

WIC WOMEN
INFANTS
CHILDREN

VERMONT DEPARTMENT OF HEALTH

Cuntooyinka WIC-ga Vermont

VERMONT WIC FOODS

Laga bilaabo Oktoobar 2018



FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

Taageerada. Waxbarashada. Cunnada. Tan waa fahamtay.



Cuntooyin Caafimaad leh



Waxbarashada Nafaqada



Taageerada Naas Nuujinta



**U gudbinta BARNAAMIJYADA
CAAFIMAADKA & BUULSHADA**

Noocyada buuxa ee ilaha nafaqada ee WIC-ga iyo faa'iidooyinka nafaqada waxaa la helayaa bilawga uurka waxayna sii soconayaan illaa ilmaha uu ka gaaraayo 5 sano.

Markaad u doorto qoyskaaga WIC-ga, waxaad heli doontaa taageerada aad u baahantahay si aad u siiso ilmahaaga nolol bilowgeeda uu aad u wanaagsanyahay. ilmaha ku xeran WIC-ga ilaa ay ka gaarayaan 5 sano waxay ku koraan si caafimaad leh, farxad leh, noqdanna kuwa caqli badan.

**Ka baro wixii intaas ka badan
healthvermont.gov/wic**

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Mas'uuliyadaha Ka-qaybgalayaasha Barnaamijka WIC-ga:

1. Si looga fogaado luminta faa'idooyinka WIC-ga waa in aad timaadaa dhamaan ballamahaaga.
2. Haddii aanan imaan karin ballan ii taala waa in aan soo wacaa waqti si dib la iigu dhigo ballanteyda. Haddii aan ka baaqdo(gooyo) ballan dib u cusboonaysiin ama mid fasalka barashada nafaqadda waxaa la yareyn doonaa faa'idooyinka WIC-ga ee la i siin jiray.
3. Haddii aan badalo cinwaankeyga guriga ama magaalo ama gobol kale aan u guuro waa in aan ku wargelliyaa shaqaalaha WIC-ga, si WIC loogu wareejiyo degmada ama gobolka kale.
4. Cuntooyinka WIC-ga waxaa loogu talagalay kaliya qoyska barnaamijkan ka qeyb qaadanaaya. Ma iibin doono mana siin doono cid kale haddii aan u baahdo in isbadal lagu sameeyo faa'idooyinka cunto ee aan ka qaato WIC-ga waxaa la xiriiri doonaa WIC-ga.
5. Isku badalida caanaha carruurta ee loo yaqaan Formula/ cuntooyinka daawada waa in ay ka dhacaan xafiiska WIC-ga. Mid walba oo ka mid ah caanaha budada ee dhallaanka ee aan la isticmaalin waa in lagu soo celliyaa xafiiska WIC-ga.
6. Waxaan dhigan doonaa kaarkeyga WIC-ga meel aamin ah, mana la wadaagi doono macluumaadkeyga shaqsiga cid kale oo aan ka aheyn qofka xaq u leh in uu iigu soo adeego kaarka WIC-ga ahna qof guriga igala tirsan ama wakiil mooyee.
7. Haddii uu iga lumi ama la iga xado kaarkeyga WIC-ga ee Vermont, Waxaan islamarkiiba ku wargeliing doonaa xafiiska WIC-ga. Waxaa suurtagal ah in hellin faa'idooyinka bishan oo aan la ii badallin.
8. Waan ogsoonahay in faa; idooyinka WIC-ga kalliya aan kaga dukaamaysan karo dukaamada la ogolyahay in WIC-ga looga dukaamaysto inta lagu jiro bisha markaasi la joogo uuna ku dukaamaysto qofka loo soo daabacay kaarka WIC-ga, faa'idooyinka bisha ee aan la isticmaalin lama isticmaali karo bilaha kale.
9. Waxaan mas'uul ka ahay in u tababaro qofka kale ee guriga igala tirsan ama wakiilka sida loogu isticmaalo kaarka marka dukaanka looga adeeganaayo.
10. Waxaan mas'uul ka ahay in qofka kale ee kaarka ku adeegaayo uu ku dhaqmo mas'uuliyadaha aniga i saaran oo kale.

Sababaha keeni keeni kara in aadan u qalmin, lagaa xanibo, lagu ganaaxo iyo in lagaa dalbo in aad dib lacag u soo celiso:

- A. In aad si qalad ah u isticmaasho faa'idooyinka WIC-ga sida iskubadalasho/iibin ama aad kula talo jirto in aad iibiso kaarka ama cunto kaarka WIC-ga Vermont ama ama in aad afka ka iibiso faa'idooyinka WIC-ga si online ah, ama hab kasta oo kale oo lacag caddaan ah, kaarka credit-ka ama aad ku iibsato waxyaabo aan cunto aheyn.
- B. In aad ku iibsato cuntooyinka aan ku jirin liiska cuntooyinka la ogolyahay ee WIC-ga;
- C. Xadgub jir ahaaneed, handadaada xadgudubka jir ahaaneed, ama xadgudub afka ah oo loo geysto shaqaalaha WIC-ga ama Shaqaalaha dukaanka.

Using the Food Guide

This food guide lists all of the Vermont WIC-Approved foods. Look for this information in each color coded section:

Cuntooyinka dhallaanka

Cabitaan

Siirivaal

Lawka shiidan iyo digirta

Caano

Qamadi saafi ah

Miraha iyo Khudarta

Qeybta tusaalaha

Noocyada Cuntada

⚠ Doorro waxa lagu oggolaaday.

Qaar ka mid ah cuntooyinka WIC-ga oggolyahay waxaa laga yaabaa inaanay ku jirin liistada Lacagta Cuntada ee Qoyska. Ka eeg sanduuqyada cagaaran sida kuwaan si ay u caawiyaan xulashada alaabta saxda ah.

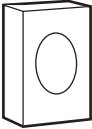
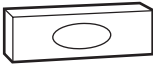

✓ WIC-ga oggolyahay

- Sanduuqyada cagaaran waxay ku taxan yihiin tirada, noocyada iyo baakadaha la oggol yahay

⊘ Ha iibsaa

- sanduuqyada jaalaha ah waxay ku taxan yihiin badeecooyinka, noocyada, iyo waxyaabahan lama oggola

Cabbirka iyo baakadka la oggol yahay

Noocyada la oggolyahay

- Qaybtani waxay muujinaysaa qiyaasta, baakadaha, nooca iyo dhadhanka la oggol yahay.

🛒 Talooyinka Dukaamaysiga

Soo qaado gaariga lagu adeegto kadibna raadi sanduuqyada midabada lagu kala saaray sidan oo kale, Talooyinkani waxay kaa caawin doonaan inaad iibsato cuntooyinkaaga WIC bil kasta.

Miisaannada iyo qiyaasaha ayaa mararka qaarkood lagu muujiyaa meelo kala duwan Qaybaha, ama lagu soo gaabiyay buug-yarahan iyadoo lagu saleeyay baakadaha cuntooyinka.

Qaybaha laga soo gaabiyay

oz = Wiqiyadood
lb = Rodol
gal = Galaan

Qaybaha u dhigma:

1/2 Rodol = 8 Wiqiyadood
1 Rodol = 16 Wiqiyadood
1 Rubac = 32 Wiqiyadood
1/2 Galaan = 2 Rubac (64 Wiqiyadood)
1 Galaan = 2 half-galaan

Khudaarta iyo Miraha

Qadarka faa'idada:

- **Dumarka:** \$11 bishiiba
- **Caruurta:** \$8 bishii canugiiba
- **Dhallaanka 9-12 bilood:** \$4 Bishii Dhallankiiba (Miraha darayga ah & Khudaartakalliya)
- **Dhallaanka oo si buuxda loo naas nuujiyo 9-12 bilood:** \$8 bishii dhallaankiiba (Miraha darayga ah & Khudaartakalliya)

Daray

✓ WIC-ga oggolyahay

- Cabir kasta
- Dhamaan, Jaran, bacaysan ama baakat ku jira
- Cunto dabiici ah waa Waa la oggolyahay

⊘ Ha iibsan

- Kuwa sokorta lagu daray, Dufan iyo Saliid
- Walxaha soodhada leh
- Miraha ama Khudradda la qalajiyey
- Blossoms la cuni karo
- Saladka bacaysan iyo kuwa saxanka ku jira cuntooyinka ay ku jiraan (Ku daarasho, ku darid, laws I.W.M.)
- Dambiisha miraha
- geedo iyo dhir udgoon

Cabir kasta



Nooc Kasta

- Nooc walba oo miraha iyo khudaarta ah



Talooyinka adeega

Helitaanka waxyaabaha daryaga ah way ku kala duwan yihiin xilliga. Haddi sheyga darayga ah la oggolaan waayo, u sheeg dukaanka si ay ugu darsadaan xogtooda.

Laqaboojiyay

✓ WIC-ga Oggolyahay

- Cabir Kasta
- Nooc walba oo baakadaysan (bac, Sanduuq, I.W.M.)
- Cunto dabiici ah waa Waa la oggolyahay

⊘ Ha iibsan

- Dufan lagu daray, Saliid ama cusbo
- Kuwa sokorta lagu daray, dextrose ama Macaan macmal ah
- Aan miro ahayn ama ama aan khudaar ku jirin (Baasto, Bariis, Jiis, I.W.M.)
- Khudaarta maraqa leh

Cabir kasta



Nooc kasta

- Wax kasta oo miro ama qudaar ah, ama isku darka cad

Gasacadaysan

✓ WIC-ga oggolyahay

- Cabir Kasta
- Weel kasta (Gasac, Dhalo, Caag)
- Cunto dabiici ah waa Waa la oggolyahay

⊘ Ha iibsan

- Dufanka miraha ee sharoobada
- Sokor lagu daray, dufan ama Saliida
- Khudaarta cagaaran
- Khudaarta la kareemeeyay
- Salsa
- Suugo (pizza, Baasto ama Yaanyo)
- Yaanyada la kariyey ama Yaanyo shiishiid
- Guacamole

Cabir kasta



Cabir kasta

- Wax kasta oo miro cad ah ama midho cad oo ku jira biyo ama casiir
- Wax kasta oo khudradda cad ama qudaar ah

Talooyinka adeega

Ikhtiyaaraadka badarka saafiga ah waxaa ka mid ah:

- Rooti: qamadi saafi ah iso badar saafi ah
- Baasto: qamadi saafi ah iso badar saafi ah
- Toortiila: Galay saafi ah iyo Corn
- Bariiska buniga ah

Rooti

Doorro Kalliya 16 oz (1 lb) Rootiga.

Cuntooyin badan oo kibis ah ayaa ka weyn 16 wiiqiyadood (1 rodol). Iyagu maaha WIC-ga oggolyahay. Si taxaddar leh u hubi miisaanka.

WIC-ga oggolyahay

- 16 wiiqiyadood (1 rodol) Rooti ismaris
- Qamadi saafi ah
- Qamadi saafi

16 Wiiqiyadood (1Rodol) Rooti Ismaris



Arnold

- Qamadi buunsho



Best Yet

- 100% Qamadi ah



Bimbo

- 100% Qamadi ah



The Bread Shed

- Sunflower Flax Qamadi ah



Central Market

- 100% Qamadi ah



Great Value

- 100% Qamadi ah



Hannaford

- 100% Qamadi ah



IGA

- 100% Qamadi ah



La Panciata

- Qamadi oo dhan iyo malab

Rootiga (waa sii socdaa)

16 Wiqiyadood (1 Rodol) Rooti Ismaris



Pepperidge Farm

- 100% Qamadi Safi ah Buunsho leh
- 100% Qamadi Safi ah aad qafiif u ah
- Nooc qafiif ah 100% Qamadi saafi
- Nooc Qafiif Qamadi qafiif ah
- Qamadi saafi Seeded Rye
- Swirl 100% Qamadi saafi Qarfo Sabiib



Pics by Price Chopper

- 100% Qamadi ah

Shaw's

- 100% Qamadi ah
- Aan cusbo lahayn 100% Qamadi Safi ah

Signature Kitchen

- 100% Qamadi ah
- 100% Qamadi Safi ah aan cusbo lahayn



Sara Lee

- Classic 100% Qamadi ah

Sunbeam

- 100% Qamadi ah

Wonder

- 100% Qamadi ah

Baasto qamadi saafi ah

✓ WIC-ga oggolyahay

- 16 Wiqiyadood (1 Rodol) Baakat
- 100% Qamadi Safi ah
- Qaab walba leh
- 100% Badar aj

16 Wiqiyadood (1 Rodol) Baakat



Barilla



Bella Terra



Bionaturae



DeLallo



Full Circle



Garofalo



Gia Russa



Great Value



Hodgson Mill



Luigi Vitelli



Mantova



O Organics



Racconto



Ronzoni



Shurfine

Toortiila

✓ WIC-ga oggolyahay

- 16 Wiqiyadood (1 Rodol) Baakat
- 100% Qamadi Safi ah
- Sabuul

Talooyinka adeega

Ma raadisaa toortiila? Ka raadi safka rootiga, Qeybta midabka, ama qeybta waxyaabaha tacos-ka

16 Wiqiyadood (1 Rodol) Baakat



Chi-Chi's

- Burka cad, Nooca taakaha
- Qamadi Safi, Nooca fajita



Great Value

- Qamadi Safi ah



Hannaford

- Qamadi Safi ah, Fajita



IGA

- Burka Cad
- Qamadi Safi, Nooca Taakada



La Banderita

- Sabuul
- Qamadi Safi, Fajita



Mission

- Qamadi Safi, Taakada Jilcan
- Qamadi Safi ah, Fajita
- Qafiif aad Sabuul jaale ah



Ortega

- Qamadi Safi ah



Shurfine

- Qamadi Safi, Nooca Fajita



Signature Kitchens

- Qamadi Safi ah

Bariiska buniga ah

✓ WIC-ga oggolyahay

- 14–16 wiqiyad baakat
- 28–32 wiqiyad baakat
- bac, bokis, iyo dhalooyinka
- Nooca dabiiciga ah

⊘ Ha iibsan

- Sokor lagu daray, Dufan , Saliid ama Cusbo

14-16 Wiqiyadood



Nooc walba

- caadiga
- Deg deg u karaaya
- Karis fudud
- Bac lagu karkarin karo

28-32 Wiqiyadood



Nooc walba

- caadiga
- Deg deg u karaaya
- Karis fudud
- Bac lagu karkarin karo

🛒 Talooyinka adeega

Waxaad dooran kartaa isku-dar ah kibis, baasto, tortillas iyo bariis si aad isugu qorto tirada guud ee isir-barafka-Digriiga-Baastada oo ku qoran liistada Lacagta Cuntada ee Qoyska. Waa kuwan laba



+



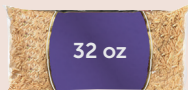
= 32 Wiqiyadood

One 16 Wiqiyad
Rooti is maris

One 16 Wiqiyad
Baakat Toortiila



+



= 48 Wiqiyadood

One 16 Wiqiyad
Bacda Baastada

One 32 Wiqiyad
Bacda Bariiska

Ukunta

✓ WIC-ga oggolyahay

- Hal darzan
- Dhexdhexaad, waaweyn
- Kafee ama Caddaan

⊘ Ha iibsan

- Horumarin ama khaas ah (Omega-3)
- Dabiici ah

Darzan, Dhexdhexaad iyo Weyn



Nooc walba

Cabitaanka canaaha baraxa

✓ WIC-ga oggolyahay

- Talaajada galay:
64 Wiqiyad ($\frac{1}{2}$ galaan)
- Miiska saaran:
32 Wiqiyad (1 rubac)

⊘ Ha iibsan

- Dabiiciga ah

Talaajada ku jira

64 Wiqiyad
($\frac{1}{2}$ galaan)



8th Continent

- Rasmiga
- Faniila



Silk

- Rasmiga

Iskaafaalo saarana

32 Wiqiyad
(1 rubac)



Pacific

- Barax rasmi ah
- Barax rasmi Faniila

Caanaha Lo'da

! Dooro wixii lagu oggolyahay

- Caanaha fur gaduudka Caruurta 12-24 bilood
- Dufanta ku yartahay (1%) and aand dufan lahayn (Barax) Caanaha Dumarka iyo Caruurta jirta 2 – 5 sano

✓ WIC-ga oggolyahay

- Biyo: Galaan, ½ galaan, and rubac
- Iskafaalada saaran: Rubac
- Caanaha budada ee aan dufatanta lahayn: 25.6 wiqiyad

⊘ Ha iibsan

- Horumarin ama khaas ah
- Dufanta ku yar (2%)
- Dabiici
- Dhadhan loo yeelay
- Dhalo ku jira

Biyo/Dareere

Galaan, ½ galaan, Rubac



Nooc walba

- fur gaduudka: Caruurta 12-24 bilood
- Dufanta ku yartahay (1%) ama aan dufan lahayn (Barax)
- aan Macaan lahayn

Iskafaalada saaran

Rubac



Nooc walba

Budada aan dufanta lahayn

25.6 wiqiyad (waxay la mid tahay 2 galaan)



Nooc walba

Caanaha Ariga

! Dooro waxa lagu oggolyahay.

- Caanaha fur gaduudka Caruurta 12-24 bilood
- Dufanta ku yartahay (1iyo aan dufan lahayn (Barax)
Caano dumarka iyo caruurta 2-5 Sano

✓ WIC-ga oggolyahay

- Nooca Meyenberg Kalliya
- Dareere ah: ½ galaan, iyo rubac
- Dufanta ku yartahay (1%) dareere: rubac
- Budo ah: 12 wiqiyad

Dareer/Biyo

½ galaan, Rubac



Meyenberg

- fur gaduudka:
Caruurta 12–24 Bilood

Rubac



Meyenberg

- Dufanta ku
yartahay (1%)

Budo ah

12 wiqiyad (waxa la mid tahay 3 Rubac)



Meyenberg

- fur gaduudka:
Caruurta 12–24 Bilood



Meyenberg

- Aan dufan lahayn

Jiis/Farmaajo

✓ WIC-ga oggolyahay

- 8 wiqiyad and 16 wiqiyad Baakat
- Caadiga ah
- Dufanta ku yaratahay
- Kuuskuusan
- Jarjarka Ameerikaanka

⊘ Ha iibsan

- La soo dhoofiyo ama la qaboojiyo
- Gabal gabal la isugu xeray
- Dabiici ah
- Dhadhan loo yeelay
- String ama la yaryareeyay
- Goobo gaar ah ama kaas ah

Kuuskuus

8 wiqiyad and
16 wiqiyad



Cheddar



Colby



Colby Jack



Monterey Jack



Mozzarella



Muenster

Fiino ah

8 wiqiyad and
16 wiqiyad



Yellow American



White American

Noocyada la oggolyahay



Best Yet



Borden



Cabot



Cappiello



Cracker Barrel



Crystal Farms



Dragone



Galbani



Great Value



Hannaford



Heluva Good!



IGA



Kraft



Lucerne



Maggio



Pics by Price Chopper



Polly-O



Sargento



Shurfine



Sorrento

Tofu

✓ WIC-ga oggolyahay

- 8 wiqiyad, 14 wiqiyad, iyo 16 wiqiyad baakat
- Dabiici waa la oggolyahay

8 wiqiyad, 14 wiqiyad, iyo 16 wiqiyad



Azumaya

- Silken
- aad u adag
- adag



O Organics

- adag
- Badeeco aad u adag
- adeeg dheeraad ah



Nasoya

- Silken
- aad u adag
- Jilicsan
- Si aad ah u adag
- adag
- Badeeco aad u adag



Vermont Soy

- Macaanka ku yaryahay
- Silken
- adag
- adag

Talooyink adeega

Isku diyaari xirmooyinka tofu si aad ugu darto tirada wadarta miisaanka (lbs) liistada Lacagta Cuntada ee

**1 lb
(16 oz)**



One 16 oz

OR



Two 8 oz

**4 lbs
(64 oz)**



Four 16 oz

OR



Four 14 oz + One 8 oz

**6 lbs
(96 oz)**



Six 16 oz

Caanaha Ciirta

! Dooro wixii lagu oggolyahay

- Caanaha fur gaduudka caanaha ciirta Caruurta 12-24 bilood
- Dufanta ku yartahay (1yo aan dufan lahayn ciirta) Dumarka iyo caruurta 2-5 Sano

✓ WIC-ga oggolyahay

- 32 wiiqiyad Tubooyin
- 8-Xirmo of 2 wiiqiyad Tubo leh
- Dabiiciga waa la oggolyahay

⊘ Ha iibsan

- buuj
- Macaan macmal ah

32 Wiiqiyad Tubooyin



Best Yet

- Dhadhan walba



Butterworks Farm

- Dhadhan walba



Cabot

- Dhadhan walba
- Cabot Greek: Dhadhan walba



Chobani

- Dhadhan walba



Dannon

- Dhadhan walba
- Oikos Greek: Dhadhan walba



Great Value

- Dhadhan walba

⊘ Ha iibsan

- Faniilaha aan dhadhanka lahayn



Green Mountain Creamery

- Dhadhan walba



Hannaford

- Dhadhan walba



Kingdom Creamery of VT

- Dhadhan walba

Caanaha Ciirta (waa sii socdaa)

32 wiiqiyad Tubooyin



Lucerne

- Dhadhan walba

Ha iibsan

- Faniila qafiif ah



O Organics

- Dhadhan walba



Open Nature

- Dhadhan walba



Pics by Price Chopper

- Dhadhan walba



Shurfine

- Dhadhan walba



Stonyfield Organic

- Smooth & Creamy: Dhadhan walba
- Greek: Dhadhan walba



Yoplait

- Original: Dhadhan walba

8-Xirmo of 2 wiiqiyad Tubo leh



Chobani

- Dhadhan walba



Stonyfield Organic

- YoKids Squeezers: Dhadhan walba

Talooyinka adeega

1 Lawska shiidan, Digirta ee ku jira liiska cuntada qoyskiina wuxuu macnaheedu yahay waad iibsana kartaa:

A

One 16–18 oz Dhalo
Laws shiidan

OR**B**

Four 15–16 oz Gasac
Digirta gasacadaysan


OR**C**

One 16 oz Bac digirta
qalalan, Misir

A Lawska shiidan

 **WIC-ga oggolyahay**

- 16–18 wiiqiyad Dhalo
- Jilcan / Kareem leh
- Waslady / Qallalan
- Caag ama dhalo ku jira

 **Ha iibsana**

- Dufanta ku yartahay
- Soodiyamka ku yartahay
- Dabiici ah
- Laws shiidan oo qaas ah
- Laws shiidan
- Dhadhan leh ama isku dhaf ah

16–18 wiiqiyad Dhalo



Nooc walba oo dukaanka yaala



Smuckers



Teddie



Jif



Peter Pan




Skippy

 **Ha iibsana**

- Simply Jif
- Natural Jif
- Reduced Fat Jif

 **Ha iibsana**

- Natural Peter Pan
- Reduced Fat Peter Pan

 **Ha iibsana**

- Skippy Natural
- Reduced Fat Skippy

B Digirta gasacadaysan

✓ WIC-ga oggolyahay

- 15–16 wiiqiyad Gasac
- Caadiga ah
- Soodiyamka ku yar
- Dabiiciga waa la oggolyahay

⊘ Ha iibsan

- Sokor lagu daray, dufan ama Saliid
- khudaar ku jirto, miro ama Hilib
- Dhadhan loo yeelay, daawo dhireed ama Xawaash
- Digirta caanaha ah

15 – 16 wiiqiyad Gasacyo



Nooc walba

- Nooc walba oo digir ah, misir ama faasuuliya

C Digir qallalan, Misir, iyo Faasuuliya

✓ WIC-ga oggolyahay

- 1 rodol bacdiiba
- Dabiiciga waa la oggolyahay

⊘ Ha iibsan

- Sokor lagu daray, dufan ama Saliid
- Dhadhan loo yeelay, daawo dhireed ama Xawaash
- Maraq lagu qasay

16 wiiqiyad Baakata



Nooc walba

- Nooc kasta oo digir ah, Misir ama Faasuuliya

Siiriyaal Kulul

✓ WIC-ga Oggolyahay

• Ku kala duwan cabirka

🌾 Badar

Ⓜ GF aan dhadhag lahayn

Eeg nooc walba/ alaabta loogu talagalay qiyaasta



Best Yet

🌾 Dhadhanka rasmiga ah ee mishaariyada
- 11.8 oz



Cream of Rice

Ⓜ GF aan dhadhag lahayn
- 14 oz



Cream of Wheat

• 1 dagiigo • 2 1/2 dagiigo
- 28 oz - 14 oz
- 18 oz
🌾 Hadar
- 28 oz



Farina

• Siiriyaal kulul ee qamadiga ah
- 18 oz
- 28 oz



Great Value

🌾 Dhadhanka rasmiga ah ee mishaariyada
- 11.8 oz



Hannaford

🌾 Dhadhanka rasmiga ah ee mishaariyadal
- 11.8 oz
• Siiriyaal khudradeed
- 28 oz



IGA

🌾 Dhadhanka rasmiga ah ee mishaariyada
- 11.8 oz



Malt O Meal

• Siiriyaal kulul ee qamadiga ah
- 18 oz
- 28 oz
- 36 oz



Maypo

🌾 Nooca malabka
- 14 oz
🌾 Nooca mishaariyada Vermont
- 19 oz



O Organics

🌾 Dhadhanka rasmiga ah ee mishaariyada
- 11.29 oz



Pics by Price Chopper

🌾 Dhadhanka rasmiga ah ee mishaariyada
- 11.8 oz

Siiriyaal kulul (waa sii socdaa)

Eeg nooc walba/ alaabta loogu talagalay qiyaasta



Quaker

🌾 Mishaariyada
asalka ah ee
bakaadaha
- 11.8 oz



Shurfine

🌾 Dhadhanka
caadiga ah ee
Mishaariyada
- 11.8 oz



Signature Kitchens

🌾 Dhadhanka
caadiga ah ee
Mishaariyada
- 11.8 oz



Talooyinka adeegashada

Isku diyaari xirmooyinka kulul ama qabow si aad ugu darto liisada kudheer ee ku qoran liistada Lacagta Cuntada ee Qoyska. Halkan waa afar siyaabood oo aad ugu iibsato ilaa 36 wiqiyadood oo siriyaal ah:



18 oz

+



9 oz

+



9 oz

=

36 oz



12 oz

+



12 oz

+



12 oz

=

36 oz



24 oz

+



11.8 oz

=

35.8 oz



15.8 oz

+



16 oz

=

31.8 oz

Siiriyaal qabow



WIC-Oggolyahay

- 9 Wiqiyad–36 Wiqiyad Baakat
- Badar ah
- Dhadhag aan lahayn

Qiyas walba laga bilaabo 9 wiqiyad – 36 wiqiyad

General Mills



Cheerios

- Ancient Grains
- Multi-Grain
- Original



Chex

- Blueberry
- Cinnamon
- Vanilla
- Corn
- Rice
- Wheat



Fiber One

- Honey Clusters



Kix

- Honey
- Berry Berry
- Plain



Total

- Original



Wheaties

- Original

Kellogg's



All Bran

- Complete Wheat Flakes
- Original



Corn Flakes

- Original



Crispix

- Original



Rice Krispies

- Original



Special K

- Original



Frosted Mini Wheats

- Touch of Fruit, Raspberry
- Little Bites
- Original

Siiriyaal qabow (waa sii socdaa)

Qiyas walba laga bilaabo 9 wiqiyad – 36 wiqiyad

Post



Great Grains

- 🌾 Banana Nut Crunch



Bran Flakes

- 🌾 Original



Grape Nuts

- 🌾 Flakes
- 🌾 Original



Honey Bunches of Oats

- With Almonds
- With Cinnamon Bunches
- Honey Roasted
- Pecan & Maple Brown Sugar
- 🌾 Vanilla Bunches
- 🌾 Honey Crunch
- 🌾 Almond Crunch

Quaker



Life

- 🌾 Original



Oatmeal Squares

- 🌾 Hint of Brown Sugar
- 🌾 Hint of Cinnamon

Sunbelt Bakery



Simple Granola

- 🌾

Siiriyaal qabow (waa sii socdaa)

✓ WIC-ga oggolyahay

- 9 wiiqiyad – 36 wiiqiyad Baakat

🌾 Badar

🌾 GF aan dhadhagg lahayn

Qiyas walba laga bilaabo 9 wiiqiyad – 36 wiiqiyad

Noocayada Dukaanka



Best Yet

- 🌾 Bite Size Frosted Shredded Wheat
- 🌾 Bran Flakes
- 🌾 Frosted Shredded Wheat
- 🌾 Nutty Nuggets
- 🌾 Toasted Oats
- Corn Flakes
- Crispy Rice
- Honey Oats & Flakes



Great Value

- 🌾 Bran Flakes
- 🌾 Frosted Shredded Wheat
- 🌾 O's
- 🌾 Multigrain O's
- 🌾 Wheat Squares
- Corn Flakes
- Corn Squares
- Crispy Rice
- Crunchy Honey Oats
- Crunchy Honey Oats w/ Almonds
- Rice Squares



Hannaford

- 🌾 Bran Flakes
- 🌾 Bite Size Frosted Shredded Wheat
- 🌾 Bite Size Strawberry Frosted Shredded Wheat
- 🌾 Easy Living Oat Squares
- 🌾 Frosted Shredded Wheat
- 🌾 Multigrain Tasteos
- 🌾 Nutty Nuggets
- 🌾 Toasted Wheat
- 🌾 Wheat Flakes
- Corn Flakes
- Crispy Rice
- Crispy Hexagons
- Oats & More with Almonds
- Oats & More with Honey
- Tasteos
- Toasted Corn Squares
- Toasted Rice Squares



Malt O Meal

- 🌾 Frosted Mini Spooners



Parade

- Corn Flakes
- Crisp Rice

Siiriyaal qabow (waa sii socdaa)

Qiyas walba laga bilaabo 9 wiqiyad – 36 wiqiyad

Noocayada Dukaanka



IGA

- Bite Size Frosted Blueberry Shredded Wheat
- Bite Size Frosted Shredded Wheat
- Bite Size Frosted Strawberry Shredded Wheat
- Bran Flakes
- Nutty Nuggets
- Toasted Oats
- Crispy Corn & Rice
- Crispy Rice
- Corn Flakes
- Corn Squares
- Honey Oats & Flakes
- Rice Squares
- Tasteos



Pics by Price Chopper

- Bran Flakes
- Frosted Shredded Wheat
- Good Choice Oat Crunch
- Nutty Nuggets
- Toasted Oats
- Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Toasted Corn Crisps
- Toasted Rice Crisps



Shurfine

- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Frosted Shredded Wheat
- Nutty Crunchers
- Toasted Oats
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crisp Rice
- Oats & More with Almonds
- Oats & More with Honey
- Rice Squares
- Twin Grain Crisp



Signature Kitchens

- Bran Flakes
- Crunchy Nuggets
- Frosted Shredded Wheat
- Live it Up!
- Toasted Oats
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets

Cabitaanka caruurta

✓ WIC-ga oggolyahay

- Iskafaalada saara 100% Cabitaan :
64 wiqiyad caag ku jira
- Cabitaan oranjo:
16 wiqiyad qabow concentrate
64 wiqiyad caagaga talaajada ku jira

⊘ Ha iibsano

- Dabiici ah

Iskafaalada saaran

64 wiqiyad caaga



Apple & Eve

- Dhadhan walba



Best Yet

- Tufaax
- Canab
- Bambeelmo
- Cananaas
- Canabka cad



Campbell's

- Yaanyo
- Yaanyo Soodiyam ku yaryahay



Great Value

- Tufaax
- Karanberi
- Karanberi Ruumaan
- Canab
- Yaanyo
- Khudaar
- Canabka cad
- Canabka cad Quuq



Hannaford

- Tufaax
- Beeri
- Karanberi Canab
- Karanberi Rasberi
- Canab
- Khudaar
- Canabka cad
- Bambeelmo cad



IGA

- Tufaax
- Canab
- Bambeelmo
- Canabka cad



Juicy Juice

- Dhadhan walba



Langers

- Tufaax
- Rubiga cas Bambeelmo
- Canabka cas
- Canabka cad

Cabitaanka caruurta (waa sii socdaa)

Iskafaalada saaran

64 wiiqiyad caaga



Mott's

- Tufaax
- Miraha Cherry
- Miraha Canbaha
- Tufaax Canabka cad



Northland

- Dhadhan walba



Old Orchard

- Tufaax
- Tufaax Miraha Beri
- Miraha berry
- Miraha Beri Ruumaan
- Canab
- Liin
- Quuq
- Canabka cad



Pics by Price Chopper

- Tufaax
- Miraha berry
- Miraha berry
- Miraha Berry Canab
- Miraha berry
- Canab
- Bambeelmo
- Cananaas
- Yaanyo
- Khudaar
- Canabka cad
- Canabka cad Quuq



Shurfine

- Tufaax
- Miraha Berry
- Miraha Berry Tufaax
- Miraha Berry Ruumaan
- Miraha Berry
- Canab
- Bambeelmo
- Liin
- Cananaas
- Yaanyo
- Khudaar
- Canabka cad



Signature Kitchens

- Tufaax
- Miraha Berry
- Miraha Berry
- Miraha Berry Ruumaan
- Miraha Berry
- Canab
- Bambeelmo
- Liin
- Cananaas
- Yaanyo
- Khudaar
- Canabka cad



V8 Vegetable

- Khudaar rasmi ah
- Aad u kulul Khudaar



Welch's

- 100% Canabka cad
- 100% Canabka gaduudan
- Canab
- Canabka cad Quuq

⚡ Ha iibsana

- qafiif
- Fiber lagu daray
- Calcium lagu daray

Cabitaanka caruurta (waa sii socdaa)

Cabitaan Liin Oranjo la qaboojiyay

16 Wiqiyad Rasiin



Nooc walba oo dukaanka yaala

- Best Yet
- Hannaford
- Price Chopper
- Shurfine
- Signature Kitchens



Minute Maid

- Rasmiga
- Nooca rasmiga ah ee Kaalsiyamka leh

Cabitaan Liin Oranjo talaajada ku jirta

64 wiqiyad caaga



Nooc walba oo dukaanka yaala

- Best Yet
- Great Value
- Hannaford
- IGA
- Price Chopper
- Shurfine
- Signature Farms



Hood



Natalie's



Thomas Dairy

Cabitaanka dumarka

✓ WIC-ga oggolyahay

- Caabitaan qabow ee aadka u macaan: xermada 11.5 - 12 wiqiyadood
- Iska faalada saaran 100% cabitaann: 48 wiqiyad caaga ku jira

⊘ Ha iibsan

- Dabiici ah

La qaboojiyay

11.5-12 Wiqiyad Gasac



Nooca walba dukaanka yaaala
Cabtiaanka liinta

- Best Yet
- Great Value
- Hannaford
- Price Chopper
- Shurfine
- Signature Kitchens



Dole

- 100% Cabitaan
- Dhadhan kasta



Minute Maid

- Liin
- Nooc kasta
- Bambeelmo



Old Orchard

- Calaamada cagaaran
- Dhadhan kasta



Welch's

- Calaamada jaalah
- Dhadhan kasta

Iskafaalada saaran

48 oz Dhalooyinka



Apple & Eve

- dhadhan kasta



Best Yet

- Canab



Juicy Juice

- dhadhan kasta



Northland

- dhadhan kasta



Shurfine

- Tufaax
- Canab
- Khudaar



Welch's

- Canabka dhiinka

Khudaarta iyo Miraha dhallaanka



Talooyinka adeega

Waxa jira xad ilaa 40 shey oo WIC-ga ah halkii mar oo aad wax ku iibsano karto. waxaad maskaxda ka haysaa marka aad iibsano cuntada dhallaanka

128 Wiqiyad Faa'ido = (32) 4 Wiqiyad Dhalooyin

256 Wiqiyad Faa'ido = (64) 4 Wiqiyad Dhalooyin



WIC-ga oggolyahay

- 4 Wiqiyad dhalo (kali and 2-iskugu xeran)
- Heerka 2 ama 2 cuntooyinka
- Miraha iyo khudaarta kala duwan
- Miraha iyo khudaarta kala duwan Isku dhafan



Ha iibsano

- Sokor lagu daray, Xaniin ama bariis
- Casho
- Kiish
- Macmacaan

4 oz Weelka (Kali and 2-iskugu xeran)



Beech-Nut Classics

- Kalli



Beech-Nut Naturals

- Kalli



Earth's Best Organic

- Kalli



Gerber

- 2-xabo



Gerber Organic

- Kalli



Happy Baby

- Kalli



O Organics

- Kalli



Pic Select Fresh

- 2-xabo

Miraha iyo khudrada cusub:

9 bilood jir, nus ka mid ah lacagta caydha cunugga ee la gooyey waxaa lagu bedeli karaa miraha iyo khudaarta cusub:

- \$4 qayb ahaan naas-nuujinta ama si buuxda u-quudinta dhallaanka
- \$8 ee loogu talagalay dhallaanka naas nuugaaya



Haddii ikhtiyaarkan aysan horey u lahayn liistada Faa'iidooyinka Cuntada Qoyska oo aad jeclaan lahayd, la xiriir xafiiska WIC ee xaafaddaada. waxaad ka helli kartaa macluumaadka xiriirka halkan healthvermont.gov/local.

Siiriyaalka dhallaanka



WIC-ga oggolyahay

- 8 Wiqiyad and 16 Wiqiyad Xirmo
- Hal iyo dhowr qof
- Dabiici waa la oggolyahay



Ha iibsana

- Lagu daray miro, Caano ama khudaar

8 Wiqiyad and 16 Wiqiyad Xirmo



Beech-Nut

- Badar
- Mishaariyo
- Badar dabiici ah
- Mishaariyo Dabiici ah
- Bariis



Earth's Best Organic

- Badar qamadi ah
- Mishaariyo qamadi ah
- Bariis qamadi ah



Gerber

- Barlay
- Badar
- Mishaariyo
- Dabiici Mishaariyo
- Bariis dabiici
- Bariis
- Qamadi saafi

Hooyooyinka sida buuxdau naasnuujinaaya iyo dhallaanka kalliya



Talooyinka adeegashada

Waxa jira xad ilaa 40 shey oo WIC-ga ah halkii mar oo aad wax ku iibsano karto. waxaad maskaxda ka haysaa marka aad iibsanaayso 77.5 ounce badarka = (31) 2.5 ounce dhalooyin

Hilibka Dhallaanka



WIC-ga Oggolyahay

- 2.5 Wiqiyad Dhalo
- Heerka 1 ama 2nd cuntooyinka
- Noocyo badan



Ha iibsano

- Sokor ama cusbo lagu daray
- Casho

2.5 Wiqiyad Dhalooyinka



Beech-Nut Classics



Earth's Best Organic



Gerber



O Organics

Kalluunka gasaca ku jiro



WIC-ga Oggolyahay

- Sizes noocyo badan
- ku jiro biyo ama
- Sardiniyada waxaa ku jiri kara lafo iyo Maqaar



Ha iibsano

- Toonada Albacore
- Toonada Cad
- Kiish

isku darka gasacyada oo noqonaayo ilaa 30 Wiqiyad

Toonada Cad



Nooc kasta
• 5 Wiqiyad

Saaradiin



Nooc kasta
• 3.75 Wiqiyad

Kalluun Salmon



Nooc kasta
• 5 Wiqiyad, 6 Wiqiyad and 7.5 Wiqiyad

Caanaha dhallaanka

Doorro waxa lagu oggolyahay kalliya.

Waa inaad soo iibsataa nooca saxda ah iyo weelka cabbirka ee caanaha dhallaanka ee ku qoran liistada Lacagta Cuntada ee Qoyska.

Haddii ilmahaagu u baahan yahay nuuc kale oo caano ah:



La xiriir Xafiiska WIC ee xaafaddaada si ay kaaga caawiyaan in aad badalato. waxaadna ka helli kartaa halkan healthvermont.gov/local.

Marka uu weynaado canugaaga:

- WIC-ga wuxuu ku siinayaa caano ku filan si loo daboolo baahida ilmaha. Marka ilmaha sii weynaado uu bilaabo in uu wax badan cabo, waxaad u baahan doontaa in aad iibsato caano badan.

Barnaamijka WIC-ga Vermont
Waaxda Caafimaadka Vermont
108 Cherry Street, PO Box 70
Burlington, VT 05402

healthvermont.gov/wic

wic@vermont.gov
800-649-4357
802-863-7333

Sida waafaqsan sharciga xuquuqda madaniga ah ee Federaalka iyo U.S. Department of Agriculture (Waaxda Beeraha Maraykanka USDA) shuruucda madaniga iyo xeerarka, USDA, wakaaladaheeda, xafiisyada, iyo shaqaalaha, iyo hay'adaha ka qayb galaya ama maamulaya barnaamijyada USDA waxaa ka macnuuc ah takoorida ku salaysan isirka, midabka, asalka qaran, sinjiga, naafanimada, da'da, ama hawlaha ay qabato ama ay maalgeliso USDA.

Dadka naafada ah ee u baahan qabaab kale oo wada xidhiidhka macluumaadka barnaamijka ah (tusaale, Farta qoraalka Indhoolaha, daabacaad wayn, cajalado la dhegaysto, Luqadda Dhegoolayaasha Maraykanka, iwm) waa in uu la xidhiidhaa wakaalada (Gobol ama Degmo) halka ay ka codsadeen dheefaha. Shakhsiyaad dhegaha la', ee maqalku ku adagyahay ama qaba naafanimada hadalka ah waxay kala soo xidhiidhi karaan USDA iyagoo u soo mraya Federal Relay Service (Adeegga Dadka Indhaha la' iyo Dadka aan Saani u Hadal) lambarkan (800) 877-8339. Intaa waxaa sii dheer, macluumaadka barnaamijka waxaa lagu heli karayaa luqaddo aan Ingiriis keliya ahayn.

Si loo gudbiyo barnaamij cabashada takoorka ah, buuxi USDA Program Discrimination Complaint Form (Foomka Cabashada Barnaamijka Takorka USDA), (AD-3027) oo onlayn ahaan lagu helo: http://www.ascr.usda.gov/complaint_filing_cust.html, iyo xafiis kasta oo USDA ah, ama warqad ku socota USDA oo ku bixi warqadda dhammaan macluumaadka lagu codsaday foomka. Si loo codsado nuqul foomka cabashada ah, soo wac (866) 632-9992. U gudbi foomkaaga la buuxiyay ama warqadda USDA:

- (1) boostadda:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

- (2) fagas: (202) 690-7442; ama

- (3) iimayl: program.intake@usda.gov.

Hay'adani waa adeeg bixiye fursadeeda loo siman yahay.