

VERMONT

CUNTOOYINKA WIC

iyo tusmada dukaamaysiga

Dhaqangalaaya Oktoobar 2025 - Sebteembar 2027





LIISKA

MAWDUUCYADA

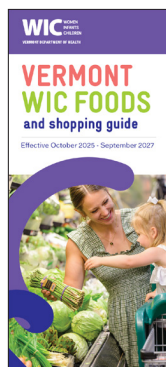
Inaad cunto fiican ku hesho WIC ayaa la sii fududeeyay.

Tusmadaan ayaa kaa caawin doonta in aad ku dukaamaysato kalsooni—marin kasta, booqasho kasta, bil kasta.

Adeegso liiska Dheefahaaga Cuntada Qoyska iyo tusmadaan.

Eeg liiska Dheefahaaga Cuntada Qoyska ee aad ka heshay balantaada si aad u aragto waxyaabaha dhabta ah ee lagu ansixiyay. Kadibna u adeegso buug tusmeedkaan inta aad dukaamaysanayso si ay kaaga caawiso helitaanka xajmiyada iyo noocyada baakadaha ku jira liiskaaga.

WIC Family Food Benefits		
Month	WIC Approved Foods	Amount
6/1/2025 - 5/31/2025	Cheese	1 Pound
	Tofu	2 Pound
	Eggs	4 Dozen
	Breakfast Cereal	108 Ounces
	Prepared Shredded Cheese	4 Jar / Bag
	Canned Fish	30 Ounces
	Instant Cereal	16 Ounces
	Instant Fruits & Veggies	64 Ounces
	Instant Noodles	40 Ounces
	Whole Grain Cereals	80 Ounces
5/1/2025 - 5/31/2025	Fruits and Vegetables	110 Cash Value Benefit
	Local/Regional Vegetables	32 Ounces
	1% or Skim Milk	13.25 Gallons
	Women's Juice 48 oz	3 Cans / Batches
	Children's Juice 48 oz	4 Cans / Batches
	Cheese	1 Pound
	Tofu	2 Pound
	Eggs	4 Dozen
	Breakfast Cereal	108 Ounces
	Prepared Shredded Cheese	4 Jar / Bag



Cuntooyinka

- Jiis 2
- Ukun 3
- Tofu 4
- Seeriyaaalka 6
- Subaga Lawska iyo Digirta 11
- Kaluun Qasacadeysan 14
- Cuntooyinka Dhallaanka 15
- Hudhuudh Baalka leh 20
- Miraha iyo Khudaarta 30
- Yooqad 32
- Caanaha 34
- Casiirka 38

Caawimaada Dheeraadka ah ee Dukaamaysiga

- Hubinta Baaqigaaga 40
- Akhrinta Timaamaha ku Dhagan 42
- Qaanada
- Hel Xajmiyada Saxda ah 43
- Marka aan Kaarkaagu Shaqeynayn 44
- Abka WICShopper 45

**TILMAAN
MUHIIM
AH**

Ma u baahan tahay in lagaa caawiyo inta aad dukaamaysanayso?



1. Adeegso abka WICShopper
2. Waydii xafiiska adeegga macaamiisha
3. Wac xafiiskaaga WIC adoo jooga dukaanka

Jiis

✓ WIC ayaa Ansixisay

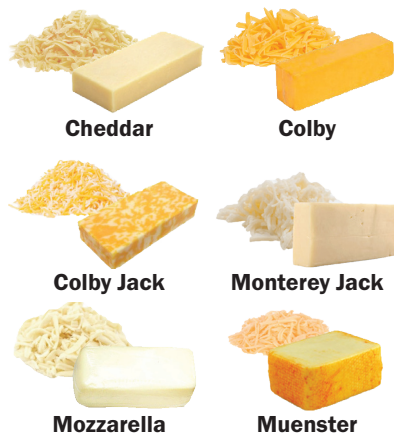
- Xirmooyin 8 wiiqiyadood iyo 16 wiiqiyadood ah
- Qurubyo ah oo la jarjaray
- American slices
- Caadi
- Duxdu ku yar tahay

✗ Ha iibsan

- Waxyaabaha la soo dhoofiyeey ama suuqa yaala isagoo diyaarsan
- Cadadka sida khafiifka ah u jeexan ee sida gooni-goonida ah u duuban
- Dabiici
- Dhadhan loo yeelay
- La dhuudhuubay
- Si gaar ah loo sameeyey

Baloogyada

8 wiiqiyadood iyo
16 wiiqiyadood



Cadadka sida
khafiifka ah u jeexan

8 wiiqiyadood iyo
16 wiiqiyadood



Shirkadaha la oggol yahay



Ukumaha

✓ WIC ayaa Ansixisay

- Darsinka oo dhan
- Dhexe, wayn, aad u wayn, camiiq ah
- Bilaa qasaf ah
- Dabiici
- Cunto dhir ka timi lagu quudiyey
- La xoojiyey ama si gaar ah loo sameeyey (Omega-3)

Darsin, Xajmi Kasta



Shirkad Kasta

🛒 Talada tukaamaysiga

Waxaad ukumaha ku badelan kartaa subagga lawska, digirta qasacadeysan ama digirta qalalan.

La hadal xafiiska WIC ee deegaankaaga si laguugu sameeyo isbadelka noocyada cuntada



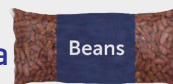
1 darsin ukumo ah



ama



ama



Beans

1 garaafe oo subagga lawska ah (16–18 wiiqiyadood)

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

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

Tofu

✓ WIC ayaa Ansixisay

- Xirmooyin 8 wiqiyadood, 14 wiqiyadood, iyo 16 wiqiyadood ah
- Dabiici la oggol yahay



Talada tukaamaysiga

Waxaad qaadan kartaa tofu badan baddelka caanaha. Wac xafiiska WIC ee deegaankaaga si aad u hesho faahfaahin dheeraad ah.

8 wiqiyadood, 14 wiqiyadood, iyo 16 wiqiyadood



Azumaya

- Adag
- Adayg Dheeri leh



Franklin Farms Tofu

- Jilicsan
- Yara Adag
- Adag
- Adayg Dheeri ah leh



Heiwa Tofu



House Foods

- Yara Adag
- Adag
- Adayga Dheeri ah Leh
- Kubidh Aad u Adag



Nasoya

- Adag
- Adayg Dheeri ah Leh
- Aad u Adag



O Organics

- Adag
- Adayg Dheeri ah leh
- Kubidh Adayg Dheeri ah leh
- Faaxay oo Aad u Adag

Tofu

8 wiqiyadood, 14 wiqiyadood, iyo 16 wiqiyadood



Vermont Soy

- Adag



Nature's Promise

- Adag
- Adayg Dheeri leh



Wildwood Organic

- Adag
- Adayg Dheeri ah Leh
- Aad u Adag



Woodstock Organic

- Adag



Talada tukaamaysiga

Isku dar xirmooyinka tofu si aad iskugu darto wadarta tirada bowndhiyada (lbs) ee ku jira liiska Faa'idooyinka Cuntada Qoyskaaga.

