



WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH

KU SOO DHAWOOW VERMONT WIC



Ku soo dhawoow WIC

WIC ayaa ka caawisa qoysaska inay helaan cunto caafimaad leh ee ay ugu baahan yihiin si ay xoog ugu kobcaan oo caafimaad u helaan. Laakiin way ka balaaran tahay barnaamij cunto oo keliya—waa qaab aad ku daryeelayso naftaada iyo qoyskaaga. Laakiin way ka balaaran tahay keliya barnaamij cunto—waa qaab loo daryeelo naftaada iyo qoyskaaga.

Waxaan ku siinaynaa tilmaamo ku aadan cunto cunis caafimaad leh, taageerada naas-nuujinta, iyo xiriirada adeegyada maxaliga ah ee caafimaadka iyo bulshada. Waxaan soo dhawaynaynaa dhammaan noocyada qoysaska, ayna ku jiraan kuwa naafada ah ama kuwa u baahan turjumaanka. Kooxdaada WIC ayaa kaa caawinaysa inaad heerka ugu sareeya uga faa'iideysato dheefahaaga.

Laga bilaabo uurka ilaa da'da dugsiga xanaanada, WIC waxay diyaar u tahay inad taageerto qoyskaaga.

Inta aad uurka leedahay waxaan ku siinaynaa cunto caafimaad leh iyo taageerada nafaqada, waxbarasho ku saabsan daryeelka ilmaha dhashay, iyo sida aad ku lahaanayso uur caafimaad leh. Kadib marka imahaagu dhasho, WIC ayaa sii wada inay bixiso taageerada quudinta, waxbarashada nafaqada, hubinta miisaanka, iyo cuntooyinka caafimaadka leh. Waxaad la kulmi doontaa WIC lixdii bilood kasta ilaa ilmahaaga dhashay uu ka gaarayo shan sano.



**WAXAAN
HALKAAN U
JOOGNAA
QOYSKAAGA**



Cuntooyinka Caafimaadka leh ee Bilaashka ah

Miraha iyo khudaarta, raashinka guud, ukunta, caanaha, jiiska, yooqadka, tofu, subaga lawska ama digirta, kaluunka, seeriyaaalka, cabitaanka, iyo cuntada ilmaha.

Taageerada Naas-nuujinta

Taageerada iyo waxbarashada kaa caawinaysa in aad gaarto yoolalka quudinta ilmahaaga yar.

Waxbarashada Nafaqada iyo Caafimaadka

Tilmaamo iyo agab kaa caawinaaya daryeelka qoyskaaga adoo adeegsanaaya cuntooyin caafimaad qaba iyo caadooyinka wanaagsan ee cuntada oo noloshaada oo dhan soconaaya.

Soo jeedinnada iyo Khayraadka

Waxaan kaa caawinaynaa helitaanka daryeelka caafimaadka, barnaamijyada maxaliga ah, iyo adeegyada kale sida tigidhada madxafka oo bilaash ah, interneed qiimo jaban, kuraasta gaariga, boonooyinka suuqa beereleeyda, iyo waxyaabo kale.

Yaa ka faa'iideysta WIC?

WIC waxaa loogu talo galay haweenka uurka leh, waalidiinta cusub, ilmaha dhashay, iyo carruurta kayar 5 sano.

Yaa codsan kara WIC?

WIC waxay taageertaa dhammaan qoysaska. Hooyooyinka, aabeyaasha, awooweyaasha/ayeeyooyinka, waalidka ilmaha korsaday, ama qof kasta oo daryeela ilmo ayaa codsadan kara. Qaab kasta oo qoyskaagu u yaalaba, waxaan diyaar u nahay inaan ku caawino.

Taageerada Naas-Nuujinta

Naas-nuujinta (ama naas-xabad ka siinta oo ay adeegsadaan waalidiinta qaar) waa mid kamid ah dookhyada ugu caafimaadka badan ee waalidiinta iyo qoysaska. Taas ayaan ka dhignayn inay markasta fududahay. Waxay abuuri kartaa su'aalo, walaacyo, iyo niyad kab. Waa taas sababta WIC kuu garab istaagayso, ayadoo aan loo eegayn meesha aad ka marayso higsigaaga.

- ✓ **Casharada iyo kooxaha**
Waxaan kugu xiri karnaa casharada maxaliga ah iyo kooxaha taageerada.
- ✓ **Caawimaad aad ka helayso waalidiin dhab ah**
Lat aliyaasha waalidiinta ahaa ee WIC waa waalidiin saaxiibtinimo leh, oo tababaran oo ku dhagaysanaaya oo taageeraaya yoolalkaaga quudinta ilmaha dhashay.

- ✓ **Dheefaha Dheeraadka ah**
Waalidiinta naaska-nuujiya ayaa hela cunto dheeraad ah bil kasta, iyo bababka naaska lagu liso ayaad bilaash ku haysaa.

Haddii ay kugu adkaato ama ilmahaagu uu dhibaato ku qabo naaf nuugidda, shaqaalaha WIC ayaa diyaar u ah si ay kuu siiyaan hagitaan iyo taageerada naas-nuujinta. Haddii aad go'aansato in aysan ku haboonayn qoyskaaga, waa caadi. Waan taageeri doonaa dhammaan dookhyada quudinta. Shaqaalaha WIC ayaa la heli karaa si ay kuu siiyaan tusmayn ku aadan dookhyada caanaha ilmaha iyo tilmaamaha quudinta ayagoo aan ku eedaynayn.

Caafimaadka iyo faya qabka qoyskaaga ayaa leh muhiimmada koobaad.

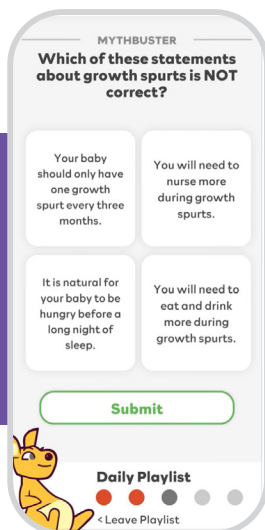


Abka Daily Drop

Soo degso abka ay fududahay in la adeegsado ee naas-nuujinta si aad u hesho tilmaamo, taageero, iyo nashaadaad baashaal ah.

HealthVermont.gov/WIC-Breastfeeding

Ma haysatid interneed ama taleefan? Noosoo sheeg—waxaa jira dookhyada kale ee waxbarashada oo la heli karo.



Balamahaaga WIC

Sanad kasta, waxaad la xiriiraysaa WIC 4 jeer.

2 + 2

Hubinnada
hawlaha
nafaqada

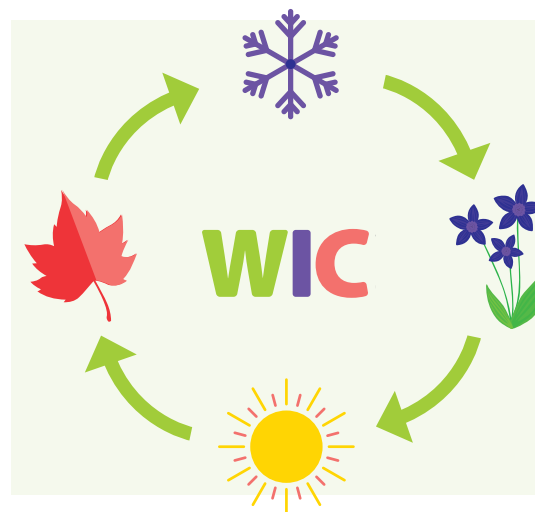
Hawlaha
nafaqada

Imaatinnada

Kuwaani waa booqashooyinka fool ka foolka ah oo aad la yeelanayso khabiirkaaga nafaqada ee WIC. Waxaan hubinaa yoolalkaaga nafaqada iyo caafimaadka, waxaana kaa caawinaa in aad sida ugu sareysa uga faa'iideysato WIC—ayna ku jiraan soo jeedinno kasta oo cusub iyo xiriirada khayraadka.

Hawlaha Nafaqada

Kuwaani waa kuwo baashaal leh oo fudud. Waxaad ku samayn kartaa oonlaynka ama si toos ah. Waxay noqon karaan casharada cunto karinta, casharada gaaban ee oonlaynka, kulannada fool ka foolka ah, ama qaababka kale ee wax looga ogaado cunto cunista caafimaadka leh.



**TILMAAN
MUHIIM AH**

Afar Kulan.
Afar Hubinood.

Marka cimiladu isbadesho, waa wakhti ku fiican in aad eegto jadwalkaaga aadna qorsheyso booqashadaada xigta ee WIC.

Waxbarashada nafaqada waa qayb muhiim ah oo kamid ah WIC

Nashaadaadka nafaqada ayaa ka caawinaaya qoyskaaga inay awood lahaadaan oo caafimaad helaan, waana qayb wayn oo kamid ah barnaamijka WIC. Waxaad dooran kartaa waxa kuugu haboon inaad ku hesho oonlaynka, kooxaha maxaliga ah, ama fool ka fool.

Oonlaynka

Wax kaga baro adoo jooga guriga barta WICHealth.org. Waxaad dooran kartaa casharada gaaban ee ku saabsan uurka, nafaqada ilmaha, iyo waxyaabo kale. Waxaad u baahan doontaa aqoonsiga qoyskaaga ee WIC si aad u gasho.

Kooxaha Maxaliga ah

Ku soo biir casharada ama aqoon kororsiyada baashaalka ah -oo ka dhacaaya deegaankaaga, sida tababarka cunto karinta ama bandhigyada kooxaha ee la xiriiro cunto cunista caafimaadka leh, faya qabka, -ama habdhaqanka ilmaha. Kuwaan ayaa caadiyan lagu qabtaa xafiisyada WIC ama xarumaha kale ee maxaliga ah.



Fool ka Foolka

YWaxaad la kulmi kartaa khabiirka nafaqada ee WIC si aad ugala hadasho caadooyinka caafimaadka iyo cunto cunista ee qoyskaaga. Booqashooyinka ayaa toos loo xadiri karaa ama looga qaybgeli karaa taleefanka.



Joogtaynta u Qalmidda

Si aad u ilaashato dheefahaaga WIC, keliya xasuusnoow sadex waxyaabood:

1. Ka qaybgal balamahaaga.
2. Samee labo nashaadaadka nafaqada ah* s anad kasta.
3. Noo sheeg haddii lambarkaaga taleefanka ama ciwaanku isbadelaan.



Ma kaa lumay kaarkaaga WIC?

La xiriir xafiiska maxaliga ah WIC—waxaan diyaar u nahay in aan ku caawino si aadan u waayin cuntada caafimaadka leh.

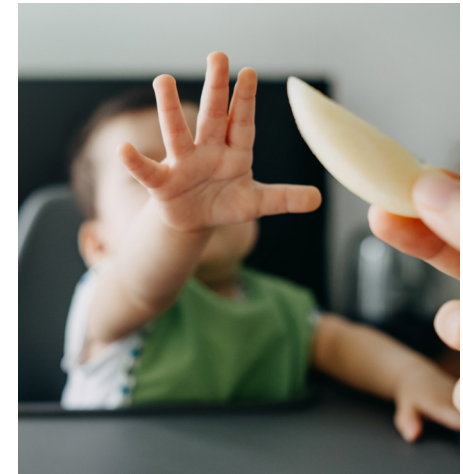
*Hawshaada nafaqada, waxaad baran kartaa sababta cuntada caafimaadka leh muhiim u tahay, sida loo sameeyo cuntooyinka fudud, ama taageero aad ka helayso shaqaalaha WIC iyo walaidiinta kale.



#idafrusk

**TILMAAN
MUHIIM AH**

WICHealth.org ayaa ku haboon jadwalkaaga. Casharada ayaa la samayn karaa wakhtigii la doono maalinta.



