

**OGAYSIIN: Isbedel ku yimid Gargaaradaada
WIC**



Taariikhda: _____

Gacaliye/Gacaliso _____:

_____ hada ka dib ma heli doono gargaarada WIC ka dib _____

_____. **Xubnaha kale ee ka tirsan qoyska ee ku jira WIC waxaa laga yaabaa in ay wali helaan adeegyada.**

Sobobta isbadalkani waa:

- Waxaad ilmaha naas-nuujisay ilaa hal sano – shaqo wanaagsan ayaad qabatay! Uma adeegi karno haween wax ka badan hal sano marka la dhaafo dhalmada laakiin waxaanu kugu dhiirigelinaynaa in aad sii wado naas-nuujinta ilmaha ilaa iyo intaa aad rabto.
- Waxaanu hooyooyinka aan naas-nuujinaynin kaliya u adeegnaa ilaa muddo 6 bilood ah marka la dhaafo dhalmada. Waanu sii wadi doonaa in aanu ilmahaaga siino adeegyada WIC.
- Ilmahaaga ayaa ah ama noqon doono 5 sano jir.
- Qofka kor ku qoran ma uusan dhowrin ballantii(balamihii) loo qabtay. Fadlan soo wac haddii aad jeclaan lahayd in aad dib u codsato WIC.
- Dakhliga qoyskaagu wuu ka sareeyaa heerka dakhli ee loogu talagalay Oregon WIC. Adeegyadu ayaa ka joogsanaya dhammaan xubnaha ka tirsan qoyska ee ku jira WIC.
- Kuwo kale: _____

Haddii aad jeclaan lahayd in aad dib u codsato WIC, fadlan soo wac si aad ballan u samaysato. Waxaa laga yaabaa in aad u qalanto adeegyo kale oo caafimaad oo ka jira xarumaheena caafimaad. Weydii qof shaqaale ah oo ka tirsan WIC adeegyada laga yaabo in aad u qalanto. Haddii aad hayso wax su'aalo ah ama aadan ku raacsaneyn go'aankan, fadlan naga soo wac:

(WIC clinic phone number, address or message)

Waxaad xaq u leedahay in aad dacwad dhageysi caddaalad ah ku codsato muddo 60 maalmood gudahood ah haddii aad dareentid in aad buuxinayso shuruudaha looga baahan yahay WIC. Waxaad wici kartaa ama qoraal u diri kartaa Xafiiska WIC:

Oregon WIC Program
PO Box 14450
Portland, OR 97293-0450

(971) 673-0040
TTY: (503) 731-4031
FAX-KA: (971) 673-0071



Sida waafaqsan sharciga xuquuqaha madaniga ah ee federaalka iyo sharciyada iyo qaynuunada xuquuqaha madaniga ah ee Waaxda Beeraha ee Mareykanka (USDA), hay'adan waxaa ka mamnuuc ah takoorida ku salysan isirka, midabka, asalka qaran, jinsiga, (oo ay ku jiraan, aqoonsiga jinsiga iyo nooca jinsiga), naafonimada, da'da, ama aargoosiga ama aargudashada hawlo hore oo xuquuqaha madaniga ah.

Macluumaadka barnaamijka waxaa lagu heli karaa luuqado aan ahayn Ingiriisiga. Shaqsiyaadka naafada ah ee u baahan qaab kale oo wada xidhiidh si ay u helaan macluumaadka barnaamijka (tusaale, Hab qoraaleedka camoolaha, daabicidda farta waaweyn, cajalada maqalka, Luuqadda Dhagoolka ee Maraykanka), waa inay kala xidhiidhaan Hay'adda Gobalka ama deegaanka ee mas'uulka ka ah maamulka barnaamijka ama xarunta TARGET ee USDA lambarka (202) 720-2600 (cod iyo TTY) ama waa inay la xidhiidhaan USDA iyaga oo u maraya Federal Relay Service (Adeegga Dadka Dhagaha la' ee Federaalka) ee lambarka (800) 877-8339.

Si loo gudbiyo dacwada takoorka ee barnaamijka, Dacwad-qabaha waa inuu buuxiyo Foomka AD-3027, Foomka Dacwada Takoorka Barnaamijka ee USDA kaas oo onleen ahaan looga heli karo barta: <https://www.fns.usda.gov/sites/default/files/resource-files/ad3027-somali.pdf>, xafiis kasta oo USDA ay leedahay , iyada oo la wacayo (866) 632-9992, ama la qorayo warqad ku socota USDA. Warqadda waa inay leedahay magaca, ciwaanka, lambarka taleefanka ee dacwad-qabaha, iyo sharraxaad qoraal ah oo ku saabsan falka takoorka ah ee la soo eedeeyay oo faahfaahsan si loogu wargaliyo Kaaliyaha Xoghayaha ee Xuquuqaha Madaniga (ASCR) nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee la soo eedeeyay. Foomka AD-3027 ee la buuxiyay ama warqadda waa in loogu diraa USDA;

- (1) **boostada:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; ama
- (2) **fakiska:**
(833) 256-1665 ama (202) 690-7442; ama
- (3) **iimaylka:**
program.intake@usda.gov

Hay'addan waa hay'ad bixisa fursad loo wada siman yahay.