Tusaale ahaan:

**1
bowndhi**



Hal 16
wiqiyadood ah

AMA



Labo 8
wiqiyadood ah

**4
bowndhi
(lbs)**



Afar 16
wiqiyadood ah

AMA



afar midkiiba 14
wiqiyadood yahay +
Hal 8 wiqiyadood ah

Badarka Kulul

✓ WIC ayaa Ansixisay

- Xajmiyo kala duwan
- Firilayda balka wadata
- GF Bilaa Gluten

Fiiri alaab kasta si aad xajmiga u ogaato



Best Yet

- Boorash Dhadhankiisu Asal Yahay
- 11.8 wiqiyadood ah



Cream of Rice

- GF Aan lahayn Gluten
- 12 wiqiyadood
- 14 wiqiyadood



Cream of Wheat

- 1 Daqiiqo
- 28 wiqiyadood ah
- 2½ Daqiiqo
- 12 wiqiyadood ah
- 28 wiqiyadood ah
- Asalka Dhaqso u Bislaada
- 12 wiqiyadood ah
- Hudhuudh Baal leh
- 12 wiqiyadood ah
- 18 wiqiyadood ah



Food Club

- Boorashka Degdeg u Bislaada ee Asalka ah
- 11.8 wiqiyadood ah



Great Value

- Boorashka Degdeg u Bislaada ee Asalka ah
- 11.8 wiqiyadood ah



Hannaford

- Boorashka Degdeg u Bislaada ee Caadiga ah
- 11.8 wiqiyadood ah



IGA

- Boorashka Degdeg u Bislaada ee Asalka ah
- 11.8 wiqiyadood ah

Badarka Kulul

Fiiri alaab kasta si aad xajmiga u ogaato



Maypo

- Maple Oatmeal
- 14 wiqiyadood ah
- Vermont Style Oatmeal
- 19 wiqiyadood ah



Quaker

- Boorashka Degdeg u Bislaada ee Asalka ah
- 11.8 wiqiyadood ah
- 23.7 wiqiyadood ah



Signature Select

- Boorashka Degdeg u Bislaada
- 11.8 wiqiyadood ah

Talada tukaamaysiga

Isku dar xirmooyinka badarka kulul iyo ka qabow si aad ugu darto wadarta wiqiyadaha ku jira liiska Faa'idooyinka Cuntada Qoyskaaga. Waa kuwan saddex qaab oo aad u iibsano karto ilaa 36 wiqiyadood:

$$\begin{array}{ccccccc}
 \text{Box 1} & + & \text{Box 2} & + & \text{Box 3} & = & 36 \\
 18 \text{ wiqiyadood ah} & & 9 \text{ wiqiyadood ah} & & 9 \text{ wiqiyadood ah} & & \text{wiqiyadood ah}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{Box 4} & + & \text{Box 5} & + & \text{Box 6} & = & 36 \\
 12 \text{ wiqiyadood ah} & & 12 \text{ wiqiyadood ah} & & 12 \text{ wiqiyadood ah} & & \text{wiqiyadood ah}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{Box 7} & + & \text{Box 8} & = & 35.8 \\
 24 \text{ wiqiyadood ah} & & 11.8 \text{ wiqiyadood ah} & & \text{wiqiyadood ah}
 \end{array}$$

Badarka Qabow

✓ WIC ayaa Ansixisay

- Xirmooyin 8.9 wiiyadood ilaa 36 wiiyadood ah
- Hudhuudhka Baalka Wadata
- Bilaa Gluten

General Mills



Bluey



Cheerios

- Asal ah
- Raashinka Kala-duwan
- Khudaar isku dhafan oo ka kooban Tufaaxda iyo Istaraw-beeriga
- Isku dhafka Khudaarta Buluu-beeriga iyo Mooska
- Hearty Nut Medley



- Isku dhafka Khudaarta Buluu-beeriga iyo Mooska
- Hearty Nut Medley



Chex

- BuluuBeeri
- Bariis
- Qorfe
- Sarreen
- Sabuul



Fiber One

- Qaybaha Malabka



Kix

- Plain

Grain Berry



Grain Berry

- Multi-Bran Flakes



Total

- Asal



Wheaties

- Asal
- Maple Almond Barootiin ah
- Pecan Malabka Barootiinka leh

Kashi



Kashi

- Malab lagu Dubay
- Qaybaha Buluu-beeriga
- Qaybaha Kookada



Kellogg's



Complete Bran

- Wheat Flakes



Corn Flakes

- Asal

Kellogg's



Crispix

- Asal



Frosted Mini Wheats

- Asalka
- Maafinka Buluu-beeriga
- Little Bites
- Dhirt Cuntada ee Miraha Bocorka
- Istaraw-beeriga La Jararay
- Kookada



Raisin Bran

- Asal



Rice Krispies

- Asal



Special K

- Asalka



Special K

- Qorfaha iyo Pecan
- Barootin lagu Daray Qorfe

Post



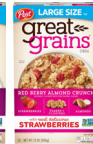
Bran Flakes

- Asal



Great Grains

- Iskudarka Lawska iyo Mooska
- Iskudarka Karanbeeri iyo Almond
- Kareenbeeriga Pecan
- Sabiibka iyo Timirta Pecan
- Iskudarka Beeriga Cas iyo Almond



Grape Nuts

- Asalka
- Flakes



Honey Bunches of Oats

- Lagu daray Almonds
- Malab lagu Dubay
- Xirmooyinka Vanilla
- Xirmooyinka Qorfaha



Raisin Bran

- Asal ah

Quaker



Life

- Asalka ah
- Baariga isku dhafan - Awooda badan
- Mighty- Very Vanilla



Oatmeal Squares

- Koonbo sonkorta Baroonka ah
- Laws Malab leh

Badarka Qabow

✓ WIC ayaa Ansixisay

- Xirmooyin 8.9 wiiqiyadood ilaa 36 wiiqiyadood ah
- Hudhuudhka Baalka Wadata
- GF Bilaa Gluten

Xajmi kasta ka bilaw 8.9 wiiqiyadood ilaa 36 wiiqiyadood

Store Brands



Best Yet

- Bran Flakes
- Sareenka La Shiiday ee la Hurshay
- Toasted Oats



Food Club

- Bran Flakes
- Sareenka La Shiiday ee la Hurshay
- Oatmeal Squares
- Toasted Oats



Pils by Price Chopper

- Bran Flakes
- Sareenka La Shiiday ee la Hurshay
- Toasted Oats



Signature Select

- Bran Flakes
- Sareenka La Shiiday ee la Hurshay
- Toasted Oats



Great Value

- Bran Flakes
- Sareenka La jarjaray ee la Hurshay
- Toasted O's



Hannaford

- Bran Flakes
- Sareenka La Shiiday ee Cadadka Yaryar
- Sareenka La Shiiday ee Istaraw-beeriga
- Sareenka La Shiiday ee la Hurshay
- Tasteos
- Sareenka Flakes



Malt O Meal

- Frosted Mini Spooners

Badharka Lawska

✓ WIC ayaa Ansixisay

- Jalxado 16 ilaa 18 wiiqiyadood
- Daxiin ah / Labeen leh
- Burburaya / Qurjulum leh
- Jalxado Caag ama quraarad ah

