

Ihindurwa ry'imfungurwa vya WIC, Vyoroshe Gutahura

Ushobora guhindura ivyo kurya bimwe bimwe vya WIC ukabihinduranya n'ibindi birashobora kukugirira akamaro n'umuryango wawe. Tera akamo WIC kugira uronke amakuru menshi.

Amata

Amata yo guhinduranya:



Ica kane 1 c'amata



Agatiba 1 ka yawurute (Wunse 32)



Ica kane 1 c'amata



Tofu 1 (1lb)



Ivya kane 3 vy' amata



Foromaji
1lb (canke wunse 16)

Umutobe

Umutobe wo guhinduranya:



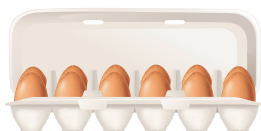
Wunse 64 z'umutobe



Ivyamwa vya \$3
& imboga

Amagi

Amagi yo guhinduranya:



Iduzeni 1 y' amagi



canke



canke



Igikombe 1
c'ikaranga
zisyeye
(Wunse 16–18)

Ibikopo 4
vy'ibiharage
(Wunse 15–16
kuri kimwe
cose)

Ibiharage
vyumye, inkore,
canke ubushaza
(1lb canke
wunse 16)



HealthVermont.gov/WICFoodChanges

WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH