

WAAD SAMEYN KARTAA TANI, MOM!

ILME KA
YAR 5 JIR?

WIC AYAA
KU CAAWIN
KARTA!

UUR MA
LEEDAHAY?



- Waxaanu bixinaa miro, khudaar, caano iyo waxyaabo badan
- Waxaanu bixinaa waxbarasho dhanka nafaqada ah iyo taageerada naas-nuujinta
- Waxaanu kugu xirnaa adeegyada aad u baahan tahay

Wac xafiiskaaga WIC ee degaanka:

Si aad u hubiso u qalmida,
wac 211 ama booqo
healthoregon.org/wic



Haddii aad doonaysid macluumaadkan oo ku qoran farta waaweyn, ama nooc kale ah, fadlan wac 971-673-0040 ama TTY 800-735-2900.

Sida waafaqsan sharciiga 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

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