



KOBCINTA MUQTAQBAL CAAFIMAAD LEH

LIISKA CUNTADA

Nidaamka la raacayo oo
la xiriira cuntada ay
oggolaatay Oregon WIC



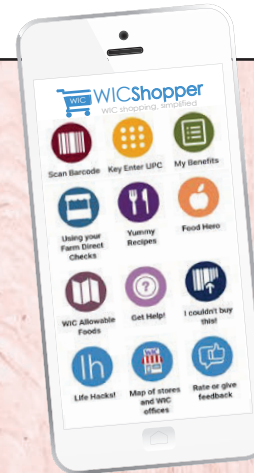
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SIDEE BAA WICSHOPPER APP GACAN UGA GEYSAN KARAA SOO ADEEGASHADA?

Isticmaal WICShopper App si aad u:

- Fiiriso gargaaradaada hadda jira.
- Iskaan gareyso barcode-ka si aad u hesho cuntada WIC.
- Isticmaasho Liiska Cuntada si uu gacan uga geysto helida noocyada cunto ee kala duwan ee shirkaduhu sameeyaan 'brands' iyo qiyaasaha la oggol yahay.
- Hesho dukaamo qaata WIC.
- Raadiso fikradaha habka cuntooyinka loo kariyo.



**Soo deji
WICShopper
App oo maanta
diiwaan gasho
kaarkaaga eWIC!**

**oo la helayo isaga oo ah
iPhone iyo Android.*



TALOoyINKA SOO ADEEGASHADA

**Miyay dhibaato isku xirnaansho
ka jirtaa dukaanka?**

Isku day inaad furto App-ka ka hor
inta aadan gelin dukaanka.

Liiska Cuntada Laa oggolaaday

Isticmaal liiskan si aad u doorato noocyada cunto ee kala duwan ee shirkaduhu sameeyaan 'brands' iyo noocyada iyo qiyaasaha cunto ee la oggol yahay ee ka tirsan xirmadaada cunto.

Fiiri liiska cuntada si aad uga jawaabto su'aalahaani:

- **Waa maxay noocyada aan iibsano karo cuntadani?**
- **Waa kuwee qiyaasaha xirmada ee la oggol yahay?**
- **Isku darkee ayaan dooran karaa?**

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Faruutada iyo khudradda

Faruutada iyo khudradda dabiiciga ah

☑ **GADO**

- Noocyada midka ah, goosan, la shiiday, ama xirmada ku jira
- Insalaatada iyo khudradda cagaarka ah ee bacda ku jira
- Nooca dabiiciga ah waa uu fiican yahay

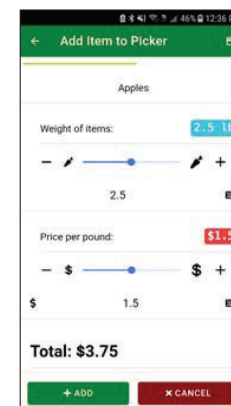
☒ **HA GADAN**

- Ha gadan insalaatada makhaayadaha laga iibsado, khudradda qabow, ama tarayga xafladaha
- Ha gadan waxyaabaha insalaatada lagu daro ama la kor mariyo
- Ha gadan kuwa lagu daro lawska, faruutada qalalan, roodhiga jajaban ee adag
- Ha gadan xawaashka (sida kabsar caleenta ama nooc kabsar ah oo loo yaqaaan parsley)
- Ha gadan geedo



TALOYINKA SOO ADEEGASHADA

Isku day xisaabiyaha faruutada iyo khudradda ee ku jira qaybta "My Benefits" ee WICShopper app. Waxaad si dhakhso leh oo fudud u xisaabin kartaa qiimaha miraha iyo khudradda darayga ah!



Faruutada iyo khudradda

Faruutada iyo khudradda la qaboojiyay

✓ GADO

- Mid, kuwa la jarjaray, ama isku qasan
- Digirta la qaboojiyay waa ay fiican tahay (sida digirta nooca lima, edamame, iyo black-eyed peas)
- Nooca dabiiciga ah waa uu fiican yahay



⊘ HA GADAN

- Ha gadan noocyada ay ku jiraan sonkorta, subagga ama saliiddu
- Ha gadan khudradda subag ama maraqa leh
- Ha gadan kuwa lagu daro bariis, baasto, hilib, noocyada looska, ama nooca baastada oo kale ah ee loo yaqaan noodles
- Ha gadan baradhada shiilan french fries, hash browns, baradhada O'Brien, ama tater tots
- Ha gadan khudradda la tumay ama leh roodhiga shiidan

iro a a ad y a

✓ GADO

- Miraha ku jira biyaha ama cabitaanka aan sonkorta lagu darin
- Nooc kasta oo weel ah, oo ay ka mid yihiin xirmooyin/baakado badan oo ku jira balaastik
- Ismariska tufaaxa 'applesauce' caadiga ama aan la macaanaynin
- Nooca dabiiciga ah waa uu fiican yahay



⊘ HA GADAN

- Ha gadan dareeraha 'syrup', sida midka culus, fudud ama aadka u fudud
- Ha gadan ciirta leh macaaneeyaha macmalka ah ama macaaneeyaha aan lahayn calorie
- Ha gadan miro la isku daray ama miraha isku jira oo leh with cherries

hudradda a a ad y a

✓ GADO

- Khudradda aan lahayn dufan ama saliid lagu daray
- Yaanyadu waa ay fiican tahay (sida midka caadiga ah, la shiiday, la jajabiyey, la yar yareeyay, shiid-shiidka ah ama aadka u jilicsan)
- Nooca dabiiciga ah waa uu fiican yahay



⊘ HA GADAN

- Ha gadan isku dar leh digir qaan qaar ah, sida digirta kidney beans ama digirta madow
- Ha gadan khudrad khal loo isticmaalay 'pickled', oo leh subag ama suugo qasacadeysan
- Ha gadan salsa, yaanyo la kariyey ama suugada yaanyada

Noocyada badarka Roodhiga laga sameeyo qamadiga

oo ada hada oo yada badarka

Ka faa'iidayso noocyada kala duwan ee badarka!
WIC waxay bixisaa:

- 100% roodhiga laga sameeyo qamadiga
- Toortillada fudud ee galleyda ka sameysan
- Toortillada qamadiga laga sameeyo
- Baastada badarka laga sameeyo
- Nooca siriyalka oats
- Bariiska maariinka ah
- Cuntada siriyalka laga sameeyo 'bulgur'

Tirada guud ee noocyada badarka ee aad gadan karto waxaa lagu muujiyay liiskaaga gargaarka.

Haddii aad haysato faa'iidooyinka gargaar ee badarka oo kugu filan, waxaad gadan kartaa in ka badan hal nooc oo badar ah markiiba. Tusaale, haddii liiska gargaarkaagu tilmaamay in aad haysato **32 oz, oo ah noocyada badarka**, waxaad gadan kartaa:



16 oz.

IYO



16 oz.

roodhi a la a a yo qa adi a

16 oz. ilaa
32 oz.



✓ GADO

- Roodhiga, nooc kasta
- Waa in ay calaamadda ku taal "100% qamadi ka sameysan" ("100% whole wheat")

⊘ HA GADAN

- Ha gadan roodhiga aan cuslayn "lite"
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah

Toortillada galleyda ka sameysan, Toortillada qamadiga laga sameeyo

oortillada all yda ka a y a

☑ GADO

- Galayda jaalaha ah ama galayda cad kaliya
- Ka dooro **noocyadani** kaliya:

Calidad	Herdez	Mission
Casa Rosa	IGA	Reser's Baja Café
Don Pancho	Kroger	Signature Select
Essential Everyday	La Banderita	Tortilla Land
Food Club	La Burrita	
Guerrero	Las 4 Hermanas	

Cabbirka
8 oz. ama
wixii ka
weyn

⊘ HA GADAN

- Ha gadan toortillada la shiilay ama jibiska toortillada ah
- Ha gadan nooca dabiiciga ah ama tiro badan



oortillada qa adi a la a a yo

☑ GADO

- 100% toortillada qamadiga laga sameeyo kaliya
- Ka dooro **noocyadani** kaliya:

Don Pancho	Kroger	Mission
Essential Everyday	La Banderita	Ortega
Guerrero	Market Pantry	Signature Select
IGA		

Cabbirka
8 oz. ama
wixii ka
weyn

⊘ HA GADAN

- Ha gadan toortillada la shiilay ama jibiska toortillada ah
- Ha gadan toortillada cad ee burka ka sameysan
- Ha gadan nooca dabiiciga ah ama tiro badan



Baastada badarka laga sameeyo, Nooca siriyalka oats

aa tada badarka la a a yo

☑ GADO

- Qaabka kasta oo ah nooc badar ah ama baastada badarka laga sameeyo
- Ka dooro **noocyadani** kaliya:

Barilla
Essential Everyday
Food Club
Great Value
Kroger
Ronzoni
Signature Select
WinCo Foods

16 oz.
kaliya



⊘ HA GADAN

- Ha gadan nooca dabiiciga ah ama tiro badan

oo a iriyalka oat

☑ GADO

- Nooc kasta
- Nooca siriyalka oats, ee sida degdega ah loo sameeyo, loo rogrogo, iyo noocii hore waa uu fiican yahay
- Nooca siriyalka oats, ee aanay ku jirin xabagta miraha qamida laga helo ee gluten "gluten free" waa uu fiican yahay
- Nooca dabiiciga ah waa uu fiican yahay



⊘ HA GADAN

- Ha gadan nooca degdega (marka aad gadanayso nooc badar ah)
- Ha gadan nooca tiro badan
- Ha gadan nooca siriyalka oats ee birta lagu jarjaray, ee Irish, ama Scottish
- Ha gadan noocyada ay ku jiraan sonkorta, subagga, saliidda, ama cusbadu



TALOYINKA SOO ADEEGASHADA

Marka la isticmaalayo gargaarada WIC, oatmeal ma siriyaal baa mise waa nooc badar ah?

- Nooca siriyalka oats ee ku jira, sanduuqa, bacda ama baakad waa **nooca badarka ee laga faa'iideysanayo**
- Oatmeal-ka degdega ah ee ku jira xirmooyinka mid-midka u xiran waa **nooca siriyalka ee laga faa'iideysanayo**

Bariiska maariinka ah, Cuntada siriyaalka laga sameeyo 'bulgur'

ariii ka aarii ka ah

☑ GADO

- Nooc kasta
- Bariiska durbadiiba, "daqiiqada" ku bislaada, ama bariiska bacda lagu kar kariyo waa uu fiican yahay
- Bariiska nooca jasmine iyo basmati-ga maariinka ah waa uu fiican yahay
- Nooca dabiiciga ah waa uu fiican yahay

⊘ HA GADAN

- Ha gadan bariiska cad, midka dabiiciga ah, ka la shiiday ama midka hore u soo baxa
- Ha gadan noocyada ay ku jiraan xawaashka, sonkorta, subagga, saliidda, ama cusbada
- Ha gadan nooca tiro badan



14-16 oz. (bariiska durbadiiba bislaada kaliya)



cabbirka 16 oz. ama wixii ka weyn

u tada iriyalka la ayo bulgur

☑ GADO

- Nooc kasta
- Nooca dabiiciga ah waa uu fiican yahay

⊘ HA GADAN

- Ha gadan noocyada ay ku jiraan xawaashka, sonkorta, subagga, saliidda ama cusbada
- Ha gadan nooca tiro badan



Caano

oo ada hada aa aha

Caanaha WIC oo idil waa la kar-kariyay waxaana laguna daray Fiitamiin D

☑ GADO

- Nooc kasta
- Noocyada Skim Delux, Ultra, Royale, Supreme, iwm. waa ay fiican yihiin

⊘ HA GADAN

- Ha gadan caanaha bariiska, caanaha almond, labeenta, caanaha wax lagu daray, ama aan la kar-karin, ama caanaha A2
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah
- Ha gadan kuwa leh Omega-3 ama Fiitamiin E
- Ha gadan waxyaalaha gaarka ah sida dhalooyinka quraarada ka samaysan

Gado nooca caanaha ku qoran liiskaaga gargaarka:

- 1% oo ah Caanaha Duxdu ku yar tahay ama Duxda lahayn - oo loogu talagalay dadka waaweyn iyo carruurta da'doodu tahay 2 jir iyo ka weyn (Caanaha duxdu ku yar tahay ama la miiray waa isku mid)
- Caanaha subagga leh waxaa loogu talagalay carruurta da'doodu tahay 1 sano

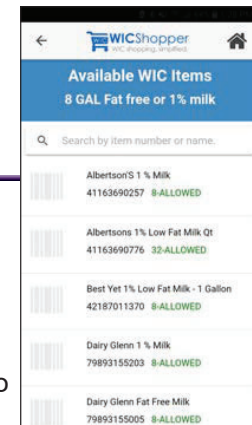
La hadal xaruntaada WIC wixii si aad u hesho noocyada caanaha ee soo socda. Nooc kastaa waa uu fiican yahay.

- Caanaha Acidophilus
- Caanaha uu ka maqan yahay lactose-ka
- Caano aan subag lahayn (oo qiyaastii ah 25.6 oz)
- Caano la uumi bixiyay (qasac ah 12 oz.)



TALOOYINKA SOO ADEEGASHADA

Isticmaal nidaamka app si aad u aragto nooca caanaha ee ku jira liiskaaga gargaarka. Iskaan gareyso barcode-ka si aad ogaato haddii la oggol yahay.



Caano

Tusaalooyinka siyaabaha aad iskugu dari karto qiyaasaha kala duwan ee baakada caanaha

1.0 GAL =



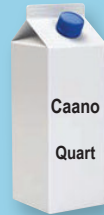
Caano
Caano ah

0.75 GAL =



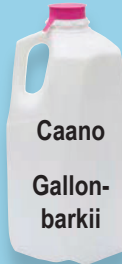
Caano
Gallon-
barkii

iyoo



Caano
Quart

0.5 GAL =



Caano
Gallon-
barkii

0.25 GAL =



Caano
Quart

Cabitaanka soy

abitaanka soy

GADO

- Ka dooro noocyadani iyo waxyaabahan kaliya:

La qaboojiyay



8th Continent
asalka ah "original" ama vanilla ah
64 oz.



