

VERMONT

WIC IBIFUNGURWA

Inyigisho y'ugusuma

Bizoja mu ngiro mu kwezi kwa Gitugutu 2025 - Nzero 2027





IBIRIMWO

Kurya neza na WIC vyacyiye vyorohe gusa.

Reka iyi nyigisho igufashe gusuma wizigiye—mu nzira zose ,uko ugiye gusuma, mu mezi yose.

Koresha urutonde rw'ubufasha bw'Ivyokurya vy'Umuryango wawe n'iyi nyigisho.

Suzuma urutonde rw'ubufasha bw'Ivyokurya vy'Umuryango wawe kuva ku gihe mwabonye kugira ngo ubone neza neza ivyo wemerewe. Hanyuma ukoreshe aka gatabo igihe uriko uragura kugira ngo bigufashe kuronka ubunini n'ubwoko bw'ibiri ku rutonde rwawe.

WIC Approved Foods		
Month	WIC Approved Foods	Amount
6/1/2025 - 5/31/2025	Cheese	1 Pound
	Tofu	2 Pound
	Eggs	4 Dozen
	Breakfast Cereal	108 Ounces
	Peas and Beans/Peas	4 Jar / Bag
	Canned Fish	30 Ounces
	Infant Cereal	16 Ounces
	Infant Fruits & Veggies	64 Ounces
	Infant Meals	40 Ounces
	Whole Grain Cereals	80 Ounces
	Fruits and Vegetables	110 Cash Value Benefit
	Lentils/Beans/Veggie	32 Ounces
	1% or Plain Milk	13.25 Gallons
	Women's Juice 48 oz	3 Cans / Bales
	Child's Juice 64 oz	4 Cans / Bales
5/1/2025 - 5/31/2025	Cheese	1 Pound
	Tofu	2 Pound
	Eggs	4 Dozen
	Breakfast Cereal	108 Ounces
	Peas and Beans/Peas	4 Jar / Bag
	Canned Fish	30 Ounces
	Infant Cereal	16 Ounces
	Infant Fruits & Veggies	64 Ounces
	Infant Meals	40 Ounces
	Whole Grain Cereals	80 Ounces



Ivyo kurya

- Iforomagi 2
- Amagi 3
- Tofu 4
- Intete 6
- Amavuta y'vyema n'ibiharage 11
- Amafi yo mu dukopo 14
- Ivyo kurya vy'uruyoya 15
- Ibinyantete 20
- Ivyamwa n'imboga 30
- Yogurt 32
- Amata 34
- Umutobe 38

Ubufasha bwo gusuma bwiyongereye

- Gusuzuma ivyo usigaranye 40
- Gusoma ivyanditseko 42
- Gutora Ingero Zibereye 43
- Igihe Ikarata yawe Idakora 44
- Apurikasiyo ya WICShopper 45

IMPANURO
Y'AKAMARO

Ukeneye ubufasha burenze mu gihe uriko urasuma?



1. Koresha apurikasiyo ya WICShopper
2. Baza ku biro vy'abaguzi bo mw'ububiko
3. Tera akamo ibiro vyawe vya WIC uri mw'ububiko

Iforomaji

✓ Vyemewe na WIC

- Ipaki za wunse 8 na wunse 16
- Ibirundo n'ibice
- Ibice vy'iki ny'Amerika
- Bisanzwe
- Ibinure bike

✗ Ntugure

- Ibikurwa hanze y'igihugu canke deli
- Ibipfunze kamwe kamwe
- Ivy'likirundi
- Ibirunze
- Urukurikirane
- Ibdasanze canke vy'ububiko budasanze

Amabuye

Wunse 8 na wunse 16



Iforomaji yitwa Cheddar



Iforomaji yitwa Colby



Iforomaji yitwa Colby Jack



Iforomaji yitwa Monterey Jack



Iforomaji yitwa Mozzarella



Iforomaji yitwa Muenster

Ibiranga vyemewe



Best Yet



Cabot



Cappiello



Cracker Barrel



Crystal Farms



Dragon



Galbani



Food Club



Great Value



Hannaford



Heluva Good!



IGA



Kraft



Land O Lakes



Lucerne



Maggio



Pics by Price Chopper



Polly-O



Sargento



Sorrento

Amagi

✓ Vyemewe na WIC

- Ipaki ya cumi na bibiri yose
- Igisanzwe, kinini, kinini cane, jumbo
- Ikidatekeye
- Ivy'imburwa
- Ivy'abatarya inyama
- Ivyiza canke bifise (Omega-3)

Ipaki ya cumi na bibiri, uko bingana kose



Ubwoko bwose



🛒 Impanuro zo gusuma

Ushobora guhindura amagi n'amavuta y'ivyema, ibiharage vyo mu bigopo canke ibiharage vyumye.

Vugana n'ibiro vyawe vya WIC vyo mu karere kugira uhindure ipaki yawe



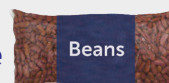
Iduzeni 1 y'amagi



canke



canke



Beans

Icupa 1 ry'amavuta y'ivyema (Wunse 16-18)

Ibigopo 4 vy'ibiharage (wunse 15-16 kuri kimwe cose)

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

Tofu

✓ Vyemewe na WIC

- Ipaki za wunse 8, wunse 14, na wunse 16
- Ivy'imburwa vyemewe



Impanuro zo gusuma

Murashobora kuronka tofu ziyongereye mu kibanza c'amata. Tera akamo ibiro vyawe vya WIC vyo mu karere kugira umenye vyinshi.

Wunse 8, wunse 14, na wunse 16



Azumaya

- Firm
- Extra Firm



Franklin Farms Tofu

- Yoroshe
- Medium Firm
- Firm
- Extra Firm



Heiwa Tofu



House Foods

- Medium Firm
- Firm
- Extra Firm
- Cubed Super Firm



Nasoya

- Firm
- Extra Firm
- Super Firm



O Organics

- Firm
- Extra Firm
- Cubed Extra Firm
- Sprouted Super Firm

Tofu

Wunse 8, wunse 14, na wunse 16



Vermont Soy

- Firm



Nature's Promise

- Firm
- Extra Firm



Wildwood Organic

- Firm
- Extra Firm
- Super Firm



Woodstock Organic

- Firm



Impanuro zo gusuma

Teranya amapaki ya tofu kugira ngo wongereko ibitigiri vyose w'amapawundi (lbs) biri ku rutonde rw'ubufasha bw'Ivyokurya vy'Umuryango wawe. Nk'akarorero:

lbs 1



CANKE



Wunse 16 imwe

Wunse 8 zibiri

lbs 4



CANKE



Wunse 16 zine

Wunse 14 zine +
wunse 8 imwe

Ivy' intete bishushe

✓ Vyemewe na WIC

- Ingero zitandukanye
- 🌾 Ibinyantete
- GF Ibitarimwo gluten

Raba buri kimenyetso/igicuruzwa ku bunini



Best Yet

- 🌾 Uburyohe bwa kamere bw'ibifungurwa - vya Oats -wunse 11.8



Cream of Rice

- GF Ibitagira gluten - Wunse 12 - Wunse 14



Cream of Wheat

- umunota 1 - Wunse 28
- Iminota 2½ - Wunse 12 - Wunse 28
- Vuba cane Nyakuri - Wunse 12
- 🌾 Ibinyantete - Wunse 12 - Wunse 18



