



WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH

KAZE MURI VERMONT WIC



Kaze muri WIC

WIC ifasha imiryango kuronka ivyokurya vyiza ikeneye kugira ngo ikure ikomeye kandi ibandanye imeze neza. Ariko birarenze umugambi w'ibifungurwa gusa—ni uburyo bwo kwitwararika wewe nyene n'umuryango wawe.

Turi hano n'impanuro ku bijanye no kurya neza, gufasha mu kwonsa, no gukorana n'ubuzima bwo mu karere n'ibikorwa vy'abanyagihugu. Turaha ikaze ubwoko bwose bw'imiryango, harimwo n'abamugaye canke abakeneye umusobanuzi. Umugwi wawe wa WIC uzogufasha kuronka vyinshi mu bufasha bwawe.

Kuva mu nda gushika mu mashure y'intango, WIC iri hano ku bw'umuryango wawe.

Mu gihe c'imbanyi turatanga ivyo kurya bifise akamaro n'imfashanyo y'ingaburo, inyigisho ku bijanye no kwitwararika umwana aherutse kuvuka, n'ingene umuntu yogira imbanyi nziza. Inyuma y'aho umwana wawe avukiye, WIC irabandanya gutanga ubufasha bwo kugaburira, inyigisho z'ingaburo, gupima uburemere, n'ibifungurwa bifise akamaro. Uzohura na WIC nk'inyuma y'amezi atandatu gushika umwana wawe mutoyi afise imyaka itanu.

NGAHA

KUBW'UMURYANGO

WAVE



Ivyo kurya vyiza vyo ku buntu Ivyamwa n'imboga, Ibinyantete, amagi, amata, iforomaji, iyogurt, tofu, amavuta y'ivyema canke ibiharage, ifi, ivy'intete, umutobe, n'ibifungurwa vy'abana.

Imfashanyo yo kwonsa

Imfashanyo n'inyigisho kugira ngo bigufashe gushika ku ngingo zawe zo kugaburira uruyoya.

Inyigisho z'ingaburo n'ubuzima

Impanuro n'ibikoresho vyo kugufasha kwitwararika umuryango wawe n'ibifungurwa bifise akamaro be n'ingeso nziza zo kurya zishobora kumara igihe kinini m'ubuzima bwawe bwose.

Abarungikwa n'ibikoresho

Turagufasha kuronka ubuvuzi, imigambi yo mu karere, n'ibindi nk'amatike y'ubuntu yo mu nzu ndangakaranga, internet izimbutse, intebe z'imodoka, udupapuro tw'isoko ry'abarimyi, n'ibindi.

Ni nde aronka ubufasha bwa WIC?

WIC ni iy'abazoba abavyeyi, abavyeyi bashasha, abana bato, n'abana bari muni y'imyaka 5.

Ni nde yashobora gusaba WIC?

WIC iri hano ku miryango yose. Ba mama, ba papa, ba sekuru na ba inakuru, abarezi, canke uwo ari we wese yitwararika umwana arashobora gusaba. Uko umuryango wawe umeze kwose, turi hano ku bwawe.

Imfashanyo yo kwonsa

Kwonsa (canke kwonkerezwa mu gikiriza—bikoreshwa n’abavyeyi bamwe bamwe) ni kimwe mu bintu vyiza abavyeyi n’inzoya bashobora guhitamwo. Iryo ntibisigura ko vyama vyoroshe. Bishobora kuzana ibibazo, amaganya n’ugucika intege. Ni co gituma WIC iri hano kugira ngo igufashe, naho woba uri hehe mu rugendo rwawe.

✓ Amashure n’imigwi

Turashobora kuguhuza n’amashure yo mu karere n’imigwi y’imfashanyo.

✓ Imfashanyo iva ku bavyeyi nyabo

Abajana b’urunganwe rwa WIC n’abavyeyi b’abagenzi, bamenyerejwe, bumviriza kandi bagashigikira intumbero zanyu zo kugaburira abana bato.

Nimba wumva bigoye canke iyo umwana wawe afise ingorane zo gufata ibere, abakozi ba WIC barahari kugira ngo batange ubuyobozi no kumufasha mu kwonsa. Niwafata ingingo y’uko bidakwiye umuryango wawe, ntaco bitwaye. WIC irashigikira uburyo bwose bwo kugaburira. Abakozi ba WIC barahari kugira ngo batange ubuyobozi ku bijanye n’uburyo bwo guhitamwo amavuta y’abana n’impanuro zo kugaburira abana ata rubanza.