Silk
asalka ah "original"
32 oz., 64 oz. ama 128 oz.

Khaanada/marfishka saaran



Pacific Ultra Soy
asalka ah "original"
32 oz.



Silk
asalka ah "original"
32 oz.



West Life Organic Soymilk
Calcium & Vitamin D
plain or vanilla
32 oz.

32 oz. = quart
64 oz. = gallon-barkii

Caanaha ariga, Burcadka

aa aha ari a

☑ GADO

- Gado nooca caanaha ariga ee lagu muujiyay liiskaaga gargaarka
- Kaliya caanaha ariga Meyenberg ayaa la oggol yahay



Whole goat milk (Caanaha ariga ee subagga leh)
32 oz. ama 64 oz.



Lowfat goat milk (Caanaha ariga ee duxdu ku yar tahay)
32 oz.



Whole powdered goat milk (Caanaha ariga ee budada ah)
qasac ah 12 oz. weelka bacda ah oo dhan 12 oz.



Whole evaporated goat milk (Caanaha ariga ee la uumi bixiyay)
qasac ah 12 oz.

ur adka

☑ GADO

- 1 ama 2 pound baakadaha ah kaliya, oo Maraykanka lagu sameeyay
- Nooc kasta oo ah Cheddar (fudud "mild" ama dhexdhexaad ah "medium"), Colby, Colby-Jack, Cheddar-Jack, Monterey Jack, ama Mozzarella
- 16 oz. (1 lb.) Burcada Mozzarella Diyaarka ah waa uu fiican yahay



⊘ HA GADAN

- Ha gadan nooca ay ku qoran tahay sharp, extra sharp, ama white cheddar
- Ha gadan noocyada jaran, dukaanka laga soo gato, ama burcadka shiidan
- Ha gadan burcadka nooca dabiiciga ah, sooyga, ariga, ama sameysnayn
- Ha gadan cuntada burcadku uu ku jirto ama burcadka cuntada la mariyo (sida nooca Velveeta)
- Ha gadan burcadka la qaacyay ama lagu daray waxyaabaha ay ka midka yihiin basbaaska jalapeño ama miraha caraway
- Ha gadan Mazzarellaha (biyaha leh)

Ciirta

☑ GADO

- 32 oz (2 lb) ee sanduuqyada ah kaliya
- Gado nooca ciirta ee ku qoran liiskaaga gargaarka (mid, duxdu ku yar tahay ama duxda lahayn)
- Ka dooro liiska noocyada iyo isku dar kasta kaliya

⊘ HA GADAN

- Ha gadan wax lagu daray waxyaabaha dabiiciga ah
- Ha gadan ciirta nooca fudud "light"
- Ha gadan ciirta leh macaaneeyaha macmalka ah, sida aspartame ama sucralose

Ciirta Caanaha Ka Sameysan (carruurta da'doodu tahay 1 sano)

Chobani Greek

- "Whole", caadiga ah "plain"

DANNON

- "Whole", caadiga ah "plain"
- "Whole", "vanilla" ah

Essential EVERYDAY

- "Whole", caadiga ah "plain"
- Greek, whole, caadi ah "plain"



- Greek, whole, "vanilla" ah



- Greek, whole, caadi ah "plain"
- Greek, whole, "vanilla malab leh"



- "Whole", caadiga ah "plain"



- "Whole", caadiga ah "plain"
- "Whole", "vanilla" ah
- "Whole", "strawberry"



- "Whole", caadiga ah "plain"
- "Whole", "vanilla" ah
- "Whole", "strawberry"

Nancy's

- Whole, "malab leh"



- Greek, whole, caadi ah "plain"

WinCo FOODS

- "Whole", caadiga ah "plain"



1 CTR (caag ah) = 32 oz. (2 lb.)

"Lowfat" ama "Nonfat Yogurt" (dadka waaweyn iyo carruurta da'doodu tahay 2 jir)



- "Nonfat", caadiga ah "plain"
- "Nonfat", "vanilla" ah
- "Lowfat", caadiga ah "plain"
- "Lowfat", "vanilla" ah

Chobani Greek

- "Nonfat", caadiga ah "plain"
- "Nonfat", "vanilla" ah
- "Nonfat", "strawberry"
- "Lowfat", caadiga ah "plain"



- "Nonfat", caadiga ah "plain"
- "Lowfat", caadiga ah "plain"
- "Lowfat", "vanilla" ah

Ciirta

"Lowfat" ama "Nonfat Yogurt" ayaa wali lagu jiraa (dadka waaweyn iyo carruurta da'doodu tahay 2 jir)

