



~~~~ VERMONT WIC ~~~~

# Barnaamijka & Hagaha Cuntada

Wax ku ool ah Ogoosto 2015

**WIC** WOMEN  
INFANTS  
CHILDREN

VERMONT DEPARTMENT OF HEALTH

# WIC waxay bixisaa cuntooyin caafimaad leh iyo wax kaloo badan.



Cuntooyin Caafimad leh



Waxbarashada nafaqada  
iyo caafimadka



Taageerada naas-nuujinta



Soo gudbinta daryeelka  
caafimadka iyo barnaamijyada  
bulshada

# Hagaha Barnaamijka

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## Cuntooyin Caafimaad Leh

Qeyb ka mid ah WIC, waxaad heli doonta bil kasta gargaar cunto oo ay ka buuxan cuntooyin nafaqo leh taasoo loogu talo galay adiga iyo qoyskaagaba. Waxa aad u hesho gargaar cunto ahaan wuu isbedali doona taas oo ku xidhan haddii aad uur leedahay ama aad naas-nuujineyso iyo waliba haddii uu wali ilmahaagu dhallaan yahay ama uu gaadhay da'da 5 jir-ka Cuntooyinka WIC waxa ku dheeri ah cuntooyinka aad iibsato iyo kuwa bixiya nafaqo kaa caawisa adiga iyo carruutaada koritaanka heer kasta oo horumarineed.

Waxaad kaar-kaaga Vermont WIC ku heli doonta xirmada cuntada ee bil-laha ah, Vermont WIC wuxuu u shaqeeya sida kaar-ka dhigashada (debit card), laakiin waxad u adeegsan kartaa iibsiga cuntada oo kali ah, bilowga bil kasta gargaarka cuntada ee WIC waxa lagu dari doonaa akoontkaaga, mar kasta oo aad ku dukaameysato kaar-ka WIC waxyaabaha aad ku iibsato waxa laga jari doonaa xisaabtaada.

Waxaad ka dukaamaysan kartaa bakhaarada waaweyn ee sida Hannaford, Shaw, Price Chopper iyo waliba bakhaarada yar-yar ee raashinka ee maxaliga ahba, waxaad dooran sumada aad rabto, waxaanad heli doonta fudaydinta aad dukaameysan karto marka iyo meesha aad doonto.



Iyo in kale!



## Waxbarashada nafaqada & caafimaadka

Mid ka mida faa'idooyinka ugu weyn ee kamid ahaanshaha WIC waa inaad heli karto noocyada kala duwan ee ilaha nafaqooyinka si ay ula kulmaan rabintaankaaga. Ka WIC qoys ahaan, waxaad la kulmi doontaa la taliyaha nafaqada waxaanad kala hadli doontaa himilada caafimaadkaaga taaso kuu muhiim ah adiga. Waxbarashada nafaqada waxa ku jiri doonta waxqabadyo & dhacdooyin ay ka mid yihiin: *Fahamka baaqa ilmahaaga*; ciyaaraha wada jirka ah ee taageera inaad ka dhex firfircoonato qoyskaaga; iyo fasalada karinta si loo dhiirgeliyo wakhtiga aad jikada iyo miiska joogtid. Waxaad u isticmaali kartaa gargaarkan habka kuu wanaagsan adiga:



### Wax la qabadka ilmahaaga

Soo qaado liiska waxqabadyada uu xafiiska degmadaadu bixiyo bil kasta, booqo bogga Facebook ama mareegta degmada ama wac si aad u ogaato waxa ka dhacaya meesha aad degan tahay.



### Ka barashada internet-ka

Maalin kasta. Wakhti kasta baro oo cusbooneysii adiga oon dhib mudan **wichealth.org**



### La talinta qofka

Samee taariikh si aad ula hadasho khabiirka nafaqeynta ama la taliyaha asxaabta naas-nuujinta. Way jiraan ballamo ku haboon jadwal-kaaga.

Gargaarkaaga cuntada waxa lasoo saari doona 3-dii biloodba mar taasoo xaqiijin doonta inaad hesho fursada 3 bilood laha ah ee aad kula xiriiri karto WIC sii aad u hesho booqashooyinka nafaqada ee la kulma danaha iyo qoyskaagaaba.



## Taageerada Naas-nuujinta

### Waad sameyn kartaa! Qorshee guusha naas-nuujinta

**Wax ka baro naas-nuujinta.** Akhri, ka qayb gal fasalo, la hadal la taliyahaga asxaabta naas-nuujinta ee WIC iyo taageerayasha kale ee naas-nuujinta.

**Caawimo raadso oo hore u qorshee.** La wadaag qorshahaaga qoyskaaga iyo asxaabtaada, la shaqee dhakhtarkaaga iyo qofka aad u shaqeyso, si aad u hesho caawimada iyo taageerada aad u baahantay si aad u guuleysato.

**Isku kalsoonow.** Hooyoyinka intooda badani waxay u sameeyaan ilmahooda xaddiga saxda ah ee caanaha, caanahagu waxay u quman yihiin ilmahaaga marxalad kasta oo koritaan

### WIC Way caawin kartaa, waxan halkan u joogna si aan u caawino hooyoyinku inay guulaystaan

Hore wad u ogtahay in naasnuujintu adiga iyo ilmahaaga ay u fiican tahay Ma ogtahay in 90% hooyoyinka Vermont ay bilaaban naas-nuujinta? Vermont WIC waxay bixisaa adeegyo badan oo kaa caawinaysa himaladaada naas-nuujinta. Haddiiba aad raadineyso taageero si adiga iyo ilmahaagu u bartaan naas-nuujinta, ama aad isku diyaarinayso inaad ku laabato shaqada, waxaad ku kalsoonaan kartaa WIC si ay kuu caawiyen tallaabo kasta oo jidka kamida.