Amagara n’ukumererwa neza kw’umuryango wawe ni vyo biza imbere.

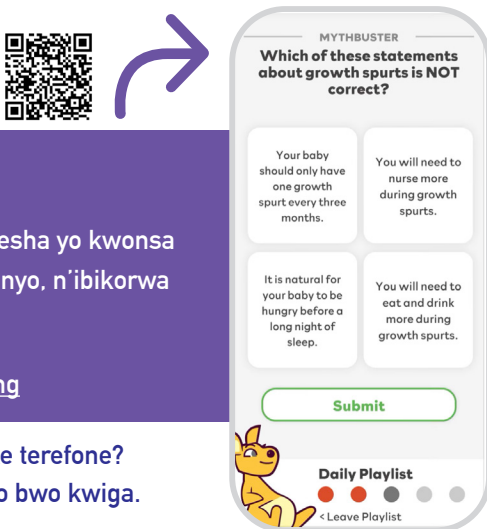


Upurikasiyo y’umusi ku musi

Gukurura apurikasiyo yoroshe gukoresha yo kwonsa kugira ngo ubone impanuro, imfashanyo, n’ibikorwa vyo kuryohereza.

HealthVermont.gov/WIC-Breastfeeding

Nta ngurukanabumenyi internet canke terefone? Mutumenyeshe—hariho ubundi buryo bwo kwiga.



Imibonano yawe ya WIC

Buri mwaka, uzokwifatanya na WIC incuro 4.

$$\begin{array}{cc} 2 & + & 2 \\ \text{Gusuzuma} & & \text{Ibikorwa} \\ \text{ibikorwa} & & \text{vy'ingaburo} \\ \text{vy'ingaburo} & & \end{array}$$

Gusuzuma-abinjira

Iryo ni ukugendera umuntu ku wundi n’umuhinga mu vy’ibifungurwa vyawe wo muri WIC. Turasuzuma intumbero zawe z’ingaburo n’amagara, kandi tukagufasha kuronka vyinshi kuri WIC—harimwo n’ibindi vyose bishasha vyoherezwa canke amasano y’ibikoresho.

Ibikorwa vy’Ingaburo

Iryo biraryoshe kandi biroroshe. Ushobora kubikora ku ngurukanabumenyi internet canke ukabikora ubwawe. Bishobora kuba amashure yo guteka, ivyigwa bigufi yo ku ngurukanabumenyi internet, amashure y’umuntu ku wundi, canke ubundi buryo bwo kwiga ivyerekeye ukurya bifise akamaro.



Ibihe bine.
Ibice vyo gusuzuma bine.

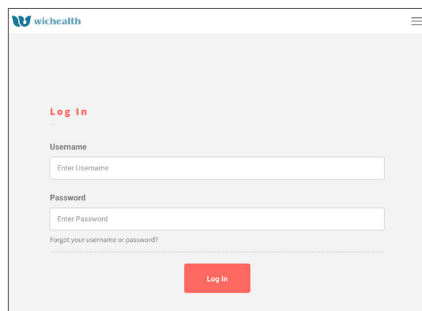
Iyo ikirere gihindutse, ni igihe ciza co gusuzuma ikirangamisi cave no gutegura urugendo rwawe rukurikira rwa WIC.

Inyigisho z'imirire n'igice gihambaye ca WIC

Ibikorwa vy'ingaburo birafasha umuryango wawe kuguma ukomeye kandi ufise amagara meza, kandi ni igice kinini c'umugambi wa WIC. Ushobora guhitamwo ico bigufasha cane: ku rubuga, mu mirwi yo mu karere, canke umuntu ku wundi.

Ku rubuga

Igira muhira kuri [WICHealth.org](https://www.WICHealth.org). Ushobora guhitamwo inyigisho ngufi yerekeye imbanyi, ingaburo y'abana, n'ibindi. Uzokenera ID yawe y'umuryango wa WIC kugira ngo winjire.



Imigwi yo mu karere

Niwinjire mu mashure canke mu nyigisho mu kibano cawe, nk'uguteka canke gutanga ibiganiro vy'imigwi ku bijanye n'ukurya neza, kumererwa neza, canke inyifato y'abana. Ivyo bikunda kubera mu biro vya WIC canke mu bindi bibanza vyo mu karere.



