka iyo carruurta 2-5 jirka ah

## ✓ WIC Ansixisay

- Nooca Meyenberg kaliya
- Dareere dhan: ½ galaan, iyo jeeg
- Dareere duxdu ku yar tahay (1%): Jeeq
- Daqiiq laga dhigay: 12 wiiqiyadood

## Dareere

### ½ galaan, jeeg



#### Meyenberg

- Dhan: Carruurta jira 12–24 bilood

### Jeeq



#### Meyenberg

- Dux yar (1%)

## Daqiiq laga dhigay

### 12 wiiqiyadood (sameeya 3 jeeg)



#### Meyenberg

- Dhan: Carruurta jira 12–24 bilood



#### Meyenberg

- Bilaa dux

# Jiis

## ✓ WIC Ansixisay    ⚠️ Ha iibsan

- Xirmooyin 8 wiiqiyadood iyo 16 wiiqiyadood ah
- Qurubyo ah oo la jarjaray
- American slices
- Caadi
- Duxdu ku yar tahay
- La soo dhoofiyey ama suuqa yaala isagoo diyaarsan
- Cadadka sida khafiifka ah u jeexan ee sida gooni-goonida ah u duuban
- Dabiici
- Dhadhan loo yeelay
- La dhuudhuubay
- Si gaar ah loo sameeyey

## Qurubyada

### 8 wiiqiyadood iyo 16 wiiqiyadood



## Cadadka sida khafiifka ah u jeexan

### 8 wiiqiyadood iyo 16 wiiqiyadood



## Shirkadaha la oggol yahay



# Tofu

## ✓ WIC Anxisisay

- Xirmooyin 8 wiiqiyadood, 14 wiiqiyadood, iyo 16 wiiqiyadood ah
- Dabiici la oggol yahay

## 8 wiiqiyadood, 14 wiiqiyadood, iyo 16 wiiqiyadood



### Azumaya

- Xariiri ah
- Adag
- Adayg Dheer ah Leh

### Franklin Farms Tofu

- Xariiri ah
- Jilicsan
- Yara Adag
- Adag
- Adayg Dheer ah leh



### Heiwa Tofu



### House Foods

- Jilicsan
- Yara Adag
- Adag
- Adayga Dheeri ah Leh
- Kubidh Aad u Adag



### Nasoya

- Xariiri ah
- Adag
- Adayg Dheer ah Leh
- Aad u Adag

### O Organics

- Xariiri ah
- Adag
- Adayg Dheeri ah leh
- Kubidh Adeeg Dheeri ah leh
- Faaxay oo Aad u Adag

# Tofu (sii socda)

## 8 wiiqiyadood, 14 wiiqiyadood, iyo 16 wiiqiyadood



### Vermont Soy

- Adag



### Nature's Promise

- Adag
- Adayg Dheeri leh



### Wildwood Organic

- Xariiri ah
- Adag
- Adayg Dheer ah Leh
- Aad u Adag



### Woodstock Organic

- Adag
- Adayg Dheeri leh

## 🛒 Talada tukaamaysiga

**Isku dar xirmooyinka tofu** si aad iskugu darto wadarta tirada bowndhiyada (lbs) ee ku jira liiska Faa'idooyinka Cuntada Qoyskaaga.

Tusaale ahaan:

**1 bowndhi  
(16  
wiiqiyadood)**



Hal 16  
wiiqiyadood

**AMA**



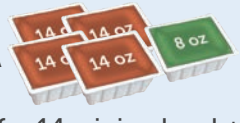
Laba 8  
wiiqiyadood

**4 bowndhi  
(64  
wiiqiyadood)**



Afar 16  
wiiqiyadood

**AMA**



Afar 14 wiiqiyadood +  
Hal 8 wiiqiyadood

# Caano-fadhi

## ⚠️ Dooro waxa adiga lagu ansixiyey.

- Caano-fadhiga caanaha isku dhan ah ee carruurta 12-24 biloodka jira
- Caano-fadhiga duxda yar iyo kuwa bilaa duxda ah ee haweenka iyo carruurta 2-5 sano jirka ah