Food Club

- 🌾 Infungurwa y'intete Nyakuri ya Vuba cane - Wunse 11.8



Great Value

- 🌾 Infungurwa y'intete Nyakuri ya Vuba cane - Wunse 11.8



Hannaford

- 🌾 Infungurwa y'intete Nyakuri ya Vuba cane - Wunse 11.8



IGA

- 🌾 Infungurwa y'intete Nyakuri ya Vuba cane - Wunse 11.8

Ivy' intete bishushe

Raba buri kimenyetso/igicuruzwa ku bunini



Maypo

- 🌾 Infungurwa y'intete yitwa Maple - Wunse 14
- 🌾 Ubwoko bw'Infungurwa y'intete ya Vermont - Wunse 19



Quaker

- 🌾 Infungurwa y'intete Nyakuri ya Vuba cane - Wunse 11.8 - Wunse 23.7



Signature Select

- 🌾 Infungurwa y'intete ya Vuba cane - Wunse 11.8

🛒 Impanuro zo gusuma

Teranya amapaki y'ibinyobwa bishushe canke bikanye kugira ngo wongereko wunse yose ari ku rutonde rw'ubufasha bw'Ivyokurya vy'Umuryango wawe. Aha hari uburyo butatu bwo kugura wunse ashika kuri 36:

$$\begin{array}{ccccccc} \text{Wunse 18} & + & \text{Wunse 9} & + & \text{Wunse 9} & = & \text{Wunse 36} \end{array}$$

$$\begin{array}{ccccccc} \text{Wunse 12} & + & \text{Wunse 12} & + & \text{Wunse 12} & = & \text{Wunse 36} \end{array}$$

$$\begin{array}{ccccccc} \text{Wunse 24} & + & \text{Wunse 11.8} & = & \text{Wunse 35.8} \end{array}$$

Intete zikanye

✓ Vyemewe na WIC

- Ipaki za wunse 8.9
- gushika kuri wunse 36
- 🌾 Ivy' intete gusa
- 🌾 bitagira gluten

General Mills



Bluey



Cheerios

- 🌾 GF Nyakuri
- 🌾 GF C'intete nyinshi
- 🌾 GF Imboga zivanze n'inkere z'ipome
- 🌾 GF Imboga zivanze n'ibitoke vya Blueberry
- 🌾 GF Umuvano w'Imbuto n'imboga nyinshi



- 🌾 GF Imboga zivanze n'ibitoke vya Blueberry
- 🌾 GF Umuvano w'Imbuto n'imboga nyinshi



Chex

- 🌾 GF Umuzabibu
- 🌾 GF Umuceri
- 🌾 GF Cinnamon
- 🌾 GF Ingano
- 🌾 GF ibigori



Fiber One

- 🌾 Imigwi y'ubuki



Kix

- 🌾 Ibisanzwe

Grain Berry



Total

- 🌾 Nyakuri



Wheaties

- 🌾 Original
- 🌾 Poroteyine ya Maple Almond
- 🌾 Poroteyine y'Ubuki ya Pecan



Grain Berry

- 🌾 Bran Flakes Nyinshi

Kashi



Kashi

- 🌾 Biriko ubuki
- 🌾 Imigwi y'imizabibu
- 🌾 Imigwi ya Cocoa



Kellogg's



Complete Bran

- 🌾 Flakes z'Ingano



Corn Flakes

- Nyakuri

Kellogg's



Crispix

- Nyakuri



Frosted Mini Wheats

- 🌾 Nyakuri
- 🌾 Blueberry Muffin
- 🌾 Ibirungo vy'Umwungu
- 🌾 Uduhimba dutoya
- 🌾 Agahimba ko gutamira kangana n'urukere
- 🌾 Cocoa



Raisin Bran

- 🌾 Nyakuri



Rice Krispies

- Nyakuri



Special K

- 🌾 Nyakuri
- 🌾 Cinnamon na Pecan
- 🌾 Protein Touch of Cinnamon



Special K

- 🌾 Cinnamon na Pecan

- 🌾 Protein Touch of Cinnamon

Post



Bran Flakes

- 🌾



Great Grains

- 🌾 Umutsima w'imise y'igitoki
- 🌾 Umutsima wa Cranberry Almond
- 🌾 Pecan y'Umutsimatsima
- 🌾 Raisin Date Pecan
- 🌾 Umutsima utukura wa Berry Almond



Great Grains



Great Grains



Great Grains



Great Grains



Grape Nuts

- 🌾 Nyakuri
- 🌾 Flakes



Honey Bunches of Oats

- 🌾 Irimwo Almonds
- 🌾 Ubuki Butetse Imigwi ya Vanilla
- 🌾 Imigwi ya Cinnamon



Raisin Bran

- 🌾 Nyakuri

Quaker



Life

- 🌾 Nyakuri
- 🌾 Zikomeye- Inkere Zivanze
- 🌾 Zikomeye- Zirimwo Vanilla Nyinshi



Life



Life



Oatmeal Squares

- 🌾 Ibimenyetso vy'Isukari y'inginagina
- 🌾 Urubuto rw'Ubuki



Oatmeal Squares

Intete zikanye

✓ Vyemewe na WIC

- Ipaki za wunse 8.9 gushika kuri wunse 36
- Ivy' intete gusa
- bitagira gluten

Ingero iyariyo yose kuva kuri wunse 8.9 gushika kuri 36

Ibiranga Ububiko



Best Yet

- Bran Flakes
- Ingano zashizweko Ibisosa Bishongeshejwe
- Intete zokeje



Pics by Price Chopper

- Bran Flakes
- Ingano zashizweko Ibisosa Bishongeshejwe
- Intete Zokejwe



Food Club

- Bran Flakes
- Ingano zashizweko Ibisosa Bishongeshejwe
- Infungurwa y'intete ya Squares
- Intete Zikejwe



Signature Select

- Bran Flakes
- Ingano zashizweko Ibisosa Bishongeshejwe
- Intete zokeje



Great Value

- Bran Flakes
- Ingano zashizweko Ibisosa Bishongeshejwe
- Intete zokejwe



Hannaford

- Bran Flakes
- Ingano zashizweko Ibisosa Bishongeshejwe Zingana n'Umutamiro
- Ingano z'Inkere zishongeshejwe Zingana n'Umutamiro
- Ingano zashizweko Ibisosa Bishongeshejwet
- Tasteos
- Flakes z'Ingano



Malt O Meal

- Ibiyikovy Hagati vyongewekolbisosa

Amavuta y'ivyema

✓ Vyemewe na WIC

- Icupa ca wunse 16 gushika kuri 18
- Vyoroshe / Bifise amavuta
- Bipunjagurika / Bisadaguritse
- Amacupa ya plastike canke ibirahuri

⊘ Ntugure

- Amata make
- Sodiyumu nke
- Ivyimbura
- Amavuta y'ivyema ahambaye
- Amavuta y'ivyema spreads
- Ibirungo bifise akamoto canke bivanze

Amacupa ya wunse 16 gushika kuri 18



Ibiranga Ububiko ubwo aribwo bwose



Smuckers



Teddie



Jif

⊘ Ntugure

- Jif Isanzwe
- Jif y'Wemerewe
- Jif yagabanijwe ibinure



Peter Pan

⊘ Ntugure

- Peter Pan y'Umwimerere
- Peter Pan yagabanijwe ibinure



Skippy

⊘ Ntugure

- Skippy Natural
- Skippy yagabanijwe ibinure

🛒 Impanuro zo gusuma

1 Amavuta y' ivyema/Ibiharage/Ubushaza ku rutonde rw'ubufasha bw' ibifungurwa vy' umuryango wawe bisigura ko ushobora kubigura:

A



Icupa rimwe ry' amavuta y' ivyema rya wunse 16 gushika kuri 18

– CANKE –

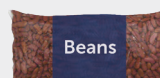
B



Ibigopo bine vy' ibiharage vya wunse 15 gushika kuri 16

– CANKE –

C



Ipaki imwe ya wunse 16 y'ibiharage vyumye, inkore, ubushaza

Ibiharage vyo muma gopo

✓ Vyemewe na WIC

- Ibigopo vya wunse 15 gushika kuri 16
- Bisanzwe
- sodium nkeya
- Vy' ikirundi vyemewe

✗ Ntugure

- Vyongewemwo isukari, ibinure canke amavuta
- vyongewemwo imboga, ivyamwa canke inyama
- Vyongewemwo uburyohe, ivyatsi canke ibirungo
- Ibiharage bitetse

Ibigopo vya wunse 15 gushika kuri 16



Ubwoko bwose

- Ubwoko bwose bw' ibiharage, inkore canke ubushaza

Ibiharage vyumye, Inkore canke Ubushaza

✓ Vyemewe na WIC

- Amapaki ya wunse 16
- Ivy' ikirundi vyemewe

✗ Ntugure

- Vyongewemwo isukari, ibinure canke amavuta
- vyongewemwo uburyohe, ivyatsi canke ibirungo
- Isupu zicanze

Amapaki ya wunse 16



Ubwoko bwose

- Ubwoko bwose bw' ibiharage, inkore canke ubushaza

Amavuta y'intete n' imbuto

⚠ MURAGABA

Niba wewe canke umuntu wese wo mu rugo rwawe arwara kubera yariye ivyema, nunganire n'ibiro vya WIC vyo mu karere kawo; kugira ngo uhindure ipaki y'ibifungurwa kugira ngo wemere amavuta y'ivyema.

✓ Vyemewe na WIC

- Amacupa ya wunse 16 gushika kuri 18
- Vyoroshe /Vy' amavuta

- Bipunjugurika / Bisadaguritse
- Amacupa ya pulasitike canke y'ibirahuri
- Ishurwe ry'izuba/lcashe/ Ikimera

✗ Ntugure

- Vy' imburwa
- Ibirungo bifise akamoto canke bivanze

Amacupa ya wunse 16 gushika kuri 18



Barney Butter



Crazy Richard's



Justin's



Natural MaraNatha



Octonuts



Once Again



Open Nature

✗ Ntugure

Korosho z'Amavuta



SunButter



Woodstock



Amafi yo mu dukopo

✓ Vyemewe na WIC

- Ingero n'ubwoko vyerekanywe Ishizwe mu mazi canke mu mavuta Sardine zishobora kuba zirimo amagufa n'urukoba . Ibigopo canke imifuko

✗ Ntugure

- Ifi yitwa Albacore tuna
- Igipande **ca tuna** cera

Ingero z' ibigopo wunse 2.5 gushika kuri 20

Tuna Ipunjagurika Vyorohije



Ubwoko bwose

Isaradine



Ubwoko bwose

Salmon



Ubwoko bwose

Ivyamwa n'imboga vy'inzoza

✓ Vyemewe na WIC

- Ubwoko bwose bw'ivyamwa canke imboga
- Ubwoko bwose bw'ivyamwa bivanze n'imboga zivanzwe
- Ivy'ikirundi vyemewe

✗ Ntugure

- Yongeweko isukari, umunyu, amavuta canke umuceri
- Ivyo ku mugoroba
- Imifuko
- Ivyokurya vy'inyuma



🛒 Impanuro zo gusuma

Amahitamwo y'Ivyamwa canke Imboga:

Imiryango ifise abana batoyi barengeje amezi 6 irashobora gucuruza ivyamwa n'imboga vy'ibifungurwa vy'abana vy'ibigopo ku \$11 (igice) canke \$22 (yose) mu vyamwa n'imboga bishasha, bikanye canke biri mu bigopo.



Nimba aya amahitamwo atari ku rutonde rw'umubufasha bw'Ivyokurya vy'Umuryango wawe kandi wobikunda, hamagara ibiro vyawe vya WICyo mu karere.

Ivyamwa n'imboga vy'inzoza

Amacupa amwe n'amapaki menshi



Beech-Nut

- Wunse 4 imwe
- Intambwe ya 1, Intambwe ya 2



Beech-Nut Naturals

- Wunse 4 imwe
- Amapaki atandukanye
- Intambwe ya 1, Intambwe ya 2



Beech-Nut Organic

- Wunse 4 imwe
- Intambwe ya 1, Intambwe ya 2



Earth's Best Organic

- Wunse 4 imwe
- Intambwe ya 2 gusa



Gerber

- Wunse 2 -ipaki 2
- Wunse 4-ipaki 2
- Wunse 4 imwe
- Amapaki atandukanye
- Intambwe ya 1, Intambwe ya 2



Gerber Organic

- Wunse 4 imwe
- Intambwe ya 1, Intambwe ya 2



Happy Baby

- Wunse 4 imwe
- Intambwe ya 1, Intambwe ya 2



O Organics

- Wunse 4 imwe



Nature's Heart Organic

- Wunse 4 imwe
- Intambwe ya 1
- Intambweya 2 ivyamwa gusa



Nature's Promise

- Wunse 4 imwe
- Intambwe ya 2



Parent's Choice

- Wunse 4 imwe
- Wunse 2-ipaki 2
- Wunse 4-ipaki 2
- Intambwe ya 1, Intambwe ya 2



Tippy Toes

- Wunse 4-ipaki 2
- Wunse 4 imwe
- Intambwe ya 2

Ivyamwa n'imboga vy'inzoza

Impanuro zo gusuma

Hariho urugezo rw'ibintu 50 vya WIC mu kugura rimwe. Gutandukanya ibintu vya WIC muvuyo gusuma vyinshi nimba Igitigiri c'ibintu ibintu kirenga 50.

Wunse 128 z'ubufasha = amacupa 32

Gufatanya ibikoresho kugirango wongereko ibitigiri vya wunse (oz) ari ku rutonde rwawe rw'ubufasha vy'Ivyokurya vy'Umuryango.

Icupa rimwe rya wunse 4 = wunse 4



= icupa 1



Wunse 2 imwe, ipaki 2 = wunse 4



= icupa 1



Wunse 4 rimwe, ipaki 2 = wunse 8



= amacupa 2



Intete z'ururyoya

✓ Vyemewe na WIC

- Wunse 8 nawunse 16 Intete imwe n'intete nyinshi Ivy' intete
- Organic yemewe

✗ Ntugure

- Vyongewemwo ivyamwa, amata canke imboga



Earth's Best Organic

- Intete zose Intete nyinshi
- Intete gusa Oatmeal



Gerber

- Intete nyinshi
- Infungurwa y'intete
- Infungurwa y'Intete y'Ivyimburwa
- Infungurwa y'Intete y'Ivyimburwa vy'Amasaka ya Quinoa
- Umuceri w'Ivyimburwa
- Umuceri
- Ingano Gusa

Amata y'inzoya

⚠ Hitamwo ivyemewe ku rurora rwawe.

Utegerezwa kugura ubwoko **nyabwo** n'ubunini bw'ibikoresho vy'amata y' abana ari ku rutonde rwawe rw'imfungurwa vy'Ivyokurya vy'Umuryango.

Niba umwana wawe akeneye umuti utandukanye:



Hamagara ibiro vya WIC vyo mu karere kawe.

Uko umwana wawe akura, ushobora kugura amata menshi.

WIC itanga amata ahagije kugira inzoya bashobore guhabwa vyinshi ivyo bakeneye. Uko umwana wawe akura, ushobora kugura amata menshi.

Ku Inzoya Zonka Amabere Gusa



Impanuro zo gusuma

Hariho urugezo rw'ibintu 50 vya WIC mu kugura rimwe. Ivyo ubizirikane igihe ugura ivyokurya vy'abana bato.

Ubufasha bwa wunse 40 = Amacupa ya wunse 16, 2.5

Inyama z'inzoya

✓ Vyemewe na WIC

- Amacupa ya wunse 2.5
- Intambwe ya 1 canke ya 2
- Ubwoko bwose

✗ Ntugure

- Vyongeyemwo isukari canke umunyu
- Ivyo kurya vyo mw'ijoro

Amacupa ya wunse 2.5



Beech-Nut



Earth's Best Organics



Gerber

Ipaki yawunse 30 (Amacupa 12, 2.5)



Beech-Nut
Ubwoko
butandukanye



Gerber
Ubwoko
butandukanye

Impanuro zo gusuma

Ubufasha bw'intete zose burimwo amahitamwo ya:

Umukate: Ingano zose n
'intete zose
Pasta: Ingano
zose n
'intete zose Tortillas:
Ingano zose n'ibigori
vyose
Ayandi mahitamwo y
'intete zose biraboneka
Umuceri w'umukara
Umuceri w'Ishamba
Kinoya
Ivyo kurya
vy'ibigori

Umukate

Vyemewe na WIC

- Wunse 8 gushika kuri 32 y' Imikate, Rolls, Buns, Pita, Bagels, n'Imikate y'Icongereza
- Ingano zose
- Intete zose



Arnold
Ingano z'amabuye
yo Hasi
Wunse 16



Arnold
100% Ingano Gusa
Wunse 24



Arnold
Ingano Gusa
Uduce Dutoyi
Wunse 18



Baker's Choice
100% Ingano Gusa
Wunse 16



The Bread Shed
Ingano Gusa
& Flax
Wunse 16



Dave's Killer Bread
Ibinyantete 21
n'utubuto
Wunse 27



Dave's Killer Bread
Imbuto Nziza
Wunse 27



Dave's Killer Bread
Umukate Wera
Ukoze Neza
Wunse 24

Umukate



Dave's Killer Bread
Imbuto zivanze
Wunse 25



Dave's Killer Bread
100% Ingano Gusa
Wunse 25



Dave's Killer Bread
Uduce dutoyi
tw'imbutu zivanze
Wunse 20.5



Dave's Killer Bread
Uduce Dutoyi
tw'Imbutu Nziza
Wunse 20.5



Dave's Killer Bread
Thin Sliced 21
Ibinyantete
n'utubuto
Wunse 20.5



Dave's Killer Bread
Ibinyantete
vyuguruwe
Wunse 20.5



Dave's Killer Bread
Umukate wo
Mugitondo wa
Raisin' ku Bisakazo
Wunse 16.75



Dave's Killer Bread
Uduce Dutoyi
tw'Umukate Wera
Ukoze Neza
Wunse 20.5



Freihofer's
Umukate Wambere
mu Gihugu Ugizwe
100% n'Ingano Gusa
Wunse 24



Great Value
100% Umukate
w'Ingano w'Ibumvye
Hejuru
Wunse 20



Hannaford
100% Ingano Gusa
Wunse 16



Hannaford
100% Umukate
w'Ingano Gusa
Ukataguye mu Duce
Wunse 24



La Panciata
Ingano Gusa
n'Ubuki & Intete
Wunse 16



Nature's Own
100% Ingano Gusa
Utagira Isukari
Wunse 16

Umukate



Nature's Own
100% Ingano Gusa
n'Ubuki
Wunse 16



Nature's Own
100% Umukate
w'ingano gusa
Wunse 20



Open Nature
Intete n'Imbuto
Umukate
Wunse 24



Pepperidge Farm
100% Ingano Gusa
zirimwo utuntu
Dutoyi Cane
Wunse 16



Pepperidge Farm
Umukate Ukataguye
w'Ibinyantete Gusa
100% w'Ingano Gusa
Wunse 14



Pepperidge Farm
Inzu yo mu murima
umukate w'ingano
gusa 100%
Wunse 24



Pepperidge Farm
Ibinyantete Gusa 15
Umukate w'intete
Wunse 24



Nature's Own
100% Umukate
w'ingano gusa
Wunse 20



Open Nature
100% Umukate
w'ingano gusa
Wunse 24



Pepperidge Farm
Ingano Zoroshe
z'Ubwoko
Bworoheje
Wunse 16



Pepperidge Farm
Swirl 100% Ingano
Gusa Cinnamon
n'Inkere
Wunse 16



Pepperidge Farm
Umukate Ukataguye
w'Ibinyantete Gusa 15
Wunse 14



Pepperidge Farm
Umukate Ukataguye
w'Ibinyantete Gusa 15
Wunse 22



Pepperidge Farm
Umukate wa Oatmeal
w'Ibinyantete gusa
Wunse 24

Umukate



Pepperidge Farm
Umukate
w'Ibinyantete gusa
Ukataguye 100%
w'Ingano Gusa
Wunse 22



Pepperidge Farm
Umukate
w'Ibinyantete
n'Ubuki n'Ingano
Gusa
Wunse 24



Signature Select
100% Ingano Gusa
Nta Mungu
Wunse 16



Sara Lee
Ibisanzwe 100%
Ingano Gusa
Wunse 16



Wonder
100% Ingano gusa
Wunse 16



Pepperidge Farm
Umukate
w'Ibinyantete Gusa
100% w'Ingano Gusa
Wunse 24



Signature Select
100% Ingano gusa
Wunse 16



Signature Select
100% Umukate
w'ingano gusa
Wunse 24



Sara Lee
100% Ingano gusa
Wunse 20

Bagels



Dave's Killer Bread
Awesome Bagels
igaragara
Wunse 16.75



Dave's Killer Bread
Cinnamon Raisin
Remix Bagels
Wunse 16.75



Dave's Killer Bread
EPIC Vyose ni
Bagels
Wunse 16.75



Dave's Killer Bread
Boomin' Berry
Bagels
Wunse 16.75



Thomas
100% Bagels
y'Ingano Gusa
Wunse 20

Pita



Joseph's
Pita y'Ingano Gusa
Wunse 11

Imizingo, Imikate y'umuzingi n'Imisemburo



Arnold
100% Hamburger
Buns y'Umukate
w'Ingano Gusa
Wunse 16



Arnold
100% Uduce Dutoyi twa
Sandwich y'Ingano Gusa
Wunse 12



Dave's Killer Bread
21 Imizingo
ya Sandwich
z'Ibinyantete Gusa
Wunse 18



Dave's Killer Bread
Burger Buns
Yakozwe neza
Wunse 17.6



Dave's Killer Bread
Ibinyantete 21
N'imbuto za
Burger Buns
Wunse 17.6



Dave's Killer Bread
Imizingo ya
Sandwich Yakozwe
Neza
Wunse 18



Nature's Own
100% Hamburger
Buns y'Ingano
Gusa
Wunse 15



Signature Select
100% Uduce Dutoyi
twa Sandwich
y'Ingano Gusa
Wunse 12

Muffins y'Icongereza



Dave's Killer Bread
Muffins y'Icongereza
y'Intete ya Rockin
Wunse 13.2



Dave's Killer Bread
Muffins y'Icongereza
Isanzwe ya Killer
Wunse 13.2



Signature Select
100% Muffins
y'Icongereza
z'Ingano Gusa
Wunse 12



Thomas
100% Muffins
y'Icongereza
y'ingano gusa
Wunse 12

✓ Vyemewe na WIC

- Amapaki ya wunse 8 gushika kuri 32
- Imifuko, amakarato n'ibibidio vya palasitike
- Ivyimbura vyemewe
- Ubwoko bwose
- Oatmeal - yahonyene, Yihuta, Izinze, Ikase, Ikozwe mu buryo bwa kera
- Umuceri wo mw'ishamba
- Quinoa - Ya kera, Tri-Color
- ivyo kurya vy'ibigori

⊘ Ntugure

- Amapaki y'umuntu ku giti ciwe
- Ibigori byandazwa vyinshi
- Yongeweke isukari, ibinure, amavuta, umunyu canke ibirungo

Oatmeal

Ipaki za wunse 8 gushika kuri wunse 32

🛒 Impanuro zo gusuma

Oatmeal n'intete canke n'intete gusa? Ni vyompi!

Igihe uriko urasuma na WIC, ibuka ku:

- **koresha ubufasha bw'intete** kugura instant oatmeal mu gapaki kamwe kamwe
- **Koresha ubufasha bw'intete gusa** kugura ubundi bwoko bwa oats mu makarato, imifuko canke ibibido



Ifunguro ry'ibigori, umuceri wo mw'ishamba na Quinoa

Ipaki za wunse 8 gushika kuri wunse 32



Umuceri Wirabura

Ipaki za wunse 8 gushika kuri wunse 32

Ubwoko bwose

✓ Vyemewe na WIC

- Ibisanzwe
- Bitetswe-ahonyene
- Bitetswe-vuba
- Bitekewe mw'isaho
- Hitamwo imifuko, amakarato canke ibibido vy'ipulasitike



🛒 Impanuro zo gusuma

Ushobora guhitamwo **umukate, pasta, tortillas, umuceri, wild rice, oatmeal, quinoa and cornmeal bivanze** kugira wongereze igitigiri ca wunse y' **ivy'ibinyantete gusa** ku rutonde rw'ubufasha vy' ivyo kurya vy' umuryango wawe. Aha hari uturorero tubiri:



+



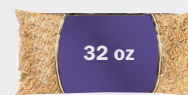
= wunse 32

Wunse 16 rimwe umukatewa loaf

Wunse 16 rimwe ipakiya tortillas



+



= wunse 48

Wunse 16 imwe ipakiya pasta

Wunse 32 imwe ipakiy' umuceri

Pasta Y'Ingano gusa

✓ Vyemewe na WIC

- Wunse 16 (ipound 1) amapaki Igishushanyo cose
- Ingano gusa 100%
- Intete gusa 100%