Umwe-k'umwe

Ushobora guhura n'umuhinga mu vy'imirire wo muri WIC kugira ngo muganire ku buzima bw'umuryango wawe n'ingeso zawe zo kurya. Ivyo kugendera bishobora kuba umuntu ku giti ciwe canke kuri terefone.



Kuguma Wemerewe

Kugira ngo ugume ufise ubufasha bwa WIC, wibuke gusa ibintu bitatu:

1. Uje ku mibonano yawe.
2. Kora ibikorwa bibiri vy'ingaburo* buri mwaka.
3. Tubwire nimba inomero yawe ya terefone canke aderesi yawe ihindutse.



Waratakaje ikarata yawe ya WIC?

Baza ibiro vya WIC vyo mu karere kawe—turi hano kugira ngo tugufashe kugira ngo ntucike intege ku vyo kurya vyiza.

*Mu gikorwa cawe c'ingaburo, woshobora kwiga igituma ivyokurya bifise akamaro bihambaye, ingene wokora amaresipe yoroshe, canke ukaronka imfashanyo y'abakozi ba WIC n'abandi bavyeyi.



IMPANURO IFASHA

[WICHealth.org](https://www.WICHealth.org) ikora ku rutonde rwawe. Ivyigwa birashobora kurangira umwanya uwariwo wose wo ku musi.



Yakozwe ku bw'umuryango wawe gusa

Buri kwezi, umuryango wawe uzoronka “ipaki y'imfashanyo” zitwa kandi “ipaki y'ibifungurwa.” Hazoba harimwo ivyo kurya nk'ivyamwa n'imboga, amata, ibinyantete, yahurute, amavuta y'ivyema n'ibiharage, ivyo kurya vy'abana bato, n'ibindi bishobora kugurwa m'ububiko bw'ibifungurwa bwo mu karere iwanyu.

Ivyo kurya vyawe (canke imfashanyo zawe) bizoboneka ku musu wa mbere w'ukwezi kwose kandi bishobora gukoreshwa mu maduka no mu makoperative aho ubona ikimenyetso ca WIC.

 Family Food Benefits			
Month	WIC Approved Foods	Amount	
6/1/2025 - 6/30/2025	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Butter/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce
	Fruits and Vegetables	115	Cash Value Benefit
	Lowfat/Nonfat Yogurt	32	Ounce
	1% or Skim Milk	13.25	Gallon
	Women's Juice 48 oz	3	Can / Bottle
	Child's Juice 64 oz	4	Can / Bottle
5/1/2025 - 5/31/2025	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Butter/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce

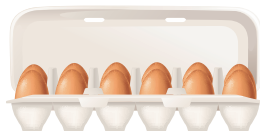
Ivyo kurya vyawe, vyitwa kandi urutonde rw'ivyiza vy'ivyokurya vy'Umuryango wawe, bikorerwa umuryango wawe gusa. Bihinduka bivanye n'ivyo ukeneye, waba wibungenze, wonsa canke uriko uritwararika umwana muto. Amapaki arahinduka rero ubaze umuhinga mu vy'ibifungurwa wawe wo muri WIC nimba ufise ivyo ukeneye bidasanzwe mu bijanye n'ibifungurwa.

Uko abana bawe bakura, ni ko n'ivyo barya vya WIC bihinduka. Ku myaka ihambaye nk'amezi atandatu, umwaka umwe n'imyaka ibiri, ivyo barya birahinduka kugira ngo bihure n'ivyo bakeneye mu bijanye n'ingaburo.

Ipaki yawe y'imfungurwa ikubwira ivyo ushobora kugura, n'ingene ushobora kugura buri kwezi.

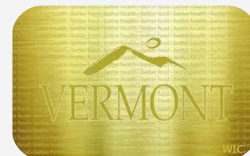


2 Ibibido ibikorwa vy'ingaburo



1 icumi na bibiri

Koresha ibi bikoresho kugira ngo ugusuma vyorohe

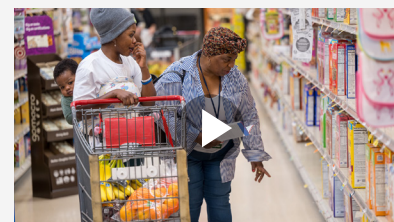


Ikarata ya WIC

Wame ushiramwo ikarata yawe ya WIC imbere yo gukoresha ubundi buryo bwo kwishura.



Ivyo kurya vya WIC n'igitabo nyobozi co gusuma Raba amafoto y'ibimenyetso n'ubwoko bw'ibifungurwa biriho kugira ngo ubironke ku ruhande vyorohe.



Ama videwo

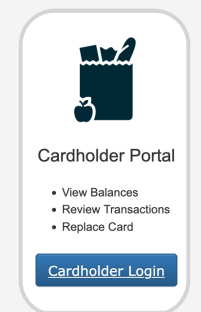
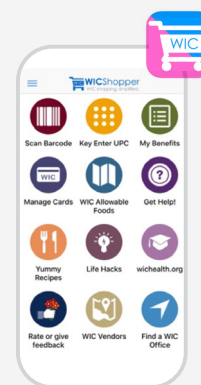
Raba ama videwo magufi ku rubuga kugira uronke ibindi vyiyumviro vyo kugura muri WIC.



 Family Food Benefits			
Month	WIC Approved Foods	Amount	
6/1/2025 - 6/30/2025	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Butter/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce
	Fruits and Vegetables	115	Cash Value Benefit
	Lowfat/Nonfat Yogurt	32	Ounce
	1% or Skim Milk	13.25	Gallon
	Women's Juice 48 oz	3	Can / Bottle
	Child's Juice 64 oz	4	Can / Bottle
5/1/2025 - 5/31/2025	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Butter/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce

Urutonde rw'ipaki y'ubufasha

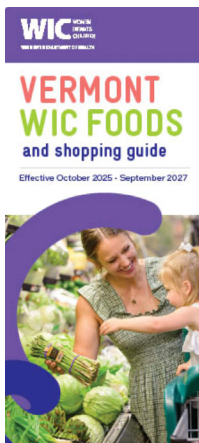
Menyanzeza ivyo kurya umuryango wawe ushobora kugura. Uyikoreshe n'igitabo nyobozi cawe co gusuma.



Nta ngurukanabumenyi internet canke terefone? Turashobora kugufasha kuronka ibikoresho mu bundi buryo, ubaze gusa.

Igitabo nyobozi ca WIC c'ivyokurya n'ivy'igurisha

Iyi nkuru y'ingirakamaro iratanga urutonde rw'ibifungurwa vyose ushobora kugura na WIC. Ibice vy'amabara bikwereka amashusho y'ibintu vyemewe, ubunini bwavyo be n'ibikoresheho kugira ngo ushobore gusuma vyoroshe. Iyo ugura, urondere gusa ivyokurya bihuye n'ifoto maze urabe ko ufise igicuruzwa n'ingene bingana.



Month	WIC Approved Foods	Amount
01/2025 - 09/2025	Cheese	1 Pound
	Eggs	2 Dozen
	Butter	2 Pounds
	Processed Canned	100 Cans
	Processed Canned Fruit	1 Jar (8oz)
	Canned Fish	30 Cans
	Instant Noodles	10 Cans
	Instant Pasta & Vegetables	10 Cans
	Instant Meals	10 Cans
	Whole Grain Options	10 Cans
	Fruit and Vegetables	110 Cans (Value Based)
	Lowfat/Nonfat Yogurt	20 Cans
	1% or Less Milk	13.25 Gallons
	Instant Juice 6oz or	2 Cans
	Childs Juice 6oz or	2 Cans (Value Based)
10/2025 - 09/2026	Cheese	1 Pound
	Eggs	2 Dozen
	Butter	2 Pounds
	Processed Canned	100 Cans
	Processed Canned Fruit	1 Jar (8oz)
	Canned Fish	30 Cans
	Instant Noodles	10 Cans
	Instant Pasta & Vegetables	10 Cans
	Instant Meals	10 Cans
	Whole Grain Options	10 Cans

Koresha uburongozi n'urutonde rw'ubufasha bw'ivyokurya vy'Umuryango wawe. Ivyokurya bimwe bimwe bishobora kuba biri mu gitabu nyobozi c'ivyokurya ariko ntibibye biri mu mpapuro z'ivyokurya vyawe. Raba neza ko uraba vyompi uko ukora urutonde rw'ivyo usuma.

Impanuro zo gusuma

- ✓ Suzuma amahera yawe asigaye imbere yo gusuma.
- ✓ Suma kare canke ucerewe igihe amaduka ata bantu benshi bahari.
- ✓ Kora urutonde rushingiye ku Bufasha bw'ivyokurya vy'Umuryango wawe.
- ✓ Basabe abakozi bo m'ububiko canke ibiro vyawe vya WIC bagufashe.



Jana igitabu nyobozi c'ivyokurya n'ivyo Kugura m'ububiko kugira ngo umenye neza ko uriko uratoragura ivyokurya vyemewe.

IMPANURO
IFASHA

Uko wosoma fagitire yawe ya wicshopping

Ikete ryawe rya WIC rifise amakuru ahambaye azogufasha kuronka vyinshi mu bufasha bwawe bwa WIC.

Ivyo waguze
Raba hafi y'imbere
urutonde rw'ibintu
uherutse kugura.

WIC subtotal
Raba ibiharuro vyose vya
WIC waguze

Ivyo bisigaye mu
mpapuro z'ibifungurwa
z'uku kwezi
Ibifungurwa mwasigaye
kugura na WIC muri uku
kwezi.

Nimba hari ikintu kitari co
ku mpapuro zawe, genda
kuri seruvisi yawe y'ububiko
bw'ibifungurwa yo gufasha
abakiriya, canke hamagara ibiro
vya WIC vyo mu karere kawo.

GROCERY STORE 123 Road Waterbury, VT 05676		
GROCERY		
41199210	KLLGG MINI WHEATS	5.99
PRODUCE		
41199210	2@ SIG SNACKING TOMATO	6.98
4550	BRUSSEL SPROUTS	5.85
81204900	3@ BLUEBERRIES PINT	11.97
	BALANCE	\$24.62
	eWIC	18.63
Debit Purchase 7/29/2026 10:25		
Card #: *****1354 AUTH: 0000512972		
ENDING WIC Benefit Balance		
Earliest WIC Benefit Expiration Date		
7/31/2026 at Midnight		
64 OZ	LOWFAT/NONFAT YOGURT	
48 OZ	WHOLE GRAINS - ALL AUTH	
89.02	CASH V FRUITS AND VEGETABLES	
9 GALLON	MILK - LOWFAT	
1 POUND	TOFU	
3 DOZEN	EGGS	
93.2 OUNCE	CEREAL-ALL AUTH	
2 JAR/BA	PB/BEANS & PEAS - ALL AUTH	
3 POUND	CHEESE	
End of WIC Benefit Balance		
*****WIC Benefit Redemption/Purchase**		

64 OZ	LOWFAT/NONFAT YOGURT	
18.63 CASH V	FRUITS AND VEGETABLES	
	1 BRUSSELS SPROUTS	5.65
	1 SIG TOMATO	3.49
	1 SIG TOMATO	3.49
	1 BLUEBERRIES PINT	3.99
	1 BLUEBERRIES PINT	3.99
End of WIC Benefit Redemption Purchase		

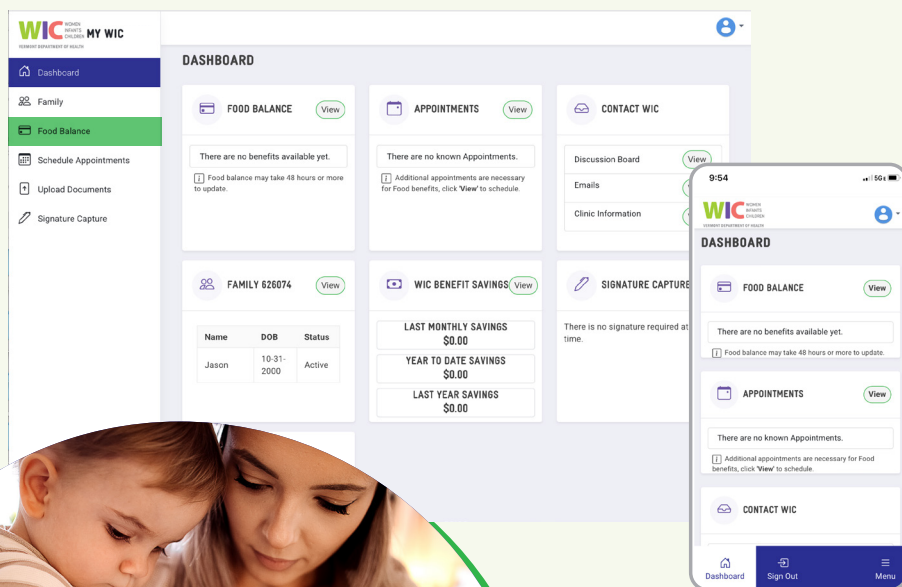
IMPANURO
IFASHA

Bika fagitire yawe. Bifasha gukurikirana ibiharuro vyawe no gutegura urugendo rwawe rukurikira rwo gusuma.