## ✓ WIC Ansixisay

- Suxuun 32 wiqiyadood ah
- 8 baakadood iyo 16 baakadood oo tuyuubyada 2 wiqiyadood ah
- Dabiiciga la oggol yahay

## ⊘ Ha iibsan

- Kiishashka
- Macaaneeyayaasha macmalka ah

## Suxuun 32 wiqiyadood ah



**Best Yet**  
• Dhadhan kasta



**Brown Cow**  
• Dhadhan kasta



**Butterworks Farm**  
• Dhadhan kasta



**Cabot**  
• Dhadhan kasta



**Chobani**  
• Dhadhan kasta



**Dannon**  
• Dhadhan kasta  
• **Oikos Greek:**  
Dhadhan kasta  
• **Greek Khafiif ah & Ishaysta:** Saafi kaliya



**Food Club**

- Dhadhan kasta



**Full Circle Organic**

- Greek Bilaa dux
- Saafi
- Faniila



**Great Value**

- Dhadhan kasta
- ⊘ **Ha iibsan**
- Faniilada bilaa duxda ah



**Green Mountain Creamery**

- Dhadhan kasta

# Caano-fadhi (sii socda)

## Suxuun 32 wiqiyadood ah



**Hannaford**  
• Dhadhan kasta



**Lucerne**  
• Dhadhan kasta



**Nature's Promise**  
• Dhadhan kasta

## ⊘ Ha iibsan

- Faniilada Fudud



**O Organics**

- Dhadhan kasta



**Open Nature**

- Dhadhan kasta



**Pics by Price Chopper**

- Dhadhan kasta



**Stonyfield Organics**  
• **Daxiin ah & Labeen leh:**  
Dhadhan kasta  
• **Greek:**  
0% Dux Kaliya



**Two Good**

- Dhadhan kasta



**Yoplait**

- **Asal:**  
Dhadhan kasta

## 8 baakadood iyo 16 baakadood ee tuyuubyada 2 wiqiyadood ah.



**Stonyfield Organics**

- Dhadhan kasta

## 🛒 Talada tukaamaysiga

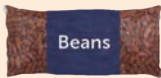
**1 Badharka Lawska/Faasuuliye/Digir** ku jira liiska Faa'idada Cuntada Qoyskaaga waxay ka dhigan inaad iibsano karo:

**A**

**Hal jalxad oo 16-18 wiiqiyadood ah oo sub lawska ah**

**AMA****B**

**Afar qasaacadood oo ah 15-16 wiiqiyadood oo faasuuliye qasaacadaysan ah**

**AMA****C**

**Xirmo 16 wiiqiyadood ah oo ah faasuuliye, misir, iyo digir qallalan**

## **A** Badharka Lawska

### ✓ WIC Anxisisay

- Jalxado 16–18 wiiqiyadood
- Daxiin ah / Labeen leh
- Burburaya / Qurjulum leh
- Jalxado Caag ama quraarad ah

### ⊘ Ha iibsano

- Dux yar
- Cusbo yar
- Dabiici
- Subaga lawska si gaar ah loo sameeyey
- Jaamka badharka lawska
- Dhadhan loogu yeelay ama lagu daray waxyaalo kale oo dhadhan u yeela

## Jalxado 16–18 wiiqiyadood



Any Store Brand



Smuckers



Teddie



Jif



Peter Pan



Skippy

### ⊘ Ha iibsano

- Simply Jif
- Jif-ka Dabiiciga ah
- Jif-ka Duxda Yar

### ⊘ Ha iibsano

- Peter Pan-ka Dabiiciga ah
- Peter Pan-ka Duxda Yar

### ⊘ Ha iibsano

- Skippy-ga Dabiiciga
- Skippy-ga Duxda Yar

## **B** Faasuuliye Qasaacadaysan

### ✓ WIC Anxisisay

- Qasaacado 15–16 wiiqiyadood ah
- Caadi
- Milix yar
- Dabiici la oggol yahay

### ⊘ Ha iibsano

- Sonkoro, duxo ama saliido lagu daray
- Khudaar, miro ama hilib lagu daray
- Lagu daray dhadhan-sameeyayaal, xawaashyo ama basbaas
- Faasuulye dib loo shiilay

## Qasaacado 15 – 16 wiiqiyadood ah



### Shirkad Kasta

- Nooc kasta oo ah faasuuliye, misir ama digir bislaatay

## **C** Faasuuliye, Misir, iyo Digir la Qallajiyey

### ✓ WIC Anxisisay

- Xirmooyin 1 bowndhi ah
- Dabiici la oggol yahay

### ⊘ Ha iibsano

- Lagu daray sonkoro, duxo ama saliido
- Lagu daray dhadhano, xawaashy, ama basbaas
- Soup mix

## Xirmooyin 16 wiiqiyadood ah



### Shirkad Kasta

- Nooc kasta oo ah faasuuliye, misir ama digir bislaatay

# Siiriyaal Kulul

## ✓ WIC Anxisisay

- Xajmiyo kala duwan
- 🌾 Firilayda balka wadata
- GF Bilaa Gluten

## Fiiri alaab kasta si aad xajmiga u ogaato



### Best Yet

- 🌾 Boorash
- Dhadhankii-su Asal Yahay
- 11.8 wiqiyadood



### Cream of Rice

- GF Bilaa Gluten
- 12 wiqiyadood
- 14 wiqiyadood



### Cream of Wheat

- 1 Daqiiqo - 28 wiqiyadood
- 2½ Daqiiqo - 12 wiqiyadood
- 28 wiqiyadood
- Diyaarsan Asal ah - 12.7 wiqiyadood
- 🌾 Firilay Balka Wadata - 12 wiqiyadood
- 18 wiqiyadood



### Farina

- Siiriyaalka Sarreenka ee Kulul ee Asalka ah
- 18 wiqiyadood
- 28 wiqiyadood



### Food Club

- Sarreen Labeen Leh Farina
- 28 wiqiyadood
- 🌾 Boorash
- Diyaarsan Caadi
- 11.8 wiqiyadood



### Great Value

- 🌾 Boorash
- Dhadhankiiisu Asal Yahay
- 11.8 wiqiyadood



### Hannaford

- 🌾 Boorashka
- Dhadhanka Caadiga ah
- 11.8 wiqiyadood
- Sarreen Labeen leh
- 28 wiqiyadood



### IGA

- 🌾 Boorash
- Dhadhankiiisu Asal Yahay
- 11.8 wiqiyadood



### Malt O Meal

- Siiriyaalka Sarreenka ee Kulul ee Asalka ah
- 36 wiqiyadood

# Siiyaalka Kulul (sii socda)

## Fiiri alaab kasta si aad xajmiga u ogaato



### Maypo

- 🌾 Maple Oatmeal
- 14 wiqiyadood
- 🌾 Boorashka
- Nooca Vermont
- 19 wiqiyadood



### Pics by Price Chopper

- 🌾 Boorash
- Dhadhankiiisu Asal Yahay
- 11.8 wiqiyadood



### Quaker

- 🌾 Xirmooyin
- Boorash
- Diyaarsan oo Asal ah
- 11.8 wiqiyadood
- 23.7 wiqiyadood



### Signature Select

- 🌾 Boorash Dhadhankiiisu Asal Yahay
- 11.8 wiqiyadood

## 🛒 Talada tukaamaysiga

Isku dar xirmooyinka siiriyaalka kulul iyo ka qabow si aad ugu darto wadarta wiqiyadaha ku jira liiska Faa'idooyinka Cuntada Qoyskaaga. Waa kuwan saddex qaab oo aad u iibsano karto ilaa 36 wiqiyadood:

$$\begin{array}{ccccccc}
 \text{Box 1} & + & \text{Box 2} & + & \text{Box 3} & = & 36 \\
 18 & & 9 & & 9 & & \text{wiqiyadood} \\
 \text{wiqiyadood} & & \text{wiqiyadood} & & \text{wiqiyadood} & & 
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{Box 4} & + & \text{Box 5} & + & \text{Box 6} & = & 36 \\
 12 & & 12 & & 12 & & \text{wiqiyadood} \\
 \text{wiqiyadood} & & \text{wiqiyadood} & & \text{wiqiyadood} & & 
 \end{array}$$

$$\begin{array}{ccc}
 \text{Box 7} & + & \text{Box 8} & = & 35.8 \\
 24 & & 11.8 & & \text{wiqiyadood} \\
 \text{wiqiyadood} & & \text{wiqiyadood} & & 
 \end{array}$$