✗ Ha iibsan

- Dux yar
- Cusbo yar
- Dabiici ah
- Subaga lawska si gaar ah loo sameeyey
- Jaamka badharka lawska
- Dhadhan loogu yeelay ama lagu daray waxyalo kale oo dhadhan u yeela

Jalxado 16 ilaa 18 wiiqiyadood



Nooc Kasta oo Dukaanka



Smuckers



Teddie



Jif



Peter Pan



Skippy

✗ Ha iibsan

- Simply Jif
- Jif-ka Dabiiciga ah
- Jif-ka Duxda ee la Yareeyay

✗ Ha iibsan

- Peter Pan-ka Dabiiciga ah
- Peter Pan-ka Duxda ee La yareeyay

✗ Ha iibsan

- Skippy-ga Dabiiciga
- Skippy-ga Duxda ee La yareeyay

🛒 Talada tukaamaysiga

1 Subagga Lawska/Faasuuliyaha/Digir ku jira liiska Faa'idada Cuntada Qoyskaaga waxay ka dhigan inaad iibsan karo:

A



Hal garaafe oo ay ku jirto 16 ilaa 18 wiiqiyadood oo subaga lawska ah

— AMA —

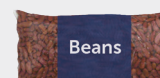
B



Afar qasac oo ay ku jirto 15 ilaa 16 wiiqiyadood oo digir qasacadeysan ah

— AMA —

C



Xirmo 16 wiiqiyadood ah oo ah faasuuliyaha, misir, iyo salbuko

Faasuuliye Qasaacadaysan

✓ WIC ayaa Ansixisay

- Qasaacado 15 ilaa 16 wiiqiyadood ah
- Caadi
- Milix yar
- Dabiici la oggol yahay

✗ Ha iibsan

- Sonkor, duxo ama saliid lagu daray
- Lagu daray Khudaar, miro ama hilib lagu daray
- Lagu daray dhadhan-sameeyayaal, xawaashyo ama basbaas
- Faasuulye dib loo shiilay

Qasacyada 15 ilaa 16 wiiqiyadood



Nooc Kasta

- Nooc kasta oo ah faasuuliye, misir ama salbuko

Digirta Qalalan, Misir iyo salbuko

✓ WIC ayaa Ansixisay

- Xirmooyinka 16 wiiqiyadood
- Cuntada dabiiciga ah ee la oggol yahay

✗ Ha iibsan

- Lagu daray sonkor, duxo ama saliid
- Lagu daray dhadhano, xawaashyo, ama basbaas
- Soup mix

Xirmooyin 16 wiiqiyadood ah



Shirkad Kasta

- Nooc kasta oo ah faasuuliye, misir ama salbuko

Subaga Lawska iyo Miraha

⚠️ FIIRO GAAR AH

Haddii adiga ama qof ku jira qoyskaaga koobaad u qabo xasaasiyada lawska, la hadal xafiiska WIC ee deegaankaaga si isbadel loogu sameeyo xirmooyinka cuntada si loo ogolaado subaga lawska iyo miraha.

✓ WIC ayaa Ansixisay

- Qasacyada 16 ilaa 18 wiiqiyadood
- Miro shidan/Kareemeed
- Chunky/Crunchy
- Qasacyada caaga ama dhalada
- Gabal-qariye/Cashew/Almond

✗ Ha iibsan

- Dabiici
- La Maceeyay ama lagu daray maadooyinka

Jalxado 16 ilaa 18 wiiqiyadood



Barney Butter



Crazy Richard's



Justin's



Natural MaraNatha



Octonuts



Once Again



Open Nature

✗ Ha iibsan
Cashew
kareenka



SunButter



Woodstock

Kalluunka Qasacadaysan

✓ WIC ayaa Ansixisay

- Xajmiyada iyo noocyada waa la muujiyey
- Waxa lagu soo cabbeeyey biyo ama saliid
- Saaradiinu waxa uu ka koobnaan karaa lafo ama maqaar
- Qasacyo ama xirmooyin

✗ Ha iibsan

- Tuunada Albacore
- Chunk **white** tuna

Qasacyada xajmiyada 2.5 ilaa 20 wiiqiyadood

Tunada Googo'an ee Fudud



Shirkad Kasta

Saaradiin



Shirkad Kasta

Salmon



Shirkad Kasta

Miraha iyo Khudaarta Dhallaanka

✓ WIC ayaa Ansixisay

- Nooc kasta oo miro ama khudaar ah
- Nooc kasta oo miro isku dhafan iyo khudaar isku dhafan ah
- Dabiici waa la ogol yahay

✗ Ha iibsan

- Lagu daray sonkor, milix, istaarajyada ama beriiska
- Cashooyinka
- Kiishashka
- Macmacaanka



🛒 Talada tukaamaysiga

Ikhtiyaarka miraha iyo khudaarta darayga ah:

Qoysaska ay u joogaan saqiirada ka wayn 6 bilood jir ayaa miraha iyo khudaarta cuntada ilmaha ee qasacyada ku jira ku badelan kara \$11 (nus) ama \$22 (dhammaan) ee miraha iyo khudaarta cusub, la barafeeyay ama qasacadeysan.



Haddii ikhtiyaarkani aanu hore ugu jirin liiska Faa'iidooyinka Cuntada Qoyska isla markaana aad jeclaan lahayd, waxa aad la xidhiidhaa xafiiska WIC ee deegaankaaga.

Miraha iyo Khudaarta Dhallaanka

**Jalxadaha kelida ah iyo weelka
kiishashka badan leh**



Beech-Nut

- 4 wiqiyadood oo keli ah
- Marxaladda 1, Marxaladda 2



Beech-Nut Naturals

- 4 wiqiyadood oo keli ah
- Baakado kala duwan
- Marxaladda 1, Marxaladda 2



Beech-Nut Organic

- 4 wiqiyadood oo keli ah
- Marxaladda 1, Marxaladda 2



Earth's Best Organic

- 4 wiqiyadood oo keli ah
- Marxaladda 2 keliya



Gerber

- 2 wiqiyadood 2-baakad
- 4 wiqiyadood 2-baakad
- 4 wiqiyadood oo keli ah
- Baakadaha kala duwan
- Marxaladda 1, Marxaladda 2



Gerber Organic

- 4 wiqiyadood oo keli ah
- Marxaladda 1, Marxaladda 2



Happy Baby

- 4 wiqiyadood oo keli ah
- Marxaladda 1, Marxaladda 2



O Organics

- 4 wiqiyadood oo keli ah
- 4 wiqiyadood oo keli ah



Nature's Heart Organic

- 4 wiqiyadood oo keli ah
- Marxaladda 1
- Marxaladda 2 miro keliya



Nature's Promise

- 4 wiqiyadood oo keli ah
- Marxaladda 2



Parent's Choice

- 4 wiqiyadood oo keli ah
- 2 wiqiyadood 2-baakad
- 4 wiqiyadood 2-baakad
- Marxaladda 1, Marxaladda 2



Tippy Toes

- 4 wiqiyadood 2-baakad
- 4 wiqiyadood oo keli ah
- Marxaladda 2

Miraha iyo Khudaarta Dhallaanka

Talada tukaamaysiga

Waxa lagu xaddiday 50 shay oo WIC ah halkii macaamilba. U kala sooc shayada WIC macaamilo badan haddii tirada shayadu ay ka badan yihiin 50.

Faa'iido 128 wiqiyadood ah = 32 jalxadood

Isku dar weelasha si aad isugu darto tirada wiqiyadood (wiqiyadood) ee ku qoran Faa'iidooyinka Cuntada Qoyskaaga.

Hal Jalxad
4 wiqiyadood ah
= 4 wiqiyadood



= 1 jalxad



Hal Jalxad
2 wiqiyadood ah,
2-baakad
= 4 wiqiyadood



= 1 jalxad



Hal Jalxad
4 wiqiyadood ah,
2 baakad
= 8 wiqiyadood



= 2 jalxadood



Siiriyalka Dhallaanka

✓ WIC ayaa Ansixisay

- Baakado 8 wiiqiyadood iyo 16 wiiqiyadood ah
- Rootiga firileyda badan iyo firileyda keli ah ka sameysan
- Dabiici waa la ogol yahay



Earth's Best Organic

- Hudhuudhka Badan ee Baalka Wadata
- Boorashka Hudhuudhka Baalka leh



Gerber

- Firileyda Badan
- Boorashka
- Boorashka Dabiiciga ah
- Daqiiqda Boorashka Dabiiciga ah ee Quinoa
- Bariiska Dabiiciga ah
- Bariis

- Hudhuudhka sareenka Baalka Wadata

✗ Ha iibsan

- Miro, caanaha daasada ilmaha ama khudaarta lagu daray

Caanaha Daasada Dhallaanka

⚠ Dooro waxa lagu ansixiyey ilmahaaga.

Waa inaad iibsato **isla nooca iyo xajmiga daasadda** ee caanaha daasada dhallaanka ee ku qoran Faa'iidooyinka Cuntada Qoyskaaga.

Haddii ilmahaagu u baahan yahay caanaha daasadda oo kale:



La xirii [xafiiska WIC ee deegaankaaga](#).

Marka ilmahaagu sii waynaado, waxaad u baahan kartaa inaad iibsato caanaha ilmaha oo dheeraad ah.

WIC waxa ay bixisaa caanada daasada ilmaha oo ku filan si ay u daboosho baahiyaha ilmaha intooda u badan. Marka ilmahaagu sii waynaado, waxaad u baahan kartaa inaad iibsato caanaha ilmaha oo dheeraad ah.

Ilmaha Sida Buuxda Naaska u Nuuga oo keliya

🛒 Talada tukaamaysiga

Waxa lagu xaddiday 50 shay oo WIC ah halkii macaamilba. Tan maskaxda ku hay marka aad iibsanayso cuntooyinka dhallaanka.

Faa'iida 40 wiiqiyadood = 16 jalxadood, oo 2.5 wiiqiyadood ah

Hilibada Dhallaanka

✓ WIC ayaa Ansixisay

- Jalxado 2.5 wiiqiyadood
- Marxaladda 1 ama 2
- Nooc kasta

✗ Ha iibsan

- Lagu daray sonkor ama milix
- Cashooyin

Jalxado 2.5 wiiqiyadood



Beech-Nut



Earth's Best Organics



Gerber

Baakad 30 wiiqiyadood ah (12 jalxadood, oo 2.5 wiiqiyadood ah)



Beech-Nut
Noocyada Baakadda



Gerber
Noocyada Baakadda



Talada tukaamaysiga

Faa'idada firilayda baalka wadata waxa ka mid ah noocyada kala ah:

Rooti: Sarreenka baalka wata iyo hudhuudhka baalka wadata

Baasto: Sarreenka baalka wata iyo hudhuudhka baalka wadata

Tortillas: Sarreenka baalka wata iyo sabuul

Dookhyada kale ee raashinka guud ayaa la heli karaa

Bariiska Baroonka

Bariis Duureed

Quinoa

Boorash

Cuntada Sabuulka

Rooti

✓ WIC ayaa Ansixisay

- 8 ilaa 32 wiqiyadood oo ah Rootiga Bur hogayska, Duubka, Burka Beegarka, Badelka, iyo Maafinka Ingiriiska
- Sarreenka Baalka Wata
- Hudhuudhka Baalka Wadata



Arnold
Sareenka Dhadgax lagu shiiday
16 wiqiyadood ah



Arnold
100% roodhiga Sareenka Baalka leh
24 wiqiyadood



Arnold
Rootiga Sareenka Baalka leh Jeexa Yar
18 wiqiyadood



Baker's Choice
100% Sareenka Baalka leh
16 wiqiyadood



The Bread Shed
Sareenka Baalka leh iyo Flax
16 wiqiyadood



Dave's Killer Bread
21 Raashinka Guud iyo iniinada
27 wiqiyadood



Dave's Killer Bread
Inin Wanaagsan
27 wiqiyadood



Dave's Killer Bread
Rootiga Cadadka yaryar ee Cad ee Sida saxda ah loo Jaray
24 wiqiyadood

Rooti



Dave's Killer Bread
Powerseed
25 wiqiyadood



Dave's Killer Bread
100% Sareenka Baalka leh
25 wiqiyadood



Dave's Killer Bread
Iniinaha La Jararay
0.5 wiqiyadood



Dave's Killer Bread
Iniinaha La Jararay
20.5 wiqiyadood



Dave's Killer Bread
Raashinka Baalka leh iyo Miraha 21 ah ee Cadadka yaryar la Dhigay
20.5 wiqiyadood ah



Dave's Killer Bread
Raashinka Guud ee la Burburiyay
20.5 wiqiyadood



Dave's Killer Bread
Rootiga Quraacda ee Raisin' the Roof
16.75 wiqiyadood ah



Dave's Killer Bread
Rootiga Cadadka yaryar ee Cad ee Sida saxda ah loo Jaray
20.5 wiqiyadood



Freihofer's
Burka Sareenka leh baalka 100% ah oo ah burka ugu fiican Dalka
24 wiqiyadood



Great Value
Burka wareega ah ee ka sameysan sareenka leh baalka 100% ah
20 wiqiyadood



Hannaford
100% Sareenka Baalka Leh
16 wiqiyadood



Hannaford
Burka jeexa ah ee ka sameysan sareenka leh baalka 100% ah
24 wiqiyadood



La Panciata
Malabka iyo Boorashka Sareenka Baalka leh
16 wiqiyadood



Nature's Own
100% Sareenka Baalka leh ee aan Sonkorta Lahayn
16 wiqiyadood

Rooti



Nature's Own
100% Sarreenka
Baalka leh oo Malab
leh
16 wiiqiyadood ah



Nature's Own
Roodhiga 100%
Sarreen Balka Wata
20 wiiqiyadood



Nature's Own
Roodhiga 100%
Sarreen Balka
Wata
20 wiiqiyadood



Open Nature
Roodhiga 100%
Sarreen Balka Wata
24 wiiqiyadood



Open Nature
Roodhiga Raashinka
iyo Iniinaha
24 wiiqiyadood



Pepperidge Farm
Rootiga Fudud
ee Jilicsan ee
Sareenka
16 wiiqiyadood ah



Pepperidge Farm
100% Sarreenka
Baalka Wata Aad u
Khafiif ah
16 wiiqiyadood ah



Pepperidge Farm
Rootiga Duuban
ee 100% Sarreen
Balka Wata ah oo
leh Sabiib
16 wiiqiyadood ah



Pepperidge Farm
Bur jeex ah oo
laga sameeyay
hudhuudh baal leh
100% ah Roodhiga
Khamadiga Balka leh
14 wiiqiyadood ah



Pepperidge Farm
Rooti khafiif ah oo 15
nooc oo badar dhan
laga sameeyay
14 wiiqiyadood ah



Pepperidge Farm
Roodhiga 100%
Sarreen Balka Wata
ee Guriga Beerta
24 wiiqiyadood



Pepperidge Farm
Rooti khafiif ah oo 15
nooc oo badar dhan
laga sameeyay
22 wiiqiyadood



Pepperidge Farm
Huduudh baal leh
bur 15 hudhuudh
ah
24 wiiqiyadood



Pepperidge Farm
Roodhiga Mukaatiga
ee Ka Samaysan
Raashinka Baalka leh
24 wiiqiyadood

Rooti



Pepperidge Farm
Bur jeex ah oo laga
sameeyay hudhuudh
baal leh 100% ah
Roodhiga Sareenka
Baalka leh
22 wiiqiyadood



Pepperidge Farm
Burka ka sameysan
raashohinka leh
balka 100%
24 wiiqiyadood



Pepperidge Farm
Malabka Raashinka
guud Roodhiga
Sareenka Baalka
leh
24 wiiqiyadood



Signature Select
100% Sarreen
Balka Wata
16 wiiqiyadood ah



Signature Select
100% Sarreen
Baalka Wata oo
Bilaa Milix ah
16 wiiqiyadood ah



Signature Select
Roodhiga 100%
Sarreen Balka Wata
24 wiiqiyadood



Sara Lee
Sareenka 100%
ee Baalka leh ee
Caadiga ah
16 wiiqiyadood



Sara Lee
100% Sarreen
Balka Wata
20 wiiqiyadood ah



Wonder
100% Sarreen Balka
Wata
16 wiiqiyadood ah

Bagelka



Dave's Killer Bread
Plain Awesome Bagels
16.75 wiqiyadood ah



Dave's Killer Bread
Bagelka Isku Darka
Qorfaha iyo Sabiibka
16.75 wiqiyadood ah



Dave's Killer Bread
EPIC Everything
Bagels
16.75 wiqiyadood ah



Dave's Killer Bread
Bagelka Boomin'
Berry
16.75 wiqiyadood ah



Thomas
Bagelyada
Sareenka Baalka
leh 100%
20 wiqiyadood ah

Pita



Joseph's
Sarreenka Balka
Wata ee Pita
11 wiqiyadood ah

Rootiyada, Burka iyo Jeexyada



Arnold
Haanbeegarka
Rootiga ka sameysan
sareenka leh baalka
100% ah
16 wiqiyadood ah



Arnold
100% Saanwijka Khafiif ah
ee Sareenka Balka leh
12 wiqiyadood ah



Dave's Killer Bread
Rooti sandwiiij oo 21
nooc oo ka samaysan
badar iyo hudhuudhka
iniinaha
18 wiqiyadood ah



Dave's Killer Bread
Burka Beegarka
Sax loo Dubay
17.6 wiqiyadood ah



Dave's Killer Bread
21 Raashinka Baalka
leh
iyo Burka Beegarka
Iniinaha
17.6 wiqiyadood ah



Dave's Killer Bread
Saawijka Khafiifka
ah ee Sida Fiican
loo Dubay
18 wiqiyadood ah



Nature's Own
100% Burka
Beegarka ee
Sareenka Balka
leh
15 wiqiyadood



Signature Select
100% Saanwijka
Khafiif ah ee
Sareenka Balka leh
12 wiqiyadood ah

Maafinka Ingiriiska



Dave's Killer Bread
Maafinka Ingiriiska
ee Raashinka
Rockin'
13.2 wiqiyadood ah



Dave's Killer Bread
Maafinka Ingiriiska
ee Caadiga ah ee
Killer
13.2 wiqiyadood ah



Signature Select
100% Maafinka
Ingiriiska
Sareenka
Baalka leh
12 wiqiyadood



Thomas
100% Maafinka
Ingiriiska Sareenka
Baalka leh
12 wiqiyadood ah

✓ WIC ayaa Ansixisay

- Baakadaha 8 ilaa 32 wiiqiyadood
- Bacaha, bokisyada, iyo garaafeyaasha caaga ah
- Dabiiga la ogol yahay
- Nooc kasta
- Boorashka - Dhakhsaha u Bislaada, Kooban, Duubka, Jarjarka, Nooca Hore
- Bariis duureed
- Masagada – Noocii hore, Sadex Mldab
- Cuntada Sabuulka

⊘ Ha iibsan

- Xirmooyin gooni-gooni ah
- Wax badan
- Lagu daray sonkor, duxo, saliid, milix ama dhadhan-sameeyaal

Boorash

Xirmooyin 8 ilaa 32 wiiqiyadood ah

🛒 Talada tukaamaysiga

Boorashku ma siiriyaalbaa mise waa firilay balka wadata? Waa labadaba!

Marka aad wax ku iibsanayso WIC, xasuusnoow in:

- **Aad adeegsato Dheefaha guud** si aad u iibsato boorashka degdeg u bislaada ee baakadaha halka cunto ku jiraan
- **Inaad adeegsato dheefaha Raashinka Baalka leh** si aad u iibsato noocyada kale ee boorashka ku jira bokisyada, bacaha ama tuubooyinka



Cuntada Sabuulka, Bariis Duureed iyo Masagada

Xirmooyin 8 ilaa 32 wiiqiyadood ah



Bariiska Bunniga ah

Xirmooyin 8 ilaa 32 wiiqiyadood ah

Shirkad kasta

✓ WIC ayaa Ansixisay

- Caadi ah
- Dhakhso u bislaada
- Hore u karsama
- Ku karkarinta kiishka
- Dooro bacaha, bokisyada ama garaafeyaasha caaga ah



🛒 Talada tukaamaysiga

Waxaad dooran kartaa isku dhafka **rootiga, baastada, tortillas, bariiska, bariiska duurjoogta ah, boorashka, quinoa iyo galleyda** si aad isugu darto wadarta tirada wiiqiyadood ee **Hudhuudhka Baalka Wadata** ee ku qoran Liiska Faa'iidooyinka Cuntada Qoyskaaga. Waa kuwan laba tusaale:



+



= 32 wiiqiyadood

Hal rooti oo 16 wiiqiyadood ah

Hal xirmo tortillas ah oo 16 wiiqiyadood ah



+



= 48 wiiqiyadood

Hal xirmo baasto ah oo 16 wiiqiyadood ah

Hal xirmo bariis ah oo 32 wiiqiyadood ah

Baastada Sarreenka Balka Wata

✓ WIC ayaa Ansixisay

- Xirmooyin 16 wiqiyadood (1 bowndhig) ah
- 100% Sarreenka Balka Wata
- Qaab kasta
- 100% Firilayda Balka Wadata

Xirmooyin 16 wiqiyadood (1 bowndhis) ah



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

✓ WIC ayaa Ansixisay

- Xirmooyin 8 ilaa 24 wiqiyadood ah
- 100% Sarreenka Balka Wata
- Sabuul



Cedars

- Duubabka Khamadiga Balka leh



Chi-Chi's

- Sabuul Cad, Qaabka Taco
- Khamadiga Baalka leh, Qaabka Fajita



Food Club

- Sabuulka, Qaab Taco
- Khamadiga Baalka leh, Qaabka Fajita



Hannaford

- Khamadi Baal leh
- Sabuul cad
- Sabuul Jaalle



Great Value

- Sarreenka Balka Wata



IGA

- Sabuulka Cad
- Khamadiga Baalka leh, Qaabka Taco



La Banderita

- Sabuul Cad, Sabuul Jaalle
- Khamadiga Baalka leh, Fajita
- Khamadiga Baalka leh, Taco Jilisan
- Sabuulka Street Taco



Mission

- Khamadiga Baalka leh, Caysh Jilisan
- Khamadiga Baalka leh, Fajita
- Sabuul Jaalle Dhuuban
- Sabuul Jaalle Lagu Daray Caysh Suuqeed Tortillas
- Xajmiga Cashada ee Sabuul Jaallaha Tortillas
- Tortillas Kaarboohaydareedka la Qiyaasay ee Khamadiga Baalka leh



Mayan Farm

- Tortillas Khamadiga Balka leh



Ortega

- Khamadiga Balka leh



Pic's Brand

- Sabuulka, Qaabka Taco
- Khamadiga Balka leh, Qaabka Taco



Signature Select

- Khamadiga Balka leh
- Street Taco ee Sabuulka Cad

Miraha iyo Khudaarta

Xaddiyada faa'idooyinka:

Hubi Liiskaga Faa'idooyinka Cuntada Qoyska ama Baaqiga WIC ee xaddiyada faa'idada Miraha iyo Khudaarta

Daray

✓ WIC ayaa Ansixisay

- Xajmi kasta
- Dhan, jarjaran, la baceeyay ama la xirxiray
- Dabiiciga la ogol yahay
- Daawo dhireedyada hadda lasoo jaray ayaa la ogolyahay

✗ Ha iibsan

- Lagu daray sonkor, duxo ama saliid
- Miro ama khudaar la qallajiyey
- Ubaxyada la cuno
- Miraha kala duwan
- Xawaashka ama basbaaska
- Waxyaalaha saladku ka kooban yahay
- Weelka saladka ama suxuunta xafladaha ee cuntooyin lagu daray
- (dhuuq, dhandhanaan, lawska, iwm.)

Xajmi kasta



Shirkad kasta

- Miro ama Khudaar kasta

🛒 Talada tukaamaysiga

Haddii khudaarta cusub aysan si sax ah u iskaan gareeneyn marka la bixinaayo lacagta, u sheeg maamulka dukaanka si loogu daro kaydka xogtooda.

La qaboojiyey

✓ WIC ayaa Ansixisay

- Xajmi kasta
- Nooc kasta oo xirmo (baag, sanduuq, iwm.)
- Dabiici la oggol yahay

✗ Ha iibsan

- Lagu daray duxo ama saliid
- Lagu daray sonkor, dextrose ama macaaneeye macmal ah
- Ku-jirayaasha aan miraha ama khudaarta ahayn (baasto, bariis, jiis, iwm.)
- Khudaarta sooska leh

Xajmi kasta



Shirkad kasta

- Miro ama khudaar kasta oo saafi ah, ama isku-jirro saafi ah

Qasaacadaysan

✓ WIC ayaa Ansixisay

- Xajmi kasta
- Weel kasta (qasaacad, jalxad, koob, kiish, iwm.)
- Dabiici la oggol yahay

✗ Ha iibsan

- Sonkorta, duxo iyo saliid lagu daray
- Khudaarta kareenka leh
- Cabitaannada miraha siirabka leh
- Guacamole
- Khudaarta la jaray
- Salsa
- Sooska (pizza, spaghetti ama yaanyo)
- Yaanyo la kariyey ama maraqa yaanyada

Xajmi kasta



Shirkad kasta

- Miro kasta ama isku-jir miro oo kasta oo saafi ah oo biyo leh
- Khudaar kasta ama isku-jir khudaar oo kasta

Caano-fadhi

! Dooro waxa adiga laguu ansixiyeey.

- **Caano-fadhiga caanaha isku dhan ah ee carruurta** da'doodu u dhaxayso 12 ilaa 24 bilood
- **Caano-fadhiga duxda yar iyo kuwa bilaa duxda ah** ee haweenka iyo carruurta da'doodu u dhaxayso 2 ilaa 5 sano jir

✓ WIC ayaa Ansixisay

- 32 wiqiyadood
- 8-baakad iyo 16 baakad oo 2 wiqiyadood ah
- dabiiciga la ogol yahay
- Maceeyaasha dabiiciga ah, ee dhirta laga sameeyo

⊘ Ha iibsan

- Kiishashka
- Macaaneeyayaasha macmalka ah

Suxuun 32 wiqiyadood ah



Best Yet
Dhadhan
kasta



Brown Cow
Dhadhan
kasta



Butterworks Farm
⊘ **Ha iibsan**
Vanilla aan Dufan lahayn,
Maple Guud



Cabot
⊘ **Ha iibsan**
Digirta Vanilla dufanka
Yar, Kareenka Vanilla
Greek ee Qaabka
Sadexda



Chobani
⊘ **Ha iibsan**
Vanilla-da
Greek ee
Malabka oo
Dufan yar



Dannon
Dhadhan kasta
Oikos Greek
Dhadhan kasta
Light & Fit Greek
Saafi kaliya



Food Club
⊘ **Ha iibsan**
Vanilla Dufan yar,
Bij Dufan Yar,
Dufan yar, Rasbeeri -
Istaroowbeeri
dufan yar



Full Circle
Greek
Aan dufan
lahayn
- Plain
- Vanilla



Great Value
⊘ **Ha iibsan**
Greek Vanilla Guud,
Istaroowbeeri Dufan yar oo
Moos wata, Bij Dufan yar,
Iskudarka Istaroowbeeri
dufan yar, ama Iskudarka
Vanilla Dufan Yar

Caano-fadhi



Talada tukaamaysiga

Waxaad caanaha ku badalan kartaa yooqad dheeraad ah. Wac xafiiska WIC ee deegaankaaga si aad u hesho faahfaahin dheeraad ah.



Green Mountain Creamery
Dhadhan
kasta



Hannaford
Dhadhan
kasta



Lucerne
⊘ **Ha iibsan**
Istaroow Beeriga
Greek aan Dufan
lahayn, Istaroow
Beeri Dufan yar,
Vanilla Dufan yar,
Vanilla Guud



Nature's Promise
⊘ **Ha iibsan**
Vanilla Dufan yar
oo Dabiici ah



Pics by Price Chopper
Dhadhan
kasta



Stonyfield Organic
- Jilicsan
Kareemi ah:
Dhadhan
kasta
- Greek: 0%
Dufan keliya



Two Good
Dhadhan
kasta



Yoplait
Asal:
Dhadhan
kasta

8 baakadood iyo 16 bakadood ee tuyuubyada 2 wiqiyadood ah



Stonyfield Organic
Dhadhan kasta



Yoplait
Yooqadka Go-Gurt Simply



Tayuubyada 24 wiqiyadood ee Yooqadka Beeraha laga sameeyay



Silk
Cabitaanka aan
Caanaha lahayn oo
jilicsan oo kaareemaysan,
caadi ah ama vanilla
(24 wiqiyadood)

Caanaha Lo'da

! Dooro waxa adiga lagu ansixiyey.

- **Caano dhan oo** loogu talagalay carruurta da'doodu u dhaxayso 12 ilaa 24 bilood
- **Caano duxdu ku yar tahay (1%)** iyo kuwo bilaa dux ah (labeenta laga qaaday) oo loogu talagalay haweenka iyo carruurta da'doodu u dhaxayso 2 ilaa 5 sano

✓ WIC ayaa Ansixisay

- Dareere: Galaan, ½ galaan, iyo jeeg
- Muddo yaala: Quart
- Caano booraha bilaa duxda ah: 25.6 wiqiyadood
- Dabiici

⊘ Ha iibsan

- La xoojiyey ama gaarka ah
- Duxda la yareeyey (2%)
- Dhadhan loo sameeyey
- Dhalooyin quraarad ah ku jira

Galaan, ½ galaan, jeeg



Shirkad Kasta

- Dhan: Carruurta jda'doodu u dhaxayso 12 ilaa 24 bilood
- Duxda yar (1%) ama aan dux lahayn (laga qaaday labeenta)
- Bilaa lactose

Noocyada dabiiciga ah waa la oggol yahay



Full Circle



Horizon



Nature's Promise



O Organics



Organic Valley



Stonyfield Organics

Muddo yaala

Jeeg



Shirkad Kasta

Caano boodhe bilaa dux ah

25.6 wiqiyadood (waxay noqdaan 2 gallaan)



Shirkad Kasta

Caanaha Riyaha

! Dooro waxa adiga lagu ansixiyey.

- **Caano dhan oo** loogu talagalay carruurta da'doodu u dhaxayso 12 ilaa 24 bilood
- **Caano duxdu ku yar tahay (1%)** iyo kuwo bilaa dux ah (labeenta laga qaaday) oo loogu talagalay haweenka iyo carruurta da'doodu u dhaxayso 2 ilaa 5 sano

✓ WIC ayaa Ansixisay

- **Nooca Meyenberg kaliya**
- Dareere dhan: ½ galaan, iyo jeeg
- Dareere duxdu ku yar tahay (1%)": Jeeg
- Daqiiq laga dhigay: 12 wiqiyadood

Dareere

½ galaan, jeeg



Meyenberg

- Guud ahaan: Carruurta da'doodu u dhaxayso 12 ilaa 24 bilood

Jeeg



Meyenberg

- Dux yar (1%)

Daqiiq laga dhigay

12 wiqiyadood (sameeya 3 jeeg)



Meyenberg

- Guud ahaan: Carruurta da'doodu u dhaxayso 12 ilaa 24 bilood



Meyenberg

- Bilaa dux

Caanaha Geedaha

✓ WIC ayaa Ansixisay

- Talaagada la galshay iyo kuwa qaanada

✗ Ha iibsan

- Kiishashka
- Macaaneeyayaasha macmalka ah

Caanaha Sooyada



Silk (Talaagada la galshay) Asal

- 32 wiiqiyadood (1 jeeg)
- 64 wiiqiyadood (1/2 galaan)

Silk (Qaanada la saari karo) Asal

- 32 wiiqiyadood (1 jeeg)



Pacific (Qaanada la Saari karo)

- Sooyada Ultra ee Asalka ah
- 32 wiiqiyadood (1 jeeg)

Iskudarka Salbukada iyo Caanaha Boorashka



Silk Kids

- Iskudarka Boorashka Asalka
- 59 wiiqiyadood

Salbukada



Ripple (Talaagad la gasho) Kids Asalka ah ama

- Kids Asalka ah ee aan la macaanayn
- 48 Wiiqiyadood



Ripple (Qaanada la saari karo) Asal Aan sonkor Lahayn ama

- Asalka, Asalka Kids ama Asalka Kinds oo Sonkor leh
- 32 wiiqiyadood (1 jeeg)

Cabitaan

✓ WIC ayaa Ansixisay

- Muddo yaalla 100% Juus ah: caagado 64 wiiqiyadood ah

✗ Qoraal Samee

- Dabiiciga lagu ogol yahay nooca O Organics

Muddo yaala

Caagado 64 wiiqiyadood ah



Apple & Eve

- Dhadhan kasta
- Aan dabiici ahayn



Food Club

- Tufaax
- Karaanbeeri
- Cinab
- Grapefruit
- Liin macaan
- Cananis
- Yaanyo
- Cinabka cad



Hannaford

- Dhadhan kasta



Langers

- Tufaax
- Tufaax Beeri Jeeri
- Tufaax Kiwi Istarawberi
- Tufaax Liin Macaan Cananis
- Tufaax Khuukh Canbelaf
- Beeri Isku-jir
- Concord Cinab
- Karaanbeeri Plus
- Karaanbeeri Raasbeeri Plus
- Cananis



Best Yet

- Tufaax
- Cinab
- Grapefruit
- Liin macaan
- Liin macaan Canbelaf
- Liin macaan Cananis
- Cananis
- Yaanyo
- Khudaar
- Cinabka cad



Great Value

- Tufaax
- Karaanbeeri Isku-jir
- Karaanbeeri Cinab
- Karaanbeeri Rumaan
- Cinab
- Canbelaf
- Canbe
- Iskudarka Oranjiga
- Canbaruud
- Cananis
- Yaanyo
- Khudaar
- Cinab Cad
- Canab Cad iyo Dhalas



IGA

- Tufaax
- Cinab
- Yaanyo
- Cinabka Cad



Juicy Juice

- Dhadhan kasta



Mott's

- Tufaax
- Tufaax Jeeri
- Tufaax Canbelaf
- Tufaax Cinab Cad
- Sensibles - Tufaax
- Xirmada miraha

Cabitaan

Muddo yaala

Caagado 64 wiiqiyadood ah



Pics by Price Chopper

- Tufaax
- Beeri
- Cinab
- Grapefruit
- Cananis
- Yaanyo
- Khudaar
- Khudaar Milix Yar
- Cinab Cad



Northland

- Dhadhan kasta



Ocean Spray

- Dhadhan kasta



O Organics

- Karaanbeeri Canbelaf
- Cinab



Signature Select

- Tufaax
- Karaanbeeri Isku-jir
- Karaanbeeri Cinab
- Karaanbeeri Raasbeeri
- Cinab
- Grapefruit
- Liin macaan
- Cananis
- Yaanyo
- Khudaar
- Khudaar- Milix Yar
- Grapefruit Cad
- Cinab Cad



Old Orchard

- Tufaax
- Tufaax Karaanbeeri
- Beeri Isku-jir
- Karaanbeeri Rumaan
- Cinab
- Liin macaan
- Khuukh Canbelaf
- Cinab Cad



That's Smart

- Cinab



V8 Vegetable

- Khudaar Asal ah
- Khudaar Kulul oo Basbaas leh
- Milix Yar



Ruby Kist

- Tufaax
- Cinab
- Oranji
- Iskudarka Oranji
- Cinab Cad



Welch's

- 100% Cinab Cad
- 100% Cinab cas
- Tufaax
- Cinab
- Cinab (kaalshiyaam)
- Oranji
- Cananaas
- Tropical Trio
- Biiika Cinabka cad
- Jeeriga Cinabka Cad

Ha iibsan

- Fudud

Cabitaan

Juus Liin Macaan ah oo la Qaboojiyay

✓ WIC ayaa Ansixisay

- 16 wiiqiyadood oo cabitaanka la qaboojiyey ah



Nooc Kasta oo Dukaanka

- Best Yet
- Food Club
- Hannaford
- Pics ay bixiso Price Chopper
- Signature Select

Juus Liin Macaan ah oo La Qaboojiyey

✓ WIC ayaa Ansixisay

- Jubadaha 46 ilaa 64 wiiqiyadood
- Pulp/aan lahayn Pulp
- Lagu xoojiyay kaalshiyaam iyo/ama feetamiin D

⊘ Ha iibsan

- Iskudarka Casiirka
- Fudud

! Qoraal Samee

- Dabiiciga lagu ogol yahay nooca O Organics

Jubadaha 46 ilaa 64 wiiqiyadood ah

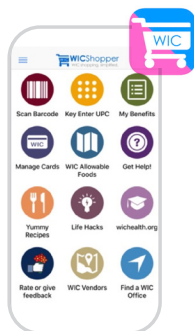


Noocyada la Ogot yahay

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

Dukaanka Nooc Kasta

- Best Yet
- Food Club
- Great Value
- Hannaford
- IGA
- Pics ay bixiso Price Chopper
- Signature Select



Eegista baaqigaaga

Abka WICShopper

Fur abka si aad u aragto dheefaha kuu haray si dhakhso ah.

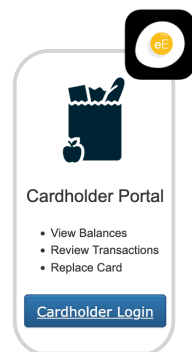
Geli BIINKA Kaarka WIC Mashiinka Adeegga Macaamiisha

Hubi baaqigaaga kahor inta aadan wax iibsana. Keliya geli kaarkaaga oo raac tilmaamaha.

Risiidka Dukaankii ugu Danbeeyay
Waxay si otomaatig ah ugu qoraysaa salka.

Barta Onlaynka ah ee dadka haysta kaarka ebtEDGE

Hubi baaqiga dheeftaada oo ka arag lacagaha dhawaan aad ku bixisay onlaynka ama abka.



Risiid Sanbal ah

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****

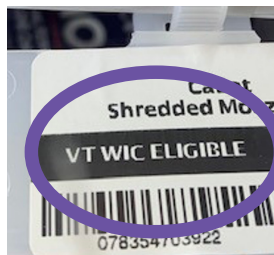


Dheefaha WIC ma sii socdaan bisha xigta. Adeegso kahor inta aysan dhicin bil kasta.

**TILMAAN
MUHIIM
AH**

Eeg Summada Qaanada

Inta badan dukaannada ayaa saara tilmaamo qaanada si ay u muujiyaan noocyada alaabaha ay WIC ogoshahay. Raadi tilmaamaha dhahaaya “WIC” ama uu xarafka “W” ku dhagan yahay bokiska. Dhammaan dukaannadu ma adeegsadaan isla sumadaha.



**TILMAAN
MUHIIM
AH**

Xataa haddii calaamada qaanadu sheegayso “WIC”, si fiican u hubi in sheeygu ku jiro liiskaaga Dheefaha Cuntada Qoyska.



Hel Xajmiyada Saxda ah

Cuntooyinka ay WIC ogolaato waa inay waafaqaan xajmiyada saxda ah ee liiskaaga Dheefaha Cuntada Qoyska. Xulashada xajmiga saxda ah ayaa xaqiijinaysa in dheefahaagu shaqeenayaan marka aad alaabta la baxayso waxayna kaa caawinaysa inaad sida ugu fiican uga faa'iideysato gunadaada bil kasta.





Haddii aan kaarkaagu shaqeynayn

Ha cabsan. Iskuday talaabooyinkaan.

1. Eeg baaqigaaga Adeegso risiidkaaga dukaankii ugu danbeeyay, abka [WICShopper](#), ama mashiinka BIINKA si aad u aragto waxa aad wali iibsan karto.

2. Xaqiiji in sheeyga la ogolyahay Iyo in xajmiyadu waafaqsan yihiin liiskaaga Dheefaha Cuntada Qoyska.

3. Waydii miiska adeegga macaamiisha ee dukaanka Way kaa caawin karaan ama waxay kuu sheegi karaan sababta sheygu uusan u shaqeynayn.

4. Wac xafiiskaaga [WIC](#) adoo jooga dukaanka Waxaan raadin karnaa akoonkaaga waana ku caawin karnaa.



Abka WICShopper

U dukaamayso si casri ah, degdeg ah, oo kalsooni badan adoo adeegsanaaya abka [WICShopper](#).



- ✓ Iskaan garee koodhka iibka ee dukaanka si aad u aragto haddii sheey uu yahay mid ay WIC ogoshahay.
- ✓ Eeg liiskaaga Dheefaha Cuntada Qoyska oo arag waxa kuu haray in aad iibsato bishaan.
- ✓ La soco marka dheefahaagu dhacayaan.
- ✓ Hel dukaannada WIC ay ogoshahay ee kuu dhow.



Sida loo bilaabo:

1. Ka soo degso abka [WICShopper](#) aalada App Store ama Google Play.
2. Fur abka kadibna dooro Vermont.
3. Diiwaan geli kaarkaaga WIC adoo adeegsanaaya lambarka 16 god ah ee ku yaala qaybta hore ee kaarka.

Caawimaad ma u baahan tahay? Ka codo khabiirka cuntada ee WIC ama booqo [HealthVermont.gov/WIC](https://www.healthvermont.gov/WIC) si lagu siiyo tilmaamo.

Xafiisyada maxaliga
ah ee barnaamijka WIC ee 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



Hay'adani waa fursad bixiye loo siman yahay.