Waxaa Keliya loo Sameeyay Qoyskaaga

Bil kasta, qoyskaaga ayaa heli doona "xirmmada dheefaha" oo sidoo kale la yiraahdo "xirmadda cuntada." Waxaa ku jiri doona cuntooyinka sida miraha iyo khudaarta, caanaha, raashinka baalka leh, yooqadka, subaga lawska iyo digirta, cuntada ilmaha yar, iyo waxyaabo kale oo aad kasoo iibsano karto dukaanka cuntada ee aagaaga.

Xirmadaada cuntada (ama dheefahaaga) ayaad helayso maalinta koobaad ee bil kasta waxaana lagu adeegsan karaa dukaannada iyo dabakaayoyinka aad ku aragto summada 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

Xirmadaada cuntada, oo sidoo kale la yiraahdo liiskaaga Dheefaha Cuntada Qoyska, waxaa keliya loogu talo galay qoyskaaga.

Way isbadashaa ayadoo ku xiran waxa aad u baahan tahay, haddii aad uur leedahay, naas-nuujinayso, ama daryeelayso ilmo yar. Xirmooyinka ayaa isbadeli kara marka waydii khabirkaaga nafaqada ee WIC haddii aad qabto baahiyaha gaarka ah ee cuntada.

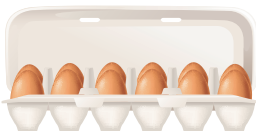
Marka ilmahaagu sii waynaado, cuntooyinkiisa WIC ayaa isbadelaaya. Marka uu maraayo da'aha muhiimka ah sida lix bilood, hal sano, iyo labo sano, xirmooyinkiisa cuntada ayaa wax laga badeli doonaa si loo waafajiyo baahiyihiisa nafaqada.

Xirmadaada cuntada ayaa kuu sheegaysa waxa ku jira, iyo cadadka, aad iibsano karto bil kasta.



2

garaafeyaasha hawlaha nafaqada



1

darsin

U adeegso Agabkaan Si aad u Fududeyso Dukaamaysiga



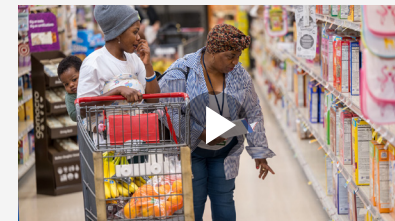
Kaarka WIC

Markasta mari kaarkaaga WIC kahor inta aadan adeegsan nooc kasta oo kale oo lacag bixin.



Tusmada Cuntada iyo Dukaamaysiga ee WIC

Arag sawirada noocyada iyo sumadaha cuntooyinka la heli karo si aad uga hesho qaanadaha si fudud.



Muuqaallada



Daawo muuqaallo gaaban oo oonlayn ah si aad u hesho tilmaamo dheeri ah oo saabsan ku dukaamaysiga 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
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	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

Liiska Dheefaha Cuntada Qoyskaaga

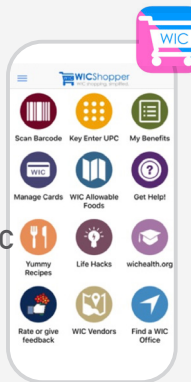
Baro noocyada cuntooyinka rasmiga ah ee qoyskaagu iibsano karo. la adeegso tusmadaada dukaamaysiga.

Abka WICShopper

Iskaan garee cuntooyinka dukaanka yaala, eeg baaqigaaga, oo xaqiiji in sheey ay WIC ogoshahay-dhammaan adoo adeegsanaaya taleefankaaga casriga ah.

ebtEDGE

Eeg baaqiga dheefahaaga ama arag lacagaha aad dhawaan dirtay adoo adeegsanaaya barta webseedka ama abka.



Cardholder Portal

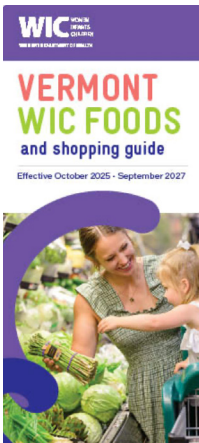
- View Balances
- Review Transactions
- Replace Card

[Cardholder Login](#)

Ma haysatid interneed ama taleefan? Waxaan kaa caawin karnaa in aad agabka ku hesho qaab kale, keliya naga codso.