# Siiriyaalka Qabow

## ✓ WIC Ansixisay

- Xirmooyin 8.9 wiqiyadood- 36 wiqiyadood ah
- Firilay Balka Wadata
- Bilaa Gluten

## Xajmi kasta ka bilaw 8.9 wiqiyadood - 36 wiqiyadood

### General Mills



#### Cheerios

- Asal
- Firilay Badan
- Basbaaska Faniilada

#### Chex

- Buluuberi
- Qorofal
- Xasiid
- Bariis
- Sarreen



#### Fiber One

- Honey Clusters



#### Kix

- Saafi
- Berry Berry
- Malab



#### Wadarta Wheaties

- 
- 

### Kashi



- Malab Dabiici ah oo Shiilan
- Qorofal Diirran oo Dabiici ah

### Kellogg's



#### Complete Bran

- Faleek
- Sarreen oo Dhammay-stiran
- Asal
- Qorofal
- Malab

#### Corn Flakes

- Asal
- Qorofal
- Malab

#### Crispix

- Asal

#### Rice Krispies

- Asal

## Xajmi kasta ka bilaw 8.9 wiqiyadood - 36 wiqiyadood

### Kellogg's



#### Special K

- Asal
- Moos
- Siiriyaal Firilay Badan ah oo leh Borotiin iyo Qorofal
- Siiriyaal Firilay Badan ah oo leh Borotiin, Malab iyo Almond



#### Frosted Mini Wheats

- Asal
- Buluuberi
- Cinnamon Roll
- Sooska Beeriga Qasan
- Xawaashka Araadubbaha
- Little Bites
- Jokolaatada Little Bites
- Istarooberi
- Malab

### Post



#### Great Grains

- Siiriyaalka Mooska iyo Nut-ka
- Pecan Qurjulum leh



#### Grape Nuts

- Asal
- Faleekyo



#### Honey Bunches of Oats

- Almonds Leh
- Lagu Dhabooqay Malab
- Sonkorta Bunniga ah ee Pecan iyo Maple
- Vanilla Bunches
- Cinnamon Bunches

### Quaker



#### Life

- Asal
- Faniila

#### Oatmeal Squares

- Qariir Sonkorta Bunniga ah
- Qariir Qorofal ah
- Honey Nut

# Siiriyaalka Qabow (sii socda)

## ✓ WIC Anxisisay

- Xirmooyin 8.9 wiqiyadood- 36 wiqiyadood ah
- Firilay Balka Wadata
- Bilaa Gluten

## Xajmi kasta ka bilaw 8.9 wiqiyadood - 36 wiqiyadood

### Store Brands



#### Best Yet

- Bran Flakes
- Frosted Shredded Wheat
- Frosted Shredded Wheat Strawberry
- Toasted Oats
- Corn Flakes
- Crispy Rice
- Malab Boorash & Faleekis



#### Food Club

- Bran Flakes
- Frosted Shredded Wheat
- Frosted Shredded Wheat Strawberry
- Oatmeal Squares
- Toasted Oats
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crisp Rice
- Honey Oats Clusters
- Honey Oats w/ Almonds
- Rice Squares
- Twin Grain Crisps



#### Great Value

- Bran Flakes
- Frosted Shredded Wheat
- Boorash Duban
- Corn Flakes
- Corn Squares
- Rice Crisps
- Rice Squares



#### Hannaford

- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Easy Living Oat Squares
- Frosted Shredded Wheat
- Multigrain Tasteeos
- Nutty Nuggets
- Sarreen Duban
- Wheat Flakes
- Corn Flakes
- Crispy Rice
- Crispy Hexagons
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Tasteeos
- Toasted Corn Squares
- Toasted Rice Squares

# Siiriyaalka Qabow (sii socda)

## Xajmi kasta ka bilaw 8.9 wiqiyadood - 36 wiqiyadood

### Store Brands



#### IGA

- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Toasted Oats
- Crispy Rice
- Corn Flakes



