



~~~~ VERMONT WIC ~~~~

**Iporogaramu & Iyobora ku vy'ibifungugwa**

Bitangura Myandagaro 2015

**WIC** WOMEN  
INFANTS  
CHILDREN

VERMONT DEPARTMENT OF HEALTH

WIC itanga ibifungugwa  
biboneye amagara, kumwe  
n'ibindi vyinshi.



Ibifungugwa biboneye amagara



Ukwigisha ku  
mifungurire  
n'amagara



Gufasha ku vyo konsa



Ukwita ku magara ku  
Boherejwe, n'Ipogaramu zo  
gufasha abaturiyе ngaho

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## Ibifungugwa Bibereye Amagara

Nk'ibikubiye muri WIC, muzoronswa ibifungugwa mugenewe mu kwezi, vyuzuyemwo ibitunga amagara kuri wewe n'umujyango wawe. Ivyo nye uzoronswa bizotera bihinduka bitumwe n'uko wibungenze, wonsa n'imyaka y'umwana wa wewe, gutangurira ari ikibondo gushika imyaka 5. Ibifungugwa vya WIC bikuronsa ibitunga amagara vy'ibanze bifasha wewe n'ibibondo gukura neza kuri buri ntera y'ugukura.

Ikarata yawe ya Vermont WIC ni yoyo izogushikana ku bifungugwa vyawe vya buri kwezi, iyo karata ikora co kimwe n'ikarata y'amahera ariko yoyo ikaba iy'ibifungugwa: mu ntango z'ukwezi ibifungugwa bikugenewe vya WIC bishigwa ku ikonti ya wewe, mu nyuma uko uhashe n'ikarata ya WIC, ivyo nyene bikaza bivako ku ikonti ya wewe.

Urashobora guhaha mu maduka y'ibifungugwa maniniya – twovugamwo nka Hannaford, Shaw's, na Price Chopper – co kimwe n'ayandi menshi matomato yo hafi ya wewe. Urafise guhitamwo ibirango utoye, ukanahitamwo guhahira aho hose utoye n'isaha utoye.



n'ayandi!



## Ukwigisha Imifungurire n'amagara

Imwe mu nyungu niniya yo kuba muri WIC ni uko urashobora kuronka amoko atandukanye y'ibifungugwa ajanye n'ivyo ushaka. Nk'umujyango uri muri WIC, uzohura n'abajana mu bihereranye n'imifungurire muze muganira ivy'intego z'amagara ya wewe z'ingenzi kuri wewe. Ukwigisha ivy'imifungurire bizoba birimwo ibikogwa n'ibirori nko gutahura ivyiyumvo vy'ikibondo cawe, imikino mu migwi ifasha gushabuka n'umjyango wa wewe, hamwe, n'ivyigwa vy'uguteka bikujijura mu gikoni no ku meza. Ushobora gushikira ivyo ugenewe mu bujya bukubereye:



### Ibikogwa n'ikibondo cawe

Tora ku rutonde ivyo ibiro ya Disitirigiti yawe itanga buri kwezi. Sura Facebook ya Disitirigiti canke urubuga canke ubakure kugira umenye ibiriko biraba aho uri.



### Ukwiga ku rubuga

Iga kandi wongereze ibikugenewe ukugene bikoroheye kumwe na [wichealth.org](http://wichealth.org)

### Inama uronswa n'umuntu

Tora igenekerezo uvuganirako n'ujejwe imirire ya wewe canke umujyango wose. Gahunda ziraboneka zihuza n'iza wewe.

Uzoza uronswa ibifungugwa ugenewe buri mezi 3 ivyo nye bikazotuma uronka amahirwe buri gihembwe y'ugusugwa n'abajewe imirire ba WIC baguha inama zihuze na wewe n'umujyango wawe.



## Ubufasha mu Konsa

### Wabibasha! Tegekanya umutsindo wawe wo konsa.

Iga ku bijanye no konsa Soma. Uje mu ishule. Vugana n'uwukugira inama n'abakujewe mu vyo konsa.

Andikisha ubufasha kandi utegekanye kare. Sangiza umujyango n'abagenzi ivyo utegekanya. Ukorane n'umuganga n'umukoresha wawe kugira ubone ubufasha ukeneye kugira ubishikeko.

Iyizere. Abavyeyi benshi barabasha kuronkera amaberebere akwiriye ibibondo vyabo. Amaberebere ni meza cane ku kibondo cawe ku ntambwe yose y'ugukura.

### WIC Irabasha Gufasha! Turahari kugira dufashe abavyeyi gutsinda.

Urazi ko konsa ari vyiza gwose kuri wewe no ku kibondo cawe. Urazi ko abavyeyi bashika ku 90% b'i Vermont batanguye konsa? WIC ya Vermont iratanga iserivisi nyinshi z'ugufasha gushika ku ntego yawe yo konsa. Ukeneye ubufasha wenyene canke ikibondo ciga konka, canke witegurira gusubira ku kazi, urashobora kwizera WIC kugufasha kuri buri ntambwe y'urugendo.

- Ibifungugwa vyiyongerako ku bavyeyi bonsa
- Abajana bonsa
- Kurangira impuguke zigira inama ku konsa hamwe n'izindi serivisi zo gufasha.
- Ipompo z'amabere
- Inteko zo konsa n'amashule

### Ubumenyi + Ubufasha + Ukwiyizera = Ubutsinzi

“Byaramfashije cane kumenya ko ndonka ubufasha na WIC igihe mbikeneye.”

[healthvermont.gov/wic/food-feeding/breastfeeding](http://healthvermont.gov/wic/food-feeding/breastfeeding)



## Ukwita ku magara ku Boherejwe, n'Ipogaramu zo gufasha abaturiye ngaho

WIC igize komunote yawe, kandi ibiro y'aho nye ikorana hafi cane na komunote kandi yakomeza umujyango wawe ikugeza ku bintu nka:

- Ukwibungenga n'ukuvura ibibondo
- Kuronka uvura amenyo
- Gufasha kuva ku itabi kuri wewe n'ikibondo
- Inama ku biyayura umtwe n'ibiyeri
- Incandago
- Izindi porogaramu zirimwo Gusura mu Rugo, umwitangirizwa hamwe na 3SquaresVT

Winjiye muri WIC, uzobasha kubona ivyo vyose n'inyungu gutangurira ku kwibungenga gushika isabukuru ya 5 y'ikibondo.



WIC2Five

Ibibondo bihamanye na WIC gushika imyaka 5 bikurana amagara meza, binezerewe kandi biciye ubwenge.

# Kongereza ivyo Wemeregwa



WIC itanga ibifungugwa bibereye amagara, ukwigisha ku mifungurire, ubufasha mu konsa hamwe no gukurikiranwa na Muganga mu gihe wibungenze no mu gihe c'imyaka itanu y'ikibondo cawe.

Hariko ibice bibiri mu kugira ugumize ivyo wemeregwa na WIC kandi ikarata yawe ya WIC igumize ukugira:

## Gutora gahunda kabiri mu mwaka

Kujigwa Inama no Kwihweza Ivyo Winjiza. Hura na twewe tunganire ku vy'imifungurire n'amagara vy'umuujyango wawe, co kimwe n'ibiboneka aho utuye. Incuru imwe mu mwaka tuzonakwihweza ivyo winjiza.

## IKINDI

### Ibikogwa kabiri kira mwaka

Gira Igikogwa c'Ukwiga ku Mifungurire n'Amagara muri gahunda wafashe ya WIC. Ukwiga ku Mifungurire n'Amagara ni imwe mu nyungu zikomakomeye za WIC. Ibiro ya WIC ikujewe itanga ivyigwa binyuranye ku mifungurire n'ugukura kw'ibibondo. Wenyene uratora ico nyene kikubereye n'umwanya ugifatamwo.





## Shikira ivyigwa ku mifungurire ku rubuga!

Uzokenera inimeru ikuranga y'urugo gwawe y'imibare 6 mu gufungura ikonti incuro ya mbere uzosura urubuga. Utayifise ca wakura Ibiro ya District yawe.

### Intambwe ya 1: Tunganya ikonti yawe

- Ija kuri [wichealth.org](http://wichealth.org)
- Ufyonde ku ibuto ya Start mu kazu ka 'First Time Here'
- Hitamwo Vermont nk' Ahantu ha WIC Hakwegereye uronkera Amakuuru
- Hitamwo Ibiro ya WIC ikwegereye
- Hitamwo Ibiro ya WIC ikwegereye
- Injiza inimeru ikuranga ya igizwe n'imibare 6 digit (My number is: )
- Injiza izina ryawe rya mbere, igenekerezo ry'amavuka n'ubwoko
- Injiza ibijanye nawe n'ikibondo cawe
- Pfyonza 'continue' amaze wuzuze ibikenewe ku ikonti yawe
- Bika amakuru wongere utangure icigwa utoye!

### Intambwe ya 2: Hitamwo ingingo

Ingero z'ivyigwa:

- Fungura neza – Koresha amahera make!
- Ukwitegurira Ukwibungenga Kuzima
- Ugutanguza Ikibondo Ibifungugwa Bikomakomeye
- Tunganya Amafunguro Vyoroheje
- Utubanga mu Kurisha Abatoranya

### Intambwe ya 3: Sura Kenshi

Umutaga Utoye, Umwanya utoye:

- Raba uce urangiza ivyigwa aho hose ufise interineti
- Koresha ikompiyuta canke itelefoni y'ubwenge
- Guharura ivyigwa vy'ishule ryawe ku mifungurire

## Ivyo imijyango ivuga...

"Urubuga rwiza cane!! Amakuru meza kandi yoroshe gukurikira"

"Ndashobora kwiga ku ntambwe yanje, iwanje mu rugo."

"Ndakunda uko nitorera icigwa, na kurya mbikorera igihe cose,

ijoro canke umutaga."

# Uburenganzira, Inshingano vy'uwuri muri WIC n'Imenyeshya ku Migenzo y'Ibanga Bwite

Nk'umukenyezi uri mu Iporogaramu ya WIC, ndumva neza ibikurikira:

- Ibihe vyo kwemeragwa muri WIC bihinduka bijanye n'iciriro c'uwurimwo:
  - Umuvyeyi wibungenze, gushika indwi zitandatu amaze kwibaruka;
  - ibibondo n'abavyeyi bonsa, kugumiza mu kwezi kw'isabukuru ya mbere y'ikibondo;
  - ibibondo kuva ku mwaka gushika ku myaka itanu hamwe na
  - abakenyeyi batonsa, gushika ku mezi atandatu mu nyuma yo kwibaruka.
- Iyo igihe c'ukwemegwa kwa njewe canke kw'ikibondo canje kirangiye, ivyo ndonswa na WIC navyo bica birangira.
- Nzoronswa amakuru ajanye n'imifungurire n'amagara, harimwo n'ivyigwa ku mifungurire, ubufasha ku vyo konsa, ibifungugwa vya WIC no koherezwa ku yandi maserivisi y'amagara.
- Kugumiza kuronswa ibigenenwe na WIC, kwitabira gahunda zo kwemegwa kumwe n'ivyigwa.
- Ndafise uburenganzira bw'uko amakuru nahaye iporogaramu ya WIC agirwa ibanga.

Ndumva neza ko amakuru y'uwuri muri WIC ashobora gugezwa kuri izi porogaramu zikurikira: Iporogaramu yo Gusura mu Rugo, Iserevisi z'Abavyeyi Barera, Ugucandaga n'Ikurikiranwa ry'Ukugenza Ibibazo vyokwaduha mu Kwibungenga (PRAMS). Kugira WIC igire uyundi iha amakuru ibanza gusaba vyihariye.
- Komiseri Ajejwe Amagara wa Vermont arashobora kwemerera gukoresha no gutanga amakuru ku bunyamujyango bwanje muri WIC ku bituma bitari ivya WIC.

inyungu n'ayandi maporogaramu, no kunogereza iserevisi n'ibikogwa vya WIC.

Amakuru bene ayo azokoreshwa na Leta n'ibiro vyo hafi vya WIC gusa ku vy'ukuyobora iporogaramu, uguhuzwa Amakuru ajanye n'ubwoko ashigwa hamwe gusa kugira hakogwe iraporo,

ataho igira ico itwaye uwuri mu iporogaramu ya WIC.

Ivya nkenegwa mu gutogwa n'ukuja mu iporogaramu ya WIC birasa kuri bose tutitaye ku bwoko, ibara jy'igikoba, igihugu c'amamuko, imyaka, ubumuga canke igitsina.