- Cuntooyinka WIC ee dheeradka loogu talo galay hooyoyinka naas-nuujinta
- U gudbinta la taliyayasha nuujinta ee bulshda iyo adeegyo kale oo taageero
- Bumamka naasaha
- Kooxaha iyo fasalada naas-nuujinta

**Aqoon + Taageero + Kalsooni = Guul**

“Waxay ahayd mid waxtar leh inaan taageero ka helo WIC markii aan u baahna”

[healthvermont.gov/wic/food-feeding/breastfeeding](http://healthvermont.gov/wic/food-feeding/breastfeeding)



## Soo gudbinta daryeelka caafimadka & barnaamijyada bulshada

WIC waa qayb kamid ah bulshadaada, xafiiska WIC ee degmadaadu xiriir wanagsan ayuu la leeyahay bulshada waanay xoojin kartaa qoyskaaga iyadoo kugu xidhaysa waxyaabaha sida:

- Daryeelka uurka iyo daryeelka carrurta
- Helitaanka dhakhtarka ilkaha
- Waxay kaa caawin karta joojinta sigaarka oo u fiican adiga iyo ilmahagaba
- La talinta daroogada & xadgudubka khamriga
- Tallaalada
- Barnaamijyada kale ee ay ka mid yihiin Home Visiting, Head start iyo 3squaresVT

Marka aad ku biirto WIC, waxaad heli doonta dhamaan ilahahan iyo gargaaradan ka bilaabmaya uurka ilaa ay gaadho dhalashada 5aad ee ilmahaga.



**Carruurta isticmaala WIC ilaa 5 jirkoodu waxay ku koraan caafimaad, farxad iyo caqli badani.**

# Faa'iidada dib u cusbooneysiinta



WIC waxay bixisaa cuntooyin cafimad leh, waxbarashada nafaqada, taageerada naas-nuujinta iyo gudbinta daryeelka caafimaadka inta aad uurka leedahay ilaa 5ta sanno ee ilmahaaga u horeeya.

Waxa jira laba qaybood oo aad ku sii wadan karto gargaarka WIC & kaar-kaga WIC inuu shaqeeyo:

## Ballan laba goor sannadkii

**Wadatashiga iyo dib u eegida dakhliga.** Nala kulan anaga si aad noogala hadasho caafimadka qoyskaaga iyo nafaqada iyo waliba si aad u barato ilaha ku jira bulshadaada. Sidoo kale hal mar ayaan dakhligaaga eegi doona sannadkii.

## IYO

### Waxqabadyada sanadkii laba goor

Buuxi **waxqabadka waxbarashada caafimadka iyo nafaqada** inta u dhaxeysa balamahaaga WIC. Waxbarashada caafimadka iyo nafaqadu waa mid kamida waxyaabaha ugu muhiisan gargaarka WIC. Xafiiskaaga WIC wuxuu bixiyaa waxbarashooyinka nafaqada ee kala duwan iyo waxqabadyada korinta ilmaha. Waxaad dooran waxa iyo marka aad rabto inad ka qeyb gasho.





## Internet-ka ka baro waxbarashadaada nafaqada

Waxaad u baahan doonta lambarka aqoonsiga reerka oo ka kooban lix lambar si aad u sameyso akoont-kaaga marka ugu horaysa ee aad booqato mareegta (website), haddii aadan haysan wac xafiiska degmadaada.

### Talaabada 1: same akoont-kaaga

- booqo wichealth.org
- Guji start daaqaada 'firsttime here' ee kuuso baxda
- U dooro 'Vermont' inuu yahay macluamadkaga deeganka ee WIC
- Dooro wakaaladaada (wakaalad = xafiiska WIC)
- Dooro rugta caafimadka (Rug cafimaad =xafiska WIC)
- Geli aqoonsiga reerka ee lixda lambar ah (lambarkaygu waa:\_\_\_\_\_)
- geli magaca, wakhti dhalada & asalkaaga
- Geli maclumad ku saabsan adiga iyo ilmahaaga
- Guji 'continue' oo dhameystir oo buuxi si aad u sameyso akoont
- Sayf-garee macluamadka oo bilow casharkaad rabto!

### Talaabada 2: Dooro mawduuc

Tusaalaha casharada:

- Si fiican u cun –wax yar qarash garee!
- U diyaar garowga uur caafimaad leh
- Ku bilaabida dhallankaaga cunto fiican
- Samee cuntooyin iyo kuwa fudud
- Siraha quudinta carruurta cuntada diida

### Talaabada 3: Booqo badanaa

Maalin kasta, wakhti kasta:

- Hel oo buuxi casharada meel kasta oo aad internet ku haysatid
- Isticmaal koombuyutarkaaga ama telefoonkaaga
- Casharada waxa loo tirinayaa sida waxbarashadada nafaqada.

## Waxa ay goysasku leeyihiin...

“Mareeg (website) fiican, Macluamad badan oo si fudud loo raaci karo”

“Waxaan ku baran karaa xawaarahayga, anigoo gurigayga ku raaxaysanaya”

“Waan jeclaystay inaan dooran karo mawduuca iyo inaan sameyn karo wakhtigan doono habeen ama maalin”

# Xuquuqda, masuuliyadaha ka qeybgalaha & ogeysiinta dhaqanka arrimaha gaarka ah.

## **Ka qeybgale ahaan barnaamijka dumarka dhallanka iyo caruurta (WIC), waan fahmay waxan soo socda:**

1. Muddoyinka shahado siinta ee WIC waxay ku kala duwanyiin nooca ka qaybgalaha
  - a. Dumarka uurka leh, ilaa lix toddobaad dhalmada kadib;
  - b. Dhallaanka/dumarka naas-nuujinaya, bisha ugu horeysa ee sanad guurada dhalashadisa
  - c. Caruurta 12 bilood jirka ah ilaa iyo kuwa 5 sano jirka ah; iyo
  - d. Dumarka aan naas-nuujineyn 6 bilood kadib dhalashada
2. Marka ay shahadadayda ama ta caruurtaaydu dhamaato wuu joogsan doona barnaamijka gargaarka WIC
3. Waxaan heli doona maclumad ku saabsan nafaqada & caafimadka waxbarashada nafaqada, tageerada naas-nuujinta, cuntooyinka WIC & u gudbinta adeegyada kale ee caafimadka
4. Si aan u sii wado gargaarkayga WIC, waa inaan ka qayb gala dhamaan shahado siinta, waxbarashada nafaqada iyo ballamaha.
5. Waxan leeyay xuquuqda in maclumadka aan siiyo WIC laga dhigo qarsoodi  
Waxan fahsansay in maclumadka ka qaybgalaha WIC lala wadaagi karo barnaamijyadan soo socda:  
Visiting Programs, Foster Parent Services, Immunizations, and Pregnancy Risk Assessment Monitoring System (PRAMS). Ogeysiinta kale ayaa looga baahanyahay WIC haddii ay rabaan inay lawadagan maclumadka cid kale.
6. Gudoomiyaha caafimadka ee Vermont wuxu ogalaan karaa isticmalka iyo bixinta maclumadka ku saabsan ka qaybgalintankayga WIC ujeedoyin aan WIC ahayn. Sida maclumadka waxa adeegsan kara xafiisyada WIC & degmada barnaamijyadan soo socda waxa kaliya lo isticmaali karaa maamulida barnaamijka, isku dubaridka gargaarka iyo horumarinta adeegyada iyo barnaamijyada WIC.

7. Macluudadka asal-kaaga waxa loo uririyaa sababaha warbixinta tirakoobka oo kaliya, mana saameynayso ka qaybgalintaan kayga WIC ee heerarka xaq u yeelashada iyo ka qaybqaadashada barnaamijka WIC waa loo simanyay loomana eego qowmiyad, midab, asal qaran, naafada iyo jinsigaba
8. Shaqaalaha WIC way xaqiijin karaan macluudadka aan bixiyay, haddii aan bixiyo maclumad been ah, laga yaabaa inaan helin gargaarka WIC, waxa la yaabaa inaan dib u bixiyo cuntooyinka WIC ee an mar hore iibsaday iyo in denbi la igusoo oogo sharciga federaalka iyo gobolkana la horkeeno

## **Xuquuqda ka qaybgalaha WIC**

- Haddii aanan ku raacin go'aan kasta oo sameeya xaq u yeelashada ama gargaarkayga WIC, waxan haystaa 60 cisho laga bilaabo tariikhda ogeysiiska inaan racfaan u xareeyo oo aan weydisto dhageysi cadaalad ah si aan usoo bandhigo sababaha diidmadayda ama ta wakiilkayga sida qof qaraabo ah/saaxib/ la taliye sharci ama afhayeen kale.
- Maclumadka codsiga dhageysiga cadaalad ah waxa laha heli karaa xafiis kasta oo WIC, ka deegankaaga, gobolka ama qeybta caafimadka ee Vermont. Barnaamijka WIC 108 Cherry Street, PO Box 70, Burlington, VT 05402-0070. Waxad nagaso wici karta 1-800-649-4357 si aad nooga codsato dhageysi.
- Sii wadida gargaarka waa la codsan karaa ilaa la gaadhayo natiijada dhageysiga garsoorka. Codsiga waa in la xareeya 15 cisho kahor taariikhda ogeysiiska la gaarayo. Si kastaba ha ahaatee lamasi wadi doono gargaarka markay dhaafto mudada shahadadu.
- WIC waa barnaamij ka siman fursadaha, haddii aan rumaysanahay in la i takooray sababo la xiriira isirka, midabka, asalka, da'da ama naafada, waxan la xiriiri karaa xoghayaha beeraha Washigton DC 20250, ama kaalmo ka codan karaa shaqaalaha WIC inay sida sameyan.

## Masuuliyadaha ka qeybgalaha barnaamijka WIC:

1. Si aanan u waayin gargaarka WIC waa inaan ka qeybgalaa ballamaha.
  2. Haddii aanan iman karin ballan waan soo wici doona si dib loo taariikheyo, haddii aan ka maqnaado fasalka shahaado siinta ama waxbarashada nafaqada waala dhimi karaa gargaarka WIC.
  3. Waan la socodsiiin doonaa shaqaalaha WIC markaana badalo cinwaankeyga ama aan u guuro magaalo ama gobol kale, si loogu wareejiyo gargaarkayga degmo ama gobol kale.
  4. Cuntooyinka WIC waxa loogu talagalay qofka kasoo qeybgalaha ah, ma iibin doono mana siin doono cid kale, waanan la xiriiri doona WIC haddii aan u baahdo in la badalo gargaarkayga cunto.
  5. Dhamaan qaacidooyinka/is weydaarsiga cunto caafimad waa inay ka dhacaan xafiiska WIC, qaaciido kasta oo loogu talagalay dhalaanka laakiin aan la isticmaalin waa in lagu soo celiyaa xafiiska WIC
  6. Kaar-kayga WIC waan xafidi doonaa mana siin doono, lambarkayga aqoonsiga cid kale, marka laga reebo madaxa dheeraadka ee guriga ama wakiilka soo iibinaya WIC.
  7. Haddii kaar-kayga Vermont WIC lumo ama laxado waxan la socodsiiin doona xafiiska
- WIC si dhakhso ah waan fahansanay in gargaarka bisha socota aan la badeli doonin.
8. Waan fahansanay in gargaarka WIC kaliya laga iibsan karo bakhaarada WIC awood u siisay inta lagu jiro bisha la qoondooyey, waxana sameyn kara ka qeybgalaha loo soo saaray iyo in aan gargaarka la isticmaalin ku biiri doono bisha danbe.
  9. Aniga ayaa ka masuula inaan tobararo madaxa dheeradka ah ee guriga ku nool ama wakiilka habka ay u sameyn karan iibka bakhaaraka.
  10. Waa masuuliyadayda inaan hubsado in qofka wax soo iibinaya uu raaco masuuliyadahan:
- Ka saarid, ganaax, dambi ku oogid, iyo kabasho lacageed waxay dhici kartaa:
- A. Haddii si qaldan loo isticmaalo gargaarka WIC sida isweydaarsasho, iibin ama isku dayida iibka kaar-ka Vermont WIC, gargaarka cuntooyinka ee laga soo iibsaday WIC si af ahaaneed, daabacan, lagu baahiyay internet-ka amaba hab lacageed, credit ama agab aan cunto ahayn.
  - B. Iibsiga ama helida cuntooyin aan ku jirin liska cuntooyinka WIC ansixisay;
  - C. Afлагаado jireed, u hanjabad afлаagaado jireed ama afлаagaado af'eed oo lagu sameeyo shaqaalaha bakhaarada WIC.

US Department of Agriculture joojinayaa takoorka ka dhanka ah macaamiisha, shaqaalaha, iyo dadka shaqo ka codsada ku salaysan jinsiyad, midab, asal qaran, da'da, naafonimada, jinsiga, aqoonsiga jinsiga, diinta, aarsasho, oo meeshii ku haboon, siyaasadda la aaminsan yahay, xaaladda guurka , xaaladda qoyska ama waalidnimada, doorashada galmada, ama dhammaan ama qayb ka mid ah dakhliga qofka waxaa laga barnaamij kaalmo kasta, ama warbixin ku saabsan hidaha shaqo ama barnaamij kasta ama hawl sameeyo ama maalgeliso Waaxdu. (Dhamaan mamnuucidu ma qaban doonto dhamaan barnaamijyada ama hawlaha shaqalaysinta.) Haddii aad rabto in aad gudbisno cabasho Xuquuqda Madaniga barnaamijka oo takoor ah, buuxi Foomka Cabashada USDA ee Barnaamijka takoorka, oo laga helayo internet-ka halkan [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) , ama xafiis kasta oo USDA, ama soo wac (866) 632-9992 si aad u codsatid foomka. Waxa kale oo aad qori kartaa warqad ay ku qoran yihiin dhammaan macluumaadka lagu codsaday foomka. Noo soo dir foomka cabashada oo dhameystiran ama warqad boostada ee Waaxda Beeraha ee Mareykanka, xafiiska agaasimaha xukunka, 1400 Independence Avenue, SW, Washington, DC 20250-9410, fakis (202) 690-7442 ama email ugu dir halkan [program\\_intake@usda.gov](mailto:program_intake@usda.gov). Dadka dhagaha la ' , ama maqalku kugu adag yahay ama naafo ah waxay kala xiriiri karaan USDA dhanka Federal Relay Service halkan (800) 877-8339; ama (800) 845-6136 (isbaanish). USDA waa bixiye fursad loo siman yahay iyo shaqalaysiye.

# Talooyinka dukaamayiga WIC

## Ka hor intaanad bakhaarka tagin:

- **Dib u eeg liiska gargaarka cuntada ee qoyskaaga** una isticmaal hagahan si aad u ogaato sumadaha WIC ee aad jeceshay, qorshee meenyuugaga oo same liiska raashinkaaga.
- **Fiiro gaar ah sii xajmiga khaaska ah ee badeecadaha la ogolyahay.**

## Waxyaabaha aad u qaadanayso bakhaarka

- Hagahan cuntada
- Liiska raashinka
- Kaar-ka WIC
- Baco dib-loo isticmaali karo
- Sicir dhimista ama kaarka bakhaarka
- Barnaamijka dukaamaysiga ee WIC

## Ka dukaamayso bakhaarada ka qaybgalayasha ah.

Lagama wada heli karo bakhaarada dhamaan badeecadaha, haddii ay jirto shay WIC ah oo aad jeclaan lahayd in bakhaarkaagu keeno, ka waydiiso iyaga miiska adeega macaamisha.

**Kala xidhiidh xaafiskaga WIC si aad u hesho liiska bakhaarada ay WIC ansixisay.** Xogaha dukaamaysiga iyo liiska bakhaarada waxa kaloo laga heli karaa halkan, [healthvermont.gov/wic/eWIC.aspx](http://healthvermont.gov/wic/eWIC.aspx).



**Fiidiyaha ku dukamaysaysiga WIC** wuxuu ku tusayaa aasaaska sida loo isticmaalo kaar-kaaga WIC ka fiirso Youtube ama halkan [healthvermont.gov/wic/shop\\_eWIC.aspx](http://healthvermont.gov/wic/shop_eWIC.aspx)



**Isticmaal barnaamijka moobilada ee TheWicShopper** si aad u aqaansato badeecadaha saxda ee bakhaarka, ka rogo App Store ama Google play

### Si taxadir leh u maamul kaar-kaaga WIC

Ula socodsii si dhakhso ah kaar lumay ama la xaday xafiiska WIC ama adeega macmiisha 1-855-769-8890.

### Gargaarka cuntada ee qoyska wuu isbedelaa

La xariir xafiiska degmadada ee WIC si aad isbedel ugu sameyso gargaarkaaga.

### Lama Celin karo cuntooyinka WIC

Laguma soo celin karo cuntooyin bakhaarka si loogu badasho lacag ama wax kale

VERMONT WIC

# Hagaha Cuntada

Wax ku ool ah oogosto 2015



# Miraha & Khudaarta

Waxay bixisaa fiitamiino, macdan iyo faybar kala duwan

Qadarka \$11 bishii loogu talagalay dumarka  
\$8 bishii loogu talagalay caruurta

Xajmiga xajmi kasta, laga reebo adeegyada kelida ah

Xadidaada Baradhada cad-cad: Kaliya cusub  
Aan lagu darin sonkor, duxda ama salliida  
Miraha qasacadaysan waa in lagu mooriya casiir maaha sharobo  
May dhalatada dhirta udgon xidhmoyinka saladhka & tareyada  
May khudarta ama miraha la qalajiyay  
May salsada, yaanyada la walaqay, suugada yaanyada ama koolada

Noocyada Cusub, la barfiyey ama qasaacadaysan (bogga danbe ka eeg)  
Caadiga ah ama Soodhiyam ku yartahay  
Dabiiciga waa la ogol yahay

**Sumad kasta waa la ogolyahay**



# Miraha iyo khudaarta (sii socda)

## Cusub

La ogolyay: Nooc kasta oo cusub dabiici ama aan ahayn, miraha iyo khudaarta ay ka mid yihiin baradho cusub noqona karta mid dhan, kala badha ama moorsan.

Lama ogola: May dhamaan waxyabaha saladhka, tareeyada xafladaha oo cunto lagu daray (dip, dressing, nuts)  
May dambiisha miraha, khudaar/miro la qalajiyay  
May dhalatada, dhirta udgoon ama ubax la cuni karo

## Barfiyey

La ogolyay: Nooc kasta ama nooc kasta oo xirmo  
Xajmi kasta (laga reebo adeegyada kalida ah)  
Miro iyo khudaar kasta oo dabeeci ah ama aan ahayn oo aan lagu darin sonkor, ama macaaneye

Lama ogola: Badeeco kasta oo an ka sameysneyn miro ama khudaar (baasto, bariis, burcad, iwm)  
Khudaarta suugada leh

## Qasaacadaysan

La ogolyay: Nooc kasta oo qaade ah (karton, dhalo, caag)  
Xajmi kasta (laga reebo adeegyada kalida ah)  
Miro iyo khudaar kasta oo dabeeci ah ama aan ahayn  
Miro kasta oo saafi ah ama la isku daray oo lagu mooriyay biyo ama casiir.  
Khudaar kasta oo saafi ah ama la isku daray

Lama ogola: Miro la isku daray, miraha sharobada, miro lagu daray sonkor  
Khudrad la dhanaaniyay ama labaniyay  
Salsada, suugo (biisa, baasto ama yaanyo), yaanyo la walaaqay ama koolada yaanyada

U isticmaal sawirkan si uu kaaga caawiyo maad qiyaasto qiimaha.

| Qiimaha midkii pound | Pounds |        |        |        |         |         |
|----------------------|--------|--------|--------|--------|---------|---------|
|                      | 1½     | 2      | 2½     | 3      | 3½      | 4       |
| <b>\$0.69</b>        | \$1.04 | \$1.38 | \$1.73 | \$2.07 | \$2.42  | \$2.76  |
| <b>\$0.99</b>        | \$1.49 | \$1.98 | \$2.48 | \$2.97 | \$3.47  | \$3.96  |
| <b>\$1.49</b>        | \$2.24 | \$2.98 | \$3.73 | \$4.47 | \$5.22  | \$5.96  |
| <b>\$1.99</b>        | \$2.99 | \$3.98 | \$4.98 | \$5.97 | \$6.97  | \$7.96  |
| <b>\$2.49</b>        | \$3.74 | \$4.98 | \$6.23 | \$7.47 | \$8.72  | \$9.96  |
| <b>\$2.99</b>        | \$4.49 | \$5.98 | \$7.48 | \$8.97 | \$10.47 | \$11.96 |

Sideen Ayaan uga caawin karaa ilmahayga inuu cuno miro iyo khudaar badan?

**La wadaag tacaburka.** Isku day miro iyo khudaar cusub, soo wada dukaamaysta una ogolow in ilmahaagu doorto.

**Wada kariya:** bar ilmahaaga inuu jar-jaro saladhka, ama uu cuntada ku daro khudaarta

**Wada cuna.** U ogolow ilmahagu inuu arko inaad ku raaxeysanayso cunitaanka miraha iyo khudaarta, cunooyinka iyo kuwa fududba.

**Sii qaado.** Shandaada kusii qaado cunto fudud sida liin, tufaax iyo khudaar jar-jaran markaad socoto.







## ~ Ka macaash gargaarkaaga ~

**Debaaldag xilliga.** Dooro khudurta iyo miraha cusub ee xiliga si aad u hesho tayada ugu wanaagsan ee dhadhan.

**Isku day qasacadaysan ama barafka ah.** Marka degdeg aad rabto miraha iyo khudarta la qasacadeyay ama la qabojiyay ayaa haboon, way fududahay in la keydiyo ama la kariyo.

**Iibso waxbadan markay iib yihiin.** Si aad u hesho miro iyo khudaar cusub

Badanaa waxad isticmasha bac weyn, khudaarta ama miraha la qasacadeyay ama la barfiyay waxa lagu iibsan karaa tiro badan markay iibka yihiin, maadama ay wakhti badan jiraan.

**Fududee.** Iibso khudaaar ama miro dhan. Dhaq, jar oo ku rid talaajada, si ay u noqoto cunto diyaar ah oo la cuni karo, ama sanduuqa qadada oo ay qoyskaagu ku raaxeysan karaan waqti kasta.



# Ukun/Beed

Xog fiican oo laga helo booratiin iyo ayroon

|                            |                                                          |
|----------------------------|----------------------------------------------------------|
| Xajmiga                    | Dhexdhexaad iyo weyn                                     |
| Xadidid                    | May xooggan ama kuwa khaaska ah (Omega-3)<br>May dabiici |
| Noocyada                   | Darsin dhan, Cadaan ama Casaan                           |
| Sumad kasta waa la ogolyay |                                                          |

# Caano

Xog fiican oo laga helo booratiin, kaalshiyam iyo fiitamiinada A & D

|         |                                                                                         |
|---------|-----------------------------------------------------------------------------------------|
| Xadidid | May xooggan ama kuwa khaaska ah<br>May dhadhan<br>May dabiici<br>May dux ku yartay (2%) |
|---------|-----------------------------------------------------------------------------------------|

|                     |                                                                                                                                                                                                                                        |                                                                                                                  |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Canaha Lo'da</b> | <b>Sumad kasta waa la ogolyay</b>                                                                                                                                                                                                      | Xajmi:                                                                                                           |
|                     | <ul style="list-style-type: none"> <li>• Dhan: Carruurta 12–23 bilood</li> <li>• Duxdu kuyartay (1%) ama an lahayn labeen</li> <li>• Aan lahayn laaktoos</li> <li>• Shelefka saaran (UHT)</li> <li>• Caano boore dux lahayn</li> </ul> | Galaan, ½ galaan, rubuc<br>Galaan, ½ galaan, rubuc<br>Galaan, ½ galaan, rubuc<br>Rubuc<br>25.6 oz (waa 2 galaan) |

|                      |                                                                                                                                                                                                                                |                                                                        |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Canaha riyaha</b> | <b>Kaliya nooca ay samayso Meyenberg</b>                                                                                                                                                                                       | Xajmi:                                                                 |
|                      | <ul style="list-style-type: none"> <li>• Dareere dhan: caruurta 12-23 bilood ah</li> <li>• Boore dhan: caruurta 12-23 bilood ah</li> <li>• Duxdu ku yartay (1%) dareere ah</li> <li>• Duxdu ku yartay (1%) boore ah</li> </ul> | ½ galaan, rubuc<br>12 oz (waa 3 rubuc)<br>Rubuc<br>12 oz (waa 3 rubuc) |