Wunse 16 (pawundi 1) amapaki



Barilla



Bella Terra



Bionaturae



DeLallo



Field Day



Full Circle



Food Club



Great Value



Hannaford



Luigi Vitelli



Mantova



Nature's Promise



O Organics



Racconto



Ronzoni



San Remo



Signature Select

Tortillas

✓ Vyemewe na WIC

- Ipaki za wunse 8 gushika kuri wunse 24
- Ingano gusa 100%
- Ibigori

Ipaki za wunse 8 gushika kuri wunse 24



Cedars

- Izingujwe Ingano gusa



Chi-Chi's

- Ibigori Vyera, Ubwoko bwa Taco
- Ingano Gusa, Ubwoko bwa Fajita



Food Club

- Ibigori, Ubwoko bwa Taco
- Ingano Gusa, Ubwoko bwa Fajita



Hannaford

- Ingano Gusa
- Ibigori Vyera
- Ibigori vy'Umuhondo



Great Value

- Ingano gusa



IGA

- Ibigori Vyera
- Ingano Gusa, Ubwoko bwa Taco



La Banderita

- Ibigori Vyera, Ibigori vy'Umuhondo
- Ingano Gusa, Fajita
- Ingano Gusa, Taco Yoroshe
- Ibigori vya Taco y'Ibarabara



Mission

- Ingano gusa, Taco yoroshe
- Ingano Gusa, Fajita
- Umusemburo urenze Ibigori vy'umuhondo
- Tacos y'ibarara Ibigori vy'umuhondo Tortillas
- Ibigori vy'umuhondo Tortillas Ubinini Burenze
- Carb Iringaniye Tortillas y'Ingano Gusa



Mayan Farm

- Tortillas y'Ingano Gusa



Ortega

- Ingano Gusa



Pic's Brand

- Ibigori, ubwoko bwa Taco
- Ingano Gusa, Ubwoko bwa Taco



Signature Select

- Ingano Gusa
- Ibigori Vyera vya Taco y'Ibarabara

Ivyamwa n'Imboga

Uko ubufasha bungana:

Suzuma urutonde rw'ubufasha bw'ibifungurwa vy'umuryango wawe canke igitigiri c'amahera y'ivyamwa n'imboga

Bishasha

✓ Vyemewe na WIC

- Ingero iyariyo yose
- Vyose, bikase, bishizwe mu mifuko canke biri mw' ipaki
- Ivy'imburwa vyemewe
- Ivyatsi bishasha vyemewe

✗ Ntugure

- Vyongewemwo isukari, ibinure canke amavuta
- Ivyamwa vyumye canke imboga
- Amashurwe aribwa
- Ibiseke vy'ivyamwa
- Ibintu vy'isalade
- Ibikoresho vy'isalade canke ivyo baterekako mu misi mikuru bifise ivyo kurya vyongeweko (dip, dressing, nuts, n'ibindi)

Ingero Iyariyo yose



Ubwoko bwose

- Ivyamwa n'Imboga ivyarivyo vyose

🛒 Impanuro zo gusuma

Nimba ikintu gishasha kidacapura neza igihe co gusohora, bimenyeshe ububiko kugira ngo gishobore kwongerwa ku rutonde rwabo.

Ibikonje

✓ Vyemewe na WIC

- Ingero iyariyo yose
- Ubwoko bw' ipaki ubwaribwo bwose(umufuko,ikarato,n' ibindi)
- Ivy'imburwa vyemewe

✗ Ntugure

- Vyongeweko ibinure
- Avyongewemwo isukari, dextrose or artificial sweetener
- Ibirungo bitari ivyamwa canke imboga (ama pasta, umuceri, iforomaji, n'ibindi)
- Imboga nasauce

Ingero Iyariyo yose



Ubwoko bwose

- Ivyamwa vyose bisanzwe canke imboga, canke ibivanze bisanzwe

Ivyo mu bigopo

✓ Vyemewe na WIC

- Ingero iyo ari yo yose
- Igikoresho cose (ikigopo, igikombe, icupa, umufuko, n'ibindi)
- Ivy'imburwa vyemewe

✗ Ntugure

- Yongewemwo isukari, ibinure canke amavuta
- Imboga zikozwe mu mavuta
- Ivyamwa bivanze muri sirop
- Guakamole
- Imboga zitetse
- Salsa
- Isosi (pizza, spaghetti canke inyanya)
- Itomati zitetse canke itomati zihinguwe

Ingero Iyariyo yose



Ubwoko bwose

- Ivyamwa vyose bisanzwe canke ivyamwa bivanze bipakiwe mu mazi canke mu umutobe
- Imboga zose zisanzwe canke imboga zivanzwe

Yawurute

⚠ Hitamwo ivyemewe kuri wowe.

- **Amata gusa na yawurute y'ibinure bikeya** ku bana kuva ku mezi 12 gushika ku mezi 24
- **Yawurute itagira ibinure n'iyibinure bikeya** ku bigeme kuva ku myaka 2 gushika 5

✓ Vyemewe na WIC

- Ibikombe vya wunse 32
- Amapaki 8-n'amapaki 16-y'ama tubes y'ama ounce 2
- Ivyimburwa vyemewelvyo gusosa biva mu

⊘ Ntugure

- Imifuko
- Ivyo gusosa vy'ubuhinga

Ibikombe vya wunse 32



Best Yet
Uburyohe bwose



Brown Cow
Uburyohe bwose



Butterworks Farm
⊘ Ntugure
Natabinure Vanilla, Maple Gusa



Cabot
⊘ Ntugure
Vanilla y'Ibiharage y'Ibinure bike, Vanilla y'Ubwoko bw'Ikigiriki y'Amavuta incuro Zitatu



Chobani
⊘ Ntugure
Vanilla y'Ikigiriki y'Ubuki y'Ibinure bike



Dannon
Uburyohe bwose
Oikos Greek
Uburyohe bwose
Light & Fit Greek
Ibisanzwe gusa



Food Club
⊘ Ntugure
Vanilla y'Ibinure bike, Peach y'Ibinure bike, Inkere n'ntonto z'Ibinure bike, Inkere nini z'Ibinure bike



Full Circle
Ubugiriki Bitagira ibinure
- Plain
- Vanilla



Great Value
⊘ Ntugure
Whole Greek Vanilla, Lowfat Strawberry Banana, Lowfat Peach, Lowfat Strawberry Blended, canke Lowfat Vanilla Blended

Yawurute

🛒 Impanuro zo gusuma

Ushobora guhindura amata kugira ngo uronke yogurt nyinshi. Tera akamo ibiro vyawe vya WIC vyo mu karere kugira umenye vyinshi.



Green Mountain Creamery
Uburyohe bwose



Hannaford
Uburyohe bwose



Lucerne
⊘ Ntugure
Inkere nini Zitagira Ibinure z'Ikigiriki, Inkere nini z'Ibinure bike, Vanilla y'Ibinure bike, Vanilla Gusa



Nature's Promise
⊘ Ntugure
Vanilla y'Ibinure bike, y'Ivyimburwa



Pics by Price Chopper
Uburyohe bwose



Stonyfield Organic
- Yoroshe & y'Amavuta: Uburyohe bwose
- Ikigiriki: Ibinure vya 0% gusa



Two Good
Uburyohe bwose



Yoplait
Nyakuri: Uburyohe bwose

Amapaki 8 n' amapaki 16 y udukombe twa wunse 2



Stonyfield Organic
Uburyohe bwose



Yoplait
Kugenda-Gurt Imiyoboro ya yawurute Gusa



Yogurt ikozwe mu biterwa wunse 24



Silk
Yoroshe Itagira Amata & Y'Amavuta Yonyene canke Vanilla (Wunse 24)

Amata y'Inka

⚠ Hitamwo ivyemewe kuri wowe.

- Whole milk y'abana b'amezi 12 gushika kuri 24
- Ayafise ibinure bike (1 kw' ijana) n'ayatangira ibinure (skim); ay 'abigeme n'abana b'imyaka 2 gushika ku myaka 5

✓ Vyemewe na WIC

- Amazi: Galoni, ½ galoni, na quart
- Bishobora kumara igihe kitari gito bidapfuye
- Amata y' Ifu yumye atagira ibinure: wunse 25.6
- Ivy' ikirundi

⊘ Ntugure

- Ivyiza canke vy'umwihariko
- Ibinure bigabanutse (2%)
- Ibirunze
- Amacupa y'ibirahuri

Galoni, ½ galoni, irobo



Ubwoko bwose

- Vyose: Ku bana b'amezi 12 gushika ku mezi 24
- Ibinure bike (1 kw' ijana) canke ata binure (skim)
- Itagira Lactose

Ubwoko bw' ivyimbwira bwemewe



Bishobora kumara igihe kitari gito bidapfuye

Irobo



Ubwoko bwose

Amata y' Ifu yumye atagira ibinure

Wunse 25.6 (bikora amagaloni 2)



Ubwoko bwose

Amata y' impene

⚠ Hitamwo ivyemewe kuri wowe.

- Whole milk y'abana b'amezi 12 gushika kuri 24
- Ayafise ibinure bike (1 kw' ijana) n'ayatangira ibinure (skim); ay 'abigeme n'abana b'imyaka 2 gushika ku myaka 5

✓ Vyemewe na WIC

- **Meyenberg brand only**
- vy'amazi gusa: inusu ya gallon, n'irobo
- Ibinure bike (1 kw' ijana) vy' amazi: irobo
- Vy' ifu: wunse 12

Ivy'amazi

Inusu ya gallon, irobo



Meyenberg

- Vyose: Ku bana b'amezi 12 gushika ku mezi 24

Irobo



Meyenberg

- Ibinure bike (1 kw' ijana)

Vy' ifu

Wunse 12 (zitanga irobo 3)



Meyenberg

- Vyose: Ku bana b'amezi 12 gushika ku mezi 24



Meyenberg

- Nta binure

Amata ava mu biterwa

✓ Vyemewe na WIC

- Frigo hamwe n' ibidahinduka kuri etageri

✗ Ntugure

- Imifuko
- Ivyo gusosa vy'ubuhinga

Amata ya soya



Silk (ija muri frigo)

Nyakuri

- Wunse 32 (Irobo 1)
- Wunse 64 (1/2 ya gallon)

Silk (Ibibikwa igihe kirekire ata frigo)

Nyakuri

- Wunse 32 (irobo 1)



Pacific

(Ibibikwa igihe kirekire ata frigo)

Ultra soy nyakuri

- Wunse 32 (Irobo 1)

Amata ya pea avanze na Oat



Silk Kids

Amata ya Oat nyakuri avanze

- Wunse 59

Pea



Ripple (ija muri frigo)

Imfungurwa zo mu ntango z'abana canke imfungurwa zo mu ntango z'abana zitarimwo isukari

- Wunse 48



Ripple (ibikwa igihe kirekire ata frigo)

Inzu y'intango canke y'intango itarimwo isukari, Inzu y'abana n'inzu y'abana itarimwo amasukari

- Wunse 32(Irobo 1)

Umutobe

✓ Vyemewe na WIC

- Bishobora kumara igihe kitari gito bidapfuye umutobe 100 kw' ijana: amacupa ya wunse 64

! Andika

- Ivyimburwa vyemewe mu kimenyetso ca O Organics

Bishobora kumara igihe kitari gito bidapfuye Amacupa ya wunse 64



Apple & Eve

- Uburyohe bwose
- Nta vyimburwa



Food Club

- Pome
- Cranberry
- Imizabibu
- Ivyamwa vy'imizabibu
- Imicungwe
- Inanasi
- Imboga
- Itomati
- Imizabibu yera



Hannaford

- Uburyohe bwose



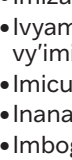
Langers

- Pome
- Ivyamwa vy'ipome
- Pome kiwi Inkere
- Pome imicungwe Inanasi
- Pome peach imyembe
- Inkere zivanze
- Inzabibu ya Concord
- Imizabibu yirabura
- Cranberry Raspberry Plus
- Inanasi



Best Yet

- Pome
- Imizabibu
- Imizabibu
- Imicungwe
- Imicungwe imyembe
- Imicungwe inanasi
- Inanasi
- Itomati
- Imboga
- Imizabibu yera



IGA

- Pome
- Imizabibu
- Itomati
- Imizabibu yera



Great Value

- Pome
- Cranberry zivanze
- Cranberry imizabibu
- Cranberry Pomegranate
- Imizabibu
- Imyembe
- Imicungwe ivanze
- Pear
- Inanasi
- Itomati
- Imboga
- Imizabibu Yera
- Inzabibu yera peach



Juicy Juice

- Uburyohebwose



Campbell's

- Itomate
- Itomate Sodium nke



Mott's

- Pome
- Pome cherry
- Ipome imyembe
- Pome Imizabibu yera
- Sensibles
- Pome
- Ivyamwa

Umutobe

Bishobora kumara igihe kitari gito bidapfuye
Amacupa ya wunse 64



Pics by Price Chopper

- Pome
- Inkere
- Imizabibu
- Ivyamwa vy' imizabibu
- Inanasi
- Itomati
- Imboga
- Imboga zifise Sodium nkeya
- Imizabibu yera



Northland

- Uburyohe bwose



Ocean Spray

- Uburyohe bwose



O Organics

- Cranberry imyembe
- Imizabibu



Signature Select

- Pome
- Cranberry Ivanze
- Cranberry n'imizabibu
- Cranberry na Raspberry
- Umuzabibu
- Icamwa c' Imizabibu
- Umucungwe
- Inanasi
- Itomati
- Imboga
- Imboga zifise sodium nkeya
- Ivyamwa vy' Imizabibu yera
- Imizabibu yera