 <ul style="list-style-type: none"> "Fat free", caadiga ah "plain" "Lowfat", caadiga ah "plain" "Lowfat", "vanilla" ah "Lowfat", "strawberry" "Lowfat", "blueberry" Greek, "nonfat", caadiga ah "plain" Greek, "nonfat", "vanilla" ah Greek "nonfat", "strawberry" 	 <ul style="list-style-type: none"> "Lowfat", caadiga ah "plain" "Lowfat", "vanilla" ah "Lowfat", "strawberry" "Lowfat", "peach" "Lowfat", "raspberry" Greek, "nonfat", caadiga ah "plain" 	 <ul style="list-style-type: none"> Greek, "nonfat", caadiga ah "plain" Greek, "nonfat", "vanilla" ah
 <ul style="list-style-type: none"> "Nonfat", caadiga ah "plain" "Lowfat", "vanilla" ah "Lowfat", "strawberry" "Lowfat", "strawberry"-moos/muus" "Lowfat", "peach" 	 <ul style="list-style-type: none"> "Lowfat", "strawberry" "Lowfat", "raspberry" "Lowfat", "peach" Greek, "nonfat", caadiga ah "plain" Greek, "nonfat", "vanilla" ah 	 <ul style="list-style-type: none"> "Nonfat", caadiga ah "plain" "Lowfat", caadiga ah "plain" "Lowfat", "strawberry" "Lowfat", "peach" Greek, "nonfat", caadiga ah "plain" Greek, "nonfat", "vanilla" ah
 <ul style="list-style-type: none"> "Fat free", caadiga ah "plain" "Fat free", "vanilla" ah "Lowfat", caadiga ah "plain" "Lowfat", "vanilla" ah 	 <ul style="list-style-type: none"> "Nonfat", caadiga ah "plain" "Nonfat", "vanilla" ah "Lowfat", caadiga ah "plain" 	 <ul style="list-style-type: none"> Greek, "nonfat", caadiga ah "plain" Greek, "nonfat", "vanilla" ah Greek "nonfat", "strawberry"
 <ul style="list-style-type: none"> "Lowfat", "vanilla" ah "Lowfat", "strawberry" "Lowfat", "peach" 	 <ul style="list-style-type: none"> "Nonfat", caadiga ah "plain" "Lowfat", "vanilla" ah "Lowfat", "strawberry" "Lowfat", "peach" 	 <ul style="list-style-type: none"> "Lowfat", "vanilla" ah "Lowfat", "strawberry" "Lowfat", "strawberry"-moos/muus" "Lowfat", "peach" "Lowfat", "blueberry"

Tofu, Ukunta

o u

☑ GADO

- 16 oz (1 lb.) ee sanduuqyada ah kaliya
- Ku jira biyaha
- Ka dooro **noocyadani la qaboojiyay** iyo cuntooyinkan kaliya:

⊘ HA GADAN

- Ha gadan weelasha ka yar 16 oz.



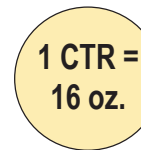
Azumaya Tofu
Nooca Firm,
Extra Firm
ama Silken



House Foods
(lama oggola waxyaabaha dabiiciga ah)
Nooca "Firm",
"Medium Firm"
ama "Extra Firm"



Franklin Farms
Jilicsan, Nooca
"Firm", "Medium
Firm" ama
"Extra Firm"



NaSoya
Organic Silken

ku ta

☑ GADO

- Xirmooyinka laba iyo tobanka xabbo oo kaliya
- Nooc kasta oo ah caddaan, ukumaha digaagga ee waaweyn oo kaliya
- Ukunta digaag duureedku waa caadi

⊘ HA GADAN

- Ha gadan ukunta maariinka ah
- Ha gadan ukunta gaarka ah (sida nooca, Eggland's Best, uu ku badan yahay Omega-3, ama Fiitamiinka E, laga helo digaaga aan meel ku xirnayn ama daaqa/cawska ku koray)
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah

Looska la shiiday, Digirta qalalan, digirta caadiga ah, iyo misirta, Digirta qasacadeysan

oo ka la hiiday

✓ GADO

- 16 ilaa 18 oz. ee ee caagadaha kaliya
- Nooca dabiiciga ah waa uu fiican yahay
- Nooc kasta

⊘ HA GADAN

- Ha gadan looska nooca "spread" ama malabka lagu dubay
- Ha gadan looska shiidan ee uu subagga ku yar yahay ama subagga laga dhimay
- Ha gadan kuwa lagu daray jeeliga, marshmallows, shukulaatada, ama malabka
- Ha gadan nooca leh Omega-3
- Ha gadan wax lagu daray waxyaabaha, tiro badan, ama kaligaa ha shiidin

1 CTR = 16-18 oz.



i irta qalala di irta aadi ah iyo i irta

✓ GADO

- 16 oz. ama 32 oz. ee ah bacaha kaliya
- Nooc kasta iyo nooca
- Nooca dabiiciga ah waa uu fiican yahay

⊘ HA GADAN

- Ha gadan kuwo xawaash lagu daray
- Ha gadan nooca tiro badan



i irta a a ad y a

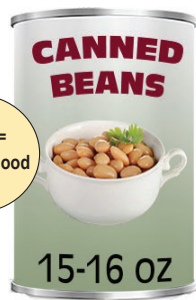
✓ GADO

- 15 ilaa 16 oz. ee ah qasacyada kaliya
- Nooc kasta iyo noocyada digirta
- Digirta cusbada ku yar tahay waa ay fiican tahay
- Nooca dabiiciga ah waa uu fiican yahay

⊘ HA GADAN

- Ha gadan digirta la shiilay, digirta la dubay, ama digirta cagaaran
- Ha gadan noocyada ay ku jirto saliiddo, xawaashka, ama isku dar kasta
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah

1 CTR = 4 qasacadood



Kalluunka qasacadeysan (oo loogu talo galay waalidiinta naas nuujinaya)

✓ GADO



Qasac ah 5 oz. ama wixii ka weyn



Kalluunka cas qasac ah 5 oz. ama wixii ka weyn

- Nooc kasta oo ah tuunada fudud ama kalluunka cas oo ku jira xirmo biyo leh
- Nooca Chicken of the Sea ama nooca Malaayga Bumble Bee ee biyaha leh kaliya

⊘ HA GADAN

- Ha gadan kuwa lagu daray ama lagu macaaneeyay malaayga tuna, salmon, ama sardines
- Ha gadan noocyada albacore, yellowfin, ama tuunada tongo
- Ha gadan kalluunka loo yaqaan salmon noociisa, guduudka, sockeye, blueback, ama Atlantic
- Ha gadan cadka aan lafta lahayn
- Ha gadan malaayga saliido ku jirto
- Ha gadan weelasha bacda ah ama xirmooyinka mid-midka u xiran
- Ha gadan malaayga tuna, ee birta lagu soo dabay

Bumble Bee

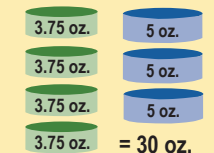
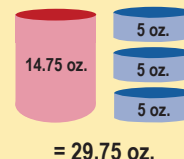
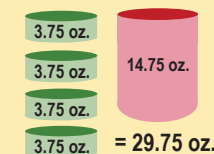
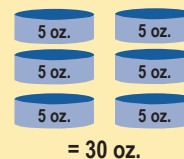


Chicken of the Sea



Malaayga Sardines qasac ah 3.75 oz

Tusaalooyinka siyaabaha aad iskugu dari karto qiyaasaha kala duwan kalluunka qacada



Siriyaalka qabow

Soo gadashada siriyaalka

Calaamadahan ka fiiri liiskan cuntada si aad u qaadato siriyaalka leh fiitamiinka folic acid oo dheeraad ah, ama laga sameeyay noocyada badarka ama aanay ku jirin xabagta miraha qamida laga helo ee gluten “gluten free”.

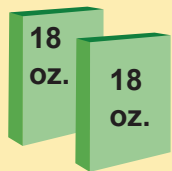
- F** 100% Qiyaasta Maalintii (DV) oo loogu talagalay folate
- G** Waxay muujinaysaa in shirkaddu tilmaamayso in siriyaalka aanay ku jirin xabagta miraha qamida laga helo ee gluten “gluten free”
- W** Waxay tilmaamaysaa in laga sameeyay noocyada badarka oo ay leedahay fiber-ka wanaagsan

Qiyaasta ugu yar ee siriyaalka ee aad gadan karto waa 9.8 oz oo ah (siriyaalka kulul) ama 12 oz oo ah (siriyaalka qabow).

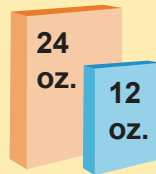
Haddii aad haysato wax ka yar 9.8 oz. oo ay ka soo haren gargaarkaaga siriyaalka ee bishan, ma awoodi doontid in aad kharash garayso.

Habka ugu fiican ee aad ku xaqiijin karto in aad hesho siriyaalkaaga oo dhan waa in aad gadato dhammaan sanduuqyada qiyaastoodu tahay 12 oz., 18 oz., 24 oz. ama 36 oz.

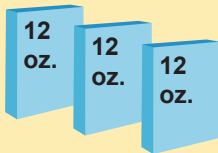
Tusaalooyinka siyaabaha aad iskugu dari karto qiyaasaha kala duwan ee baakada siriyaalka



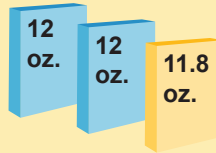
Wadarta 36 oz.



Wadarta 36 oz.



Wadarta 36 oz.



Wadarta 35.8 oz.

Siriyaalka qabow

GADO Cabbirka 12 oz. ilaa 36 oz.

Kellogg's		
 F W		 F
All-Bran Complete Wheat Flakes	Corn Flakes (asalka ah “original”)	Special K (asalka ah “original”)
 W	 F W	
Frosted Mini Wheats (asalka ah “original”)	Strawberry Frosted Mini Wheats	Rice Krispies (asalka ah “original”)
General Mills		
 G	 G	 G
Rice Chex	Corn Chex	Blueberry Chex
 G	 G W	 F G W
Cinnamon Chex	Cheerios (caadiga ah “plain”)	Multi Grain Cheerios (asalka ah “original”)
 W	 W	 W
Kix (asalka ah “original”)	Berry Berry Kix	Honey Kix

Siriyaalka qabow

Malt-O-Meal (sanduuq iyo bac ah)



Frosted Mini Spooners (asalka ah "original")

Post



Grape Nuts



Great Grains Banana Nut Crunch



Great Grains Crunchy Pecan



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla Bunches



Honey Bunches of Oats Almond



Honey Bunches of Oats Pecan & Maple Brown Sugar



TALOOPYINKA SOO ADEEGASHADA

Habka ugu fiican ee aad ku xaqiijin karto in aad hesho siriyaalkaaga oo dhan waa in aad gadato dhammaan sanduuqyada qiyaastoodu tahay 12 oz., 18 oz., 24 oz., ama 36 oz.

Corn Flakes - nooca dukaanka



Best Yet, Food Club, Great Value, IGA, Signature Select,



Essential Everyday



Siriyaalka kulul

GADO Cabbirka 9.8 oz - 36 oz



Cream of Wheat Plain
1 Daqiiqo

Aan ahayn nooca Degdegga



Cream of Wheat Plain
2½ Daqiiqadood

Aan ahayn nooca Degdegga



Cream of Wheat Whole Grain,
2½ Daqiiqadood

Aan ahayn nooca Degdegga



Cream of Rice Plain
Aan ahayn nooca Degdegga



Malt-O-Meal Original



Quaker Instant Grits Original
(Xirmooyinka mid-midka u xiran)



Quaker Instant Oatmeal
(Xirmooyinka mid-midka u xiran)














Plain Instant Oatmeal,
xirmooyinka mid-midka u xiran

Best Bet, Food Club, Great Value, Kroger, Shurfine, Signature Select, WinCo Foods

Casiirka dhalooyinka caaga ah

✔ GADO 100% CABITAAN AH **⊘ HA GADAN**

- 64 oz. dhalooyinka caaga ah kaliya
- Fiber-ka, fiitamiinka, & macdanahu waa ay fiican yihiin
- Ka dooro **noocyadani iyo isku dar kasta** kaliya:
- Ha gadan cabitaanka la isku daray, cabitaanka casiirka ama cabitaanka nooca fudud "light"
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah • Ha gadan apple cider-ka
- Ha gadan mid la qaboojiyay

			1 CTR = dhalada caaga ah oo dhan 64 oz.
Tree Top Isku dar kasta (marka laga reebo 3 Apple Blend ama Honey Crisp)	Juicy Juice Isku dar kasta	Campbell's Yaanyada ("regular" ama "low sodium")	
			
Langers Isku dar kasta, 100% cabitaan ah Aan la isku darin	Ocean Spray Isku dar kasta, 100% cabitaan ah Aan la isku darin	Liinta Nooc kasta	Bambeelmada Nooc kasta
			
Tufaaxa Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, Western Family, WinCo Foods	"Cranberry", "cran-grape" iyo "cran-raspberry" Aan la isku darin Best Yet, Food Club, Great Value, Kroger, Signature Select, Western Family	Grape/Cinab (purple-ah ama cad) Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, Western Family, WinCo Foods	Vegetable/ Khudrad Best Yet, Essential Everyday, Food Club, Great Value, Kroger, Signature Select, WinCo Foods


Casiirka la qaboojiyay

✔ GADO 100% CABITAAN AH

⊘ HA GADAN

- 11.5 - 12 oz. ee caagadaha kaliya
- Fiber-ka, fiitamiinka, iyo macdanahu waa ay fiican yihiin
- Ka dooro **noocyadani iyo isku dar kasta** kaliya:

- Ha gadan cabitaanka la isku daray, cabitaanka casiirka ama cabitaanka nooca fudud "light"
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah
- Ha gadan apple cider-ka
- Ha gadan mid la qaboojiyay

1 CTR = qasac ah 11.5 - 12 oz	
	Dole Nooc ama isku dar kasta
	
Old Orchard Nooc ama isku dar kasta oo fur cagaaran leh	Tree Top Tufaaxa
	
Liinta Nooc kasta	Bambeelmada Nooc kasta
	
Tufaaxa Best Yet, Essential Everyday, Food Club, Great Value, Kroger, Signature Select, WinCo Foods	Grape/Cinab Best Yet, Food Club, Great Value, WinCo Foods







Cuntada carruurta

oo ada hada u tada arruurta

Miyaad ogeyd?

Wakhtiga ay gaaraan 9 bilood, inta badan carruurta waxay cuni karaan faruutada jilicsan iyo khudaarta la kariyay oo jarjaran oo ay farahooda ku soo qaadan karaan.

Ma ogayd in WIC ay qaar ka mid ah cuntada dhallaanka ee weelasha furka leh ku jirta kuugu beddeli karto gargaarka faruutada iyo khudradda taasi oo ka bilaabmaysa marka ay gaaraan 9 bilood? La hadal xaruntaada WIC wixii macluumaad dheeraad ah.

<p>Haddii liiskaaga gargaarka uu sheegayo 256 oz. waxaad gadan kartaa</p>	 64 4 oz. oo ah weelasha furka leh	 32 2-baakadood oo ah 4 oz.
<p>Haddii liiskaaga gargaarka uu sheegayo 128 oz. waxaad gadan kartaa</p>	 32 4 oz. oo ah weelasha furka leh	 16 2-baakadood oo ah 4 oz.
<p>Haddii liiskaaga gargaarka uu sheegayo 64 oz. waxaad gadan kartaa</p>	 16 4 oz. oo ah weelasha furka leh	 8 2-baakadood oo ah 4 oz.

Cuntada carruurta ee faruutada iyo khudradda

✓ GADO

- 4 oz. qiyaasta cuntada carruurta ee faruutada iyo khudradda
- Dhalooyinka ama sanduuqyada caaga ah waa ay fiican yihiin
- Ka caadiga ah ama cuntada carruurta ee faruutada iyo khudradda la isku daray
- Waxaad gadan kartaa sanduuq kaliya, 2-baako ama labadaba
- Ka dooro **noocyadani** kaliya:

⊘ HA GADAN

- Ha gadan macmacaanka cuntada “diners”, la socda, cabitaanka la isku daro, ama cuntada loo yaqaan “casseroles”
- Ha gadan kuwa lagu daro siriyal, ciir, hilib, bariis, baasto, ama badarka
- Ha gadan sonkorta ama waxyaabaha ay ku jiraan baradhada, bariiska, galleyda, digirta iwm
- Ha gadan cuntada ilmaha dhasha ama nooca loo yaqaan “Graduates”
- Ha gadan wax lagu daray DHA
- Ha gadan weelasha bacda ah “pouches”
- Ha gadan cuntada carruurta ee budada ah



Beech-Nut



Gerber



Earth's Best Organic

Happy Baby Organics

Wild Harvest Organic

Hilibka cuntada carruurta, Siriyalka carruurta

iilibka u tada arruurta

(waxaa loogu talagalay carruurta aan qaadan cuntada WIC)

✔ GADO

- 2.5 oz. qiyaastii hilibka cuntada carruurta kaliya
- Dhalooyinka ama sanduuyuqada caaga ah
- Waxaa ku jiri kara maraq ama maraqa fadhiga ee baradhada shiidan lagu daro
- Ka dooro **noocyadani** kaliya:

⊘ HA GADAN

- Ha gadan kuwa lagu daro faruutada, khudaarta, nooca baastada oo kale ah ee loo yaqaan noodles, ama badarka
- Ha gadan cuntada ilmaha dhasha ama nooca loo yaqaan "Graduates"
- Ha gadan wax lagu daray DHA



Beech-Nut



Gerber



Earth's Best Organic

iriyalka arruurta

✔ GADO

- Cabbirka 8 oz. ama wixii ka weyn
- Ka dooro **noocyadani** iyo badarka kaliya:

⊘ HA GADAN

- Ha gadan Siriyalka **Bariiska** ah
- Ha gadan waxyaabaha lagu daro cuntada carruurta, caanaha, ciirta ama faruutada
- Ha gadan wax lagu daray DHA
- Ha gadan weelasha furka leh, qasacyada, ama xirmooyinka mid-midka ah



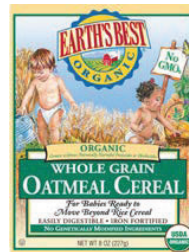
Gerber (nooca dabiiciga ah waa uu fiican yahay)

- Multi-Grain
- Oatmeal
- Whole wheat



Beech-Nut (nooca dabiiciga ah waa uu fiican yahay)

- Multi-Grain
- Oatmeal



Earth's Best Organic

- Mixed-Grain
- Oatmeal

Wixii macluumaad dheeraad ah ee ku saabsan WIC ama sida loo helo xarunta WIC ee kuugu dhow, wac 211 ama booqo website-kayaga:

www.healthoregon.org/wic



Waxaa la helayaa dukumeentigaan oo noocyo kale ah ee loogu talagalay dadka itaal darran. Waxaad wacdaa 971-673-0040 (codka) 1-800-735-2900 (TTY) si laguugu qorsheeyo nooca kale ee kugu habboon.

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 salaysan 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 buuxiyi 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 diraaq USDA;

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

Waaxdani waa fursad shaqo bixiye loo wada siman yahay.