- Abakozi ba WIC barashobora kuzenzura amakuru nashiriye. Mu gihe noba naratanze amakuru Atari ukuri, ndashobora kutaronswa inyungu za WIC, ndashobora kwishura amahera y'ibifungugwa noba narahashe, vyongeye ndashobora gukurikiranwa n'amategeko ya leta na mpuzamaleta.

## Uburenganzira bw'Abari mu Iporogaramu ya WIC:

- Mu gihe ntemerekanya n'icemezo icarico cose gikora ku gutogwa kwa jewe canke inyungu zanje muri WIC, ndafise imisi mirongo itandatu kuva igenekerezo ry'ukumenyeshwa (60) gushikiriza ukujurira kugira humvirizwe ibituma bitanzwe na njewe canke undeberera nk'umuvukanyi/umugenzi/umujanama canke uyundi muvugizi.
- Amakuru ku gusaba ijurira araboneka ku biro yose ikuri hafi canke ku Biro ya WIC mu ileta canke ku Gisata Kijejwe Amagara muri Vermont ngaha: Vermont Department of Health, WIC Program, 108 Cherry Street, PO Box 70, Burlington, VT 05402-0070. Wotwakura usaba kumvirizwa kuri 1-800-649-4357.

Kugumirizwa ibigenwe na WIC vyosabwa mu mwanya harindirirwe umwanzuro w'ukujurira. Ugusaba gutegerezwa gushikirizwa mu
- mitaga 15 gutangurira ku igenekerezo y'ukumenyeshwa ugutogwa kwanje. Ayamara, ata bigenerwa bironswa mu nyuma y'igihe c'ukwemezwa k'uwuri muri WIC.
- WIC ni iporogaramu y'amahigwe angana uri bose. Mu gihe niyumvira ko narenganijwe bivuye ku bwoko, ibara, igihugu c'amamuko, igitsina, imyaka canke ubumuga, ndashobora kwegera icese Igisata c'Uburimi; Secretary of Agriculture, Washington, DC, 20250, canke ngaca nsaba ugufashwa n'umukozi wa WIC agaca abinkorera

## Inshingano z'Uwuri mu Iporogaramu ya WIC:

1. Kugira nirinde ugutakaza ibigenwa na WIC, ntegerezwa kwitaba gahunda zose za WIC.
  2. Ntabashije kwitaba gahunda ya WIC, nzaca nakura imbere kugira duhindure. Mpushije ukwemezwa canke icigwa c'imifungurire, ivyo nemerewa na WIC birashobora kugabanuka.
  3. Nzoca menyesha umukozi wa WIC igihe nohindura aho mba canke nimutse mu yindi leta kugira WIC yanje yimugwe mu yindi disitirigiti canke leta.
  4. Ibifungugwa vya WIC bigenewe ab'umujyango w'uwurimwo. Sinzodandaza canke ngo mpereze ivyo ndonswa na WIC uyundi kandi nzakura WIC igihe noshaka guhindura ibifungugwa ndonswa.
  5. Uguhunduranya umuti/ibifungugwa kose kubera mu biro ya WIC. Ibifungugwa vy'ibibondo bitakoreshejwe bitegerezwa kugarurwa mu biro ya WIC.
  6. Nzashingura ikarata yanje ya WIC ahantu hatekanye, kandi sinzoha uwo wese inimero karanga yanje keretse uzoza kumpahira ivya WIC ari umuru w'umujyango canke intumwa.
  7. Mu gihe ikarata yanje ya WIC yozimira canke yibwe nzoca menyesha ibiro ya WIC ntabwo.
8. Ndumva ko ibigenwe na WIC bitegerezwa guhahigwa ku maduka yemerewe na WIC mu kwezi kwagenwe kandi bigaca bikoreshewa n'uwurimwo bigenewe, kandi ibitakoreshejwe ntibishigwa ku mezi aza.
  9. Ndajewe kwigisha uhagarariye umujyango wanje canke intumwa gukoresha ikarata mu iduka.
  10. Ndajewe kwizeza ko abandi bampahira bakurikiza izi nshingano.

Kutemegwa, guhagarikwa, gukurikiranwa no gusubiza amahera bishobora kubaho bivuye:

- A. Gkoresha nabi ibigenwa na WIC nko kugurana/kudandaza canke gutumbera kudandaza ikarata ya WIC Vermont canke ibifungugwa vyaguzwe biciye muri WIC, mu majambo, mu nyandiko, kuri interineti canke ukundi kugene ku mahera, ideni canke ibindi bitari ibifungugwa;
- B. Kugura/kwakira ibifungugwa bitari ku rutonde gwemerewe na WIC;
- C. Kugirira nabi, gukangisha kugirira nabi, canke amajambo mabi ku mukozi wa WIC canke uwukora mu iduka.

Igisata Kijejwe Uburimyi kirabuzza kuvangura abakigana, abakozi hamwe n'abarondera akazi bifatiye ku bwoko, ibara, igihugu c'amamuko, imyaka, ubumuga, igitsina, idini, kugwira, n'aho vyokora, ivyiyumviro vya politiki, ukubaka, ukuba wibarutse, uko uhitamwo ivy'igitsina, canke kuba usindagizwa n'iporogaramu ya leta, canke amakuru y'ibanga y'isano ku kazi, mu iporogaramu canke igikogwa caco canke gifashwa n'igisata. (Ivyo vyose bibujijwe si ko bikora ku maporogaramu canke ibikogwa vy'umurimo.) Ukeneye gushikiriza ikibazo ku ivangungwa uzaza urukaratazi rw'iporogaramu ya USDA y'Ukurega ivangungwa iboneka ku rubuga at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), canke ku biro yose ya USDA, canke ukakura, (866) 632-9992 kugira usabe urukaratazi. Urashobora kwandika ugwandiko rurimwo amakuru yose nkenegwa ku vy'urukaratazi canke uraturungikira ku iposita kuri U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, kuri fagisi (202) 690-7442 canke email kuri [program.intake@usda.gov](mailto:program.intake@usda.gov). Abatumva, bogowe kumva canke batavuga neza barashobora kwakura USDA biciye kuri Serevisi Mpuzamaleta yo gutumatumanako kuri (800) 877-8339; or (800) 845-6136 (Span- ish). USDA ni umukoresha uza atanga amahigwe amwe kuri bese.

# Ivyokorosha guhaha na WIC

## Imbere y'ukuja ku iduka jy'ibifungugwa:

- Subiramwo urutonde gw'ibifungugwa vy'umujyango wawe, wongere ukoreshe iri bwiriza mu kumenya ibirango vy'ivyo muri WIC ukunze. Tegekanya amafunguro ubone ukore urutonde gw'ibifungugwa.
- Witondere cane ubuniniya bw'ibintu vyemerewe.

## Ivyo wojana ku iduka:

- Iri bwiriza
- Ikarata ya WIC
- 'Coupons' canke ikarata y'iduka
- Urutonde gw'ibifungugwa
- Imifuko yongera gukoreshwa
- Iporogaramu WICShopper

## Gurira mu iduka gy'ibifungugwa dukorana.

Ibintu vyose si ko wobisanga mu iduka yose. Hari icifuzo c'ico iduka ryokongeramwo ca urababaza ku biro bijejwe gufasha.

Baza ibiro ikuri bugufi urutonde gwuzuye gw'amaduka akorana na WIC. Contact your WIC office for a complete list of WIC-approved stores. Ibindi vyofasha mu guhaha n'urutonde gw'amaduka biboneka kandi kuri [healthvermont.gov/wic/eWIC.aspx](http://healthvermont.gov/wic/eWIC.aspx).



Amasanamu y'Uguhaha na WIC arerekana ivy'ingenzi mu guhaha n'ikarata ya WIC. Woyiraba kuri YouTube canke kuri [healthvermont.gov/wic/shop\\_eWIC.aspx](http://healthvermont.gov/wic/shop_eWIC.aspx)



Koresha iporogaramu y'itelefone y'ubwenge WICShopper smartphone mu kumenya neza ivyo ukeneye mu iduka. Woyironka muri App Store canke Google Play.

## Fata neza ikarata yawe ya WIC

Menyesha ikarata yazimiye canke yibwe icese ku biro ya WIC ikuri bugufi canke ku bafasha kuri 1-855-769-8890.

## Uguhindura Ibifungugwa bikugenewe

Egera ibiro ya WIC ikuri bugufi guhindura ibikugenewe.

## Ibifungugwa vya WIC ntibishobora kugarugwa

Ibifungugwa vya WIC ntibigarugwa mu iduka ku mafaranga canke ingurane mwo ibindi

WIC Y'i VERMONT

# Ukujijugwa Ku Bifungugwa

Bitangura Myandagaro 2015



# Imbuto hamwe n'Imboga

## Zironsa ivitamini, imyunyu n'utudodo

Igitigiri \$11 buri kwezi ku bakenyezi  
\$8 buri kwezi kuri kibondo cose

Ikigero Ikigero cose c'ibitwara, keretse ibifungugwa

Ibitemerewe Ibiraya vyera: Ibikiri bishasha gusa  
Ata masukari yongewemwo, ibinure, canke amavuta  
Imbuto zifunzwe zitegerezwa kuba mu mutobe, ureke siro  
Ata twatsi, ibihumura n'ibiyana, canke isalade  
Ata mbuto canke imboga vyumye  
Ata masosi canke ibinyiga vy'itomati

Amoko Ishasha, zikanyije canke zifunze mu bikopo  
(reba ibindi ku ipaji ikurikira page) Ibisanzwe  
canke ibifise isodiyumu nke  
Ivya Organiki biremerewe

Ibirango vyose biremerewe



# Imbuto n'Imboga (birakomeje)

## Nshasha

Ziremewewe: Ubwoko bwose bw'imboga n'imbuto, inshasha, umwimerere canke zitari zo, harimo n'ibiraya bishasha vyoba vyose, bikase biri mu mufuko canke bifunze.

Ibitemerewe: Ata masalade ayo ari yo yose, yongewemwo ibifungugwa (zidummvye, isosi, ibiyoba)  
Ata bitebo vy'imbuto, imbuto/imboga zumye, ata twatsi, ibirungo bijyana n'ibihumura canke indabo zifungugwa.

## Izikanye

Ivyemewe: Ibirango vyose n'amapaki yose hamwe n'Uko bingana kose (Keretse ibifungugwa incuru imwe)  
Imbuto canke imboga zose zuzuye zitarimwo isukari canke ibijyohera vyakozwe

Ibitemerewe: Ivyo vyose bitari ivy'imbuto canke imboga (imitsima, umuceri, iforomaje, n'ibindi)  
Imboga zirimwo isosi

## Ibifunze mu bikopo amacupa, palastike)

Ivyemerewe: Ibirango vyose n'ibikopo (ibikopo,

Uko bingana kose uretse ibifungugwa incuru imwe

Imbuto canke imboga z'umwimerere canke zitari zo

Imbuto zose zuzuye canke imvange yazo zifunze mu mazi canke mu mutobe

Imboga zose zuzuye canke imvange y'imboga

Ibitemerewe: imvange y'imbuto n'ibifungugwa bindi (cocktails), imbuto muri siro, imbuto zongerewemwo isukari, imboaga zirimwo ibisharira canke amavuta  
Itomati zifunze, isosi (pizza, macaroni canke or itomati), itomati zitogosheje canke ikinyiga c'itomati.

## Koresha iyi mbonerahamwe igufashe kumenya igiciro.

| Igiciro/ip<br>awundi | Amapawundi |        |        |        |         |         |
|----------------------|------------|--------|--------|--------|---------|---------|
|                      | 1½         | 2      | 2½     | 3      | 3½      | 4       |
| \$0.69               | \$1.04     | \$1.38 | \$1.73 | \$2.07 | \$2.42  | \$2.76  |
| \$0.99               | \$1.49     | \$1.98 | \$2.48 | \$2.97 | \$3.47  | \$3.96  |
| \$1.49               | \$2.24     | \$2.98 | \$3.73 | \$4.47 | \$5.22  | \$5.96  |
| \$1.99               | \$2.99     | \$3.98 | \$4.98 | \$5.97 | \$6.97  | \$7.96  |
| \$2.49               | \$3.74     | \$4.98 | \$6.23 | \$7.47 | \$8.72  | \$9.96  |
| \$2.99               | \$4.49     | \$5.98 | \$7.48 | \$8.97 | \$10.47 | \$11.96 |

## Ni gute nofasha ikibondo canje gufungura imbuto n'imboga cane?

**Mufatikanye.** Gerageza imbuto n'imboga nshasha. Mujane guhaha ureke umwana wawe yitoreremwo.

**Mutekere hamwe.** Igisha umwana gutunganya salade (laitue) canke gushira imboga kuri pizza.

**Mufungurire hamwe.** Reka umwana arabe uko ujohegwa imboga n'imbuto ku mafunguro.

**Bigendane.** Shira pommés, amacunga, canke imboga zikaswe mu gikapu zo gufata ku rugendo.







## ~ Ronka inyungu zose z'ivyo ugenegwa ~

**Izihiza isizeni.** Tora imboga n'imbuto ziriho mu isizeni kubera ubwiza n'akanovera.

**Gerageza izifunze n'izikanye.** Ku mafunguro mato mato anyarutse n'igihe gito co gutegura, imbuto n'imboga zifunze n'imboga ziranyarutse kandi zoroshe kubika no gutegura.

**Haha vyinshi mu gihe biriko bidandazwa.** Imbuto n'imboga

mbisi ukoresha cane, guhaha vyinshi ni vyiza. Imbuto canke imboga zifunze canke zikanye zagugwa icarimwe igihe ziriko zidandazwa kuko zimara umwanya muniniya.

**Gira Ivyoroheje.** Gura imbuto n'imboga zuzuye. Oza, ukate ubike mu ifirigo bitegereye guhita bifungugwa mu gihe umujyango wawe ubikenerewe.



# Amagi

## Arafise iporoteyine na fer

Uko bingana: Biringaniye n'ibyinshi

Ibitemerewe Ata vyongerewemo canke ivyihariye  
(Omega-3) Ata oruganike

Amoko Iduzeni yuzuye, Ayera n'ay'ikijuju

Ibirango vyose biremerewe

# Amata

## Arafise iporoteyine, kalisiyumu, kumwe n'ivitamine A & D

Ibitemerewe Ata vyongewemwo canke ivyihariye  
Ata vyongerewe akanovera  
Ata vya oruganike  
Ata bigabanirijwe ikinure (2%)

### Amata y'inka

Ibirango vyose biremerewe

- Yuzuye: Ku bibondo vy'amezi 12–23
- Ayafise ikinure gike (1%) canke ataco (skim)
- Ayadafise Lactose
- Ayamara igihe adandajwe (UHT)
- Amafu adafise ikinure gallons)

Ikigero:

Igaloni, ½ igaloni, 1/4  
Igaloni, ½ igaloni, 1/4  
Igaloni, ½ igaloni, 1/4  
Igaloni  
25.6 oz (= igaloni 2)

### Y'impenye

Ikirango ca Meyenberg gusa

- Yuzuye: Ku bibondo vy'amezi 12-23
- Yuzuye y'ifu: Ku bibondo vy'amezi 12-23
- Ay'ikinure gike (1%)
- Ay'ikinure gike y'ifu (1%)

Ikigero:

½ Igaloni, ¼ ca  
12 oz (= 3 x ¼)  
1/4  
12 oz (= 3 x ¼)



1/4  
= . igaloni 25



½ igaloni  
= igaloni.5



3 x ¼  
= . gallons  
75



4 x ¼  
= igaloni 1

# Iforomaje

## Irafise iporoteyine na kalisiyumu

Ikigero 8 oz na 16 oz

Ibitemerewe Ata biva hanze canke izica zifungugwa  
Ata zongerewe akanovera  
Ata za oruganike  
Ata zikatagwe canke imikeke ipfunyitse ukwayo

Amoko Ikibumbe Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella  
Iz'ikinure gike zemerewe (izoroshe, izoroshe cane, ikinure  
kigabanije, izifitemwo inguvu nke)

Imikeke: American

### Ibirango vyemerewe vyo mu Gihugu



### Ibirango vyo mu maduka vyemerewe



# Tofu

## Irafise iporoteyine na kalisiyumu

Ikigero 14 oz na 16 oz

Amoko Silken, Yoroshe, Ikomeye, and Ikomeye  
cane Iza Oruganike ziremerewe

Ibirango vyemerewe

**Azumaya**

- Silken
- Firm
- Extra Firm



- Silkem
- Soft
- Firm
- Extra Firm

- Lite
- Silken
- Firm



- Firm

# Ibinyobwa vy' Amata y' Isoya

## Irafise iporoteyine, kalisiyumu n'ivitamine D

Ikigero 64 oz Ikanyije  
32 oz Iramba mu iduka

Izitemerewe Ata a oruganike

Ibirango/ikigero/Ibidandazwa Vyemerewe



- 64 oz Zikanyije  
(½ igaloni)
- Y'umwimerere
  - Vanilla



- 32 oz Zirama mu iduka  
(1/4)
- Ultra Soy Y'umwimerere
  - Ultra Soy Vanilla



- 64 oz Zikanyije  
(½ igaloni)
- Y'umwimerere

# Iyawurute

## Irafise iporoteyine na kalisiumu

**Ikigero** 32 oz ibikopo  
 amapagiti 4 ya 4 oz igikopo  
 amapagiti 8 ya 2 oz igikopo

**Amoko** Iyawurute y'amata yuzuye: Z'ibibondo vy'amezi 12-23  
 Iz'ikinure gike canke ataco: Z'abakenyezi n'ibibondo  
 bafise imyaka 2-5 Iza Oruganike ziremerewe

### Ibirango vyemerewe vyo mu gihugu



32 oz igikopo  
 • Akanovera kose



2 lbs (32 oz) igikopo  
 • Yoroheje  
 • Ingiriki; Akanovera kose



32 oz igikopo  
 • Ingiriki; Akanovera kose  
 amapagiti 8 ya 2 oz igikopo  
 Akanovera kose



32 oz igikopo  
 • Z'umwimerere zose  
 • Akanovera kose  
 • Oikos Ingiriki; Akanovera kose