Caano laga sameeyay

# Burcad

## Xog fiican oo laga helo booratiin iyo kaalshiyam

|          |                                                                                                                                                                         |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Xajmi    | 8 oz and 16 oz                                                                                                                                                          |
| Xadidid  | Aan lasoo dejin ama deli ahayn<br>Aan dhadhan lahayn<br>Aan dabiici ahayn<br>May xarig, jajabsan ama shakhsi duuduubay                                                  |
| Noocyada | Bolog: Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella<br>Dux-du ku yartay ee la ogolyay (khafiif, aad u khafiifa, dux la yareeyay, debacsan)<br>Jeexyo: American |

### Sumadaha qaran ee la ogolyay



### Bakhaarada la ogolyahay



# Toofuu

Xog fiican oo laga helo booratiin iyo kaalshiyam

Xajmi 14 oz iyo 16 oz

Noocyo Toosan, jilicsan, adag, iyo aad u adag  
Dabiici waa la ogolyahay

Sumadaha iyo badeecadaha  
la ogolyay

**Azumaya**

- Silken
- Firm
- Extra Firm



- Silken
- Soft
- Firm
- Extra Firm
- Lite
- Silken
- Firm



- Firm

# Cabitaanka caanaha soy

Xog laga helo booratiin, kaalshiyam iyo fiitamiin D

Xajmi 64 oz La qaboojiyay  
32 oz Shelefka saaran

Xadidid May dabiici

Sumadaha/badeecada/xajmiga la ogolyahay



- 64 oz La qaboojiyay  
(½ galaan)
- Original
  - Vanilla



- 32 oz Shelefka saaran  
(1 rubuc)
- Ultra Soy Original
  - Ultra Soy Vanilla



- 64 oz La qaboojiyay  
(½ galaan)
- Original

# Ciir

## Xog fiican oo laga helo booratiin iyo kaalshiyam

|       |                                                          |
|-------|----------------------------------------------------------|
| Xajmi | 32 oz baanyo<br>4 xirmo 4 oz koob<br>8 xirmo 2 oz tuyuub |
|-------|----------------------------------------------------------|

Noocyada Caano ciir ah oo dhan: caruurta 12-23 bilood  
Duxdu ku yartay ama aan lahayn: Dumarka iyo carruurta 2-5 jirka ah  
Dabiici waa la ogolyahay

### Sumadaha qaran ee la ogolyahay



32 oz baanyo  
• Any flavor



2 lbs (32 oz) baanyo  
• Plain  
• Greek; any flavor



32 oz baanyo  
• Greek; Any flavor  
8 xirmo of 2 oz baanyo  
• Any flavor



32 oz baanyo  
• All Naturals; any flavor  
• Oikos Greek; any flavor



32 oz baanyo  
• Greek; Any flavor



32 oz baanyo  
• Smooth & Creamy; Any flavor  
• Greek any flavor  
  
4 Xirmo oo 4 oz koob  
• Giriig; dhadhan kasta  
  
8 xirmo oo 2 oz baanyo  
• YoKids Squeezers;  
Dhadhan kasta

### Bakhaarada la ogolyahay



32 oz baanyo  
• Any flavor



32 oz baanyo  
• Any flavor  
• Taste of inspiration  
• Greek; Any flavor



32 oz baanyo  
• Any flavor



32 oz baanyo  
• Any flavor

# Digir, Misir, Digir cagaaran

Xog fiican oo laga helo booratin, ayroon iyo faybar

Xajmi 15 oz ilaa 16 oz qasaacad  
1 lb xirmo, la qalajiyay

Xadidid May sonkor ku darid, dux ama saliid  
May khudaar ku darid, miro ama hilib  
May maraq ku walaaqid

Noocyada La qasaacadeyay ama la qalajiyay  
Nooc kast oo kamida digir, digir cagaaran ama misir bisil  
Caadi ah ama Soodhiyam ku yartahay  
Dabiici waa la ogolyahay

**Sumad kasta waa la ogolyahay**

# Subbaga looska/lawska

Xog fiican oo laga helo booratiin

Xajmi 16 oz ilaa 18 oz (dhalooyinka quruurada ama caaga ah)

Xadidid May duxdu ku yartay May sodhiyam ku yartay May dabiici  
May subbaga looska gaarka ah  
May kala saarida subbaga looska  
May dhadhan leh ama lagu walaaqay maadooyin

Noocyada Siman ama adag

Sumadaha qaran ee la ogolyay



May Simply Jif  
May Natural Jif  
May Reduced Fat Jif



May Skippy Natural  
May Reduced Fat Skippy



May Organic

Summadaha bakhaarada la ogolyay

**Summad kasta waa la ogolyay**



## Ikhtiyaarada digirta iyo subbaga looska:

Haddii gargaarka cuntada ee qoyskaagu tusayo: **1 looska/Digir/Peas**  
Waxaad iibsan kartaa:



16 oz xirmo beans,  
lentils, peas qalalan

AMA



16–18 oz dhalo  
peanut butter

AMA



4 qasaacad 15–16 oz  
beans

## Kalluun qasaacadaysan

Xog fiican oo laga helo booratiin

Xajmi Isku dhex jir ama wax u qalma ilaa 30 oz

Xadidid Qasaacadaha oo kaliya, may shandadaha yar-yar

**Waslad yar oo tuuna ah**

Noocyada:

Xajmi:

Lagu mooriyay biyo ama saliid 5 oz

**Saalmoon**

Noocyada:

Xajmi:

Lagu mooriyay biyo ama saliid 5 oz, 6 oz, 7.5 oz, and 15 oz

**Saaradinka**

Noocyada:

Xajmi:

Lagu mooriyay biyo ama saliid (laga yaaba inuu yeesho lafo iyo diir)



3.75 oz

**Summad kasta waa la ogolyay**

## Doorashoyinka hadhuudh dhan:

Marka aad doorato hadhuudh dhan, dooro rooti, khubuz, bariis ama baasto ku dar liiska wadarta wiiqiyadaha ee gargaarka cuntada ee goyskaaga (16, 32, 48 ama 64oz).

Tusaale ahan waxad iibsan karta xabad rooti ah iyo 1 rodol oo bariis cas ah si ay ula mid noqoto 32oz, ama 16oz baasto miro dhan ah ama 1 jawaan oo bariis ah si ay ula mid noqoto 48 rodol.

32 oz =  1 lb (16 oz) rooti +  1 lb (16 oz) jawaan bariis

48 oz =  16 oz bogos basto +  32 oz jawaan bariis

## Caruurtaada bar cuntooyinka caafimadka leh

U sheeg sida cuntooyinku uga caawiyaan inay koraan

- **Hadhuudh** wuxuu siiya tamarta ay ku koraan kuna bartaan.
- **Hadhuudh dhan** wuxuu leyahay faybar ka caawiya caafimadka gudaha
- **Khudaarta iyo miraha** waxay ka caawisa inay la dagaalamaan xananuunada oo taam ahaadaan.

- **Caano** Lafaha iyo ilkahooda ayay xoojiyaan.
  - **Digirta iyo hilibka** waxay siiyaan dhiig caafimad qaba iyo muruqyo adag.
- Ugu wanagsan dhamaan, tus adigu sida loo cuno cuntooyinkan





# Rooti hadhuudh ah oo dhan

Xog fiican oo laga helo faybar

Xajmi 16 oz (1 lb)

Noocyada 100% Sareen dhan, Hadhuudh dhan

Summadaha iyo badeecadaha qaran ee la ogolyay



• Stone Ground Wheat



• 100% Whole Wheat



• 100% Whole Wheat



• Whole Wheat  
Honey & Oats  
• Whole Wheat  
Multi-Grain



• 100% Whole Wheat Stone Ground  
• 100% Whole Wheat Very Thin  
• Light Style, Soft Wheat

• Sliced Rye  
• Swirl 100% Whole Wheat  
Cunnamon w/ Raisins



• Classic 100%  
Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat

Sumadaha bakhaarada iyo badeecaha la ogolyay



• 100% Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat  
• Milix laguma darin  
100% Whole Wheat



• 100% Whole Wheat

# Khubuz

## Xog fiican oo laga helo faybar

Xajmi 16 oz (1 lb)

Noocyada 100% Sareen dhan, Galley

Sumadaha iyo badeecadaha la ogolyahay



- White Corn
- Whole Wheat
- Yellow Corn



- White Corn, Taco Style
- Whole Wheat, Fajita Style



- White Corn
- Whole Wheat



- Corn
- Whole Wheat
- Whole Wheat, Fajita



- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Extra Thin Yellow



- Whole Wheat

# Bariis guduud/cas

## Xog fiican oo laga helo faybar

Xajmi 14 oz to 16 oz xirmooyin  
28 oz to 32 oz xirmooyin

Xadidid May sonkor, dux, saliid ama milix

Noocyada Caadi, Joogto u karin, Degdeg u karin, lagu-kariyo-shandad  
Dabiici waa la ogolyay

Sumad kasta waa la ogolyay

# Baasto hadhuudh ah oo dhan

Xog fiican oo laga helo fiber

Xajmi 16 oz

Noocyada 100% baasto hadhuudh oo dhan

Sumadaha iyo badeecadaha la ogolyay



- Whole Wheat
- Elbows
- Fusili
- Penne Rigate
- Spaghetti



- Organic 100% Whole Wheat
- Capellini
- Fusilli
- Orzo
- Penne Rigate
- Shelles



- Whole Wheat
- Elbows
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



- Organic Whole Wheat
- Angel Hair
- Spaghetti



- 100% Whole Wheat
- Fettuccini
- Spaghetti



- Whole Wheat
- Angel Hair
- Elbows
- Spaghetti
- Spirals
- Thin Spaghetti



- Organic Whole Wheat
- Penne Rigate





- 100% Whole Wheat
- Dhaadheer
- Penne Rigate



# Heed qabow








Xog fiican oo lage helo ayroon, fiitamiinada B, iyo foolik asiidh

Xajmi 12 oz to 36 oz Karton

- Noocyada  Hadhuudh dhan
-  Aan booratiin lahayn
  - Aan hadhuudh ku jirin

Sumadaha iyo badeecadaha qaran ee la ogolyay



-   Cheerios Original
-   Cheerios Multi-Grain
- Corn chex
-  Rice chex
-  Wheat Chex
-  Fiber One Honey Clusters




-  Kix Plain
-  Kix Berry
-  Total
-  Wheaties




- Corn Flakes
-  Frosted Mini Wheats: Original, & Little Bites
-  Mini-Wheats (Aan la qaboojin)



-  Mini-Wheats Touch of Fruit in the Middle, Raspberry
-  Rice Krispies (Aan booratiin lahayn)
- Rice Krispies (Caadi ah)




-  Banana Nut Crunch
-  Grape Nuts
-  Grape Nut Flakes

- Honey Bunches of Oats Honey Roasted
-  Honey Bunches of Oats Vanilla Bunches



-  Life
-  Oatmeal Squares Hint of Cinnamon



-  Oatmeal Squares Hint of Brown Sugar

# Heed qabow (sii socota)

Sumadaha, badeecadaha iyo bakhaarada la ogolyay





-  Bran Flakes
  - Corn Flakes
  - Crispy Rice



-  Frosted Shredded Wheat
-  Nutty Nuggets
  - Toasted Oats




-  Bran Flakes
  - Corn Flakes
  - Crispy Rice
  - Crunchy Corn Squares

- Crunchy Rice Squares
-  Frosted Shredded Wheat
-  Nutty Nuggets
  - Toasted Oats



-  Bran Flakes
  - Corn flakes
  - Crispy rice
-  Crunchy Nuggets

-  Nutty Nuggets
  - Tasteeos
  - Toasted Corn squares
  - Toasted Rice Squares





-  Bite Size Frosted Shredded Wheat
-  Bran Flakes
  - Corn Flakes


- Corn Squares
- Crispy Rice
- Rice Squares
- Tasteeos




-  Bran Flakes
  - Corn Flakes
  - Crispy Rice

-  Frosted Shredded Wheat
-  Nutty Nuggets
  - Toasted Oats




- Corn flakes
- Corn Squares
- Crisp Rice
-  Frosted Shredded Wheat

- Rice Squares
- Toasted Oats
-  Wheat Squares

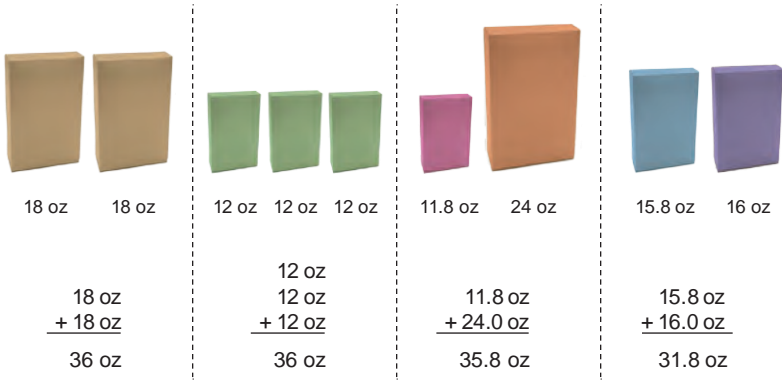


-  Bran Flakes
  - Corn Flakes

- Crisp Rice
-  Frosted Shredded Wheat
  - Toasted Oats

## Hababka aad u iibsano karto ilaa to 36 oz oo heed ah

Laga yaaba inaad ku darto heeda ilaa wadarta rodolada ee gargaarka cuntada qoyskaaga



### Quraacda aya bilowda maalinta

**Cunitaanka quraacda ayaa caruurta siisa tamarta ay wax ku bartaan.** Haddii aanay waxba cunin way gaajoodan waanay ku


Adkaanaysa inay fikiran ama dhageystaan. U ogolow inay kula diyariyan qorshaha quraacda & miiska.