Urubuga rwawe rwa WIC (Rushasha muri 2026)

Urubuga rw'abagize uruhara rwa Vermont WIC rutuma gucunga ubufasha bwawe vyorohe. Umaze gushinga konti yawe, ushobora kwinjira igihe cose kugira ngo:

- ✓ Suzuma, utegekanye, canke usivye ama imibonano izoza
- ✓ Gushira ku gihe amakuru mashasha y'umuryango
- ✓ Gukurikirana ubufasha bw'ivyo ufungura n'ivyo uziganya
- ✓ Shiraho inyandiko zose zikenewe
- ✓ Baza WIC



Raba amakuru yawe yose ahambaye ya WIC n'ibikoreshe vyawe ahantu hamwe.

Ikoreshwa ry'ibiyuramutwe mu gihe c'imbanyi no/canke mu gihe ariko ararera

WIC ihimiriza ingeso nziza mu gihe c'imbanyi no mu gihe arera abana.

Ushobora kuba warumvise yuko ata nzoga, urumogi, nikotine canke ibindi biyuramutwe bishobora kuba vyemewe mu gihe c'imbanyi be n'igihe ariko ararera abana batoyi. Ivyo ni ukuri, kandi turazi ko bigoye.

Nimba ukeneye gufashwa, WIC ni ahantu heza, hatagira gucibwa urubanza kugira ngo uronke imfashanyo. Nimba uriko uragwana n'ikoreshwa ry'ibiyuramutwe, turashobora kuguhuza n'ubufasha bw'ubuntu, bw'ibanga. Intambwe ntoyi zirashobora kugufasha kukurinda n'amagara y'umuryango wawe mu gihe uriko urakora kugira ngo uhindure ibintu binini.

Kugira ngo uronke imfashanyo, raba urubuga rw' imfashanyo rwa Vermont (VTHHelplink.org) na 802Quits.org canke umenye vyinshi ku bijanye n'ugukoresha ibiyuramutwe mu gihe c'imbanyi be n'inyuma y'aho kuri 1MoreConversation.com



INYUNGU NI NI NINI CANE GUSUMVYA UKO UVYIYUMVIRA

Na Vermont WIC, urashobora guha umuryango wawe vyinshi. Abagize uruhara bararonka ibiciro bigabanywa ku migambi, ama seruvisi, n'ibikorwa vyo muri leta yose. Erekana gusa ikarata yawe ya WIC aho bisabwa.

Ibiciro Bigabanije:



ngurukanabumenyi internet
na terefone

Imigambi y'ibiciro bigabanutse iva kuri Amazon Prime Access, Verizon Lifeline, n'Ivy'Ingenzi vya Internet vya Xfinity.



Inguvu
Amafaranga make ava muri Vermont Gaz na Green Mountain Umuyagankuba.



Umutekano
Imodoka canke intebe y'ubuntu hamwe n'ugusuzuma biciye kuri Be Seat Smart.



Ivyokurya
ibice 10% bikuweko kubagize uruhara co-ops n'udupapuro two kuzana ibifungurwa bishasha ku masoko y'abarimyi biciye muri Farm to Family.



Ubuho n'ibidukikije
Ukwinjira kugabanije igiciro mu nzu ndangakaranga ya ECHO, mu kigo ca Vermont c'ubuhinga bwa kavukire, mu bibanza vy'ukwinezereza vya Leta, n'ibindi.



Ukwitwararika Inyamaswa
Ibipapuro vy'ugutera inda/gutera inda bihenda biciye muri VSNIP.

Igabanywa ry'ibiciro bishobora guhinduka. Tembera kuri HealthVermont.gov/WICDiscounts ku bijanye n'ivyo biherutse gutangwa.

Ibiro vy'intara vy'Umugambi wa Vermont WIC

Barre

802-479-4200

Rutland

802-786-5811

Bennington

802-447-3531

Springfield

802-289-0600

Brattleboro

802-257-2880

St. Albans

802-524-7970

Burlington

802-863-7323

St. Johnsbury

802-748-5151

Middlebury

802-388-4644

White River Junction

802-295-8820

Morrisville

802-888-7447

Newport

802-334-6707



HealthVermont.gov/Local



Kirundi



VERMONT DEPARTMENT OF HEALTH

Iki kigo gitanga amahirwe angana.