

Calaamadaha iyo Isbadelada

# VERMONT WIC FOODS

Dhaqangelaaya Oktoobar 2024



**WIC** WOMEN  
INFANTS  
CHILDREN

VERMONT DEPARTMENT OF HEALTH

Somali



## Hudhuudh Baalka Wata

Mayan Farm

Rootiga Hudhuudh Baalka Wata  
16 wiqiyadood



## Cabitaan

Mott's

100% Juus  
Tufaax 48 wiqiyadood (Dumarka)  
Xidhmo Khudaar ah 48 wiqiyadood  
(Dumarka) iyo 64 wiqiyadood (Carruurta)



## Badarka

Kellogg's

Xidhmooyin Buluubeeri Kashi ah  
13.4 wiqiyadood iyo  
18.3 wiqiyadood



Burka Muffinka oo ah qamarti  
buluubeeri leh - Qayb yar oo la dubay  
13.3 wiqiyadood



General Mills

Khudaarta Cheerios oo la shiiday  
Tufaax leh Istarowweri  
10.6 wiqiyadood iyo 18 wiqiyadood



Khudaarta Cheerios oo la shiiday  
Moos leh Buluubeeri  
10.6 wiqiyadood iyo 18 wiqiyadood



## Yooqad leh Dufan yar

Green Mountain Creamery

Dufanka cad ee dabiiciga ah  
32 wiqiyadood

# Hudhuudh Baalka Wata- Rooti

**CUSUB!** Sareenka la balaadhiyey iyo cabbirka rootiga badarka baalka leh.

Cabbirka: 8, 12, 14, 16, 18, 20, 22, 24 ama 32 wiqiyadood (wiqiyad). Burka la dubo, wareega ah iyo burka yaryar



## Arnold

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



Saandhiweej ka sameysan sareenka leh baalka 100% ah 12 wiqiyadood



Burka ka sameysan sareenka leh baalka 100% ah 24 wiqiyadood

Jeex bur ah oo ah bur ka sameysan sareenka leh baalka 100% ah 18 wiqiyadood



## Freihofer's

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



## Great Value

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



## Hannaford

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

## Nature's Own

Burka Hudhuudh leh baalka 100% ah oo 20 wiqiyadood

Burka ka sameysan sareenka leh baalka 100% ah 20 wiqiyadood

Burka haanbeegarka Rootiga ka sameysan sareenka leh baalka 100% ah 15 wiqiyadood





**Open Nature**  
100% Sarreen Balka Wata  
Burka 24 wiqiyadood



Burka Hudhuudh iyo  
Miraha 24 wiqiyadood



**Pepperidge Farm**  
Burka laga sameeyay  
sareenka leh baalka 100%  
ah 24 wiqiyadood laguan  
sameeyay Qol beer



Bur jeex ah oo laga  
sameeyay hudhuudh  
baal leh 100% ah Burka  
sareenka leh baalka 22  
wiqiyadood



Jeex Bur ah oo laga  
sameeyay hudhuudh 15  
hudhuudh  
Burka 22 wiqiyadood



Hudhuudh Baal leh  
100% Sarreen Balka Wata  
Burka 24 wiqiyadood



Huduudh baal leh bur 15  
hudhuudh ah  
24 wiqiyadood



Hudhuudh Baal leh oo leh  
malab iyo Burka sareenka  
baalka leh 24 wiqiyadood



Burka laga sameeyay  
boorashka hudhuudhka  
leh baalka 24 wiqiyadood



**Sara Lee**  
100% Sarreen Balka Wata  
Burka 20 wiqiyadood



**Signature Select**  
100% Sarreen Balka Wata  
Burka 24 wiqiyadood



Saandhiweej ka sameysan  
sareenka leh baalka 100% ah  
12 wiqiyadood



# Cadeymaha/Isbadelada

## Cusbooneysiinta Sawirka/Calaamada

Rooti aan sonkor lahayn oo  
hadhuudh 100% ah ee Nature's Own  
16 wiqiyadood



Subaga Lawska oo dhan  
16 wiqiyadood ee  
Smucker's



## Cabir Cusub

Baakada Boorashka  
Quaker ee isla markiiba karsama  
hadda waxaa lagu helaa  
9.8 wiqiyadood



Boorashka Dhadhanka  
leh ee Signature Select  
hadda waxaa lagu helaa 9.8  
wiqiyadood





# Joojinta/ Aan La Heli karin

## Badarka

**Pics by Price Chopper**

Boorashka dhadhanka  
asalka ah leh  
11.8 wiqiyadood



Lama heli  
karo

## Cabitaan

Cabitaanka Liinta ah ee  
**Natalie's**

64 wiqiyadood



Lama heli  
karo

Cinabka

**Welch's**

Concord

48 wiqiyadood



Lama heli  
karo

Cinabka Cad

48 wiqiyadood

[HealthVermont.gov/WIC](http://HealthVermont.gov/WIC)

[WIC@vermont.gov](mailto:WIC@vermont.gov)

800-649-4357

802-863-7333

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Hay'adani waa shaqo bixye fursadeeda shaqo loo siman yahay.