# Heed kulul

Xog fiican oo laga helo ayroon iyo faybar

Xajmi Way kula duwantay; Ka fiiri sumadaha/badeecadaha xagga hoose

Noocyada  Hadhuudh dhan

 Aan booratiin ku jirin

- Aan hadhuudh lahayn

Sumadaha iyo badeecaha la ogolyay



Gluten-Free, 14oz



- 1 Minute, 28 oz
- 2½ Minute, 14 oz & 28 oz
- 10 Minute, 28 oz



Whole Grain (2½ min), 18 oz



MapleOatmeal,  
14 oz



Vermont Style  
Oatmeal, 19 oz



Original Instant Oatmeal  
Packets, 11.8 oz

## Dooro hadhuudh dhan

**Is yar waydaari.** Isku day hadhuudh halkii hadhuudh la sifeeyay, cun 100% rooti hadhuudh ah halkii rooti cad, iyo cun bariis cas halkii bariis cad.

**Isku day noocyada hadhuudhka dhan.** Isbedel ahaan isku day baasto hadhuudh ah oo leh burcad iyo makaroono

Ama suugada yaanyada. U isticmaal khubuzta galeyda khubuz suugaysan, khubuzta hadhuudhka dhan ahna u isticmaal khubuz burcadaysan.

**U noqo tusaale fiican caruurta.** Adigoo u adeegaya oo cunaya hadhuudh dhan maalin kasta dhamaan cunooyinka.



# 100% Casir loogu talagalay carruurta

Xog fiican oo laga helo fiitamiin C

Xajmi 64 oz Shelefka saaran  
64 oz la qaboojiyay  
16 oz baraf ah

Shelefka saaran 64 oz  
Sumadaha iyo badeecadaha qaran ee la ogolyay



- Any flavor



- Any flavor



- Apple
- Red Grape Juice
- White Grape Juice



- Any flavor



- Any flavor



- Any flavor

Shelefka saaran 64 oz  
Sumadaha, bakhaarada iyo badeecadaha la ogolyay



- Apple
- Grape
- Berry Blend



- Cranberry Raspberry
- Grape
- White Grape



- Apple
- Grape
- Cranberry Raspberry



- Apple
- Grape
- Cranberry Raspberry



- All Natural Apple
- Grape
- Cranberry Raspberry

Liin miiran oo la qaboojiyay 64 oz  
Sumadaha la ogolyay



Liin miiran oo la barfiyay 16 oz  
Sumadaha la ogolyay





# 100% Casir loogu talagalay dumarka

Xog fiican oo laga helo fiitamiin C

Xajmi 48 oz Shelefka saaran  
11.5 oz iyo 12 oz La barfiyay

Shelefka saaran 48 oz  
Sumadaha iyo badeecadaha qaran ee la ogolyay



• Dhadhan kasta



• Dhadhan kast



• Dhadhan kasta

Shelefka saaran 48 oz  
Sumadaha bakhaarada iyo badeecadaha la ogolyay



• Apple  
• Grape  
• Vegetable

La barfiyey 11.5 oz, 12 oz  
Sumadaha iyo badeecaha la ogolyay



• 100 % juice  
- Dhadhan kasta



• Orange juice  
- Country style  
- Original  
- Original w/ calcium  
- Pulp-free  
• Grapefruit juice



• Green peel strip  
- Dhadhan kasta



• Yellow peel strip  
- Dhadhan kasta

## Ilmahaagu wuxu diyaar u yahay cuntooyinka adag marka uu sameyn karo dhamaan intan ee uu sidoo kale yahay ilaa 6 bil jir.

- Fadhiisan karo isago caawimo yar u baahan.
- Wax soo qaadan karo oo afka gashan karo.
- Afka kala furi karo si uu tuso inuu rabo wax cunid.
- Afka isku qaban karo qaban karo kadib liqi karo marka malqaacad lagu quudiyo.

## Khudaarta iyo miraha dhalaanka

Waxay bixio fiitamiino badan, macdan iyo faybar

Xajimi 4 oz Kartoonada (kali ah ama 2 xirmo)

Xadidid May sonkor ku darid, istaarj, bariis ama milix  
May casho  
May musaasad

Noocyada Marxalada 2 ama cuntooyinka 2aad  
Nooc kasta oo ah miro kaliya ama khudaar  
Nooc kasta oo ah miro ama khudaar la isku daray

Sumadaha la ogolyay



# Heeda dhallaanka

Xog fiican oo laga helo ayroon

Xajmi 8 oz iyo 16 oz Xirmooyin

Xadidid May miro ku darid, qaaciido ama khudaar

Sumadaha iyo badeecadaha la ogolyay



- Oatmeal
- Rice
- Multigrain
- Oat & Quinoa



- Whole Grain Oatmeal
- Whole Grain Rice
- Whole Grain Multigrain



- Oatmeal
- Rice
- Multigrain
- Whole Wheat
- Organic Brown Rice
- Organic Oatmeal

# Hilibka dhallaanka

Xog fiican oo laga helo booratiin iyo zinik

Xajmi 2.5 oz dhalooyin

Xadidid May sonkor ama milix ku darid  
May casho

Noocyada Marxalada 1 ama <sup>cuntada</sup> 2aad  
Nooc kasta

Sumadaha la ogolyay





Vermont WIC  
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