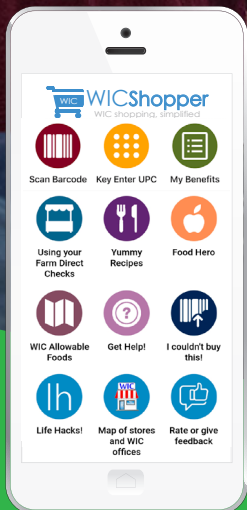




# KAMO WON NOUM EWE eWIC CARD



AMARII POCHOKUNEN NESOR ME PONON



# NOUNOU EWE WICSHOPPER APP



## **Nounou ewe WICShopper app ren:**

- Kopwe cheki masowan.
- Angei achechemen omw kewe benefit mwen ar repwe expire.
- Kopwe scan ini ekkewe barcode ren omw kopwe kuta ekkewe mwongen WIC.
- Suki ewe Food List ren an epwe anisuk me kuta ekkewe mongo ren itan me saisir.
- Kuta ekkewe sitowa ir mi kan angei WIC.
- Kuta ekkewe recipe.
- Tonong won **WICHealth.org** ren omw kopwe kuna ewe online nutrition course.

**Kopwe download  
ini ewe WICShopper  
App iwe ka register  
ini noumw ewe eWIC  
card ikenai!**

*\*ina mi or won iPhone me Android.*

# Epwe ifa usun an upwe nounou ekkewe WIC benefit?

- WIC mi awora ekkewe mungo mi mwurine iteiten maram ika pwe en mi nomw won ewe WIC program.
- En mi tongeni kopwe angei ukukun 3 maramen mongon WIC fan ew chok.
- Ekkewe benefit minen ekkwan ran mwach ina esapw automatic an epwe kapacheta. En mi tongeni kopwe kokori ach ewe ofesin WIC ika ke mochen pwan ekkoch benefit.
- En mi tongeni kopwe nounou ewe WIC food benefit non sitowa non Oregon ikkewe ie ir mi kan angei me ie WIC. Eisini omw ewe WIC clinic ren taropwen ekkewe sitowa. En mi pwan tongeni kopwe teta won ewe WICShopper App me ewe Oregon WIC website ren omw kopwe kuta ekkewe sitowa.

## Wisom kewe:

- Kose tongeni kopwe amomo, nikasiwin ika fen fangeno ekkewe mongon me miniken WIC me pwan noum ewe kart.
- Kose tongeni kopwe angei ekkewe mongon me miniken WIC ren moni ika fen niwinimang ika fen pwan ekkoch metoch.
- Kopwe tipetekison ngeni ekkewe chon angangen WIC me ekkewe sitowa.





# Memwen kopwe no kamo

- Katon akomw masowen noumw ewe food benefit:



- Nounou ewe WICShopper App
- Nengeni fichi nusun omw kamo ina epwe nom won noumw na risit
- Kokori ekkewe chon aninis won fon:  
**1-844-234-4946**
- Omw kopwe cheki nusun na kopwe teta won ebtEDGE website:  
**www.ebtedge.com**
- Katon akomw ewe Food List iwe ka ekieki met sokkun mongo kopwe meni.

**wic** OREGON  
AMARII POCHOKUNEN NESOR ME PONON

## Taropwen mongo (Food List)

Ewe emwenin Oregon WIC ren mongo ir mi etiwa

AMARII POCHOKUNEN NESOR ME PONON  
PWOPWUTA SENI FEPUERI 1, 2021

## Omw ka kamo

- Kopwe chok tongeni meni ekkewe mongo WIC mi etiwa me pwan ekkewe benefit mi nomw reom pwisin.
- Aea ena Food List, ewe WICShopper App me omw ena benefit balance ren an epwe anisuk me kuta ekkewe mongo mi eochu ngonuk me pwan ifa ukukun kopwe angei.

## Ika pwe ka check out

Ika pwe ese kamou met ita epwe ururun epwe kamou me non ewe WIC, iwe en mi tongeni kopwe ureni ewe cashier epwe wau ika en mi tongeni kopwe meni nge esapw chiwen won WIC.

### **IKA PWE EN MINAFOTO NGENI WIC:**

Ika pwe ka nomw non ewe nenien checkout, iwe kopwe ekiekin kopwe eimwuni feseni ekkewe mongon WIC me ekkewe mongo esapw minen WIC. Iwe ka akomw meni ekkewe mongon WIC. Ika pwe ka sinei omw kopwe kamo won WIC, iwe en mi tongeni kopwene chok achufengenir ekkewe mongon WIC me ekkewe esapw mongon WIC ika pwe ka checkout.

**Kopwe kan isoni noumw kana receipt** pwe kopwe sinei ika fite nusun masowen noumw na WIC ika kopwene pwan no kamo sefan, ika epwe pwan or osukosuk nupwen ka fen pwan no kamo.

Receipt meinisin mi sokofesen nikinikir me ren meinisin sitowa. Nge napengeni receipt mi or ei kinikin won.

## **WIC beginning benefit balance ika ewe nepwopwutan omw kamo won**

Mwirin omw swipe ini noumw ewe card, napengeni meinisin sitowa ir mi pwan pwan print ini met ekkewe benefit mi or nepwopwutan omw eto kamo. Ika pwe mi or osukosuk ren ewe mongo ka mochen meni, iwe en mi tongeni kopwe aea ei kinikin nge katon ika pwe mi nomw won omw ena benefit.

## **WIC benefit redemption ika isoisan**

Ikkei ekkei mongon WIC kopwe meni ika ekiekin meni. Ena cashier ina epwe eisinuk kopwe cheki ei kinikin mwen an epwe approve ini. Chemeni pwe meinisin ekkewe mongon WIC ka ekiekin meni mi nomw won ena list in kamo.

## **Met nusun ewe WIC benefit**

Met nusun omw ewe eWIC benefit mwirin omw kamo won.

## **Inet epwe expire WIC benefit**

Meinisin ekkewe risit mi or achechewan ika inet epwe expire omw kewe benefit ren ena maram. Iteiten maram, kopwe meni ekkewe mongon WIC mwen epwe tori nukenipwin ren ewe saingon ran fan ewe maram.



WIC Benefit Balance Before Purchase

1.00	lb	Cheese
2.00	doz	Eggs - large
36.00	oz	Cereal - hot/cold
1.00	ctr	Peanut Butter/beans
32.00	oz	Whole grains
9.00	\$\$	Fruit and vegetables
1.00	can	Sim Adv PWD 12.4 oz
1.00	ctr	Low or nonfat yogurt
3.00	gal	Fat free or 1% milk
2.00	ctr	64 oz bottle juice

WIC Items for Redemption

18.00	oz	G/MILLS CEREAL
16.00	oz	JIF PEANUT BUTTER
32.00	oz	MAHATMA RICE
1.18	\$\$	ORANGES, NAVEL
1.98	\$\$	SPRING MIX

WIC Benefit Ending Balance

1.00	lb	Cheese
2.00	doz	Eggs - large
18.00	oz	Cereal - hot/cold
5.84	\$\$	Fruit and vegetables
1.00	can	Sim Adv PWD 12.4 oz
1.00	ctr	Low or nonfat yogurt
3.00	gal	Fat free or 1% milk
2.00	ctr	64 oz bottle juice

WIC Benefits Expire on 9-30-2020

## Omw kopwe kamo Fruit me Vegetables



WIC ee kan ngonuk non mwoni met kopwe meni ren ekkewe fresh, ika frozen, ika ekkewe non tin ekkewe fruit me vegetables.

Ika pwe ekkewe fruit ika vegetable ra amomo won ukukun chour ika pauner, iwe kopwe nounou ewe WICShopper App ika ewe calculator an epwe anisuk me kamo.

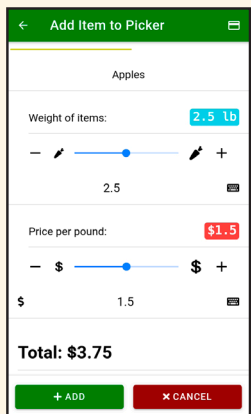
### **AWEWE CHOK:**

Mi or \$9.00 mi available. Ka mochen kamo appen. Ekkewe appen aa ukukun \$1.50/lb.

Omw kopwe aea ewe scale ika paun me non ewe sitowa, en mi tongeni kuna pwe ewe chotan appen aa 2.5 lb.

Omw kopwe nounou ewe WICShopper App ika ewe calculator, type inanong:  $2.5 \times 1.5 =$   
**Ochomw kewe appen ina repwe \$3.75.**

Epwe iei nikinikin me non ewe WICShopper App:



The screenshot shows the 'Add Item to Picker' screen in the WICShopper App. It displays the item 'Apples' with a weight of 2.5 lb and a price per pound of \$1.5. The total calculated is \$3.75. There are buttons for '+ ADD' and 'X CANCEL' at the bottom.

Item	Weight	Price per pound	Total
Apples	2.5 lb	\$1.5	\$3.75

## Omw kopwe kamo Whole Grains

En mi tongeni kopwe fini nefinen ew ekkei whole grains:

- 100% whole wheat bread
- Soft corn tortillas
- Whole wheat tortillas
- Whole wheat pasta
- Oats
- Brown rice
- Bulgur

Ren omw kopwe meni ewe 16 oz. ika ewe 32 oz. chota ren omw kopwe angei unusen omw ewe benefit.

Ika pwe mi or ewe 16oz. ren whole grain, iwe kose tongeni kopwe meni ew watte me nukun ena 16 oz.

Ika pwe mi or ewe 32 oz ren whole grains, iwe en mi tongeni kopwe angei ew grain ukukun 32 oz. ika fen meni ruu mi sokono, nge repwe 16 oz ew chota, epwe total un 32 oz.



16 ounus

ME



16 ounus

## Omw kopwe kamo Milk ika ewe Soy Beverage

Remaining Balance (exp date 9-30-2020)

3.50	gal	Fat free or 1% milk
.75	gal	Whole milk
2.00	ctr	Peanut butter/ dry or canned beans
40.00	oz	Whole grains
16.00	¢¢	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

### Awewe chok:

**Ew 1.00 GAL**



kanon

**0.75 GAL**



esopw kanon



eunen ruwanu

**0.50 GAL**



esopw kanon

**0.25 GAL**



eunen ruwanu

## Omw kopwe kamo Yogurt

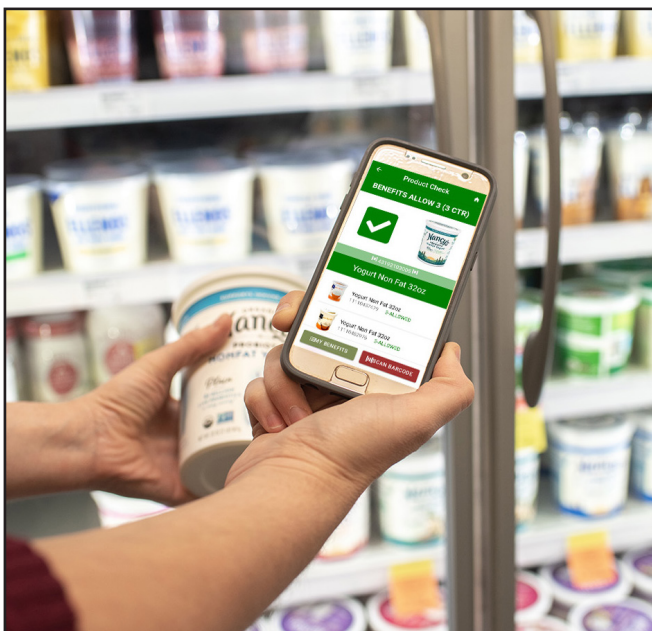
1 CTR Yogurt nge 32 oz. (2 lb.)

Kamo 32 oz. (ika 2 lb.) kanteinor chok.



- Fefin me semirit ra ier 2 ika fitta iwe repwe angei **LOWFAT** ika **NONFAT** yogurt.
- Semirit nefinen ewe ier 1-2 iwe repwe angei **WHOLE MILK** yogurt.

Kopwe nounou ena Food List ika WICShopper app ren omw kopwe fini ekkewe mongon WIC mi pwung. Met sokkun yogurt mi nomw won noumw ewe benefit list?



# TIPS REN OMW KOPW KAMO MONGO

## Omwe kopwe meni Peanut Butter ika Beans

Remaining Balance (exp date 9-30-2020)

3.50	gal	Fat free or 1% milk
1.00	gal	Whole milk
2.00	ctr	Peanut butter/dry or canned beans
40.00	oz	Whole grains
16.00	₦₦	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

### Ren ewe 1.00 CTR en mi tongeni meni



16-18  
ounus



16  
ounus



## SHOPPING TIPS

Ika ee or 2 CTR ren ew ekkan men, iwe en mi tongeni meni ekkewe 32 ounus ren dry beans ika peas.



32  
ounus

1.00	gal	Whole milk
2.00	ctr	Peanut butter/beans
2.00	ctr	Dry beans or peas
40.00	oz	Whole grains



1.00	gal	Whole milk
2.00	ctr	Peanut butter/beans
2.00	ctr	Dry beans or peas
40.00	oz	Whole grains

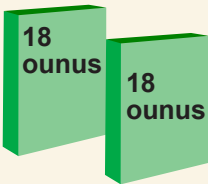


## Kamon Cereal

Napengeni meinisin iwe re kan angei 36 oz. ren cereal benefit iteiten maram.

- Ewe kukununon sirion en mi tongeni meni 11.8 ounus (for hot cereal) ika 12 ounus (for cold cereal). Ika pwe aa kukun seni 11.8 ounus ren sirion iwe kese chiwen tongeni kopwe nouni ne kamo.
- Ren omw kopwe angei meinisin ekkewe sirion iwe kopwe fen meni ekkewe 12 oz., 18 oz., 24 oz., ika fen ekkewe 36 oz pwor.

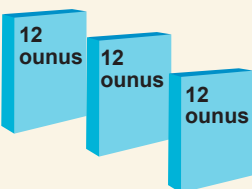
### Ekkoch pwan aweve ren omw kopwe tongeni apacha saisin pworun ekkewe sirion



Kapachan 36 ounus



Kapachan 36 ounus



Kapachan 36 ounus



Kapachan 35.8 ounus

# TIPS REN OMW KOPW KAMO MONGO

## Omw kamo chus (juice)

Akkom katon nusun noum ena moni:

- Ika pwe en mi tongeni angei mi feu ika ew chus (juice)
- Meni sokkun saisin chus (juice) en mi tongeni meni

Remaining Balance (exp date 9-30-2020)

3.50	gal	Fat free or 1% milk
1.00	gal	Whole milk
2.00	ctr	Peanut butter/ dry or canned beans
40.00	oz	Whole grains
16.00	\$\$	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

**Ew 1.00 CTR:**



11.5-12 ounusun mi feu

Remaining Balance (exp date 9-30-2020)

3.50	gal	Fat free or 1% milk
1.00	gal	Whole milk
2.00	ctr	Peanut butter/ dry or canned beans
40.00	oz	Whole grains
16.00	\$\$	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

**Ew 1.00 CTR:**



64 ounusun ew nenien konik

# PIN TIPS

Kopwe set ini noumw ewe PIN mwen omw kopwe no kamo. Kokori ewe nampa nukunupan ena card, iwe ka fiti chok ekkena prompts ren omw kopwe set ini noumw ewe PIN.

- Aea ewe pwinin maramen upwutiwom me omw ewe address ke ngeni ewe WIC clinic ren noumw ewe card (Chechemeni: esapw upwutiwen noumw ewe)
- Ika pwe mi or oruwemenun chon kamoch ena card, iwe ina repwe pwisin mina nour PIN, me aea pwisin ar address me inet upwutiwer.

Ika pwe ke wanong omw ewe PIN fan ruwanu nge mi mwan, iwe ina epwene lock noumw na card. Ekieki kopwe reset ini omw ena PIN mwirin omw sosot fan ru ika unungat.

Ika kopwe reset ini noumw ewe PIN, iwe kokori ena nampa nukunupan ena card ika teta won ena website.

Ika kopwe unlock ini omw ewe PIN, iwe kokori ena nampa nukunupan ena card.



# EKKEWE KAPAS

## **Pwata use tongeni meni ei?**

Ika pwe ese menita nge mongon WIC:

- Ina esapw naf noumw ena benefit ngeni met ewe nusun.
- Ina esapw ekkewe mi nomw won ewe WIC food List.
- Ika pwe mi eligible, iwe mi pwan tongeni epwe kapachenong ngeni en WIC system. Ika pwe ee fis ei, iwe ewe chon amomo ese tongeni epwe siwini ika mwut ngonuk kopwe meni ei mongo won ewe kartun WIC.

## **Ngang mi tongeni isoni nei kewe benefit ren ekan maram mwach?**

Apw, WIC benefit nge ee kan wesino nesopwonon maram. Ika pwe kose nounir, iwe ra koturuno.

