

Kala beddelashada cuntooyinka WIC, waa la fududeeyey

Waxaad ku beddelan kartaa qaar ka mid ah cuntooyinka WIC doorashooyin kale oo adiga iyo goyskaagaba si fiican ugu shaqaynaya. La xidhiidh WIC wixii macluumaad dheeraad ah.

Caano

Kala beddel caanaha:



1 jeeg caano



1 tubbada caano-fadhi
(32 wiiqiyadood)



1 jeeg caano



1 tofu (1 bowndhi)



3 jeeg caano



Jiis
1 bowndhi
(ama 16 wiiqiyadood)

Cabitaan

Isku beddel cabitaanaha:



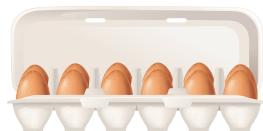
64 wiiqiyad oo cabitaan ah



\$3 oo miraha ah
iyo khudaar

Ukun

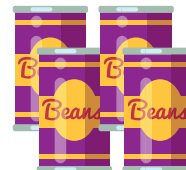
Isku beddel ukunta:



1 darsin ukun



ama



ama



1 koob oo badharka lawska (16-18 wiiqiyadood)

4 qasac oo digir ah (15-16 wiiqiyadood midkiiba)

Digirta qallalan, misirta, ama digir (1 bowndhi ama 16 wiiqiyadood)



HealthVermont.gov/WICFoodChanges

WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH