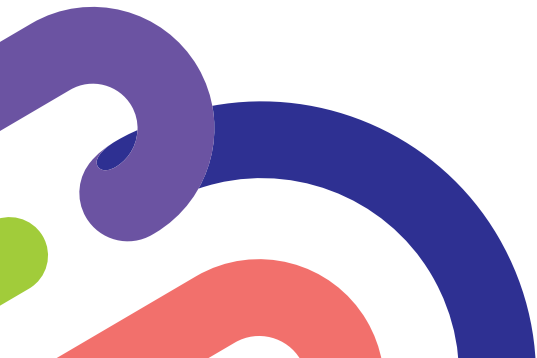




HAGAHA DUKAAMAYSIGA EE WASHINGTON

DHAQAN GAL AH OKTOOBAR 2023



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TILMAAMAHA DUKAAMAYSIGA

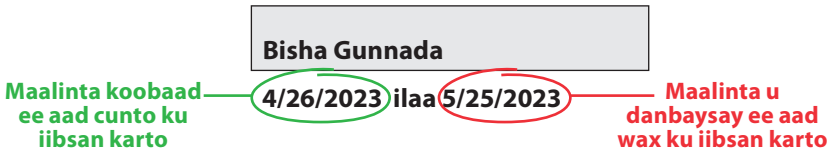
XILI HORE SII QORSHEE KAHOR INTAADAN DUKAAMAYSAN

Fiiri si aad u aragto noocyada cuntooyinka aad ku heli karto gunnooyinkaaga WIC. Halkaan ayaad ka haysaa labo qaab oo aad arintaan u samayn karto:

- Wac lambarka ku qoran dhabarka danbe ee kaarkaaga WIC.
- Adeegso ablikeeshinka WICShopper. Ka diiwaan geli karkaaga WIC, kadibna arag gunnooyinka hadda aad haysato ee ku hoos jira qaybta **My Benefits (Gunnooyinka)**.

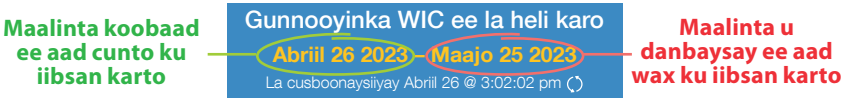
Xaqiiji in gunnooyinku ay furan yihiin maalinta aad qorshaynayso inaad dukaamaysato:

- Fiiri liiska dukaamaysiga WIC ee aad ka heshay xaruntaada WIC.



AMA

- Adeegso ablikeeshinka WICShopper, diiwaan geli kaarkaaga WIC, kadibna arag qaybta My Benefits.



Samayso liiska dukaamaysiga kadibna fiiri cuntooyinka WIC kuu oggoshahay:

- Tasmadaan Dukaamaysiga ee WIC ayaa kaa caawinaysa inay ku tusto cuntooyinka ku jira "libso" ama "Ha libsan."
- Ablikeeshinka WICShopper ayaa kuu sahaaya inaad raadiso noocyada cuntooyinka WIC oo gaar ah. Tusaale ahaan, haddii uu jiis kuugu jiro liiska My Benefits:
 - » Ku dhufo dusha jiiska oo raadi jiiska aad rabto si aad u aragto inay tahay cunto ay WIC oggoshahay.
 - » Waxaad arkaysaa jiiska ka yimid shirkada aad ku iibsano karto gunnooyinkaaga WIC.

Raadso Dukaan:

- Adeegso ablikeeshinka WICShopper si aad u hesho dukaan WIC kamid ah oo ku yaala aagaaga.
- Raadi dukaamada ay daaqadooda ku dhegan tahay calaamada "WIC Accepted Here (WIC waa laga ogol yahay halkaan)".

Ka taxadar lacagta bacda dukaanka cuntada:

- Bacaha waxaa qarashkooda qaba dukaanka keliya haddii aad u adeegsanayso kaarkaaga WIC si aad alaabta ugu iibsato.

Haddii kale

- Waa inaad iska dhiibtaa lacagta bacda dukaanka, haddii ay jirto.
- Ama**
- La imoow bacahaaga shaqsigu ah ee aad dib u isticmaali karto

TILMAAMAHA DUKAAMAYSIGA

ADEEGSO QALABKA WIC INTAAD DUKAAMAYSANAYSO

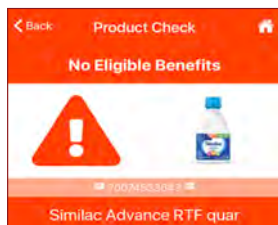
Hagaha Dukaamaysiga ee WIC

- Adeegso tasmadaan illaa aad kala qabsato cuntooyinka ay WIC oggoshahay.
- Haddii aad haysato taleefoon casri ah, nooca casriga ah ee Tasmada Dukaamaysiga ayaa ku jirta ablikeeshinka WICShopper ee qaybta “WIC Allowable Foods (Cuntooyinka ay WIC Oggoshahay)” iyo websetkeena WIC oo ah doh. wa.gov/WIC/WICFoods.

Ablikeeshinka WICShopper

Xaqijii haddii cunto ay tahay mid WIC oggoshahay:

- Ku iskaan garee koodhka iibka taleefankaaga casriga ah ama geli 12 ka god ee UPC.
- Ablikeeshinka ayaa ku tusaaya haddii cunto ay tahay **WIC Allowed (Cunto WIC Oggoshahay)** ama **Cunto Aysan WIC Oggolayn**.
- Haddii aabku muujiyo **No Eligible Benefits (Ma jiraan Gunnooyin u Qalma)**, markaas ama ma haysatid gunnooyin kugu filan ama gunnooyinka saxda ah oo aad ku helayso ma haysatid.



Xog Muhiim ah! Ablikeeshinku ma aqoonsan karo inta badan miraha iyo khudaarta asalka ah xataa haddii ay baarkoodh leeyihiin. Cuntooyinka waxay iskaan uga muuqan doonaan sida “Not a WIC Item” inkastoo inta badan cuntooyinka ddarayga ah ay WIC oggoshahay. Ka fiiri bogga 16 aad ee tasmada si aad u aragto waxa aad u baahan tahay inaad ogaato.

WAXA AY TAHAY INAAD OGAATO MARKA AAD DUKAAMAYSANAYSO

Kaliya iibso cuntooyinka WIC ee aad u baahan tahay:

- Uma baahnid inaad gadato dhammaan cuntooyinkaaga WIC hal mar.
- Waxaad dukaamaysan kartaa si joogto ah markaad u baahato inta u dhaxaysa maalintaada koowaad iyo maalintaada ugu danbaysa ee muddada gunnada.
- Qasab maaha inaad hesho gunnooyinka WIC oo aadan doonayn.

Haddii aan dukaanku hayn cunto gaar ah oo WIC oggoshahay oo aad doonayso:

- Dukaamada loogama baahna inay qaataan dhammaan cuntooyinka WIC ansaxisay.
- Waad waydiin kartaa dukaanka haddii ay sheey kuu dalbi karaan.
- Fiiri cuntooyinka yaala dukaan kale.

Iskuday inaad isticmaasho gunnooyinka kahor Maalinta u danbaysay ee aad wax ku iibsano karto:

- Taasi waxay shaqaalaha WIC siinaysa waqti ku filan oo ay ku xaliyaan caqabado kasta.

Waxaad heli kartaa kaararka qiimo dhimista dukaanka ama shirkada cuntada, sida:

- Mid iibso, mid kalana bilaash ku qaado
- Kaarka qiimo dhimista ee shirkada cuntada (tusaale, Darigold)
- Gunnooyinka kaarka macmiilka ku xiran dukaanka
- Waxyaabaha qaaska ah ee dukaanka

Waad isticmaali kartaa waxyaabahaan gaarka ah ee aan ahayn cuntooyinka WIC. Tusaale ahaan, haddii Kellogg ay leedahay heshiis aad ku iibsano karto hal seeriyaalka oo quraacda ah oo aadna heleyso mid bilaash ah, waxaad u adeegsan kartaa gunnooyinka WIC inaad ku iibsato Rice Krispies kadibna waxaad helaysaa seeriyaal kale oo ah mid kuwa WIC oggoshahay ama aysan ogolayn.

FAHMIDA CABBIRADA BAAKADAHA CUNTADA

WIC ayaa qeexday xajmiyada baakadaha cuntada waayo WIC waxay doonaysaa inay xaqiijiso inaad hesho dhammaan gunnooyinkaaga cuntada. Tusaale ahaan, WIC waxay oggoshahay galaannada, nus galaano, iyo rubacyo. Jaleecada koowaad, arrintaan ayaa u muuqan karta wax fudud in la fahmo. Illaa aad ka ogaato in noocyo caano ah aysan isticmaalayn xajmiga ay WIC ogolaatay. Nus galaan caano ah waa inuu ku jiraa 64 oz si WIC u ogolaato. Wali noocyada qaar ayaa kaliya ka kooban 54 oz oo caano ah.

Ablikeeshinka WICShopper ayaa si dhaqsa ah u hubin kara haddii shay la oggolyahay. Miiska hoose wuxuu muujinayaa xajmiyada loo cajimay baakadaha WIC.

XAJMIYADA BAAKADA CUNTADA EE CAADIGA AH IYO ERAYADA LASOO GAABIYAY

Baakada Cuntada Dareeraha ah	Wiqiyood (oz)	Liitar (L) ama Mililitar (ml)
1 Galaas barkiis	32 oz	946 ml
Bar (1/2) Galoon	64 oz	1.89 L
1 Galoon	128 oz	3.78 L
Baakada Cuntada Adkaha ah	Wiqiyood (oz)	Garaam (g)
Bar (1/2) Baawn	8 oz	226 g
1 Baawn (lb)	16 oz	453 g
2 Baawn (lbs)	32 oz	907 g

TILMAAMAHA DUKAAMAYSIGA

QAYBTA LACAG BIXINTA EE DUKAANKA

Ka sooc cuntooyinka WIC waxyaabaha kale ee aad iibsano:

- Arrintaan ayaa ku caawinaysa haddii cunto aysan ku jirin WIC sidii aad filaysay. Waxaad awoodi doontaa inaad oggaato sheeyga si dhakhso ah.
- Geli cuntooyinkaaga aadka qaalgiga u ah qaybta hore ee rakada iibka. Qaabkaas haddii aad kaliya haysato gunnooyin kugu filan si aad u dabooشو mid kamid ah alaabaha, WIC ayaa dhiibaysa qarashka sheeyga ugu qaalisan.
- Waxaa jira xadiga 50 sheey marka aad adeegsanayo karkaaga WIC. Haddii aad qorsheynayso inaad iibsato cunto aad u faro badan iskumar, u sheeg qasnajiga inuu u kala sooco alaabtaada iibab kaladuwan.

Mari mashiinta Kaarkaaga WIC kadibna geli BIIN-kaaga:

- Haddii sheey cunto ah uusan ku jirin WIC sidaad filaysay, qasab maaha inay sheeyga gadato.
- Waxaad dooran Kartaa inaad dhiibto qarashka cunto kasta oon ku jirin WIC Supplemental Nutrition Assistance Program (adoo adeegsanaaya (Supplemental Nutrition Assistance Program, SNAP, Barnaamika Caawimaada Cuntada Dheeraadka ah), kaash, kaarka kaashka, daynta) ama inaad iska celiso.

RISIIDYADA WIC

8 oz	Whole grains
1.75 CTR	Beans, dry or canned
39.5 OZ	Cereal - hot / cold
0 CTR	Peanut butter / beans
30 OZ	Fish - canned

** End of Beginning Benefit Balance **

 * eWIC Benefit Redemption/Purchase *

0.25 CTR	Beans, dry or canned	
1 S&W RED KIDNEY BNS		1.39
17 OZ	Fish - canned	
1 CHKN OF SEA TUNA		2.99
1 OPN NAT CHUNK		1.99

** End of Benefit Redemption/Purchase **

+++ Remaining eWIC Benefits +++

8 oz	Whole grains
1.5 CTR	Beans, dry or canned
39.5 OZ	Cereal - hot / cold
0 CTR	Peanut butter / beans
13 OZ	Fish - canned

Benefits Expire MIDNIGHT on 5/25/2023

Qaybtaan waxaad kahelaysaa cuntooyinka kaarka kuugu jira kahor intaad ku dukaamaysan. Cuntooyinka qaar waxay kuqoranyihiin miisaanka ounces, qaar waxaa looayaqaanaa qasacado, miraha iyo khudaartuna waxay kucabiranyihiin qimahooda doolarka.

Qaybtaan waxaad ka helaysaa liiska cuntooyinka aad gadatay.

Qaybtaan waxaa kuqoran liiska baaqiga lacagta kuuhartay. Kuwaani waa cuntooyinka WIC ee kuu haray si aad wax ugadato ilaa maalinta ugu danbaysa ee bisha.

Tani waxay muujinaysaa maalinta ugu danbaysa ee aad iibsan karto cadadka soohara ee cuntooyinkaaga WIC bishaan. Gunooyinkaaga **xiga** ee WIC waxay diyaar unoqonayaan inaad adeegsato marka la gaaro 12:01 a.m.maalinta xigta.

TILMAAMAHA DUKAAMAYSIGA

Waa inaad haysato koobiyada risiidyadaada.

Haddii aad su'aalo qabto, risiidyada waxay ka caawinayaan shaqaalaha inay raadshaan waxa dhacay.

Waxa aad sawir ka qaadan kartaa risiidyada kadibna waxaad ku seef garaysan kartaa taleefankaaga ama waxaad risiidyada ku haysan kartaa Aqoonsiga WIC iyo sanduuqa Kaarka.

Xog Muhiim ah! Risiidyada baaqiga kaarka WIC ee lagu daabacay dukaanka **ma muujinayaan dhammaan noocyada cuntooyinka la ogolyahay**. Tusaale ahaan, haddii risiidka baaqigu muujinaayo "Milk - 1% Nonfat and Soy (Caano - 1% Aan dufan lahayn iyo Sooy)," waxay ka dhigan tahay inaad heli karto waxyaabaha soo socda:

- Dhammaan caanaha WIC oggoshahay ee dufanku ku yaryahay (1%) iyo kuwa aan dufanka lahayn (0%, sifaysan, aan dufanka lahayn) ama dookhyada cabitaanka Sooy ee ku jira liiska Tasmadaan Dukaamaysiga ee WIC. Tan waxaa ku jira:

Caanaha lo'da – Bilaa dufan/aan lahayn dufan (0%) iyo kuwa dufanku ku yar yahay (1%)

- Dareere
- La karkariyay/ la qasacadeeyay
- Laktoos aan lahayn
- Cabbitaanka macmacaanka kefir
- Qalalan/ boore
- Bakteeriyada yoogarka
- Subaga caanaha

Caanaha Riyaha – Duxdu Ku Yartahay

- Dareere

Cabitaanka Sooyaha

Hoos waxaad ka helayasaa tusaalaha waxa ka muuqda liiska dukaamaysiga ee WIC ee xaruntu soo saartay marka loo eego waxa ka muuqda risiidka baaqiga ee Kaarka WIC ee dukaanku bixiyo.

Liiska Dukaamaysiga ee Xarunta WIC:

Benefit Month	Serial Number	Quantity	UOM	Description
4/26/2023 thru 5/25/2023	998833	\$11.00	\$\$\$\$	Fruit and Vegetables – Cash Value Voucher
	998833	16	Ounce	Whole Wheat Bread or Whole Grains
	998833	2	Dozen	Eggs – all WIC
	998833	2	CTNR	Peanut Butter/Beans All WIC
	998833	6	Gallon	Milk or Soy(1% & Nonfat) All WIC – Cow,Goat,Soy

Risiidka Dukaanka:

WIC EBT Benefit Balance Receipt

Date: 5/4/2023 Time: 05:27PM

11.00 \$\$\$ Fruit & Veg - WIC

16 OZ WW Bread/Whl Grn - WIC

2 DOZ Eggs Dozen - WIC

2 CTR PB/Beans - WIC

6 GAL Milk - 1% Nonfat Soy

These Benefits expire at MIDNIGHT on 5/25/2023

*** End of benefit balance receipt ***

TILMAAMAHA DUKAAMAYSIGA

MARKA WIC AYSAN UBIXIN CUNTOOYINKA SIDI LAGA FILAYEY

Haddii aad su'aalo ka qabto sababta aysan cunto ugu jirin gunnooyinka WIC:

- Sawir ka qaad cuntada ama Hayso koobiyada dhammaan risiidyada haddii aad soo iibsaday.
- Akhri qaybaha "libso" iyo "Ha iibsan" ee Tasmada Dukaamaysiga si aad u aragto sababta aan cuntadu u ahayn mid WIC oggoshahay.
- Haddii miraha iyo khudaarta cusub aysan ku jirin, u sheeg WIC. Dukaannadu waa inay u sameeyaan koodhka WIC miro iyo khudaar kasta xataa haddii ay leeyihiin baarkoodh. Haddii uusan lahayn koodhka WIC kaarkaada ma aqoonsan doono cuntada meesha lacag bixinta.
- Waydii xaruntaada WIC ama codsi u dir xafiiska gobalka ee WIC adoo:
 - » Adeegsanaaya qaybta "I couldn't buy this (Ma iibsan karo sheeygaan)" ee ablikeeshinka WICshopper.
 - » limeel noogusoo dir wawicfoods@doh.wa.gov. Waxaan u baahan doonaa inaan ogaano waxyaabaha soo socda:
 - » Magaca dukaanka iyo goobta.
 - » Taariikhda aad iskudayday inaad iibsato sheeyga.
 - » Lambarka kaarka WIC.
 - » Qeexitaanka sheeyga—Risiidyada, ama sawiro nadiif ah, ama xogta ugu badan ee suurtagalka ah. Haddii xogta la keeno halki laga keeni lahaa risiido ama sawiro, waxaa aan ubaahanahay kuwa soo socda:
 - ▶ nooca cuntada (caano, boorash, iwm.)
 - ▶ magaca cuntada/nooca
 - ▶ xajmiga baakada
 - ▶ 12-god ee UPC (lambarka baarkoodhka)

Tusaale ahaan: Boorash, Bob's Old Fashioned Rolled Oats, 32 oz size, UPC 039978021540

Ayada oo ay kuxiran tahay dukaanka, waxaa sidoo kale awoodaa in aad karaadiso sheyga oonlayn ahaan oo aadna noosoo dirto lifaaqa.

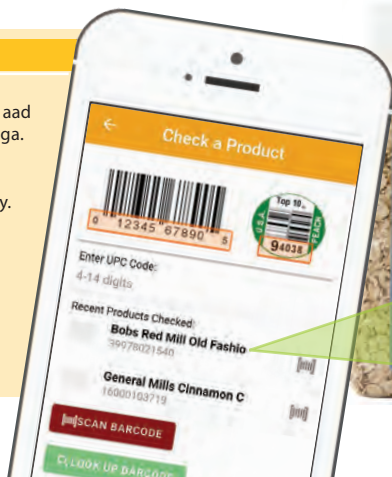
06S00N00W

WIC waxay si joogto ah u cusbooneysiisaa cuntooyinka aad ku iibsan karto gunnooyinkaaga.

Mar kasta iskaanka mari badeecada si aad u xaqiijiso inay tahay mid WIC oggoshahay. Xaqiiji inaad iskaanka mariso baarkoodhka ku qoran badeecada aadana marin baarkoodhka qaanada. Tan ayaal xaqiijinaysa in abku ku siiyo xogta saxda ah.



Key Enter UPC



BADARKA CARRUURTA

IIBSO

Waa inay noqotaa

8 oz ama 16 oz

Qalalan

Summadahan:

Beech-Nut

Earth's Best

Gerber

Noocyadaan:

Barley

Multigrain

Oatmeal

Whole grain

Organic

Non-organic

Natural



HA IIBSAN

Waxa lagu daray:

Dacmada, khudrada, ama foomyulada

Cuntadda aan dheefshiidmin, cuntadda aan dheefshiidmin, ama DHA

Qasacad, dhalo yar, ama kiishash

Bariiska Seeriyaal

Adeega keliya ama baakadaha kaliga ah

CUNTADDA ILMAHA – KHURADA IYO KHUDDARTA

IIBSO

Waa inay noqotaa

Marxaladda 1 aad ama 2 aad

Miraha iyo khudaarta caadiga oo kaliya oon wax lagu darin

Xajmiyada:

Garaafaha dhalada ah/qasacyada caaga ah ee 4 oz ah

2 oz oo weel caaga ah oo laba baakad ka kooban (4 oz wadarta guud)

4 oz oo weel caaga ah oo laba baakad ka kooban (8 oz wadarta guud)

bokisyada ay ku jiraan baakadaha badan

Summadahan:

Beech-Nut

Earth's Best Organic

Gerber

Happy Baby Organic

O Organics

Tippy Toes

Wild Harvest Organic

Waxaad Dooran Kartaa

Isku darka miraha iyo khuddarta, dabiiciga, iyo kuwa warshadeysan

HA IIBSAN

Waxa lagu daray:

Badarka/miraha - Badarka quraacda, Oats, bariis, ama baasto

Geedo dhaqameedka tusaale Qorfaha

Hilibka

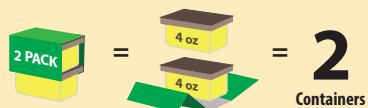
Macaan ama sonkor

Kiishashka

Marxalada 3 aad

TILMAAMAHA DUKAAMAYSIGA

Marka la iibsanayo khudrada cuntadda ilmaha iyo khuddarta, 2 xidhmo ayaa loo tiriyaa 2 weel.



CUNTADDA CARRUURTA – HILIBKA



ILMAHA SIDA BUUXDA LOO NAAS-NUUJIYO KELIYA

IIBSO

Waa inay noqotaa

Hilibka keliga ah keliya
Marxaladda 1 aad ama 2 aad
2.5 oz oo dhalo yar ah

Summadahan:

Beech-Nut
Gerber
O Organics
Tippy Toes
Wild Harvest

Waxaad Dooran Kartaa

Organic
Non-organic
With broth or gravy

HA IIBSAN

Waxa lagu daray:

Dacmad, sonkor, ama xawaash
Badarka, xubuubka, ama baasto
daqiiq laga sameeyay
Khudrada ama khuddaarta
Ulaha hilibka
Dinners
Marxalada 3 aad

FOORMULA

libso keliya summada, nooca, xasmiga qasaca, iyo qadarka caanaha ilmaha ee ku qoran liiska Gunnooyinka WIC. Haddii aad rabto xog ku saabsan Cuntooyinka carruurta WIC oggoshahay, booqo www.doh.wa.gov/WICFoods/InfantFormula, ama wac 1-800-841-1410.



Raadi astaanta dhammaan tasmada. Calaamadu

waxay muujinaysa noocyada cuntooyinka WIC ee loo kordhiyay hooyooyinka naas- nuujinaaya ilmo. Haddii aad si buuxda ilmo u naas- nuujinayso, waxaad sidoo kale helaya kalaun ilmahaaga yarna waxa uu heli doonaa hilibka cuntada ilmaha.

Naasnuujinta waxay siisaa hooyooyinka iyo ilmaha faa'iidooyinka caafimaadka cimri dheerida.





IIBSO

Waa inay noqotaa

15 oz ama ilaa 16 oz

Saafi ah digirta ama digirta dufanka kuyar saafi ah

Waxaad dooran Kartaa

Summad kasta

Soodhiyam hoose ama la yareeyay

Qasacyo gaar ah ama 4 baakad

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin



HA IIBSAN

Waxa lagu daray:

Dacmada ama hilibka

Malabka, sharoobooyinka, cabbitaanka macaanka, sonkorta, ama waxyaabaha kale ee wax lagu macaaneeyo

Faasuuliyaha la dubbay

Saladhka faasuuliyaha

Faasuuliyaha laamaha la cuno

Faasuuliyaha jili

Cagaar ama faasuuliyaha canjo ah

Faasuuliyaha isku jirka ah

Faasuuliyaha maraq

Shumburo

Kiishashka

DUKAAMAYSIGA DIGIRTA IYO AMA BURCADKA LAWSKA

Waxaad dooran Kartaa digir qasacadaysan, digir la qalajiyay, ama subaga lawska oo aad ku helayso gunnooyinkaaga WIC.

Dooro xajmiga saxda ah! 1 CTR oo burcadka lawska ah/digir qalalan ama qasacadaysan =



AMA

16 oz



AMA

16 oz



15–16 oz oo qasacado ah

Iibsiga Digirta Qasacadaysan Haddii aad doorato inaad iibsato digir qasacadaysan, 1 qasac (CTR) oo ku jira liiska dukaamaysiga = 4 qasac oo digir ah. Waa qasab inaad iibsato afarta qasac ee digirta ah si aad u xaqiijiso inaad hesho dhammaan gunnooyinkaaga WIC.

Hal qasac oo digir ah = **.25 CTR**

Labo qasac oo digir ah = **.50 CTR**

Saddex qasac oo digir ah = **.75 CTR**

Afar qasac oo digir ah = **1.0 CTR**



FAASUULIYE/SHUMBURO/MISIR – LA QALAJIYAY

IIBSO

Waa inay noqotaa

Baakad 16 oz ah

Waxaad dooran Kartaa

Summad kasta

Nooc kasta

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin



HA IIBSAN

Marka lagu daro damcada ama xawaashka

Bogosyo

Heed

Fasuuliye iyo isku jir bariis

Wax badan (lagu iibiyo miisaanka)

Siidh cabbitaanalaga sameeyo

Mirta bunka

Fassuuliyaha faasuuliy dib loo dubbay

Farro (noocyo dhirta qamandiga ah)

La qalajiyay

Faasuuliyaha cagaarka

Shey Dhaxal ah

Miraha geedka Quinoa

Soo baxa ama soo fuura

Maraq ama isku jir maraq

DUKAAMAYSIGA DIGIRTA IYO AMA BURCADKA LAWSKA

Haddii aad doorato digir qalalan, 1 qasac (CTR) = baakad 16 oz ah oo digir qalalan ah.

Ka fiiri bogga 9 hadaad rabto xog dheeraad ah.

IIBSO

Waa inay noqotaa

9, 11, 11,8, 12, 12,7, 14, 14,3, 14,5, 15, 15,2, 15,5, 16, 18, 20, 20,5, 21, 21,5, 21,7, 22, 24, ama 36 oz

Kaliya magacyadan iyo noocyadan:

W = seeriyaalka haruurka guud

Essential Everyday

Corn Flakes
Crispy Rice
Crunchy Corn Squares
Crunchy Oat Square
Crunchy Rice Squares
Crunchy Wheat Squares (W)
Oats More w/ Honey
Tasteos (W)

Food Club

Corn Flakes
Corn Squares
Crisp Rice
Frosted Shredded Wheat, Bite Size, ama Strawberry (dhammaan W)
Honey & Oats with Almonds
Honey & Oats with Oat Clusters
Rice Squares
Toasted Oats (W)
Twin Grain Crisps
Wheat Squares (W)

General Mills

Cheerios: Plain (W), Multigrain (W)
Chex (dhammaan W): Miraha canabka, Qorfe, Galley, Bariis, ama Qamadi
Kix: Berry Berry, Malab (W), ama Original (Saafi) (W)
Whole Grain Total (W)

Great Value

Corn Squares
Rice Squares

Kelloggs

All-Bran Complete Wheat Bran Flakes (W)
Corn Flakes
Crispix
Frosted Little Bites ama Mini Wheats Original (W)
Frosted Mini Wheats BS Blueberry, Mix Berry, ama Strawberry

Rice Krispies (Plain)

Burutiinka asalka ee khaaska ah (W) ama Malabka Almond Badarki Hore (W)

Kroger

Bran Flakes (W)
Corn Flakes
Crispy Rice
Honey Crisp Medley w/ Almonds
Oat Squares (W)
Rice Bitz
Toasted Oats (W)

Malt-O-Meal

Frosted Mini Spooners (W)

Market Pantry

Toasted Rice

Post

Grape Nuts Flakes (W) or Original (W)
Great Grains Banana Nut Crunch (W)
Cunooyinka Malabka leh ee Yicibta Almonds (W) ama Malab la Dubay(W)

Quaker

Oatmeal Squares Brown Sugar, Cinnamon, Golden Maple, ama Honey Nut (dhammaan W)

Signature Select

Corn Flakes
Corn Pockets
Crispy Rice
Oats More w/ Almonds ama Honey
Rice Pockets
Toasted Oats (W)

HA IIBSAN

Bacaha ama Biibabka

TILMAAMAHA DUKAAMAYSIGA

Arag “Tilmaamaha loogu talagalay iibsiga Seeriyaalka Quraacda ee WIC” si ay kaaga caawiyaan helista seeriyaal iyo xajmiyada baakadaha ku haboon qoyskaaga. Ka fiiri bogga 12 tusaaleyaasha qaar.

SEERIYAALKA QURAACDA – KULAYL

IIBSO

Waa inay noqotaa

9, 11, 11,8, 12, 12,7, 14, 14,3, 14,5, 15, 15,2, 15,5, 16, 18, 20, 20,5, 21, 21,5, 21,7, 22, 24, ama 36 oz

Kaliya magacyadan iyo noocyadan:

W = seeriyaalka haruurka guud

Boorash

Essential Everyday Oatmeal Instant Original 12 packets (**W**)

Food Club Oatmeal Instant Original 12 baakadood (**W**)

Great Value Instant Oatmeal Regular 12 baakadood (**W**)

IGA Oatmeal Instant Original 12 baakadood (**W**)

Kroger Oatmeal Instant Original 12 baakadood (**W**)

Quaker Oatmeal Instant Original 12 baakadood (**W**)

Rice

Cream of Rice

Cream of Rice Instant

Wheat

Cream of Wheat (Islamarkii ama 2½ daqiiqo)

Cream of Wheat Whole Grain (Islamarkii ama 2½ daqiiqo) (**W**)

Malt O Meal Original



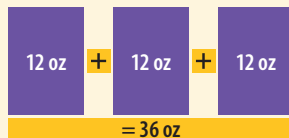
HA IIBSAN

Kiishash

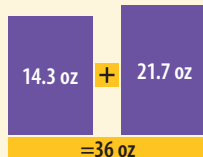
Dhululubooyin

TILMAAMAHA DUKAAMAYSIGA

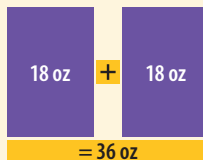
Arag buug tusmeedka ku jira abka WICShopper ama oonlaynka oo ciwaankiisu yahay "Tilmaamaha loogu talagalay libsiga Seeriyaalka Quraacda ee WIC". Wuxuu kaa caawin karaa helista seeriyaal iyo xajmiyada baakadaha ku haboon qoyskaaga.



AMA



AMA



Iskudarka kale ee 36 oz:

9 + 9 + 9 + 9	14.5 + 21.5
11 + 11 + 14	15 + 21
11 + 9 + 16	15.5 + 20.5
11.8 + 9 + 15.2	16 + 20
12.7 + 9 + 14.3	24 + 12
14 + 22	36

IIBSO

Waa inay noqotaa

Laga sameeyay caanaha lo'da la karkariyay

Lagu Sameeyay Maraykanka'

Xajmiyada:

8 oz

16 oz (1 lb)

32 oz (2 lbs)

Noocyadaan:

Jiista adag (degen, dhexe, fiiqan, aad u fiiqan, jaalle, ama caddaan ah)

Colby

Colby Jack

Colby Monterey Jack

Monterey Jack

Mozzarella

Munster

Jiiska Provolone

Dadka Swisska ah

Waxaad dooran Kartaa

Summad kasta

Noocyadaan:

Xirmo ama cad jiis ah

Jiis la duubay ama la kuusay

Jeexyo ama ulo jiis ah

Kosher ama non-Kosher

HA IIBSAN

Oo leh dacmad lagu daro, dhir, midho qolof leh, siidh, xawaash, ama khuddaar

Ulaha keli adeega ama xidhmooyin

Jiiska laga sameeyay caanaha caydhin

Cotija

Shaaxid la jarjaray

Jiista Kiriimka

Jiista Deli

La qurbay ama la yareeyay

Mozzarella daray ah

Jiista riyaha ama idaha

La soo dhoofiyay

Laktoos aan lahayn

Dabiici u baxa

Parmesan

Pepper Jack

La habbeeyay la karkariyay Maraykan ah

Queso fresco

Ricotta

Aan la karkarin

Jiista Vintage





IIBSO

Waa inay noqotaa

12-count kartoon (1 dozen)

Ukunta galkeedii leh ee digaaga



Waxaad Dooran Kartaa

Summad kasta

Xajmi kasta: yar, dhexe, wayn, aad u wayn, jumbo

Ukunta cad ama baroon ah

Doolshe bilaa dufan ah

Asal ah ama aan Ahayn Asal

Omega 3

HA IIBSAN

Jumlo ah

DHA

La qalajiyay ama la ridqay

Ukunta shimbir badeeda

Waxyaabaha ukunta beddela

La bacrimiyay

Mid iskeed u foofta ama xerada lagu quudsho

Ukunta si adag loo bayliyay

Ukunta dareeraha ah

Hoseeya ama kolostaroolka la yareeyay

La kariyay

Duxda badan oo la yareeyay



IIBSO

Waa inay noqotaa

Kalluunka qasacadaysan:

Tunaha ku jira biyo
5 oz, 6 oz

Salmon-ka midabka casaanka
khafiifka ah leh
5 oz, 6 oz, 7.5 oz, iyo 14.75 oz*

Sardines-ka ku jira biyaha
3.75 oz ama 4.25 oz

Kiishadaha:

Dhammaan noocyada kaluunka
la ogol yahay ee kore ee
xajmiyada 2.5 oz ama 5 oz

Waxaad Dooran Kartaa

Noocyada Tunaha: Adag, jaanki,

Midabka Tunaha: Caddaan, fudud

Summad kasta

Lagu daray xawaashyo

Tuunada Albacore

Aan laf lahayn

Qasac, kiishado duuban, ama
baakado

Soodhiyamku ku yartahay

Aan cusbo lagu darrin

Aan maqaar lahayn

SkipJack

La soo baday

Yellowfin



***Ogsoonow:** Haddii aad doorato salmoonka
14.75 oz ah, waxa aad haystaa 1 oz gunno ah
taas oo aad awoodi doonin in aad adeegsato.

HA IIBSAN

Cuntooyinka lagu daray

Sardiinka Brisling

La qalajiyay

Hilib aan laf lahayn

Fireesh

La qalajiyay

Koob

Jack Mackerel

Dabiici u baxa

Saalmoon cas

La uumiyay

Xidhmada cuntadda fudud

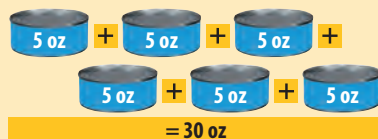
Tuunada Tongol

TILMAAMAHA DUKAAMAYSIGA

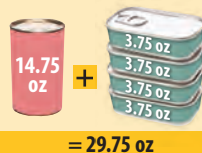
Booqo *Tusmada Kalluunka Caafimaad*
leh ee Department of Health (DOH),
Waaxda Caafimaadka oo aad ka
helayso doh.wa.gov/community-and-environment/food/fish/healthy-fish-guide si ay kaaga caawiso inaad
samayso xulashooyin caafimaadka leh
marka aad iibsaneysa kalluunka.

Waxaad dooran kartaa isku darka waslad
tuuna khafiif ah, salmoonka basaliga ah,
ama sardiinka illaa qadarka ounces (oz)
ee ku qoran gunnooyinkaaga WIC.

Tusaalooyinka:



..... **AMA**



IIBSO

Waxaad dooran Kartaa

Summad kasta ama nooc kasta

La jaray ama isku dhan

Khudrad daray ah iyo khuddaarta ku jirta kiishashka, noolaha qolofa leh ee laga helo badda, koobabka, madiibadaha caaga ah, ama weel.

Khudrada darayga ah iyo khuddaarta ku jirta weelka la tuuro oo ku duuban caag

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsana kartaa isku danka miraha iyo khuddaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasuusnoow, haddii aad doorato cuntooyin ka badan kuwa ku jira liiska Gunnooyinka WIC, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.

HA IIBSAN

Waxa lagu daray:

Waa lagu dhuuqo, lagu suugeeyo, duxda, saliida, ama sooska

Dacmadaha, cuntada, dhirta, midhaha qolofa leh, ama xawaashka

Miro ama khudaar qalalan

Ubaxa la cuni karo

Saladaha khudrada

Tarayada kooxda ama bilaydh wayn ama aan la hayn suugu lagu dhuuqo.

Walxaha saladhka

Qasabka

Geedaha dabiiciga ah, ama cunto dhaqameedka sida:

Baastada Aloo feerada, geedka dheri udoonaynta, caleenta muuska, basil, caleenta bay, caraway, chervil, chives, cilantro, corn husk, dill, fenugreek, lemongrass, caleenta liinta, marjoram, dhadhan kulul, oregano, parsley, rosemary, sage, savory, tarragon, thyme, midhaha faniila, ama qamadiga dooga

Qurxin ah ama walxaha qurxinta, sida:

Basbaaska la qalajiyay, toonta isku xidhan, ubooyinka, aaraa dubbaha la xoday ama midab la mariyay



KHUDRAD/KHUDAAR – LA QABOOJIYAY

IIBSO

Waxaad dooran Kartaa

Kiish cabbir kasta ah

Summad kasta

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Faasuuliyaha la qaboojiyay waa SAX (sida: shumburada bogga madoow, sooyaha jabaan, misirta waa wayn, iyo faasuuliyaha lima)

HA IIBSAN

Waxa lagu daray:

Duxda, saliida, cusbada, dacmada lagu daro, xawaashka, sonkorta iyo sooska.

Hilibka, baastada, midhaha qolofa leh, bariiska, ama midhaha

La burburiyay ama la shaaxidiyay

Kiriim la mariyay

Walxaha Deli

Khudrada la qalajiyay, khudaarta, ama diirka khudrada

Jibista la shiilay

Baradho shaaxid ah

Baradho la cajiimay, Yaanyada O'Brien, Tater Tots®

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsan kartaa isku darka miraha iyo khudaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasuusnoow, haddii aad doorato cuntooyiin ka badan kuwa ku jira liiska Gunnooyinka WIC, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.



MIRAHA – QASACADAYSAN

IIBSO

Waxaad dooran Kartaa

Summad kasta ama nooc kasta

Qasaca xajmi kasta, koob ama weel caaga ah

Cabitaanka tufaaxda: waxaa ku jiri kara qorfe

Maadada koobaad ee lagu daray waa miro

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsan kartaa isku darka miraha iyo khudaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasuusnoow, haddii aad doorato cuntooyiin ka badan kuwa ku jira liiska Gunnooyinka WIC, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.

HA IIBSAN

Waxa lagu daray:

Sonkorta, duxda, saliida, ama cusbada

Miraha qasacadeysan ee ku jira sharoobada “fudud”/“yar”, casiiir macaan yar leh ama malab macaan

Duubabka miraha

Iskudarka miraha iyo lawska

Jaamka la qasacadeeyay iyo kan guriga lagu haysto, malmalaado, sharoobada miraha ama sharoobada miraha

Roodhi buuxis

Kiishashka



IIBSO

Waxaad dooran Kartaa

Summad kasta ama nooc kasta

Qasaca xajmi kasta, koob ama weel caaga ah

Yaanyo qasac ah: la burburshay, jeex-jeex ah, falfaliir, dheecaan, soos, la ridqay, ama fadhaag ah

Miraha qasacadeysan ee la isku daray oo ay ku jirto digir

Maadooyinka koobaad ee ku qoran waa khudaar

Baradho Macaan

Waxaa ku jiri kara dhirta

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

HA IIBSAN

Waxa lagu daray:

Sonkorta, duxda, ama saliida

Kiriim la mariyay ama soos lagu daray

Jaamka la qasacadeeyay iyo kan guriga lagu haysto, malmalaado

Kajab

Saliid Saytuun

Khudaarta la Jarjaray

Khuddaarta wax lagu daray: hilib, nuudal, bariis, laws, baasta, ama haruur

TILMAAMAHA DUKAAMAYSIGA

Waxaad iibsan kartaa isku darka miraha iyo khudaarta la qasacadeeyay, cusub, oo darayga ah iyo khuddaarta. Xasusnoow, haddii aad doorato cuntooyiin ka badan kuwa ku jira liiska Gunnooyinka WIC, waxaad bixin kartaa lacag dheeraad ah ama waad iska celin kartaa.





IIBSO

Waa inay noqotaa

Daasad 46 oz ama dhallooyin
caaga ah

Keliya kuwa aanan la talaagadaynin
Keliya summadahan ama noocyadan

Nyaanyo

- Campbell's
- Food Club
- Haggen
- Kroger
- That's Smart!

Khuddaarta

- Campbell's V8 Essential
Antioxidants
- Campbell's V8 Hint of Black Pepper
- Campbell's V8 Hint of Lime
- Campbell's V8 Low Sodium
- Campbell's V8 Original
- Campbell's V8 Spicy Hot
- Campbell's V8 Spicy Hot Low
Sodium
- Food Club
- Haggen
- Kroger



HA IIBSAN

- Kartoono ama dhallooyin
quraarad ah
- Khamri laga sameeyay tufaax
- Mushakal
- Cabbitaanka la miiray
- Dabiici u baxa
- Sharaab kala duwan
- La talaagadeeyay
- Aan la shaandhayn

KA-QEYBGALAYAASHA DADKA CABITAANKA MIRAHA

WAAWEYN AH OO KALIYA LA QALAJIYEY (11.5 AMA 12 OZ)



IIBSO

Waa inay noqotaa

11.5 or 12 oz la qalajiyey
Keliya summadahan ama noocyadan

Tufaax

Essential Everyday
Food Club
Freedom's Choice
Great Value
IGA
Kroger
Langers
Old Orchard
Signature Select
Tree Top
WinCo

Cinab ama Cinabka Cad

Essential Everyday
Food Club
Great Value
Old Orchard
Welch's

Liin qarboosha

Summad kasta oo 100% liin qarboosh ah

Liin

Summad kasta oo 100% liin ah

Khudrad Isku jir ah

Dole

Orange Peach Mango
Pineapple Orange
Pineapple Orange Banana

Old Orchard

Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry Banana

IIBSO

Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Blend
Cranberry Pomegranate
Cranberry Raspberry
Pineapple Orange
Pineapple Orange Banana

Welch's

White Grape Peach
White Grape Raspberry

Caana-naas

Dole
Old Orchard



HA IIBSAN

Khamri laga sameeyay tufaax
Mushakal
Cabbitaanka la miiray
Liin dhanaan
Sharaabka liinta
Liin bortuqaal
Cabbitaanka liin bortuqaasha
Dabiici u baxa
Cabbitaanada maaha 100%
khudrad la miiray
La talaagadeeyay
Aan la shaandhayn

IIBSO

Waa inay noqotaa

64 oz dhallooyinka caaga ah
Keliya kuwa aanan la talaagadaynin
Keliya summadahan ama noocyadan

Essential Everyday

Berry
Cherry
Cranberry
Cranberry Raspberry
Grape Blend
100% Juice Punch

Food Club

Cranberry Raspberry

Great Value

Cranberry Blend
Cranberry Grape
Cranberry Pomegranate
White Grape iyo Peach

Haggen

Cranberry
Cranberry Raspberry

Juicy Juice

Apple Raspberry
Berry
Cherry
Cranberry Apple
Fruit Punch
Kiwi Strawberry
Mango
Orange Tangerine
Passion Dragonfruit
Peach Apple
Strawberry Banana
Strawberry Watermelon
Tropical

Kroger

Cranberry
White Grape Peach

IIBSO

Langers

Apple Berry Cherry
Apple Cranberry
Apple Grape
Apple Kiwi Strawberry
Apple Orange Pineapple
Apple Peach Mango
Cranberry Grape Plus
Cranberry Plus
Cranberry Raspberry Plus

Ocean Spray

Cranberry Blackberry
Cranberry Cherry
Cranberry Concord Grape
Cranberry Mango
Cranberry Pineapple
Cranberry Pomegranate
Cranberry Raspberry
Cranberry Watermelon
Cranberry Elderberry

Old Orchard

Acai Pomegranate
Apple Cranberry
Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Pomegranate
Immune Health Citrus
Immune Health Superfruit
Immune Health Tropical Fruit
Kiwi Strawberry
Mango Tangerine
Orange Tangerine
Peach Mango
Red Raspberry
Strawberry Watermelon
Wild Cherry

CARRUURTA OO KALIYA CABITAANKA KHUDRAD- LA WALAAQAY AMA MIRAHA LA SHIIDAY (64 OZ)

IIBSO

Signature Select

- Cranberry
- Cranberry Grape
- Cranberry Raspberry

Tree Top

- Apple Berry
- Apple Cranberry
- Apple Grape
- Orange Passionfruit
- Pineapple Orange Buy

Welch's (Bold)

- White Grape Cherry
- White Grape Peach
- Orange Pineapple Apple



HA IIBSAN

- Kartoono ama dhallooyin quraarad ah
- Khamri laga sameeyay tufaax
- Mushakal
- La qalajiyay
- Cabbitaanka la miiray
- Liin dhanaan
- Sharaabka liinta
- Liin bortuqaal
- Cabbitaanka liin bortuqaasha
- Dabiici u baxa
- Cabbitaanada maaha 100% khudrad la miiray
- La talaagadeeyay
- Aan la shaandhayn

CASIIR - CARRUURTA OO KALIYA - KHUDDAR - LA WALAAQAY AMA LA SHIIDAY (64 OZ)

IIBSO

Waa inay noqotaa

64 oz dhallooyinka caaga ah
Keliya kuwa aanan la talaagadaynin
Keliya summadahan ama noocyadan

Tufaax

Best Yet
Essential Everyday
Food Club
Freedom's Choice
Great Value
Haggen
IGA
Juicy Juice
Kroger
Langers
Market Pantry
Mott's
Ocean Spray
Old Orchard
Signature Select
Tree Top
WinCo

Cinab, Cinab Cas, ama Cinabka Cad

Essential Everyday
Food Club
Freedom's Choice
Great Value
Haggen
IGA
Juicy Juice
Kroger
Langers
Market Pantry
Ocean Spray
Old Orchard
Signature Select
That's Smart!
Welch's
Winco

IIBSO

Caana-naas

Essential Everyday
Food Club
Great Value
Kroger
Langers
Libby's
Old Orchard
Signature Select

Casiirka Liinta

Waa inay noqotaa

100% cabbitaan liin ah
Qaanada deggan/Aan talaagad
la gelin
Summad kasta

Tusaalooyinka qaarkood:

Essential Everyday
Food Club
Golden Crown
Juicy Juice
Langers
Old Orchard
Signature Select
Tropicana



HA IIBSAN

Ka eeg bogga 21 aad.

CARRUURTA OO KALIYA CASIIRKA KHUDAARTA (64 OZ)

CABITAANKA MIRAHA

IIBSO

Waa inay noqotaa

64 oz dhallooyinka caaga ah
Keliya kuwa aanan la talaagadaynin
Keliya summadahan ama noocyadan

Campbell's

Tomato Juice
Low Sodium Tomato Juice

Campbell's V8

Original 100% Vegetable Juice
Low Sodium
100% Vegetable Juice Spicy Hot
100% Vegetable Juice

Food Club

Tomato Juice
Vegetable Juice
Spicy Vegetable Juice

Signature Select

Low Sodium 100% Vegetable Juice
Vegetable Juice
Tomato Juice

WinCo

Low Sodium 100% Vegetable Juice
100% Vegetable Juice



CASIIR - CARRUURTA OO KALIYA - CASIIRKA KHUDAARTA (64 OZ)



DHEECAAN

IIBSO

Waa inay noqotaa

Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay: 1%, duxda la yareeyay: 2%, caanaha guud) ku qoran gunnooyinkaaga WIC

Galaan, galoon barkiis, ama xajmiga nus qasac

Weelka warqadda ama weelka Caanaha lo'da

Marka labeenta caanaha lagu dhex walaaqo

La kariyay

La talaagadeeyay

Aan damcad lahayn



IIBSO

Waxaad dooran Kartaa

Iskudarka qalaanada, galoon barkiis, iyo rubucyada oo dhan illaa wadarta guud ee caanaha ku qoran Gunnooyinkaaga WIC

Bakteeriyada yoogarka

Summad kasta

Subaga caanaha

Kalshiyaam-Ku xoogantahay

Cabbitaanka macmacaanka kefir

Cusbada Kosher

Bakteeriyada nooc ka mid ah

Laktoos aan lahayn

Cuntadda aan dheefshiidmin

Caanaha duxda leh ee lagu daray adkeeyayaasha (Kiriimka Ay ka maqan tahay Kiriimka, Caanaha Aadka loo sifeeyay)

TILMAAMAHA DUKAAMAYSIGA

Caanaha qaarkood lama ogola maadaama ay ku yimaadaan nooca ama xajmiga qasaca oo qaldan. Tusaale, fairlife® iyo a2 Milk® kuma yimaadaan xajmiga saxda ah (59 oz). Sidoo kale, caanaha ku jira qasacyada dhalada ah lama ogola (fiiri bogga 26 aad)

Halkii galaan, waxaad isku dari kartaa laba galoon barkiis ama afar rubuc galaan.



1.0 GAL = 1 galoon
ama 128 oz



0.5 GAL = 1 galoon barkiis
ama 64 oz



0.25 GAL = 1 koob barkiis
ama 32 oz



UUMI BAXAY

IIBSO
Waa inay noqotaa
Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay: 1%, duxda la yareeyay: 2%, caanaha guud) ku qoran gunnooyinkaaga WIC
Qasacad 12 oz
Caanaha lo'da
Marka labeenta caanaha lagu dhex walaaqo
La kariyay
Aan damcad lahayn

IIBSO
Waxaad dooran Kartaa
Summad kasta
Kalshiyaam-Ku xoogantahay
Cusbada Kosher

TILMAAMAHA DUKAAMAYSIGA

Inta badan baakadaha caanaha kuma qorna “Whole Milk (Caanaha Guud)” marka ay yihiin caanaha guud. Iibso 5 qasac oo galaan kasta oo caano ah si aad u hesho gunnooyinkaaga WIC oo buuxa.



5 qasacado caanaha karkarsan ah
= 1 galoon



QALALAN

IIBSO

Waa inay noqotaa

Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay: 1%, duxda la yareeyay: 2%, caanaha guud) ku qoran gunnooyinkaaga WIC

Lagu laaqa ilaa 1 rubuc oo caano ah ama wax badan

Caanaha lo'da

Marka labeenta caanaha lagu dhex walaalo

La kariyay

Aan damcad lahayn

Waxaad dooran Kartaa

Bogoyada, dhululubooyin, bacaha, ama kiishashka

Summad kasta

Kalshiyaam-Ku xoogantahay

Cusbada Kosher



TILMAAMAHA DUKAAMAYSIGA

Qadarka lagu ku qoran gunnooyinkaaga WIC waxay la mid tahay qadarka caano booraha ka dib marka biyo lagu qaso. Ka fiiri shaxda hoose wixii caawimaad ah oo ku aadan u badelida caano booraha rubucyo.

Caanaha Lo'da la qalajiyay Laaqida

Caanaha Duxda	Cabbirka ku Daabacan Weelka	Samaynta Lagu daray Biyaha
Aan dux lahayn	9.6 oz	3 Koob barkiis
Aan dux lahayn	9.64 oz	3 Koob barkiis
Aan dux lahayn	25.6 oz	8 Koob barkiis
Aan dux lahayn	32 oz	10 Koob barkiis
Aan dux lahayn	64 oz	20 Koob barkiis
Isku dhan	12.6 oz	3 Koob barkiis
Isku dhan	28.1 oz	7 Koob barkiis
Isku dhan	56.3 oz	13 Koob barkiis

HA IIBSAN DHAMMAAN NOOCYADA CAANAHA LO'DA AH

Ku dar damcad, cuntooyinka, ama xawaashka

Yicibta, qumbaha, geedka hemb, bariiska, ama midho kale ama cabbitaanka midhaha qolofa leh

Caano boodhe badan

Jookalaatada caanaha

Caano la buuxiyay

Caanaha dhalooyinka

Nus iyo nus

Cabbitaanka caanaha ee kaarboon haydarayt ku yartahay

Marka labeenta caanaha aan lagu dhex laaqin

Omega 3

Dabiici u baxa

Caanaha kale ee xawayaana, sida rida ama laxda

Baydh, nus baydh, ama cabbir ka yar Caano qaydhin

Adeega keliya ama baakadaha kaliga ah

Caanaha la macaaneeyay ee la adkeyay

Weelka UHT

Caano aan karsanayn

Kriimka adag ee la is mariyo

TILMAAMAHA DUKAAMAYSIGA

Arag bogga 27 aad si aad u hesho macluumaadka caanaha riyaha iyo 30 wixii ah macluumaadka cabbitaanka sooyaha.



IIBSO

Waa inay noqota

Meyenberg summad keliya

Kaliya duxda caanaha ku qoran gunnooyinkaaga WIC (duxda yar ama caanaha guud)

Marka labeenta caanaha lagu dhex walaaqo

La kariyay

La talaagadeeyay

Aan damcad lahayn



faa'idada caanada dufanka buuxa leh



faa'idada caanaha dufanka yar/aan dufanka lahayn

Kaliya caanaha riyaha ee **Qalalan** marka caanaha duxda guud ku qoran yihiin gunnooyinkaaga WIC



faa'idada caanada dufanka buuxa leh



faa'idada caanada dufanka buuxa leh

Caanaha Qalalan la qalajiyay Laaqida

Cabbirka weelka	Samaynta Lagu daray Biyaha
1 qasac	3 Koob barkiis oo caano ah
2 Qasac	6 Koob barkiis oo caano ah
3 Qasac	9 Koob barkiis oo caano ah
4 Qasac	12 Koob barkiis oo caano ah
jeex 12 oz ah	3 Rubacyo oo caano ah
Bokis ay ku jiraan 12 jeex oo min 4 oz ah	4 Koob barkiis oo caano ah

IIBSO

Kaliya caanaha riyaha ee **La karkariyay** marka caanaha duxda guud ku qoran yihiin gunnooyinkaaga WIC



faa'idada caanada dufanka buuxa leh

5 qasacado caanaha karkarsan ah = 1 galoon

HA IIBSAN

Noocyada kale ee caanaha riyaha

TILMAAMAHA DUKAAMAYSIGA

Inta badan ka qaybgalayaashu waxay leeyihiin gunnooyinka caanaha duxda yar/aan duxda lahayn. Markay sidaan jirto, waxaad kaliya heli karaa caanaha riyaha oo dareere ah mana ahan kuwo mar kasta laga helo dukaanada.

2 rubacyo = 1 galoon barkiis

2 galoon barkiis = 1 galoon

4 rubacyo = 1 galoon

IIBSO

Waa inay noqotaa

Nooca duxda caanaha (aan dufanka lahayn: 0%, duxdu ku yartahay:

1%, caanaha guud) ku qoran gunnooyinkaaga WIC

1 rubacyo (32 ounces)

Weel caaga ah

Caanaha lo'da

Marka labeenta caanaha lagu dhex walaalo

La kariyay

Wax ka yar 40 grams oo sonkor ah 8 oz ba

Kaliya noocyadan

Activia

Best Yet

Brown Cow

Chobani

Dannon

Darigold

Essential Everyday

Food Club

Fred Meyer

Great Value

Goobta sameyska Green Valley

Kroger

LaLa

Lucerne

Market Pantry

Mountain High

Nancy's

Oikos

Open Nature

Tillamook

WinCo

Yami

Yoplait

Zoi

IIBSO

Waxaad dooran Kartaa

Khali ah ama miro lagu macaaneeyay (kaliya haddii lagu daro 40 grams oo sonkor ah 8 oz ba aanana lagu darin maceeyaasha aan dabiiciga ahayn) (ka fiiri qaybta Ha libsan.)

Stevia waa la qaadan karaa

Giriig (aan ahayn mida asalka ah)



HA IIBSAN

Macaaneeyayasha macmalka: aspartame, saccharin, ama sucralose (Splenda™)

2% caano fadhiga lo'da

Waxa lagu daray:

Dacmada, xubuubka, ama midhaha

Nacnac, malab, xawaash, ama barootiin lagu daray

Labaniyada ama waxa la mariyo

La cabbi karo ama la miiri karo

Caano fadhi la qaboojiyay

Fudud

Dabiici u baxa

Caano qaydhin

Keli loo bixiyo ama xidhmooyin badan

Weelka caana fadhiga



IIBSO

Waa inay noqotaa

Garaafe 16 oz ah

Waxaad dooran Kartaa

Summad kasta

Labeen ama jilicsan

Adag ama aad u adag

Burburaya ama aad u burburaya

Soodhiyamku ku yartahay

Subaga Lowska dabiiciga ah

Aan la walaaqin ama la walaaqo

Mid caadi ah ama asal ah

La milxiyo ama aan la mlxin



HA IIBSAN

Wax badan (lagu iibiyo miisaanka)

Ridiq daray ah ama adiga laftaadu ridiq

Subaga lowska la mariyo ee kaarboon haydaraytku ku yartahay

Ku yartahay sonkorta jirka

Lowska kale ama subagga iniinta (sida almond, kaashuuga, sisinta)

Omega 3

La ridqay

Qolofa malab ee la dubbay

Keli lagu bixiyo

Kuwa wax la mariyo

“Marooji iyada” tuumbada

Valencia

Waxa lagu daray:

Damcad, cuntooyinka, ama xawaashka

Geedka kataanta saliida saflaawar

Shokolaato

Malab

Jeeliga

Maalashaanka

DUKAAMAYSIGA DIGIRTA IYO AMA BURCADKA LAWSKA

Waxaad dooran Kartaa digir qasacadaysan, digir la qalajiyay, ama subaga lawska oo aad ku helayso gunnooyinkaaga WIC.

Dooro xajmiga saxda ah! 1 CTR oo burcadka lawska ah/digir qalalan ama qasacadaysan =



16 oz

AMA



16 oz

AMA



15–16 oz oo qasacado ah

libsigu Subaga Lowska Haddii aad doorato inaad iibsato subaga lawska, 1 qasac oo ku qoran gunnooyinka WIC = garaafe 16 oz oo subaga lawska ah.



IIBSO

Waa inay noqdaan Summadahaan iyo Noocyadaan:

Nooca **Xajmiyada** **Noocyada** **Kuwa La qaboojiyay ama Aan la qaboojin**

8th
Continent galoon barkiis
ama galoon Original
ama
Vanilla La talaagadeeyay



Pacific
Ultra 32 oz
(koob barkiis) Original Keliya kuwa
aanan la
talaagadaynin



Silk 32 oz (koob
barkiis), half
galoon, ama
laba baakad
(2 galoon
barkiis) Original La talaagadeeyay
AMA Aanan la
talaagadaneynin
oo kaliya



West Soy
Organic
Plus 32 oz (rubacyo) Plain
ama
Vanilla Keliya kuwa
aanan la
talaagadaynin



HA IIBSAN

Cabitaanada kale ee aan caanaha ahayn sida yicib, qumbe, hemb, ama caanaha bariiska

Sharaabka la ridyo ama kiriim looga dhigo

8th Continent Complete

8th Continent Light

Pacific organic Unsweetened

Pacific Select

Silk Vanilla/Very Vanilla/Chocolate

Silk DHA Omega-3

Silk Light Original/Vanilla/Chocolate

Silk Organic Original/Vanilla

WestSoy

TILMAAMAHA DUKAAMAYSIGA

2 qts = 1 galoon barkiis

4 qts = 1 galoon

2 galoon barkiis = 1 galoon

IIBSO

Waa inay noqotaa

Qasacyada 8 oz ama 16 oz ah oo keliya

Set-yada Kaalshiyam

La talaagadeeyay

Summadahan iyo noocyadan:

Azumaya
(Extra Firm, Firm, Silken)

Franklin Farms
(Extra Firm, Firm, Medium Firm, Soft)

House Foods
(Extra Firm, Medium, Firm, Organic Super Firm Cubed)

Nasoya Organic
(Silken, Sprouted Super Firm)

Nasoya Organic Sprouted Super Firm

O Organic
(Silken, Sprouted Extra Firm)

Simple Truth Organic (Silken Soft)

Waxaad Dooran Kartaa

Dhamaystiran, laqurbay, ama jeexjeex laga dhigey

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin



HA IIBSAN

Marka lagu daro damcada, cuntadda, ama xawaashka

La dubay

Macmacaanka toofu

La shiilay

Aan la talaagadeeyaynin



DOORASHOoyinka MIRAHA BAALKA LEH

Waxaad dooran Kartaa

- Bariis Bunni ah
- Boorash
- Tortiilo jilicsan
- Baasto laga sameeyay Qamandi Baalkiisa leh
- Rooti laga sameeyay Qamandi Baalkiisa leh
- Haambeergar Qamandi Baalkii leh laga sameeyay iyo Rootiga Hot Dog

Hoos, waxa aad ku arki doontaa cabirada baakada cuntada la ogolyahay ee baakad kasta ee gunada. Boggaga 33 illaa 35 ayaa sharixi doona waxa la ogolyahay dooq kasta oo baal leh.

Si aad uxaqiijsi in aad u adeegsato dhammaan gunnada cuntadada baalka leh, fiiri dookha cuntada baalka leh ee hoose.

GUNNADA BISHII AH EE 16 OZ

KALIYA DOORO HAL

14 oz

Bariis Bunni ah, isla markiiba

16 oz

Bariis Bunni ah

Boorash

Tortiilo jilicsan

Baasto laga sameeyay Qamandi Baalkiisa leh

Rooti laga sameeyay Qamandi Baalkiisa leh

Roodhi laga sameeyay Qamandi Baalkiisa leh

Rootiga Hot Dog laga sameeyay Qamandi Baalkiisa leh

GUNNADA BISHII AH OO DHAN 32 OZ AMA KA BADAN

DOORO

32 oz

Bariis Bunni ah, isla markiiba

Bariis Bunni ah

Boorash



DOORO ISKUDARKA

14 oz

Bariis Bunni ah, isla markiiba

16 oz

Bariis Bunni ah

Boorash

Tortiilo jilicsan

Baasto laga sameeyay Qamandi Baalkiisa leh

Rooti laga sameeyay Qamandi Baalkiisa leh

Roodhi laga sameeyay Qamandi Baalkiisa leh

Rootiga Hot Dog laga sameeyay Qamandi Baalkiisa leh

18 oz*

Boorash

* 18 oz oatmeal waxaa kaliya lagu dari karaa 14 oz isla markii ah iyo Bariis Bunni ah si ay iskula noqdaan 32 oz:

14 oz + 18 oz = 32 oz





BARIIS BUNNI AH

IIBSO

Waa inay noqotaa

16 oz of bariis bunni ah

Ama

14 oz of bariis bunni oo kaliya ah

Ama

Haddii gunnooyinka la bixiyey ay ka badan yihiin 16 oz, waxaad kale oo aad dooran kartaa cabbirka 32 oz

Waxaad dooran Kartaa

Summad kasta

Kiishashka iyo bogosyada

Ay ka maqan tahay Gulutoontu

Degdeg ah ama caadi ah

Kuwa dabiici ahaan u baxay ama kuwa dabiici ahaan aan u bixin

Noocyada: Aad dheer, dheer, dhexdhexaad ah, ama xubuub gaaban



HA IIBSAN

Marka lagu daro damcada, cuntadda, ama xawaashka

Basmaatiga

Madow

Wax badan (lagu iibiyo miisaanka)

Lagu bayliyo oo kiishka ku jira

Siidh cabbitaanalaga sameeyo

Farro (noocyo dhirta qamandiga ah)

Boorashka Grits

Baakadaha qaada cuntada halka mar

Bariiska Jasmine

Geedka Mahogany

Bariis la isku laaqay

Miraha geedka Quinoa

Casaan

Soo baxa ama soo fuura

Caddaan

Aan la garanayn

BOORASH

IIBSO

Waa inay noqotaa

Cabbirka 16 oz oo kaliya

Ama

Haddii gunnooyinka la bixiyey ay ka badan yihiin 16 oz, waxaad kale oo aad dooran kartaa cabbirka 18 oz ama 32 oz.

Waxaad dooran Kartaa

Summad kasta

Kiishash, bogosyo, or kartoon dhululubo ah

Ay ka maqan tahay Gulutoontu

Degdeg ah ama degdega ah

Kuwa dabiici ahaan u baxay ama kuwa dabiici ahaan aan u bixin

Jarida birta, qaabki hore, ama joogto ah



HA IIBSAN

Marka lagu daro damcada, cuntadda, ama xawaashka

Bogosyada leh xidhmooyinka gaarka ah

Wax badan (lagu iibiyo miisaanka)

Badarka quraacda

Boorashka Grits

Baakadaha qaada cuntada halka mar

Dhululubooyin

Miraha geedka Quinoa

TILMAAMAHA DUKAAMAYSIGA

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad u xaqiijiso in aad u adeegsato dhammaan xulashooyinka gunnada cuntadada baalka leh, fadlan fiiri dookha cuntada baalka leh ee bogga 32 aad.

Ogsoonow: Haddii aad haysato 16 oz oo gunnadaada bilkasta ah oo aadna doorato 14 oz oo Bariis Bunni isla markii ah, waxaad haysan doontaa 2 oz oo gunnadaada ah oo aadan awoodi doonin in aad adeegsato.



TORTIILLO JILICSAN

IIBSO

Waa inay noqotaa

16 oz oo kaliya

Keliya summadahan:

Celia's

Essential Everyday

Don Pancho

Great Value

Guerrero

Kroger

La Banderita

La Burrita

Market Pantry

MiCasa

Mission

Ortega

Signature Select

Waxaad dooran Kartaa

Galley ama galleyda masa tortiila jilicsan

Qamandi baalkii leh tortiila jilicsan

Soodhiyamku ku yartahay

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin



HA IIBSAN

Marka lagu daro damcada, cuntadda, ama xawaashka

96% Rooti laga sameeyay Qamandi Baalkii leh

Jibis, saladhka taako, qolofa taako, tostaada, ama tortiila kale oo adag

Ay ku yar tahay kaarboon haydaraytku ama dheelitirka kaarboon haydaraytka

Tortiila midhaha isku jira, sida galley iyo qamandi wada jir

Galleyda cas

Duxda la yareeyay, ama tortiilada duxda aan lahayn

Soo baxa ama soo fuura

Dukaanka lagu sameeyo

Tortiilada leh "light (Kalastarool yar)" ama "lite (aan dufanku ku badnayn)" guudka summada

Duubka

TILMAAMAHA DUKAAMAYSIGA

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad u xaqiijiso in aad u adeegsato dhammaan xulashooyinka gunnada cuntadada baalka leh, fadlan fiiri dookha cuntada baalka leh ee bogga 32 aad.



BAASTO LAGA SAMEEYAY QAMANDI BAALKIISA LEH

IIBSO

Waa inay noqotaa

16 oz oo kaliya

Keliya summadahan:

Barilla
 Bella Terra
 DeLallo Organic
 Delverde Organic
 Essential Everyday
 Food Club
 Full Circle Organic
 Garofalo
 Gia Russa
 Good and Gather
 Great Value
 Hodgson Mill
 Kroger
 Natural Directions Organic
 O Organics
 Raccontò
 Ronzoni Healthy Harvest
 Signature Select
 Simple Truth Organic
 Simply Balanced Organic
 WinCo

Waxaad dooran Kartaa

Kiishashka iyo bogosyada
 Nooc kasta
 Kuwa dabiiciga u baxay ama aan dabiiciga u bixin
 Qamandi baalkii leh ama qamadiga durum oo baalkii leh



IIBSO

Halkan waxaa ah dhowr tusaalooyin ah ama noocyo:

Baastada Angel hair	Makarooniga waawayn
Saxan baasto ah	Baasto Rigate
Nuudhuliska ukunta leh	Makarooniga yaryar
Makarooni	Baasto Qalfoof
Baastada Fettuccine	Baasto dhaadheer
Fusuul	Baastada Duduuban
Baasto Lasagna	Baasto dhaadheerta
Baasto Linguine	yaryar ka ah
Makarooni	Baasto Ziti

HA IIBSAN

Leh cunto lagu daray damcada, cuntadda, ama xawaashka
 51% midhaha baalkii leh ama qamandiga baalkii leh
 Qamandi ka baxda aasiga
 Wax badan (lagu iibiyo miisaanka)
 Fireesh
 Ay ka maqan tahay Gulutoontu
 Midho isku jir ah
 Midabo badan
 Lama bayliyo, lagama saaro biyaha
 La talaagadeeyay
 Bariis baasto
 Semolina
 Soo baxa ama soo fuura
 Khuddaarta

TILMAAMAHA DUKAAMAYSIGA

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad u xaqiijiso in aad u adeegsato dhammaan xulashooyinka gunnada cuntadada baalka leh, fadlan fiiri dookha cuntada baalka leh ee bogga 32 aad.



ROOTI LAGA SAMEEYAY QAMANDI BAALKIISA LEH

IIBSO

Waa inay noqotaa

Cabbirka 16 oz oo kaliya

100% qamandi baalkii leh oo ku dul calaamadeysan

Ama

Haruurka guud haddii maaddada koobaad ee ku qoran liiska maadooyinka laga sameeyay ay tahay haruurka "whole (guud)"

Waxaad dooran Kartaa

Summad kasta

Saanjad rooti ah oo la jarjaray

Soodhiyamku ku yartahay

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Aan sonkor lahayn

Halkan waxaa ah dhowr tusaalooyin ah:

Best Yet

Bimbo

Franz

Fred Meyer

Kroger

Oroweat

Sara Lee

Sterns



TILMAAMAHA DUKAAMAYSIGA

Wiqiyood (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad u xaqiijiso in aad u adeegsato dhammaan xulashooyinka gunnada cuntadada baalka leh, fadlan fiiri dookha cuntada baalka leh ee bogga 32 aad.

HA IIBSAN

Marka lagu daro damcada, cuntadda, ama xawaashka

Cuntada dhaqan ama caaddoo ahaan loo diyaariyay (furinka loo dubbay qaybo yaryar)

Rooti aan bac lagu duubin

Rootida ku leh "light (Kalastarool yar)" ama "lite (aan dufanku ku badnayn)" guudka summada

Rooti wareegsan

Qamandi la ridqay

Rootiga duban a nooc rooti ah

Faybar dheeraad ah

Faransa

Cajiinkii la qaboojiyay ama tallaagada lagu riday

Ay ka maqan tahay Gulutoontu

Rooti midho badan laga sameeyay

Rooti yiis looga dhigay tu ka hadhay rooti hore

Soo baxa ama soo fuura

Dukaanka lagu sameeyo

Isku darka rootiga aan la karin

Aan la jarjarin

TILMAAMAHA DUKAAMAYSIGA

Halkaan waxaad ka helaysaa sanbalka qabka liiska maadooyinku u qornaan doono markaad iibsanyo roodhiga haruurka guud. Maadada koobaad ee liiska ahaa ay haruurka "whole (guud)".

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ENZYMES, ASCORBIC ACID), SOYBEAN OIL, VINEGAR, CULTURED WHEAT FLOUR, MONOCALCIUM PHOSPHATE, CITRIC ACID, SODIUM CITRATE, SOY LECITHIN, NATAMYCIN (TO RETARD SPOILAGE). CONTAINS WHEAT AND SOY.



HAAMBEERGAR QAMANDI BAALKII LEH LAGA SAMEEYAY IYO ROOTIGA HOT DOG

IIBSO

Waa inay noqotaa

Cabbirka 16 oz oo kaliya

100% qamandi baalkii leh oo ku dul calaamadeysan

Ama

Haruurka guud (haddii maaddada koobaad ee ku qoran liiska maadooyinka laga sameeyay ay tahay haruurka “whole (guud)”)

Waxaad dooran Kartaa

Summad kasta

Kuwa dabiiciga u baxay ama aan dabiiciga u bixin

Siidh dusha loo saaray

Halkan waxaa ah dhowr tusaalooyin ah:

Franz

Great Value

Open Nature

Oroweat

Signature Select

Simple Truth Organic

WinCo



HA IIBSAN

Marka lagu daro damcada ama xawaashka

Cuntada dhaqan ama caaddoo ahaan loo diyaariyay keega yar (loo dubbay qaybo yaryar)

Keega yar aan bac lagu duubin

Keega yar ku leh “light (Kalastarool yar)” ama “lite (aan dufanku ku badnayn)” guudka summada

Rooti wareegsan

English muffins a nooc rooti ah

Faybar dheeraad ah

Qaddo, Grench ama rootiga hoagie ama rootiga wareegsan

Cajiinkii la qaboojiyay ama tallaagada lagu riday

Ay ka maqan tahay Gulutoontu

Rooti midho badan laga sameeyay

Rooti yiis looga dhigay tu ka hadhay rooti hore

Soo baxa ama soo fuura

Dukaanka lagu sameeyo

TILMAAMAHA DUKAAMAYSIGA

Ka fiiri bogga 37 aad sanbalka qaabka liiska maadooyinku u qornaan doono roodhiga burka guud.

Ounces (oz) ee ku qoran baakadaada waxaa laga jari doonaa iskugeynta gunnadaada guud. Si aad u xaqiijiso in aad u adeegsato dhammaan xulashooyinka gunnada cuntadada baalka leh, fadlan fiiri dookha cuntada baalka leh ee bogga 32 aad.



WASHINGTON STATE DEPARTMENT OF HEALTH
WIC PROGRAM

1-800-841-1410
www.doh.wa.gov/WICfoods

Hay'addaan waa adeeg bixiye ku shaqeeya fursadaha loo simanyahay.
Washington WIC cidna ma takoorto.



DOH 960-278 August 2023 Somali

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410.
Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac
711 (Washington Relay) ama iimayl udir WIC@doh.wa.gov.