#### Malt O Meal

- Frosted Mini Spooners



#### Pics by Price Chopper

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
- Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Honey Oats & Flakes with Almonds
- Toasted Corn Crisps
- Toasted Rice Crisps



#### Signature Select

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Rice Pockets



#### That's Smart

- Crisp Rice

# Juuska Ilmaha

## ✓ WIC Ansisay

- Muddo yaalla 100% Juus ah: caagado 64 wiiqiyadood ah

## ! Qoraal Samee

- Dabiici la ogol yahay shirkadaha qaar

## Muddo yaala

### Caagado 64 wiiqiyadood ah



#### Apple & Eve

- Dhadhan kasta
- Aan dabiici ahayn



#### Best Yet

- Tufaax
- Cinab
- Grapefruit
- Liin macaan
- Liin macaan Canbelaf
- Liin macaan Cananis
- Cananis
- Yaanyo
- Khudaar
- Cinabka cad



#### Campbell's

- Yaanyo
- Yaanyo Milix Yar



#### Food Club

- Tufaax
- Karaanbeeri
- Cinab
- Grapefruit
- Liin macaan
- Cananis
- Yaanyo
- Cinabka cad



#### Great Value

- Tufaax
- Karaanbeeri Isku-jir
- Karaanbeeri Cinab
- Karaanbeeri Rumaan
- Cinab
- Canbelaf
- Canbaruud
- Cananis
- Yaanyo
- Khudaar
- Cinab Cad
- Cinab Cad Khuukh



#### Hannaford

- Dhadhan kasta



#### IGA

- Tufaax
- Cinab
- Yaanyo
- Cinabka Cad



#### Juicy Juice

- Dhadhan kasta



#### Langers

- Tufaax
- Tufaax Beeri Jeeri
- Tufaax Kiwi Istarawberi
- Tufaax Liin Macaan Cananis
- Tufaax Khuukh Canbelaf
- Beeri Isku-jir
- Concord Cinab
- Karaanbeeri Plus
- Karaanbeeri Raasbeeri Plus
- Cananis



#### Mott's

- Tufaax
- Tufaax Jeeri
- Tufaax Canbelaf
- Tufaax Cinab Cad
- Sensibles - Tufaax

# Juuska Ilmaha (sii socda)

## Muddo yaala

### Caagado 64 wiiqiyadood ah



#### Pics by Price Chopper

- Tufaax
- Beeri
- Cinab
- Grapefruit
- Cananis
- Yaanyo
- Khudaar
- Khudaar Milix Yar
- Cinab Cad



#### Signature Select

- Tufaax
- Karaanbeeri Isku-jir
- Karaanbeeri Cinab
- Karaanbeeri Raasbeeri
- Cinab
- Grapefruit
- Liin macaan
- Cananis
- Yaanyo
- Khudaar
- Khudaar- Milix Yar
- Grapefruit Cad
- Cinab Cad



#### V8 Vegetable

- Khudaar Asal ah
- Khudaar Kulul oo Basbaas leh
- Milix Yar



#### Welch's

- 100% Cinab Cad
- 100% Cinab Cas
- Tufaax
- Cinab
- Cinab (kaalshiyam)
- Liin macaan
- Cananis
- Tropical Trio
- Cinab Cad Khuukh
- Cinab Cad Jeeri



#### Northland

- Dhadhan kasta



#### Old Orchard

- Tufaax
- Tufaax Karaanbeeri
- Beeri Isku-jir
- Karaanbeeri Rumaan
- Cinab
- Liin macaan
- Khuukh Canbelaf
- Cinab Cad



#### Ocean Spray

- Dhadhan kasta



#### O Organics

- Karaanbeeri Canbelaf
- Cinab



#### That's Smart

- Cinab

## ⊘ Ha iibsan

- Fudud



## Juuska Ilmaha (sii socda)

### ✓ WIC Ansisisay

- Juus liin macaan ah: rib fadhiya oo 16 wiqiyadood ah weel la qaboojiyey oo 64 wiqiyadood ah