## **Ian upwe tongeni kamo ian?**

En mi tongeni no kamo non sitowa ir mi kan angei WIC me non Oregon. En mi tongeni kuta ena mapun sitowa won ena WICShopper app ika ena WIC website.

## **Ngang mi tongeni upwe nounou ekkewe loyalty card ika card un sitowa?**

Mi mwumwuta omw kopwe nounou ekkewe kiupon (coupon) me ekkewe kartun non sitowa ika fen pwan ekkewe kotur.

# EIS AA PIN FICH

## **Met upwe for ika pwe ewe sitowa ese or ewe metoch ie?**

Ka tongeni no kamo pwan non ew sitowa mi etiwa WIC. Rain checks, IOUs me pwan ekkoch me nukun ese mwumwuta.

## **Ngang mi tongeni upwe eniwini ewe mongo uu meni won ewe eWIC card?**

Apw, ekkewe mongo ke meni won ewe eWIC card kose tongeni kopwe eniwini ika ekkesiwini ngeni moni, gift card ika pwan eoch metoch. Ekkewe mongon WIC en mi tongeni kopwe eniwini ika pwe re recall, ika ir mi ta ika ngaw nge ka menir.

## **Ngang uu meni ekkewe mongon won WIC won nei moni nge ita usapw moni won nei moni ika won nei we Oregon Trail card. Ngang mi tongeni eniwini ei mongo?**

Uu Ika pwe kose meni won noumw ewe eWIC card, iwe napengeni sitowa ir mi etiwa ika kopwe eniwini ewe metoch nge epwe fiti risit.



# KAPAS EIS?

## Inet kopwe kokori ewe nenien WIC

- Ika pwe mi or omw kapas eis ren noumw ewe WIC benefit.
- Ka need kopwe schedule ini ew appointment ren omw kopwe angei minafon benefit.
- Kose chiwen tongeni meni ekkoch ekkewe mongon WIC.

## Inet kopwe kokori ekkewe chon anisuk ren noum ewe kartun WIC

- Ika pwe noum ewe kart a peutuno, ika fen emon aa sonani, ika fen pwan ta.
- Ika pwe ka need kopwe reset ini ika suki noum ewe PIN.
- Ika ka ekieki nge ese nene fengen noumw ewe risit ngeni met ekkewe ka meni.



Ei mwich mei kawor fanitan meinisin ese pwan nifinifin. Ren atipeew ngeni ewe annukun Federal civil rights me U.S Department of Agriculture (USDA) civil rights ren mwokutukutun me annukun, ewe USDA, me an kewe Agency, ofes, me noun chon angang, me ei mwich a pachenong non ika an nemeni ekkewe prokramen USDA ra aukatiw ar angangen asiit anongonong on chon ian, anuwan nukuneper, ra feito seni ian, mwan ika fefin, ika ierir, tufichingawer, pungungawer ren met ir mei fofori me akkom non sokopaten nikinik ika mwokutukut mei feito seni ewe USDA. Aramas mei wor terir ika mei pwan wor ekkoch ar wewengaw ren mwokutukutun ei mwich (awewe Braille, large print, audiotape, American Sign Language, me pwan ekkoch) repwe chutiw ren ewe Agency (state ika Local) ikewe repwe apply ngeni tufichir ika aninisir. Emon me emon mei pin seningan, mi weires an epwe rongorongo ika weires an epwe poraus epwe pwan chitiw USDA ngeni ewe Federal Relay Service ren (800) 877-8339. Kapacheta, mwokutukun porausen ekkewe prokram epwe pwan kawor non kapasen ekis me nukun kapasen Merika. Omw kopwe file-ini ew complaint ika atatur ren ei nikinik ese eoch, kopwe amasowa ewe taropwen USDA Program Discrimination Complaint Form, (AD-3027) mei affatetiw online ren: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), me ren ese pwan nifinifin offesin USDA, ika mak ngeni USDA ren ei address mei nom won ena taropwe meinisin ekkei tungor mei nom won. Ika ke mochen ew copy ren taropwen ei atatur, kokori (866) 632-9992. Awesi noum na taropwe ka ngeni USDA mwen: (1) Mail: U.S Department of Agriculture, Office of the Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; ika (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

Oregon  
Health



[www.healthoregon.org/wic](http://www.healthoregon.org/wic)