Tusmada Cuntooyinka iyo Dukaamaysiga ee WIC

Tusmadaan cawimaada leh waxaa ku qoran liska dhammaan cuntooyinka aad ku iibsano karto WIC. Qaybaha midabka leh ayaa muujinaaya sawirada noocyada la ogol yahay, xajmiyada, iyo badeecooyinka si loo fududeeyo dukaamaysiga. Marka aad wax soo iibsato, keliya eeg cuntada waafaqsan sawirka oo hubi in aad haysato badeecada iyo xajmiga saxda ah.

[illegible]

La adeegso tusmada liiskaga DHeefaha Cuntada Qoyskaaga. Cuntooyinka qaarkood ayaa ku qornaan kara tusmada cuntada laakiin aan ku jirin xirmadaada cuntada. Xaqiiji in aad eegto labadaba inta ad samaynayso liiskaaga dukaamaysiga.

Talooyinka Dukaamaysiga

- ✓ Hubi baaqigaaga kahor inta aadan wax soo iibsan.
- ✓ Xili hore soo iibso ama xili danbe marka dukaannadu aysan aad mashquul u ahayn.
- ✓ Samayso liis adoo raacaaya Dheefahaaga Cuntada ee Qoyska.
- ✓ Waydii shaqaalaha dukaanka ama xafiiskaaga WIC si lagu caawiyo.



U qaado Tasmada Cuntooyinka iyo
Dukaamaysiga dukaanka si aad u xaqiijiso in
aad xulanayso cunto la ogol yahay.

**TILMAAN
MUHIIM AH**

Sida loo Akhriyo Risiidka WIC

Risiidkaaga WIC ayaad ka helaysaa xog muhiim ah oo kaa caawinaysa inaad ka faa'iideysato dheefahaaga WIC.

Waxa aad iibsata
Eeg agta qaybta kore
ee liiska alaabaha aad
iibsata.

Wadar hoosaadka WIC

Arag wadarta guud ee iibkaaga WIC

Waxa ka haray xirmada cuntada bishaan
Cuntooyinka kuu haray si aad ugu iibsato WIC bishaan.

Haddii wax ku qoran risiidkaaga khalad yahay, tag qaybta macamaisha ee dukaankaaga, ama wac xafiiska WIC ee deegaankaaga.

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	
89.0Z	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		

eWIC 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		

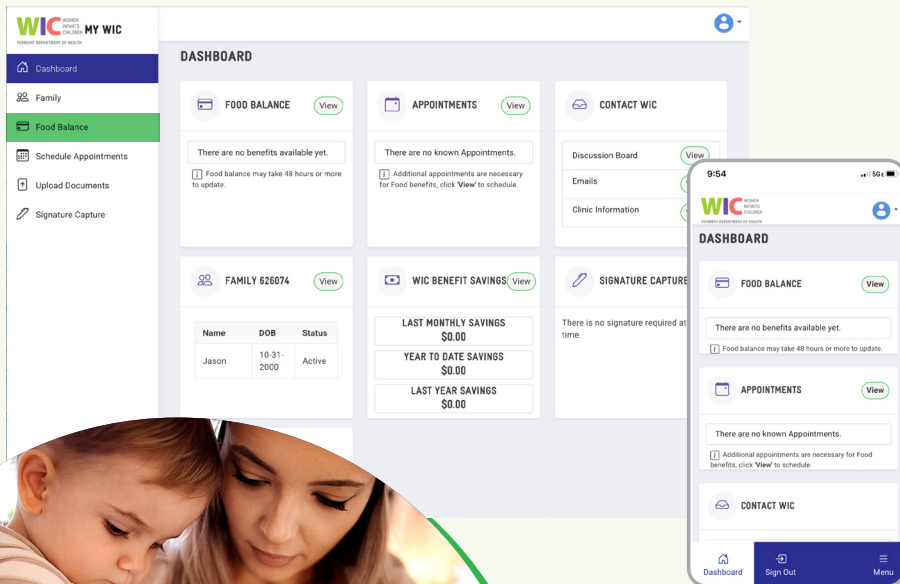
Hayso risiidkaaga. Waxay kaa caawinaysaa la socoshada baaqigaaga aadna qorsheyso safarkaaga xiga ee dukaamaysiga.

**TILMAAN
MUHIIM AH**

Bartaada WIC (cusub sanadka 2026)

Barta oonlaynka ah ee Ka qaybgalaha Vermont WIC ayaa fududaysa maareynta dheefahaaga. Marka aad furato ciwaankaaga, waad geli kartaa xili kasta:

- ✓ Hubi, mudeyso, oo kansar balamaha soo socda
- ✓ Wax ka abdel xogta qoyskaaga
- ✓ Soo geli dukumiintyo kasta oo loo baahan yahay
- ✓ La soco dheefahaaga cuntada -iyo kaydka
- ✓ La xiriir WIC



Arag dhammaan xogta muhiimka ah ee WIC iyo agabka oo hal meel ku wada jira.

Isticmaalka maandooriyaha inta aad uurka leedahay iyo Inta aad ilmaha korinayso

WIC waxay dhiiri gelinaysaa caadooyinka caafimaadka leh inta aad uurka leedahay iyo inta aad ilmaha korinayso.

Waxaa laga yaaba in aad maqashay in aysan jirin cadad khamri, xashiis, nikootiin, ama daroogooyinka kale oo badqab kuu leh marka aad uurka leedahay iyo inta aad ilmaha korinayso. Taasi waa run, waana ognahay sidoo kale inay adag tahay.

Haddii aad u baahan tahay caawimaad, WIC waa goob badqab leh, oo aan ku eedaynayn oo aad ka helayso taageero. Haddii aad la ildaran tahay adeegsiga maandooriyaha, waxaan kugu xiri karnaa taageerada bilaashka ah, ee qarsoodiga ah. Talaabooyinka yaryar ayaa kaa caawin kara difaaca caafimaadkaaga iyo kan qoyskaaga inta aad ka shaqeynayso samaynta isbadello waawayn.

Si aad u hesho caawimaad, booqo Vermont Helplink (VTHelplink.org) iyo 802Quits.org ama xog badan ka ogoow adeegsiga maandooriyaha inta lagu jiro uurka iyo wixii a danbeeya adoo booqanaaya 1MoreConversation.com



DHEEFUHU WAA KA BALAARAN YIHIIN INTA AAD U MALAYNAYSO

Adeegga Vermont WIC, waxaad siin kartaa qoyskaaga taageero badan. Ka qaybgaleyaasha ayaa ku raaxaysanaya qiimo dhimisyada barnaamijyada, adeegyada, iyo hawlaha gobalka oo dhan. Keliya tus kaarkaaga WIC marka lagaa rabo.

Qiimo dhimisyada Caanka ah:



Interneedka iyo Taleefanka

Qorsheyaasha qiimaha jaban ee Amazon Prime Access, Verizon Lifeline, iyo Xfinity Internet Essentials.



Tamarta

Qiimo dhimisyada aad ka helayso Vermont Gas and Green Mountain Power.



Badqabka

Kursiga gaariga ama xoojiyaha oo bilaash ah oo leh kormeer oo aad ka helayso Be Seat Smart.



Cuntada

10% qiimo dhimis ah oo aad ka helayso shirkadaha ka qaybgalaaya iyo boonooyinka dalaga darayga ah ee suuqyada beereleeyda oo ay bixiso Farm to Family.



Farshaxanka iyo Dabiicada

Gelitaanka qiimaha jaban ee Madxafka ECHO, Vermont Institute of Natural Science, Beeraha Raaxada Gobalka, iyo kuwo kale.



Animal Care

Boonooyinka Qiimaha jaban ee spay/neuter oo ay ka helayso VSNIP.

Qiimo dhimisyada ayaa isbadeli kara, booqo HealthVermont.gov/WICDiscounts si aad u hesho yaboohyadii ugu danbeeyay.

Xafiisyada Maxaliga ah ee Barnaamijka 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



Somali



VERMONT DEPARTMENT OF HEALTH

Hay'adani waa fursad bixiye loo siman yahay.