## Juus Liin Macaan ah oo la Fadhiisiyey Qasaacado 16 wiqiyadood ah



### Any Store Brand

- Best Yet
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select



### Minute Maid

- Asal

## Juus Liin Macaan ah oo La Qaboojiyey Caagado 64 wiqiyadood ah



### Any Store Brand

- Best Yet
- Food Club
- Great Value
- Hannaford
- IGA
- Pics by Price Chopper



### Hood



### Natalie's

## Juuska Haweenka

### ✓ WIC Ansisisay

- Fadhiya ribban: weel 11.5–12 wiqiyadood ah
- Muddo yaalla 100% Juus ah: caagado 48 wiqiyadood ah

## Baraf ah Qasaacado 11.5–12 wiqiyadood ah



### Juuska Liin Macaanta Any Store Brand

- Best Yet
- Great Value
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select



### Juuska Tufaaxa / Juuska Cinabka

### Any Store Brand

- Best Yet
- Great Value
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select



### Dole

- Juus ah 100%  
- Dhadhan kasta



### Seneca

- 100% Juus Tufaax ah



### Minute Maid

- Liin macaan  
- Qaab kasta
- Cinab



### Old Orchard

- Green peel strip  
- Dhadhan kasta

## Juuska Haweenka (sii socda)

### Muddo yaala

### Caagado 48 wiqiyadood ah



#### Apple & Eve

- Dhadhan kasta



#### Juicy Juice

- Dhadhan kasta



#### Food Club

- Tufaax
- Liin Macaan
- Cinab
- Liin Macaan Cananis



#### Best Yet

- Liin Macaan
- Liin Macaan Canbelaf
- Liin Macaan Cananis
- Cananis



#### Welch's

- Concord Cinab
- Cinab Cad



#### Northland

- Dhadhan kasta

## Miraha iyo Khudaarta Dhallaanka

### ✓ WIC Anxisisay

- Nooc kasta oo miro ama khudaar ah
- Nooc kasta oo miro isku dhafan iyo khudaar isku dhafan ah
- Dabiici waa la ogol yahay

### ⊘ Ha iibsan

- Lagu daray sonkoro, milix, istaarajyada ama beriiska
- Cashooyinka
- Kiishashka
- Macmacaanka

### 🛒 Talada tukaamaysiga



### Ikhtiyaarka miraha iyo khudaarta darayga ah

Marka ilmuhu gaadho da'da 9 bilood, kala badh faa'iidada cuntada dhallaanka waxa lagu beddeli karaa miro iyo khudaar **daray** ah

Haddii ikhtiyaarkani aanu hore ugu jirin liiska Faa'iidooyinka Cuntada Qoyska isla markaana aad jeclaan lahayd, waxa aad la xidhiidhaa xafiska WIC ee deegaankaaga.



Macluumaadka xidhiidhka waxa laga heli karaa barta [healthvermont.gov/local](http://healthvermont.gov/local).

# Miraha iyo Khudaarta Dhallaanka (sii socda)

## Jalxadaha kelida ah iyo weelka kiishashka badan leh



### Beech-Nut

- 4 wiqiyadood keli ah
- Marxaladda 1, Marxaladda 2



### Beech-Nut Naturals

- 4 wiqiyadood keli ah
- Baakado kala duwan
- Marxaladda 1, Marxaladda 2



### Beech-Nut Organic

- 4 wiqiyadood keli ah
- Marxaladda 1, Marxaladda 2



### Earth's Best Organic

- 4 wiqiyadood keli ah
- Marxaladda 2 keliya



### Gerber

- 2-baakadood oo 2 wiqiyadood
- 2-baakadood oo 4 wiqiyadood
- 4 wiqiyadood keli ah
- Baakado kala duwan
- Marxaladda 1, Marxaladda 2



### Gerber Organic

- 4 wiqiyadood keli ah
- Marxaladda 1, Marxaladda 2



### Happy Baby

- 4 wiqiyadood keli ah
- Marxaladda 1, Marxaladda 2



### O Organics

- 4 wiqiyadood keli ah



### Nature's Heart Organic

- 4 wiqiyadood keli ah
- Marxaladda 1
- Marxaladda 2 miro keliya

# Miraha iyo Khudaarta Dhallaanka (sii socda)



### Nature's Promise

- 4 wiqiyadood keli ah
- Marxaladda 2



### Parent's Choice

- 4 wiqiyadood keli ah
- 2-baakadood oo 2 wiqiyadood ah
- 2-baakadood oo 4 wiqiyadood ah
- Marxaladda 1, Marxaladda 2



### Tippy Toes

- 2-baakadood oo 4 wiqiyadood ah
- 4 wiqiyadood keli ah
- Marxaladda 2

## Talada tukaamaysiga

**Waxa lagu xaddiday 50 shay oo WIC ah halkii macaamilba.** U kala sooc shayada WIC macaamilo badan haddii tirada shayadu ay ka badan yihiin 50.

**Faa'iido 128 wiqiyadood ah = 32 jalxadood**  
**Faa'iido 256 wiqiyadood ah = 64 jalxadood**

**Isku dar weelasha** si aad isugu darto tirada wiqiyadood (wiqiyadood) ee ku qoran Faa'iidooyinka Cuntada Qoyskaaga.

Hal  
Jalxad 4  
wiqiyadood  
ah =  
**4 wiqiyadood**



**= 1 jalxad**



Hal  
2-baakadood oo 2  
wiqiyadood ah =  
**4 wiqiyadood**



**= 1 jalxad**



Hal  
2-baakadood 4  
wiqiyadood ah =  
**8 wiqiyadood**



**= 2 jalxadood**



## Siiriyalka Dhallaanka

### ✓ WIC Anxisisay

- Baakado 8 wiqiyadood iyo 16 wiqiyadood ah
- Rootiga firileyda badan iyo firileyda keli ah ka sameysan
- Dabiici waa la ogol yahay

### ⊘ Ha iibsan

- Miro, caanaha daasada ilmaha ama khudaarta lagu daray

## Xirmooyin 8 wiqiyadood iyo 16 wiqiyadood ah



### Beech-Nut

- Boorash
- Boorashka Dabiiciga ah



### Earth's Best Organic

- Firileyda Badan ee Balka Wadata
- Boorashka firileyda Balka Wadata



### Gerber

- Firileyda Badan
- Boorashka
- Boorashka Dabiiciga ah
- Daqiiqda Boorashka Dabiiciga ah ee Quinoa
- Bariiska Dabiiciga ah
- Bariis
- Firileyda Balka Wadata

## Caanaha Daasada Dhallaanka

### ⚠ Dooro waxa lagu ansixiyey ilmahaaga.

Waa inaad iibsato **isla nooca iyo xajmiga daasadda** ee caanaha daasada dhallaanka ee ku qoran Faa'iidooyinka Cuntada Goyskaaga.

## Haddii ilmahaagu u baahan yahay caanaha daasada oo kale:



Waxa aad la xidhiidhaa xafiiska WIC ee deegaankaaga si ay kaaga caawiyaan inaad beddesho. Macluumaadka xidhiidhka waxa laga heli karaa barta [healthvermont.gov/local](http://healthvermont.gov/local).

## Inta uu ilmahaagu sii weynaanayo:

- WIC waxa ay bixisaa caanaha daasada ilmaha oo ku filan si ay u dabooшо baahiyaha ilmaha intooda u badan. Maadaama oo carruurta weynaanayaan oo cabbayaan caano intii hore ka badan, waxa aad ku qasbanaan kartaa inaad soo iibiso caanaha daasada caruurta oo dheeraad ah.

## Hooyooyinka Sida Buuxda u Naasnuujiya iyo Dhallaanka Kaliya Loogu Talagalay



### Talada tukaamaysiga

**Waxa lagu xaddiday 50 shay oo WIC ah halkii macaamilba.** Tan maskaxda ku hay marka aad iibsanayso cuntooyinka dhallaanka.

**Faa'iida 77.5 wiqiyadood = (31) jalxadood oo 2.5 wiqiyadood**

## Hilibada Dhallaanka



### ✓ WIC Anxisisay

- Jalxado 2.5 wiqiyadood
- Marxaladda 1 ama 2
- Nooc kasta



### ⊘ Ha iibsan

- Lagu daray sonkor ama milix
- Cashooyin

## Jalxado 2.5 wiqiyadood



### Beech-Nut



### Earth's Best Organic



### Gerber



- Beech Nut**
- Baakadda Noocyada



- Gerber**
- Baakadda Noocyada

## Baakad 30 wiqiyadood ah (jalxado 12-2.5 wiqiyadood)

## Kalluunka Qasacadaysan



### ✓ WIC Anxisisay

- Xajmiyada iyo noocyada waa la muujiyey
- Waxa lagu soo cabbeeyey biyo ama saliid
- Saaradiinu waxa uu ka koobnaan karaa lafo ama maqaar



### ⊘ Ha iibsan

- Tuunada Albacore
- Tuunada gogo'an cad
- Kiishashka

## Isku dar qasacadaha illaa 30 wiqiyadood

## Tunada Gogo'an ee Fudud



- Shirkad Kasta**
- 5 wiqiyadood



- Shirkad Kasta**
- 3.75 wiqiyadood



- Shirkad Kasta**
- 5 wiqiyadood, 6 wiqiyadood, iyo 7.5 wiqiyadood

## Barnaamijka WIC ee Vermont

[healthvermont.gov/wic](http://healthvermont.gov/wic)

[wic@vermont.gov](mailto:wic@vermont.gov)

800-649-4357

802-863-7333

Si waafaqsan sharciga xuquuqda madaniga ah ee federaalka iyo shuruucda iyo siyaasadaha Waaxda Beeraha ee Maraykanka, hay'addan waxa mamnuuc ka ah inay samayso takoor ku salaysan qowmiyad, midab, wadanka uu qofku kasoo jeedo, jinsiga (oo uu kamid yahay aqoonsiga jinsiyeed iyo jihada galmeed), naafanimu, da', ama aargoosi ku wajahan dhaqdhaqaaq xuquuq madani oo hore.

Macluumaadka barnaamijka waxa lagu heli karaa luuqado aan ahayn Ingiriisi. Dadka naafada ah ee u baahan qaabab kale oo xidhiidh ah si ay u helaan macluumaadka barnaamijka (sida, farta indhoolka, farta waaweyn, codka dhegaysiga, Luuqadda Dhegoolka Maraykanka), waa inay kala xidhiidhaan gobolka ama hay'adda maxalliga ah ee masuulka ka ah ee maamusha barnaamijka ama Xarunta BARTILMAAMEEDKA USDA "USDA'S TARGET Center" lambarka (202) 720-2600 (cod iyo TTY) ama kala xidhiidh USDA adiga oo u maraya Adeegga Indhoolka/Dhegoolka Federaalka lambarka (800) 877-8339.

Si uu u xareeyo dacwad takoor oo barnaamijka ah, Dacwooduhu waa in uu buuxiyaa Form AD-3027, Foomka Dacwadda Takoorka Barnaamijka USDA kaas oo onlayn ahaan lagaga heli karo barta <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, laga heli karo xafiisyada USDA, adiga oo wacaya (866) 632-9992, ama adiga oo waraaq u qoraya aad ku hagajinayso USDA. Waraaqdu waa inay ka koobnaataa magaca, cinwaanka, lambarka taleefanka dacwoodaha, iyo sharaaxadda qoraalka ah ee falka takoorka ee la sheegtay oo ku qoran faahfaahin ku filan oo loogu wargelinayo Kaaliyaha Xogheynta Xuquuqda Madaniga ah (ASCR) nooca iyo taariikhda xadgudubka xuquuqda madaniga ee la sheegtay. Foomka AD-3027 ee la buuxiyey ama waraaqda waa in loogu gudbiyaa USDA:

boosta:

Waaxda Beeraha ee Maraykanka

Xafiiska Kaaliyaha Xoghaynta ee Xuquuqda Madaniga ah 1400 Independence Avenue, SW

Washington, D.C. 20250-9410; ama

faakiska:

(833) 256-1665 ama (202) 690-7442; ama

iimeylka:

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

Machadkani waa bixiye fursad loo siman yahay.