• 32 oz igikopo  
 • Ingiriki;  
 • Akanovera kose



• 32 oz igikopo  
 • Inyereje & Ifise amavuta;  
 • Akanovera kose  
 • Ingiriki; Akanovera kose  
 Amapagiti 4 ya 4 oz igikopo  
 • Ingiriki; Akanovera kose  
 Amapagiti 8 ya 2 oz igikopo  
 • YoKids Squeezers;  
 Akanovera kose

### Ibirango vyo mu maduka vyemerewe



32 oz igikopo  
 • Akanovera kose



32 oz igikopo  
 • Akanovera kose  
 • Taste of Inspirations Ingiriki;  
 Akanovera kose



32 oz igikopo  
 • Akanovera kose



32 oz Igikopo  
 • Akanovera kose

# Ibiharage, Ilientiye, Ubushaza

## Birafise iporoteyine, fer n'utudodo

**Ikigero** 15 oz gushika 16 oz igikopo  
1 lb ipaki, vyumye

**Ibitemerewe** Ata masukari, ibinure canke amavuta vyongewemwo  
Ata mboga, imbuto canke inyama vyongewemwo  
Ata sosi ivanzemwo

**Amoko** Zo mu bikopo canke zumye  
Ubwoko bwose bw' ibiharage, ilientiye,  
ubushaza vyeze  
Bisanzwe canke bifise sodiyumu nke  
Ivya oruganike biremerewe

Ibirango vyose biremerewe

# Ikinyiga c'Ubuyoba

## Irafise iporoteyine

**Ikigero** 16 oz gushika 18 oz (amacupa ya plastic or glass jars)

**Ibitemerewe** Ata kinure kigabanije Ata sodium nke Ata vya oruganike  
Ata binyiga vy'ubuyoba vyihariye  
Ata binyiga vy'ubuyoba bisigwa  
Ata binovera bivanzemwo

Amoko

Binogereye Kandi Bikomeye

Ibirango vyemerewe vyo mu gihugu



Ata Simply Jif  
Ata Natural Jif  
Ata Reduced Fat Jif



Ata Skippy Natural  
Ata Reduced Fat Skippy



No Organic

Ibirango vy'amaduka vyemerewe

**Ibirango vyose**



## Ivyo gutoramwo mu binyiga vy'Ibiharage n'Ubuyoba :

Urutonde gw'ivyo umujyango wawe wemeregwa rugaragaza: **1 Ubuyoba Btr/Ibiharage/Ububushaza**  
Urashobora guhaha:



Ipaki ya 16 oz z'ibiharage, ilentiye, ubushaza vyumye  
**Canke**



Icupa: 16-18 oz vy'ikinyiga c'ubuyoba



Ibikopo 4 vya 15-16 oz  
**Canke** z'ibiharage

## Ifi zo mu Bikopo

Zirafise iporoteyine

Ikigero Vanga gushika 30 oz

Ibitemerewe Ibikopo gusa, ata dufuko

**Tuna yoroshe ikatakase**

Amoko:  
Ipakiye mu mazi canke amavuta

Ikigero:  
5 oz

**Salmon**

Amoko:  
Ipakiye mu mazi canke amavuta

Ikigero:  
5 oz, 6 oz, 7.5 oz, and 15 oz

**Isaradine**

Amoko:  
Ipakiye mu mazi canke amavuta (izinshi zirashobora kubamwo amagufwa n'uruhu)



Ikigero:  
3.75 oz



Ibirango vyose biremerewe

## Ugutoranya mu mpeke zuzuye:

Mu gutoranya impeke zuzuye, toramwo imikate, torutila, umuceri canke umutsima kugera ku kigero kiri ku rutonde gwemerewe umujyango wawe (16, 32, 48 or 64 oz).

Akarorero, urashobora guhaha umukate na pawundi 1 y'umuceri w'ikijuju ugakwiza 32oz; canke ipaki imwe ya 16 oz y'umutsima w'ingano zuzuye hamwe n'umufuko 1 wa 32 oz z'umuceri w'ikijuju ugakwiza 48 oz.

32 oz =  1 lb (16 oz) umukate +  1 lb (16 oz) umufuko w'umuceri

48 oz =  16 oz ipaki y'umutsima +  32 oz umufuko w'umuceri

## Igisha ibibondo vyawe imirire ibereye amagara

Babarire uko ibifungugwa bibafasha gukura bakanakomera.

- **Impeke** zibaha inguvu zo gukura no kwiga.
- **Impeke zuzuye** zifise utudodo dutuma bagumana amagara meza imbere.
- **Imbutu n'imboga** Zirabafasha kugwanya indwara no kuguma bahamye.

- **Amata** arakomeza amagufwa n'amenyo vyabo.
- **Inyama n'ibiharage** bituma bagira amaraso meza n'imikaya ikomeye.

Ikibisumba ubahe akarorero ubifungura wewe nyene!





# Umukate w'Ingano Zuzuye

## Urafise utudodo

Ikigero 16 oz (1 lb)

Amoko Impeke z'Ingano Zuzuye 100%

Ibirango/Imikate vyo mu gihugu vyemerewe



• Ingano Zisewe n'Ibuye



• Ingano Zuzuye 100%



• Ingano Zuzuye 100%



• Ingano Zuzuye Ubuki & Oats

• Ingano Zuzuye Impeke nyinshi

• Ingano Zuzuye 100% Zisewe n'Ibuye



• Ingano Zuzuye 100% Woroshe cane

• Rye iketse

• Ubumbabumbye Ingano Zuzuye 100% Cinnamon n'inzabibu

• Isitile Yoroshe, Ingano Zoroshe



• Wa kera w' Ingano Zuzuye 100%



• Ingano Zuzuye 100%



• Ingano Zuzuye 100%

Ibirango/Imikate vyemerewe



• Ingano Zuzuye 100%



• Ingano Zuzuye 100%



• Ingano Zuzuye 100%



• Ingano Zuzuye 100%

• Ata cumve cngewemwo Ingano Zuzuye 100%



• Ingano Zuzuye 100%

# Itorutila

## Zirafise utudodo

Ikigero 16 oz (1 lb)

Amoko Ingano Zuzuye 100%, Ikigoli

Ibirango vy'ikigoli/lbigoli vyemerewe



- Ikigoli Cera
- Ingano Zuzuye
- Ikigoli c'umuhondo



- Ikigoli Cera, Isitile Taco
- Ingano Zuzuye, Isitile Fajita



- Ikigoli Cera
- Ingano Zuzuye



- Ikigoli
- Ingano Zuzuye
- Ingano Zuzuye, Fajita



- Ingano Zuzuye, Taco Yoroshe
- Ingano Zuzuye, Fajita
- Yoroshe cane Umuhondo



- Ingano Zuzuye

# Umuceri W'Ikijuju

## Urafise utudodo

Ikigero Amapaki ya 14 oz gushika 16 oz  
Amapaki ya 28 oz gushika 32 oz

Ibitemerewe Ata masukari, ibinure, amavuta canke icumve vyongewemwo

Amoko Uwusanzwe, Uwusha uwo mwanya, Uwusha n'ingoga,  
Ushushwa mu gafuka. Iya origanike iremerewe

Ibirango vyose biremerewe

# Umutsima w'Ingano Zuzuye

## Urafise utudodo

Ikigero 16 oz

Amoko Umutsima w'Ingano Zuzuye 100%

### Ibirango/Imitsima ymerewe



- Ingano Zuzuye
  - Elbows
  - Fusilli
  - Penne Rigate
  - Spaghetti



- Ingano Oruganike Zuzuye 100%
  - Capellini
  - Fusilli
  - Orzo
  - Penne Rigate
  - Shells



- Ingano Zuzuye
  - Elbows
  - Penne
  - Rotini
  - Spaghetti
  - Spaghetti Zoroshe



- Ingano Oruganike Zuzuye
  - Angel Hair
  - Spaghetti



- Ingano Zuzuye 100%
  - Fettuccini
  - Spaghetti



- Ingano Zuzuye
  - Angel Hair
  - Elbows
  - Spaghetti
  - Spirals



- Ingano Oruganike Zuzuye
  - Penne Rigate

- Spaghetti zoroshe





- 100% Whole Wheat
  - Spaghetti
  - Penne Rigate



# Sereyale Zikanye

Zirafise fer, ivitamine B, na acide folike

Ikigero Amapaki ya 12 oz gushika 36 oz

- Amoko
-  Impeke zuzuye
  -  Zitagira Gluten
    - Impeke Zituzuye

## Ibirango/Impeke zemerewe

- |                                                                                     |                                                                                                                                                                                          |                                                                                                                                       |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|    |   Cheerios Original    |  Kix Plain                                           |
|                                                                                     |   Cheerios Multi-Grain |  Kix Berry                                           |
|                                                                                     | • Corn Chex                                                                                                                                                                              |  Total                                               |
|                                                                                     |  Rice Chex                                                                                              |  Wheaties                                            |
|                                                                                     |  Wheat Chex                                                                                             |                                                                                                                                       |
|                                                                                     |  Fiber One Honey Clusters                                                                               |                                                                                                                                       |
|    | • Ipolici y'Ibigoli                                                                                                                                                                      |  Mini-Wheats Touch of Fruit in the Middle, Raspberry |
|                                                                                     |  Frosted Mini Wheats: Original, & Little Bites                                                          |  Rice Krispies (Itagira Gutein)                      |
|                                                                                     |  Mini-Wheats (unfrosted)                                                                               | • Rice Krispies (Yonyene)                                                                                                             |
|                                                                                     |                                                                                                                                                                                          |                                                                                                                                       |
|  |  Ranana Nut                                                                                           |  Honey Bunches of Oats Vanilla Bunches             |
|                                                                                     | Crunch                                                                                                                                                                                   |                                                                                                                                       |
|                                                                                     | Grape Nuts<br>Grape Nut Flakes                                                                                                                                                           |                                                                                                                                       |
|  |  Life                                                                                                 |  Oatmeal Squares Hint of Brown Sugar               |
|                                                                                     |  Oatmeal Squares Hint of Cinnamon                                                                     |                                                                                                                                       |

# Sereyale Zikanye (Bikomeje)

Ibirango/sereyale zemerewe



- Ipolici ya Bran
  - Ipolici y'Ibigoli
  - Ipolici y'Umuceli



- Ipolici ya Bran
  - Ipolici y'Ibigoli
- Ipolici y'Umuceli
- Crunchy Corn Squares



- Flakes za Bran
  - Iz'ibigoli
  - Ipolici y'Umuceli
- Crunchy Nuggets



- Bite Size  
Ifise urubura  
Ingano Zisekuye
- Flakes za Bran
  - Iz'ibigoli



- Flakes za Bran
  - Iz'ibigoli
- Umuceli Wumutse



- Flakes z'ibigoli
- Udukalo tw'ibigoli
- Umuceli Wumutse
- Ingano zisekuye Zifise



- Flakes za Bran
  - Flakes z'ibigoli



- Ingano zisekuye Zifise Nutty Nuggets
- Oats zikaranze



- Crunchy Rice Squares Frosted
- Shredded Wheat Ipolici iriho
- ubuyoba
- Oats Zumishije



- Ipolici iriho ubuyoba
- Tasteeos
- Udukaro tw'ibigoli twumishije
- Udukaro tw'umuceli wumishije twumishije



- Udukaro tw'ibigoli
- Umuceli wumishije
- Udukaro tw'umuceli
- Tasteeos



- Ingano Sisekuye Zifise urubura



- Ipolici iriko ubuyoba
- Oats zikaranze



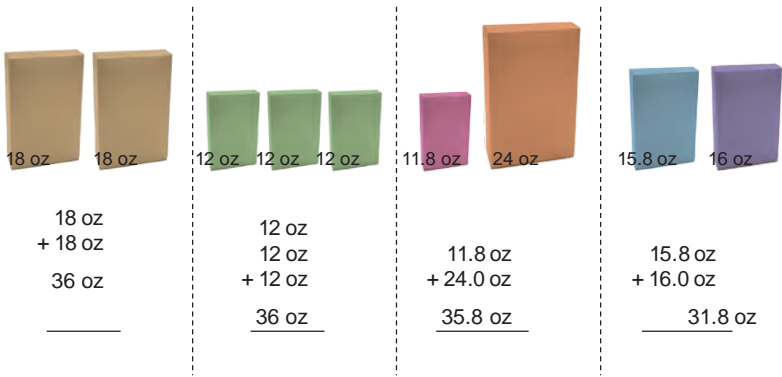
- Udukaro tw'umuceli
- Oats zikaranze
- Udukaro tw'Ingano



- Umuceli wumishije
- Oats zikaranze
- Oats zumishijr

## Ukugene wohaha gushika kuri 36 oz za sereyale

Urashobora guhuza sereyale gushika ku kigero umujyango wawe wemerewe.



## Gufungura mu gatondo bitangura umutaga

**Ugufungura ivya mu gitondo biha abana imbaraga zo kwiga.**  
Badafunguye barasonza bikabakomerera kwiyuvira canke kumva.



Reka bagufashe gutegekanya amafunguro yo mu gatondo no gutegura ameza.



# Sereyale Zishushe

Zirafise fer n'utudodo

Ikigero    Birahinduka; Raba Ibirango/Sereyale aho hasi

Amoko     Ingano zuzuye  
             Zidafise Gluten  
            • Ata mpeke zuzuye

Ibirango/Sereyale zemerewe



Idafise Gluten  
14 oz



- Umunota 1, 28 oz
- Iminota 2½, 14 oz & 28 oz
- Iminota 10, 28 oz



Impeke Zuzuye (min 2½), 18 oz



Maple Oatmeal, 14 oz  
Vermont Style Oatmeal, 19 oz



Y'umwimerere Original Instant Amapaki ya, 11.8 oz

## Tora impeke zuzuye

### Hinduranya vyoroshe.

Gerageza impeke zuzuye mu mwanya w'izo mu nganda. Fungura umukate w'Ingano zuzuye 100% mu mwanya w.umukate wera, wongere ufungure umuceli w'ikijuju mu mwanya w'umweru gusa.

### Gerageza ivy'ingano

zuzuye. Guhindura gerageza umutsima w'ingano zuzuye na macaroni n'iforomaje

Canke n'isosi y'nyanya.

Ukoreshe tortilla y'ibigoli kuri enchiladas na tortilla y'ingano zuzuye kuri quesadillas.

**Bera akarorero keza abana.** Ha abana akarorero keza ugabura kandi ufungura impeke zuzuye ku mafunguro buri munsu..



# Imitobe 100% y'Abana

## Zifise ivitamine C

Ikigero 64 oz iziramba mu iduka  
64 oz Izikanye  
16 oz Izurubura

Izitinda mu iduka 64 oz

Ibirango/Imbuto zemerewe mu Gihugu



• Akanovera kose



• Akanovera kose



• Umutobe w'inzabibu  
• Pome zitukura  
• Umutobe w'inzabibu zera



• Akanovera kose



• Akanovera kose



• Akanovera kose

Izitinda mu iduka 64 oz

Ibirango vy'amaduka/Imitobe vyemerewe



• Pome  
• Inzabibu  
• Inkeri zivanze



• Inkeri (Cranberry Raspberry)  
• Inzabibu  
• Inzabibu zera



• Pome  
• Cranberry Raspberry



• Pome  
• Inzabibu  
• Cranberry Raspberry



• Pome z'umwimerere  
• Inzabibu  
• Cranberry Raspberry

Umutobe w'amacunga ukanye 64 oz

Ibirango vyemerewe



Umutobe w'icunga w'urubura 16 oz

Ibirango vyemerewe





# Imitobe y' 100% y' Abakenyezi

## Irafise ivitamine CC

Ikigero 48 oz Izitinda mu iduka  
11.5 oz na 12 oz z'urubura

Izitinda mu iduka

48 oz

Ibirango vy'amaduka/Imitobe vyemerewe



• Akanovera kose



• Akanovera kose



• Akanovera kose

Izitinda mu iduka

48 oz

Ibirango vy'amaduka/Imitobe vyemerewe



• Pome

• Inzabibu  
• Imboga

Z'urubura

11.5 oz, 12 oz

Ibirango/Imitobe vyemerewe



• Umutobe

100 %

- Akanovera  
kose



• Umutobe w'icunga

• Country style

• Umwimerere

• Umwimerere ufise  
kalisiyumu

• Idafise ibitepfu

• Umutobe w'inzabibu



• Igishishwa  
kivuyeko  
- Akanovera kose



• Igishishwa kivuyeko  
- Akanovera kose

-

**Ikibondo cawe kigera igihe co gufungura ibifungugwa bikomakomeye iyo gishobora bino kandi cyegereje amezi 6:**

- Kwicara n'ikimushigikiye gito.
- Afata ibintu ashira mu kanwa.
- Afungura umunwa yerekana ko ashaka gufungura.
- Afungira mu munwa ikiyiko akamira ibifungugwa.

## Imbutu n'Imboga ku Bana

Zibaronsa ivitamine, imyunyu n'utudodo

**Ikigero** ibikopo vya 4 oz (ipaki imwe canke 2)

**Ibitemerewe** Ata masukari, amafu, umuceri canke icumve vyongewemwo  
Ata ma 'dinners'  
Ata mifuko

**Amoko** Ibifungugwa vy'ugwego 2 canke 2<sup>nd</sup>  
Ubwoko bwose, urubuto rumwe canke uruboga  
Amoko yose avanze n'imboga

Ibirango vyemerewe



# Sereyale z' Abana

## Zirafise fer

Ikigero Amapaki ya 8 oz na 16 oz

Ibitemerewe Ata mbutu, imboga canke ibindi vyongewemwo

Ibirango/Amasereyale yemerewe



- Oatmeal
- Rice
- Multigrain
- Oat & Quinoa



- Whole Grain Oatmeal
- Whole Grain Rice
- Whole Grain Multigrain



- Oatmeal
- Rice
- Multigrain
- Whole Wheat
- Organic Brown Rice
- Organic Oatmeal

# Inyama z' Ibibondo

## Zirafise iproteyine na zinc

Ikigero Amacupa ya 2.5 oz

Ibitemerewe Ata masukari canke umunyu vyongewemwo  
Ata 'dinners'

Amoko Urwego gw'ibifungugwa 1 canke 2<sup>nd</sup>  
Amoko yose

Ibirango vyemerewe





VERMONT DEPARTMENT OF HEALTH

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WIC itanga amahirwe angana kuri  
bose