## Waa maxay WIC?

WIC waxay u taagantahay  Barnaamijka Nafaqeynta loogu talagalay Haweenka, Muluqa, iyo Caruurta Roon (Special Supplemental Nutrition Program for Women, Infants and Children) . WIC waxay ka caawisaa hooyadda iyo caruurtu inay si wacan wax u cunaan, oo caafimaad leh.

## Yaa loogu tala galay WIC?

- Dumarka uurka leh, naas nuujinaya, ama haysta cunug muluqa.
- Cunuga muluqa ah, ee ilaa 12 bilood jira. .
- Caruurta ilaa 5 sano jira.

Shaqsi ma wada qaadan karo mar qura labada barnaamij ee kala ah WIC iyo Kan ah Commodity Supplemental Food Program –ka.

## Maxaan ka heli karaa WIC?

- Cuntooyin Caafimaad le (Caano Cayil yar, qudaarta la karsho, iyo tan macaan, rootiga qamadiga ah, iyo siiriyaalka, ukumaha, jiiska, digiraha, iyo boqolkiiba boqol 100% isbaramuundo ah).
- Helida caymis caafimaad, iyo adeegyo kale oo adiga iyo qoyskaagu u baahan kartaan.
- Warbixinta nafaqo ah oo lagu caawinayo adiga iyo qoyskaaga inaad si wacan u cuntaysaan, cunto caafimaad lehna cuntaan, sida:
    - taageerid, iyo ka caawin naas nuujinta.
    - la talin ah Isnafaqeynta.
    - kooxo wada hadla, iyo wada tababarasho, sida naaska loo nuujiyo, looga adeeg Farmers' Market-ka,iyo sida loola qabsado Fit WIC – Jimjimicsiga dhalaanka muluqa ah, cauurta roon, iyo kuwa iskoolka hordhaca ah dhigta.
    - Galaasyo cunto karis, aay ku jiraan cuntooyin caafimaad qiimo jaban iyo caruurta oo jikada gala.
- Naasaha soo jiidashadooda markii naaska la nuujinayo qiyaastooda iyo xadkooda.

## Mudo intee le'eg ayaad ku jiri kartaa WIC?

Inta dhaqaalaha ku soo gala, caafimaadka, iyo da'dadu ay yihiin kuwo sharciga lagu ogolyahay, waad ku sii jiri kartaa WIC.

- Ku Dumarka – Intaad uur leedahay, ama aad naas siinayso: Faa'idooyinku way sii soconayaan inta uurka aad leedahay, iyo ilaa hal sano kadib markuu  cunugaagu dhasho.Inta aay le'egtahay cuntada adiga ama aad dhalaankaagu heshaan waxay ku xirantahay inta aad naaska nuujisid.
- Ku Dumarka Aan Naas Nuujin:  Faa'idadu waxay kuu socon ilaa lix bilood kadib markuu dhalaanku dhasho.
- Ku Muluqa iyo Caruurta roon: Faa'idadu waxay kuu socon ilaa uu cunugu gaaro 5 sano.

## Maxaan u baahanahay inaan sameeyo si aan ugu jiro WIC?

Qiyaastii 6 bilood walba, shaqaale ayaa eegaya in aad heli kartaan adiga iyo dhalaankaagu helikartaan WIC. Waxaa la yiraahdaa ( recertification). Waxaad u baahanaysaa inaad qabsato balan, soona qaadato:

1. Cadeyn ciiwaankaaga ah, aqoonsi, iyo dhaqaalaha ku soo gala (Kaarka ah Medicaid-ka ama Dr. Dynasaur karkiisa waxaa loo aqoonsan cadeyn sadexdaba ah).
2. Diiwaanka talaalka caruurtaada.
3. Cunugaaga, ama muluqaada keen.
4. Wax warqado ah oo aan kuu soo dirnay-waxaa kuu fiican inaad buuxiso inta aadan iman.

## Waa maxay xaquuqahaaga ku aadan barnaamijka WIC?

- Waxaad xaquuq u leedahay adeegga WIC iyadoon la eegeyn sijiyadaada, midabka, dalka aad ka timi, da'da, nin ama naag (caruureed) ama jiisnimo.
- Waxaad xaq u leedahay in cadaalad laguula dhaqmo, aayna ku wanaajiyaan shaqaalaha WIC.
- Waxaad leedahay xaquuqda lagugu xushmaynayo iyo inay ku wanaajiyaan bixiyayaasha, dukaanlayda, iyo shaqaalahooda.
- Waxaad xaq u leedahay in warbixinta aad siiso barnaamijka WIC sir laguugu hayo, qofna lala wadaagin.
- Waxaad xaq u leedahay waxbarasho nafaqeysan, iyo u jiheyn adeegyo caafimaad.
- Waxaad xaq u leedahay in laguu soo wareejiyo barnaamijka WIC degmo walba oo aad u guurto ama gobol walba, hadaad guurto.
- Waxaad racfaani kartaa, go'aan walba oo aay gaarto WIC eek u saabsan u qalamidaada barnaamijka adiga ama caruurtaada.

## Sidee ayaan ku helaa WIC cuntadeeda?

Gudaha Vermont, waxaa inta badan WIC cuntadeeda lagu helaa in guriga laguugu keeno, oo WIC keenaa kuu keeno (Qof keena cuntada). Cuntooyinka waxaa gurigaaga la keenayaa 10 beri kadib marka hore ee aad WIC buuxiso. Hadaad ku nooshahay meel aan cuntada la keenin, waxaa ku caawinaya shaqaalaha WIC, waxa uuna keenuhu raadin meel cuntada laguugu keeni karo, ama laguu dhigi karo.
Waxaa ugu wacan inaad joogto guriga markii laguu keenayo, si aad firintigeerta durbadiiba u geliso. Markaad guriga joogikarin, ka tag darmuus uu ku qoran yahay tag leh "WIC" si keenuhu u arko. Hadii qoraxdu kulushahay ku rid baraf darmuuska (biyo barafoobay oo dhalo ku jira ayaa ugu wacan). Markii caliladu qabowyihiin, darmuusku wuxuu ka ilaalin cuntada inay baraf noqoto.

WIC qudaarteeda karsanta iyo tan macaaan faa'idadeeda waxaa lagu shubaa kaar ah  EBT'da (Electronic Benefits Transfer).  Waxaa laguu ogolaan in aad qudaarta karsanta iyo tan macaan ka iibsato dukaamada ogol inay qaataan. Ee kuwada yaal dhamaan gobolka. Karkaaga la yiraah Fruit iyo Veggie waxaa laguu soo dhigayaa moostada si toos ah, waxaana laguugu shubi faa'idada bil walba kowdeeda. Hub inaan isticmaasho dhamaan faa'idadaada ku aadka bisha dhamaadkeeda, sababtoo ah kuma sii jirayso bisha kale.

**Waxa aad ku iibsan karto kaarka WIC:**

Guud ahaan markii loo hadlo, waad iibsan kartaa kuli cuntada ah (organic) ama aan aheyn ee ah (non-organic) fareesh, gasacaysan, ama qudaarta macaan iyo tan karsanta oo barafeysan, inta aanan ka aheyn qudaarta la diyaarshay ee lagu daray sokor, xayr, saliid, iyo cusbo. Baradhada kaliya ee la ogolyahay waa tan macaan iyo yams-ka (Maya mida gasacaysan, ama barafeysan).  Fiiri WIC Buying Guide kaaga wixii dheeraad ah.

Isticmaalida kaarkaaga WIC Fruit iyo Veggie Card  dukaanka (Grocery Store)

1. Dooro lambar lagugu aqoonsado ama (PIN) websaytka www.ebtedge.com ama adoo wacaya 1-877-373-8715
2. Ogoow inta kuugu jirta intaadan adeeg doonan.
3. Marka hore saar miiska kaashiyeerka qudaarta WIC, inta aadan saarin waxa kale aad gooni u iibsanayso.
4. Tusi kaarka WIC kaashiyaarka inta aadan marsan ka hor.
5. Mari kaarka, oo taabo "Food Stamps/EBT" (inkasta oo aay tahay WIC, aynan aheyneven  FS, faa'ido ah)
6. Geli afar lambarta lambar ee aqoonsiga ama PIN ka.
7. Taabo,OK kadib ENTER.
8. Markuu kaashiyeerku gelsho qiimaha, haduu saxanyahay taabo YES.
9. Markuu kaashiyeerku ku siiyo risiitka, hubi warbixinta risiitku inay saxantahay.
10. Gasho risiitkaaga meeshuu kaarku yaal, si aad ula socoto inta ay tahay lacagta kuugu jirta, marka kale ee aad aadayso dukaanka. .

**Halka lagu isticmaalo kaarkaaga WIC EBT?**

Vermont WIC waxay dooratay dukaamo khaas ah, oo qaata kaarka. Kaarkaaga ah WIC EBT waxaa lagu isticmaali karaa inta badan dukaamada waaweyn,, cuntada iibsha, iyo kula gaarka ah lakiin iibsha raashinka. Dukaamada waxa yar yar lama ogola.

Waxaad raadisaa taag ama saayn leh “Vermont WIC Fruit and Veggie Card Accepted Here” meeshaad wax ka iibsanayso, ama ka fiiri liiska dukaamada ogol websaytka healthvermont.gov.

Wac Customer Service Help Line-ka ah , 1-877-373-8715 durbadiiba hadii:

- Aad suaal qabto
- Hadii dhib jiro ah, kaarka oon shaqeynayn
- Kaarkaaga la xaday, ama uu lumay
- Qof barto lambarka qorsoonida ah
- Aad ilowday lambarkaaga qarsoonida ah
- Aad rabto inaad ogaato lacagta ku jirta kaarkaaga.

Kuwa ah Customer Service Help Line way furanyihiin 24 saac maalintii, 7 beri Isbuucii si aay kuu caawiyaan.

## Maxaan ku wacnayn karaa  barnaamijka WIC ,si aniga uu iigu shaqeeyo?

Hadaad bilowday WIC markaad uur laheyd, noo sheeg markuu dhalaanku dhasho.

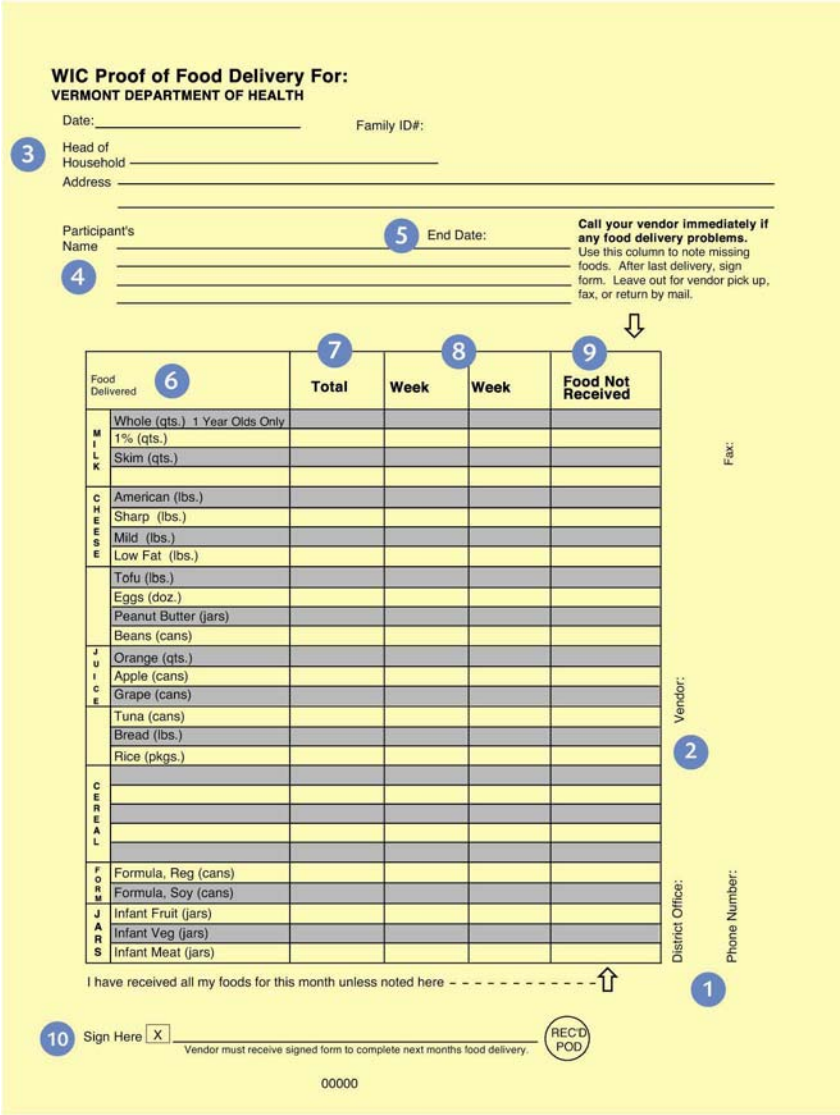
Nasoo wac hadii ay wax iska bedelaan magacaaga, ciiwaanka, iyo lambarka telefoonka iyo dhaqaalah ku soo gala. Hadii aad guurayso, na waydiiso inaad diiwaankaaga u dirno xafiiska cusub ee WIC.

Adiga iyo cunugaaga cuntadiisa la dalbay, waxaa lagaga fikiray nafaqadaada.- fadlan nala soo xariir hadii dalabka cuntadaada wax iska bedelayaan, ama aad jeceshahay in cunto keenida lagaa joojiyo inyar oo aad ka maqantahay guriga.

Xasuusnow in aad saxiixdid POD kaaga oo aad u soo celisid dhiibahaaga bil walba si aay kuugu sii socdaan imaashada cuntada. Hayso balamahaaga WIC. Hadaad u goyso balan WIC dib u cusbooneyn ah, waa lagaa joojin kari cuntadaada.  Hadii aadan haysan Karin balanta, wac oo dib u dhigo.

## Sida loola socdo WIC dalabka aay guriga keeni:

Bil walba, waxaad heli warqad cadeyn ah wixii laguu keenay, la yiraah POD. POD waxay ku tusi inta cunto aad heleyso, waxaana loogu tala galay in aad la socoto keenida WIC.



**WIC Proof of Food Delivery For:**
**VERMONT DEPARTMENT OF HEALTH**

Date: _____ Family ID#:

3 Head of Household _____
Address _____

Participant's Name _____ 5 End Date:
4 _____

**Call your vendor immediately if any food delivery problems.** Use this column to note missing foods. After last delivery, sign form. Leave out for vendor pick up, fax, or return by mail.

| | Food Delivered 6 | 7 Total | 8 Week | Week | 9 Food Not Received |
|---|---|---|---|---|---|
| MILK | Whole (qts.) 1 Year Olds Only | | | | |
| | 1% (qts.) | | | | |
| | Skim (qts.) | | | | |
| | | | | | |
| CHEESE | American (lbs.) | | | | |
| | Sharp (lbs.) | | | | |
| | Mild (lbs.) | | | | |
| | Low Fat (lbs.) | | | | |
| | Tofu (lbs.) | | | | |
| | Eggs (doz.) | | | | |
| | Peanut Butter (jars) | | | | |
| | Beans (cans) | | | | |
| JUICE | Orange (qts.) | | | | |
| | Apple (cans) | | | | |
| | Grape (cans) | | | | |
| | Tuna (cans) | | | | |
| | Bread (lbs.) | | | | |
| | Rice (pkgs.) | | | | |
| CEREAL | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| FORM | Formula, Reg (cans) | | | | |
| | Formula, Soy (cans) | | | | |
| JARS | Infant Fruit (jars) | | | | |
| | Infant Veg (jars) | | | | |
| | Infant Meat (jars) | | | | |