Old Orchard

- Pome
- Pome na cranberry
- Inkere zivanze
- Cranberry na pomegrenade
- Umuzabibu
- Imicungwe
- Peach n'umwembe
- Imizabibu yera



That's Smart

- Imizabibu



V8 Vegetable

- Imboga nyakuri
- Imboga zishushe zirimwo ibirungo
- Sodium nkeya



Ruby Kist

- Pome
- Imizabibu
- Imicungwe
- Imicungwe imizabibu yera



Welch's

- Imizabibu yera 100%
- 100% Imizabibu itukura ijana kwijana
- Pome
- Imizabibu
- Imizabibu (calcium)
- Imicungwe Inanasi
- Pome peach imyembe
- Inkere zivanze
- Inzabibu
- Inanasi Tropical trio
- Imizabibu yera Peach
- Imizabibu yera Cherry
- **Ntugure**
- Yoroshe

Umutobe

Umutobe w'Imicungwe ukonje



Vyemewe na WIC

- Wunse 16 bikonje



Ibiranga Ububiko ubwo aribwo bwose

- Best Yet
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select

Umutobe w'imicungwe ukeneye frigo



Vyemewe na WIC

- Amacupa kuva kuri wunse 46 gushika ku 64
- Ifi/ Nta fi
- Yongerejwemwo calcium canke/ canke vitamine D



Ntugure

- Umutobe uvanze
- Umuco



Andika

- Ivyimburwa vyemewe mu kimenyetso ca O Organics

Amacupa ya wunse 46 gushika kuri 64

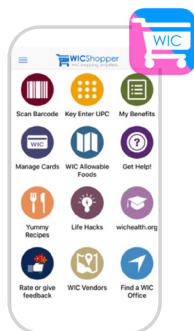


Amazina y'ikirango yemewe

- Florida's Natural
- Food Club
- O Organics
- Simply Orange
- Tropicana

Ikiranga Ububiko

- Best Yet
- Food Club
- Great Value
- Hanaford
- IGA
- Pics by Price Chopper
- Signature Select



Gusuzuma Ivyo usigaranye

Apurikasiyo WICShopper

Ugurure app kugira ngo ubone ubufasha bwawe busigaye ubwo nyene.

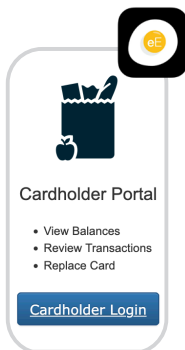
Ikarata ya WIC PIN Pad ku biro vy'abaguzi

Suzuma amahera ufise imbere y'uko usuma. Niwinjize ikarata yawe gusa hanyuma ukurikize ivyo usabwa.

Ububiko bwa nyuma bwakiriye Icapura ubwayo hasi.

EbtEDGE Urubuga rw'uwufise ikarata

Suzuma ubufasha bwawe maze urabe amafaranga aherutse gukoreshwa kuri internet canke muri apurikasiyo.



Akarorero ka fagitire

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****

****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

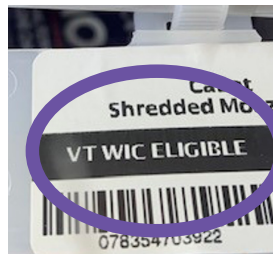
****End of WIC Benefit Redemption Purchase****

Ubufasha bwa za WIC ntibubandanya mu kundi kwezi. Bukoreshe imbere y'uko buhera buri kwezi.

IMPANURO
Y'AKAMARO

Raba ibimenyetso vy'etageri

Ububiko bwinshi ashiraho ibimenyetso vy'ibintu vyemewe na WIC. Rondera ibimenyetso bivuga ngo "WIC" canke bifise "W" mu gasandugu. Ububiko bwose ntakoresha ama tags amwe.



IMPANURO
Y' AKAMARO

Naho ku rupapuro rwo ku ruhande rwoba handitse ngo "WIC", nusuzume kabiri ko ico kintu kiri ku rutonde rwawe rw'ubufasha bw' Ivyokurya vy'Umuryango.



Rondera ingero zibereye

Ivyo kurya vyemewe na WIC bitegerezwa guhura n'ingero nyazo ziri ku rutonde rwawe rw'ubufasha bw' Ivyokurya vy' Umuryango. Guhitamwo ubunini bubereye bituma ububafasha bwawe bukora igihe usohoka kandi bikagufasha kuronka vyinshi mu vyo uhembwa ku kwezi.





Nimba ikarata yawe idakora

Ntuhagarike umutima. Gerageza izi ntambwe.

1. Suzuma ibisigayemwo

Koresha fagitire yawe ya nyuma y'ububiko, [WICShopper app](#), canke PIN pad kugira ngo ubone ivyokurya ushobora kugura.

2. Raba neza ko ico kintu cemejwe

Kandi izo ngero zihuye n'urutonde rwawe rw'Ubufasha bw'Ivyokurya vy'Umuryango.

3. Baza abajewe gufasha abakiriya bo m'ububiko

Bashobora kugufasha canke bakakubwira igituma ico kintu kitakoze.

4. Tera akamo ibiro vyawe vya WIC uri m'ububiko

Turashobora kuraba konti yawe tukagufasha.



Apurikasiyo WICShopper

Suma neza, vyihuta, kandi wizigiye cane ukoresheje [apurikasiyo ya WICShopper](#)



- ✓ Sikana amakode y'imirongo m'ububiko kugira urabe nimba ikintu cemejwe na WIC..
- ✓ Raba urutonde rw'ubufasha bw'Ivyokurya vy'Umuryango wawe maze urabe ivyo usigaje kugura muri uku kwezi.
- ✓ Kurikirana igihe ubufasha bwawe buzohera.
- ✓ Rondera ububiko bwemerewe na WIC hafi yawe.



Uko wotangura

1. Shiramwo [apurikasiyo ya WICShopper](#); ivuye muri App Store canke kuri Google Play.
2. Ugurura app maze uhitamo Vermont.
3. Wandike ikarata yawe ya WIC ukoresheje inomero y'ikarata y' imirongo 16 iri imbere.

Ukeneye gufashwa? Baza umuhinga mu vy'imfungurwa wawe wo muri WIC canke urabe [HealthVermont.gov/WIC](https://www.healthvermont.gov/wic) kugira ngo ubone amabwirizwa.

Ibiro vyo mu karere vy'Umugambi wa WIC ya Vermont

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



Iki kigo gitanga amahirwe angana.