Fax:
Vendor: 2
District Office:
Phone Number: 1

I have received all my foods for this month unless noted here - - - - - - - - - - - - -

10 Sign Here X _____
Vendor must receive signed form to complete next months food delivery.
REC'D POD

00000

Waa sidan sida aay u eegtahay POD (geli foom leh sawir) waa inaad saxiixdaa POD’ka dabayaaqada bil walba, si aay kuug sii socoto helida cuntada WIC bisha cusub.

Warbixin Muhiim ah:

1. Degaanka xafiiskiisa caafimaad, iyo lambarka telefoonka
2. Keenahaaga magaciisa, ciiwaanka, iyo telefoonka.
3. Adiga Magacaaga, ciiwaanka, iyo tilmaanta
4. Magacyadda Qoyska inta ku Jirta WIC
5. Bisha aad doonayso inaad cusboonaysiiso WIC
6. Bisha uu yahay POD’ku
7. Inta cunto aad heleyso bil walba oo la isku daray
8. Isbuucyadda laguu keenayo cuntooyinkaaga
9. Meel lagu qoro wixii maqan oo idil.

10. Layn la saxiixo dhamaadka bil walba cadeynaysa inaad hesho cuntadaadii.

## Talaabooyinka lagu suurto gelsho in cuntadu timaado!

1. Isticmaal bil walba POD si aay kuugu sii socoto imaashadeeda ulana socotid. Hadii uu wax cunto ah ka maqanyahay ama uunan wacnayn raashinku, wac keenaha isla markiiba una sheeg dhibka jir si wax loog qabto, ama lagaaga bedelo.
2. Ka gadaal dalbkaaga ugu danbeeya bisha, saxiix POD' gaga. Hadii aadan helin dhamaan cuntooyinka, buuxi meesha kuna qor "foods not received" dhanka ah.
3. Soo celi adoo saxiixay POD kadib dalabka ugu danbeeyay laguu keeno bisha dabayaaqadeeda, si keenuhu u hubiyo inay kuu diyaar yihiin bisha danbe raashin koodii. Boostada waad soo dhigi kartaa foomka (ama, warqad leh in aad heshay cuntadii WIC iyo in kale, aay ku jiraan Magacaaga iyo ciiwaanka), fakis garee, keen xafiiska WIC ee kuu dhow, ama dhig banaanka si keenuhu u qaado bisha danbe.

Xasuus: Waa inaad saxiixdaa POD si loo ogol

aado dhamaan WIC foods in la helay bishii la soo dhaafay. Hadii uunan keenuhu helin POD saxiixan, ma uu keeni karo bisha soo socota cuntadeeda.

# Ku soo dhawoow WIC!

Hadaad ka qabto suaalo dheeri ah WIC, fadlan waydii.
Waxaan u joognaa inaan kaa caawino, adiga iyo qoyskaaga inaad u cuntaysaan si wacan, oo waliba caafimaad leh.

WIC waa barnaamij loo simanyahay. Sida uu qeexayo sharciga dowliga ah eeIn (Federal law) iyo U.S. Department of Agriculture policy, waaxdan waxaa ka reeban inay kala sooc ku sameyso bulshada sababo la xariira Jinsiga, jirka, dalka uu ka yimi, nin ama naag, da'da, ama cuuryaanimo. Hadaad dacwo xareynayso kala sooc ah, u qor kuwa USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (202)720-5964 (voice and TDD). "USDA waa meel loo simanyahay iyo shaqaaleysiiye. Warbixintaan oo dheer waxaa laga heli karaa qeyb kale.

Xafiiska Degmada

Vendor: