



LIISKA CUNTADA

**Nidaamka la raacayo oo la xiriira
cuntada ay oggolaatay Oregon WIC**

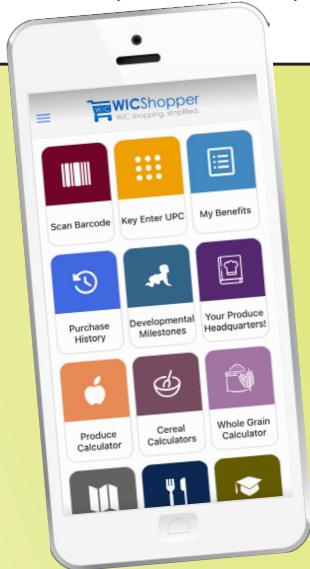


**KOBCINTA MUQTAQBAL
CAAFIMAAD LEH
LAGA BILAABO LUULYO 1, 2025**

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 WICShopper App ka hor inta aadan gelin dukaanka.

Liiska Cuntada La 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. Dooro Liiska Cuntada si aad uga jawaabto su'aalahaani:

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

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Faruutada iyo khudradda dabiiciga ah

✓ GADO

- Noocyada midka ah, goosan, la shiiday ama xirmada ku jira
- Insalaatooyinka iyo khudradda cagaarka ah ee bacda ku jira
- Xawaashka cusub (sida kabsar caleenta ama nooc kabsar ah oo loo yaqaan parsley)
- Nooca dabiiciga ah waa uu fiican yahay

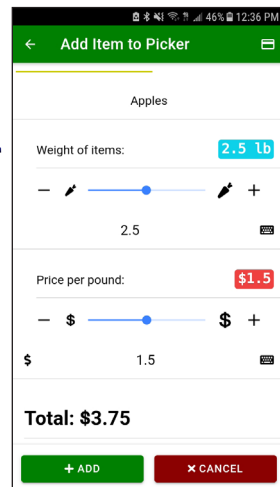
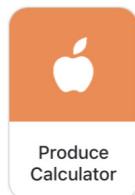
✗ HA GADAN

- Ha gadan insalaatada makhaayadaha laga iibsado ama khudradda qabow
- Ha gadan waxyaabaha insalaatada lagu daro ama la kor mariyo
- Ha gadan kuwa lagu daro lawska, faruutada qalalan, rootiga jajaban ee adag
- Ha gadan xawaashka kulul ama xawaashka qalalan
- Ha gadan geedo



Talooyinka Soo adeegashada

Isticmaal xisaabiyaha Cuntooyinka ee ku jira WICShopper App si aad ula socoto lacagtaada faruutada iyo khudradda inta aad soo adeeganayso.



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



Khudradda La qaboojiyay

✗ HA GADAN

- Ha gadan noocyada ay ku jiraan sonkorta, subagga ama saliiddo
- 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 rootiga shiidan

Miro qasacadeysan

✓ 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' ama aan la macaanaynin waa uu fiican yahay
- 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 cherries

Khudradda qasacadeysan

✓ GADO

- Khudradda aan lahayn dufan ama saliid lagu daray
- Yaanyadu way fiican tahay (sida midka caadiga ah, la shiiday, la jajabiye, 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 qaar qaar ah, sida digirta kidney beans iyo digirta madow
- Ha gadan khudrad khal loo isticmaalay 'pickled', oo leh subag ama suugo qasacadeysan
- Ha gadan salsa, yaanyo la kariyey ama suugada yaanyada

Soo gadashada noocyada badarka

WIC waxay bixisaa:

- 100% alaabta rootiga laga sameeyo qamadiga
- Rootiga pita iyo naan-ta qamadiga laga sameeyo
- Rootiga laga sameeyo noocyada badarka ee aan lahayn gluten
- Toortillada fudud ee galleyda ka sameysan
- Toortillada qamadiga laga sameeyo
- Baastada badarka laga sameeyo
- Nooca siriyalka oats
- Noocyada badarka ee bacaysan

Waxaad in ka badan hal nooc oo badar ah markiiba ku gadan kartaa faa'iidooyinkaada gargaar ee badarka.

Tusaale, haddii liiska gargaarkaagu tilmaamayo in aad haysato **24 oz. oo ah noocyada badarka**, waxaad gadan kartaa:



16 oz.

IYO



Toortillada Galleyda Ka sameysan

8 oz.

Iyada oo haddii liiska gargaarkaagu tilmaamayo in aad haysato **48 oz. oo ah noocyada badarka**, aad gadan karto:



100% Rootiga Laga sameeyo Qamadiga

20 oz.

IYO



100% Baastada Badarka Laga sameeyo

16 oz.

IYO



12 oz.

✓ GADO

- Cabbirka 12 oz. ilaa 32 oz.
- Nooc kasta
- Rootiga, rootiga la dubay 'buns', rootiga wareegsan 'rolls', rootiga English muffin ama rootiga begal-ka
- Waa in ay calaamadda dhankeeda hore ku taal "100% qamadi ka sameysan" ("100% whole wheat")



100% Rootiga Laga sameeyo Qamadiga



100% Rootiga Laga sameeyo Qamadiga ah ee Buns

⊘ HA GADAN

- Ha gadan rootiga aan cuslayn "lite" ama carbohydrate-ka la maamulayo
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah



100% Rootiga Laga sameeyo begal-ka

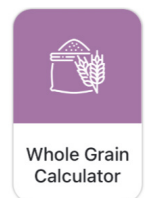


100% Rootiga Laga sameeyo English muffin



Talooyinka Soo adeegashada

Isticmaal xisaabiyaha Noocyada Badarka ee ku jira WICShopper App si aad ula socoto faa'iidooyinkaaga gargaar ee badarka inta aad soo adeeganayso.



Rootiga Pita iyo Naan-ta Qamadiga Laga Sameeyo

Aan Gluten Lahayn “Gluten Free” Rootiga Laga sameeyo Noocyada Badarka

✓ GADO

- Cabbirka 11 oz. ilaa 24 oz.
- Ka dooro noocyadani kaliya:



Pita Flatbread Wheat



Puffed Up & Proud Whole Wheat Pita



Fresh Signature Whole Wheat Pita



Greek Style Whole Wheat Pita



Whole Wheat Greek Style Pita



Greek Pita Whole Wheat



Artisan Whole Wheat Naan



✓ GADO

- Cabbirka 12 oz. ilaa 24 oz.
- Ka dooro noocyadani kaliya:



Franz Gluten Free

- Great Seed Bread
- Mountain White Bread
- Seven Grain Bread
- Hawaiian Bread
- Hamburger Buns
- Hot Dog Buns



Food for Life Gluten Free

- Brown Rice Bread
- Brown Rice English Muffins
- Brown Rice Tortillas
- Multi-Seed English Muffins



Canyon Bakehouse Gluten Free 100% Whole Grain

- | | |
|------------------------------------|-------------------------------------|
| • Ancient Grain | • Hawaiian Sweet Bread |
| • Mountain White Bread | • Plain Bagels |
| • 7-Grain Bread | • Everything Bagels |
| • Country White Bread | • Deli White Bagels |
| • Heritage Style Whole Grain Bread | • Burger Buns |
| • Heritage Style Honey White | • Sub Rolls |
| • Cinnamon Raisin Bread | • Honey Whole Grain English Muffins |

Toortillada Galleyda Ka Sameysan, Toortillada Qamadiga Laga Sameeyo

Baastada Badarka Laga Sameeyo, Nooca Siriyalka Oats

Toortillada galleyda ka sameysan

✓ GADO

- Cabbirka 8 oz. ilaa 80 oz.
- Galayda jaalaha ah ama galayda cad kaliya
- Ka dooro noocyadani kaliya:

Calidad	Kroger
Don Pancho	La Banderita
Essential Everyday	La Burrita
Guerrero	Mission
IGA	Signature Select



Toortillada Galleyda Ka sameysan

F 15% Qiyaasta Maalintii (DV) oo loogu talagalay folate

⊘ HA GADAN

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

Toortillada qamadiga laga sameeyo

✓ GADO

- Cabbirka 8 oz. ilaa 48 oz.
- 100% toortillada qamadiga laga sameeyo kaliya
- Ka dooro noocyadani kaliya:

DeCasa	La Banderita
Essential Everyday	Market Pantry
Great Value	Mission
Guerrero	Ortega
Kroger	Signature Select



100% Toortillada Laga sameeyo

⊘ 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
- Ha gadan carbohydrate-ka la maamulayo

✓ GADO

- Cabbirka 16 oz. ilaa 32 oz.
- Qaabka kasta oo ah nooc badar ah ama baastada badarka laga sameeyo
- Ka dooro noocyadani kaliya:

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



100% Baastada Badarka Laga sameeyo

⊘ HA GADAN

- Ha gadan nooca dabiiciga ah ama tiro badan

✓ GADO

- Cabbirka 16 oz. ilaa 42 oz.
- Nooc kasta
- Nooca siriyalka oats, ee sida degdega ah loo sameeyo, loo rogrogo iyo noocii hore
- 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



Nooca siriyalka oats

⊘ HA GADAN

- Ha gadan nooca degdega (marka aad gadanayso nooc badar ah)
- Ha gadan tiro badan
- Ha gadan nooca siriyalka oats ee birta lagu jarjaray, ee Irish, ama Scottish



Talooyinka Soo adeegashada

Oatmeal ma siriyaal baa mise waa nooc badar ah cuntooyinka WIC? Nooca siriyalka oats ee ku jira sanduuqa ama bacda ama baakad waa nooca badarka ee laga faa'iideysanayo. Oatmeal-ka degdega ah ee ku jira xirmooyinka mid-midka u xiran waa mid ah nooca siriyalka ee laga faa'iideysanayo.

 GADO

- Cabbirka 12 oz. ilaa 32 oz.
- Nooc kasta
- Nooca bacaysan ama sanduuqa ku jira waa uu fiican yahay
- Waa in uu yahay nooca badarka “whole grain”
- Bariiska durbadiiba “daqiiqada” ee ku bislaada bariiska bacda lagu kar kariyo waa uu fiican yahay
- Nooca dabiiciga ah waa uu fiican yahay
- Ka soo dooro noocyadani badarka:

Amaranth

Bariiska madow

Bariiska maariinka ah

(bariiska maariinka ah ee jasmine iyo basmati-ga maariinka ah waa uu fiican yahay)

Buckwheat

Bulgur

Kamut

Millet

Quinoa

Bariiska cas

Hadhuudhka

Teff

Wheat berries

Bariiska duurka

 HA GADAN

- Ha gadan tiro badan
- Ha gadan noocyada ay ku jiraan xawaashka, sonkorta, subagga, saliidda ama cusbada
- Ha gadan bariiska cad
- Ha gadan bariiska la shiiday, isku dhegdhega ‘pearled’, ama midka hore u soo baxa



Bariiska Maariinka ah



Halkan waxaa ku qoran siyaabaha loo kariyo noocyada badarka:



Ingiriis



Burka galleyda masa

 GADO

- Cabbirka 22 oz. ilaa 60 oz.
- Ka dooro noocyadani:



Corn Masa Flour, Instant



Antojitos Instant Corn Masa Flour

Amarillo Instant Yellow Corn Masa Flour



Golden Corn Flour Masa Harina, Regular ama Organic

Cuntada galleyda

 GADO

- Cabbirka 22 oz. ilaa 60 oz.
- Ka dooro noocyadani:



Cornmeal Coarse Grind
Cornmeal Medium Grind
Cornmeal Medium Grind, Organic



Pre-cooked White Corn Meal
Pre-cooked Whole Grain White Corn Meal



Yellow Corn Meal



Yellow Corn Meal



Yellow Corn Meal for Baking

Soo gadashada caanaha

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

✓ GADO

- Nooc kasta
- Noocyada Skim Delux, Ultra, Creamy, 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 Fitamiin E
- Ha gadan waxyaalaha gaarka ah sida dhalooyinka quraarada ka samaysan

Gado nooca caanaha ku qoran liiskaaga gargaarka:

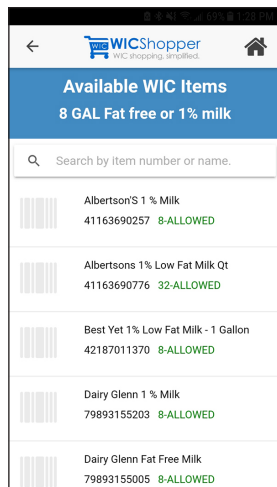
- **1% oo ah Caanaha Duxdu ku yar tahay ama Duxda lahayn** oo loogu talagalay dadka waaweyn iyo carruurta da'doodu tahay 2 jir iyo ka weyn (caanaha duxdu ku yar tahay ama la miiray waa isku mid)
- **Caanaha subagga leh** waxaa loogu talagalay carruurta da'doodu tahay 1 sano

La xiriir xaruntaada WIC wixii si aad u hesho noocyada caanaha ee soo socda:

- 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.)
- Caanaha ariga
- Cabitaanka soy ama dhirta

Talooyinka Soo adeegashada

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



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



1.0 GAL = Milk Gallon



IYO



0.75 GAL = Milk Half-Gallon iyo Milk Quart



0.5 GAL = Milk Half-Gallon



0.25 GAL = Milk Quart

GADO

- Haddii aad u baahan tahay cabitaanka soy ama dhirta, la xiriir xaruntaada WIC
- Ka dooro noocyadani iyo waxyaabahan kaliya:

La qaboojiyay



bettergoods Soy milk
asalka ah “original”
1/2 GAL (64 oz.)



Silk Kids
isku darka caanaha boorashka
59 oz.



Silk
asalka ah “original”
64 oz. ama 128 oz.

Khaanada/marfishka saaran



Pacific Ultra Soy
asalka ah “original”
32 oz.



Silk
asalka ah “original”
32 oz.



ripple Plant-Based Milk
asalka ah “original”
32 oz.

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

GADO

- Haddii aad u baahan tahay caanaha ariga, la xiriir xaruntaada WIC
- Gado nooca caanaha ariga ee lagu muujiyay liiskaaga gargaarka (mid dhan, duxdu ku yar tahay)
- 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 Evaporated goat milk
(caanaha ariga ee La uumi bixiyay)
qasac ah 12 oz.



Whole Powdered goat milk
(caanaha ariga ee Budada ah)
qasac ah 12 oz.
weelka bacda ah oo dhan 12 oz.

✔ GADO

- Xirmooyinka dhan 8, 16, ama 32 oz. oo kaliya, oo Maraykanka lagu sameeyay
- Burcadka Mozzarella diyaarka ah oo dhan 16 oz. qiyaasta (1 lb.) oo kaliya
- Burcadka la jarjaray iyo ka shiidan waa uu fiican yahay
- Nooc kasta oo ah:

Cheddar (fudud (mild) ama dhexdhexaad ah (medium) ama adag (sharp))
Cheddar-Jack
Colby
Colby-Jack
Monterey Jack
Mozzarella
Muenster
Provolone
Swiss



⊘ HA GADAN

- Ha gadan nooca ay ku qoran tahay sharp, ama white cheddar
- Ha gadan burcadka la farsameeyay
- Ha gadan burcadka nooca dabiiciga ah, sooyga, dhirta, ariga ama sameysnayn
- Ha gadan cuntada burcadku uu ku jirto ama burcadka cuntada la mariyo (sida nooca Velveeta)
- Ha gadan burcadka la qaaciyaay ama lagu daray waxyaabaha ay ka midka yihiin basbaaska jalapeño ama miraha caraway
- Ha gadan Mazzarellaha (biyaha leh)

✔ GADO

- 32 oz. (ama 1 quart) ee sanduuqyada ah kaliya
- Gado nooca ciirta ee ku qoran liiskaaga gargaarka (mid dhan, duxdu ku yar tahay ama duxda lahayn)
- Ka dooro liiska noocyada iyo isku dar kasta

⊘ HA GADAN

- 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) (Whole)

 Greek, whole, caadi ah “plain”	 “Whole”, caadiga ah “plain” “Whole”, “vanilla” ah “Whole”, malabka geedka “maple”	 “Whole”, caadiga ah “plain”	 “Whole”, caadiga ah “plain”
 Greek, whole, caadi ah “plain”	 “Whole”, caadiga ah “plain” Greek, whole, caadi ah “plain”	 “Whole”, caadiga ah “plain” “Whole”, “vanilla” ah “Whole”, “strawberry”	 Whole, “malab leh” Dabiiciga ah “organic”, whole, caadi ah “plain” Dabiiciga ah “organic”, whole, “vanilla” ah
 “Whole”, caadiga ah “plain” “Whole”, “strawberry” “Whole”, “vanilla” ah	 “Whole”, caadiga ah “plain”	 “Whole”, caadiga ah “plain” “Whole”, “vanilla” ah	Haddii aad rabto ciir duxdu ku yar tahay, la xiriir xaruntaada WIC.

"Lowfat" ama "Nonfat Yogurt"

 “Nonfat”, caadiga ah “plain” Greek, “Nonfat”, caadiga ah “plain” Greek, “Nonfat”, “vanilla” ah	 “Nonfat”, caadiga ah “plain” “Nonfat”, “vanilla” ah “Nonfat”, “strawberry” “Lowfat”, caadiga ah “plain” Sonkor yar leh, Duxdu ku yar tahay, Vanilla & Cinnamon	 “Nonfat”, caadiga ah “plain” Greek Khafiif ah & Fiican “Light & Fit” Greek, duxda lahayn, caadiga ah “plain” “Lowfat”, caadiga ah “plain”
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"Lowfat" ama "Nonfat Yogurt" ayaa wali lagu jiraa

 "Nonfat", caadiga ah "plain"	 Greek, "nonfat", caadiga ah "plain" "Lowfat", caadiga ah "plain"	 Greek, "nonfat", caadiga ah "plain" Greek, "nonfat", "vanilla" ah
 "Nonfat", caadiga ah "plain"	 Greek, "nonfat", caadiga ah "plain"	 "Lowfat", caadiga ah "plain"
 "Nonfat", caadiga ah "plain" Greek, "nonfat", caadiga ah "plain"	 "Fat free", caadiga ah "plain" "Fat free", "vanilla" ah "Lowfat", caadiga ah "plain" "Lowfat", "vanilla" ah	 "Nonfat", caadiga ah "plain" "Nonfat", "vanilla" ah "Lowfat", caadiga ah "plain" Dabiiciga ah "organic", "nonfat" caadi ah "plain" Dabiiciga ah "nonfat", "vanilla" ah Dabiiciga ah "organic", "lowfat", caadiga ah "plain"
 "Nonfat", "vanilla" ah	 Greek, 0%, caadiga ah "plain"	 "Nonfat", caadiga ah "plain" "Nonfat", "vanilla" ah Greek, "nonfat", caadiga ah "plain" "Lowfat", caadiga ah "plain" "Lowfat", "vanilla" ah
 "Lowfat", "vanilla" ah "Lowfat", "strawberry" "Lowfat", "peach"	 "Nonfat", caadiga ah "plain" Greek, "nonfat", caadiga ah "plain" Greek, "nonfat", "vanilla" ah	 Greek, "nonfat", caadiga ah "plain"

Tofu

✓ GADO

- 14 oz. ilaa 16 oz. ee caagadaha (CTR) kaliya
- Haddii aad rabto tofu halkii uu ka ahaan lahaa caano, la xiriiir xaruntaada WIC
- Ku jira biyaha
- Ka dooro noocyadani la qaboojiyay iyo cuntooyinkan kaliya:

⊗ HA GADAN

- Ha gadan weelasha ka yar 14 oz.

 16 oz. Nooca "Firm" ama "Extra Firm"	 14 oz. Nooca "Firm" ama "Extra Firm"
 14 oz. Nooca Tayada sare leh "Premium" ama Dabiiciga ah "Organic": Nooca "Medium Firm" ama "Firm" 16 oz. Nooca Tayada sare leh "Premium": Nooca "Medium Firm", "Firm", ama "Extra Firm"	 14 oz. Nooca Dabiiciga ah ee "Medium Firm", "Firm", ama "Extra Firm" ama "Pressed Firm" 16 oz. Nooca Jilicsan "Soft", "Medium Firm", "Firm" ama "Extra Firm"
 14 oz. Nooca Dabiiciga ah ee "Firm" ama "Extra Firm" 16 oz. Organic Silken	 14 oz. Nooca "Firm" ama "Extra Firm" 15.5 oz. Nooca "Extra Firm"

Ukunta

✓ GADO

- Xirmooyinka laba iyo tobanka xabbo oo kaliya
- Nooc kasta
- Cabbir kasta oo ukun ah
- Ukunta digaagga oo caddaanka ah ama maariinka ah

⊗ HA GADAN

- Ha gadan ukunta gaarka ah (sida Omega-3 ama Fiitamiinka E)
- Ha gadan digaaga aan meel ku xirnayn ama daaqa/cawska ku koray
- Ha gadan wax lagu daray waxyaabaha dabiiciga ah



Looska, Nooca Looska ‘Nut’, iyo Miraha La Shiiday

Looska La Shiiday

Almond-ka La Shiiday

☑ GADO

- 16 ilaa 18 oz. ee caagadaha kaliya
- Nooca dabiiciga ah waa uu fiican yahay
- Burcadka labeenta leh ee sahlan in la calaliyo waa ay fiican yihiin
- Ka soo dooro looska ‘nut’ iyo miraha la shiiday ee hoos ku qoran

⊘ HA GADAN

- Ha gadan nooca “spread” ama malabka lagu dubay
- Ha gadan looska nooca “nut” ee 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, tiro badan ama kaligaa ha shiidin

Looska la shiiday



Nooc kasta oo ah looska la shiiday

Looska, Nooca Looska ‘Nut’ iyo Miraha La Shiiday

Sunflower-ka La Shiiday

Tahini ama Miraha Sisinta

Sunflower-ka la shiiday



Dabiici ah (Natural)
Aan Sonkor Lagu Darin (No Sugar Added)

Tahini ama miraha sisinta



Sisinta Tahini ee La dubay
(Roasted Sesame Tahini)



100% Miraha Sisinta La shiiday
(100% Ground Sesame Seeds)

Almond-ka la shiiday



Almond-ka La shiiday
Burcadka labeenta
leh, la qasay
(Creamy, Stir)

Almond-ka La shiiday
Calaliska sahlan leh,
la qasay
(Crunchy, Stir)



Almond-ka La shiiday
Burcadka labeenta
leh, la qasay
(Creamy, Stir)

Almond-ka La shiiday
Calaliska sahlan leh,
la qasay
(Crunchy, Stir)



Almond-ka La shiiday
Sahlan, la qasay
(Smooth, Stir)

Almond-ka La shiiday
Calaliska sahlan leh,
la qasay
(Crunchy, Stir)



Miraha Sisinta La shiiday
ee Tahini ee Dabiiciga ah
(Organic Tahini
Ground Sesame Seed)

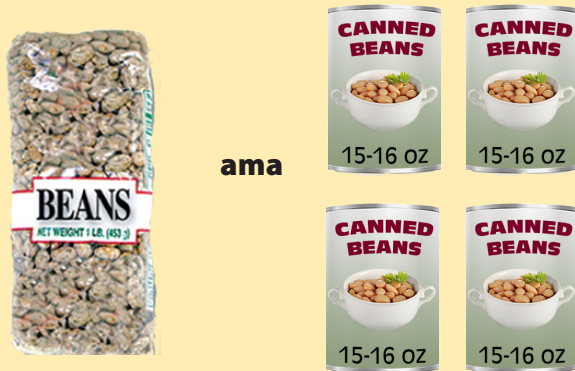


Tahini

Digirta Qalalan, Digirta Caadiga ah iyo Misirta Digirta Qasacadeysan

Soo gadashada digirta qalalan, digirta caadiga ah, misirta iyo digirta qasacadeysan

Hal CTR = Hal 16 oz. ee ah bacda ama Afar 15-16 oz. qasacadood



ama

Digirta qalalan, digirta caadiga ah iyo misirta

✓ 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 tiro badan

Digirta qasacadeysan

✓ GADO

- 15 oz. 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 saliidda, xawaashka, ama isku dar kasta

Kalluunka Qasacadeysan

✓ GADO

- Cabbirka 2.5 oz. ilaa 20 oz.
- Nooc kasta oo ah tuunada fudud ama kalluunka salmon oo ku jira xirmo biyo leh ama saliid
- Weelasha bacda ah 'pouches' waa ay fiican yihiin
- Cabbirka 3.75 oz. ee ah qasacada kaliya
- Ka dooro noocyadani malaayga sardines-ka ee ku jira biyaha:



Beach Cliff

Sardines-ka ku jira biyaha
Cabbirka 3.75 oz.



Sardines-ka ku jira biyaha
Cabbirka 3.75 oz.



Sardines-ka ku jira biyaha
Cabbirka 3.75 oz.

⊘ HA GADAN

- Ha gadan kuwa lagu daray ama lagu macaaneeyay malaayga tuna, salmon, ama sardines
- Ha gadan noocyada albacore, yellowfin, bluefin, bigeye ama tuunada tongo
- Ha gadan cadka aan lafta lahayn
- Ha gadan malaayga tuna, ee birta lagu soo dabay

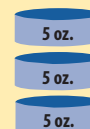
Tusaalooyinka siyaabaha aad iskugu dari karto qiyaasaha kala duwan kalluunka qacada



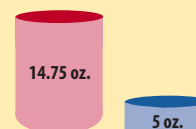
= 5.2 oz.



= 10 oz.



= 15 oz.



= 19.75 oz.

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”.

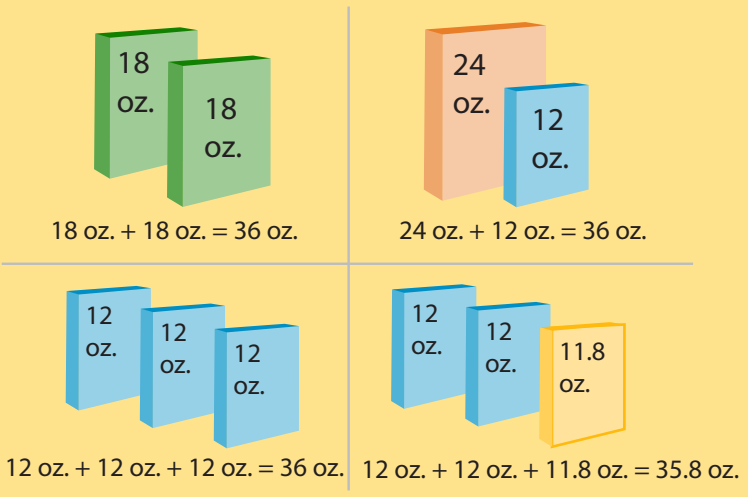
- F** 100% Qiyaasta Maalintii (DV) oo loogu talagalay folate
- G** Waxay muujinaysaa in shirkaddu tilmaamayso in siriyaalka aanay ku jirin xabagta miraha qamida laga helo ee gluten “gluten free”
- W** Waxay tilmaamaysaa in laga sameeyay noocyada badarka oo ay leedahay fiber-ka wanaagsan

Qiyaasta xirmada ugu yar ee aad gadan karto waa:

- 12 oz. siriyaalka qabow
- 9.8 oz. siriyaalka kulul

Waxaad u baahan tahay ugu yaraan 9.8 oz. oo ah gargaarkaaga siriyaalka si aad u isticmaasho.

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

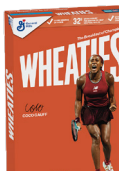


GADO

- Cabbirka 12 oz. ilaa 36 oz.
- Ka dooro liiska noocyada iyo isku dar kasta hoos ku qoran

Kellogg's		
 Kashi Blueberry Clusters	 	 Corn Flakes (asalka ah “original”)
 Frosted Mini Wheats Blueberry Muffins	 	
 Frosted Mini Wheats Cinnamon Roll	 	 Frosted Mini Wheats Golden Honey
 Frosted Mini Wheats Little Bites	 	
 Frosted Mini Wheats Original	 	 Frosted Mini Wheats Pumpkin Pie Spice
 Frosted Mini Wheats Strawberry	 	
 Rice Krispies		 Special K

General Mills

 W G	 W G F	 W G
Cheerios (caadiga ah “plain”)	Cheerios Multi Grain	Cheerios Veggie Blends Apple Strawberry
 W G	 W G	 W G
Cheerios Veggie Blends Blueberry Banana	Blueberry Chex	Cinnamon Chex
 W G	 W G	 W
Corn Chex	Rice Chex	Wheat Chex
 W	 W	 W F
Kix (asalka ah “original”)	Fiber One Honey Clusters	Total Whole Grain
 W		
Wheaties (asalka ah “original”)		

Malt-O-Meal (sanduuq iyo bac ah)

 W	Frosted Mini Spooners (asalka ah “original”)
--	---

Post

 W	 W	 W
Grape Nuts	Grape Nuts Flakes	Great Grains Banana Nut Crunch
 W	 F	 F
Great Grains Crunchy Pecan	Honey Bunches of Oats Almond	Honey Bunches of Oats Cinnamon Bunches
 F	 F	 F
Honey Bunches of Oats Honey Roasted	Honey Bunches of Oats Maple & Pecans	Honey Bunches of Oats Vanilla

Quaker



W

Life (Original)
(asalka ah “original”)



W

Oatmeal Squares
Brown Sugar



W

Oatmeal Squares
Honey Nut

The Silver Palate



W

Grain Berry
Apple Cinnamon



W

F

Grain Berry
Multi-Bran Flakes



W

Grain Berry
Cinnamon Frosted
Shredded Wheat



W

Grain Berry
Original Toasted Oats

Bran Flakes - calaamad gaar ah leh



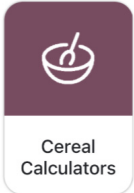
W

F

- Best Yet
- Food Club
- Great Value
- IGA
- Signature Select
- WinCo Foods



Talooyinka Soo
adeegashada



Isticmaal xisaabiyaha Cuntooyinka ee ku jira WICShopper App si aad ula socoto gargaaradaada siriyaalka inta aad soo adeeganayso.

GADO Ka dooro noocyadani oo ah cabbirka 9.8 oz. ilaa 36 oz.



W

Cream of Wheat
Whole Grain
2½ Daqiiqo

Aan ahayn nooca Degdegga



Cream of Wheat
Plain

1 Daqiiqo ama 2½ Daqiiqo

Aan ahayn nooca Degdegga



G

Cream of Rice
Plain

Aan ahayn nooca Degdegga



Malt-O-Meal
Original



W

Quaker Instant Oatmeal
(Xirmooyinka mid-midka u xiran)



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



W

- Best Yet
- Essential Everyday
- Food Club
- Great Value

Plain Instant Oatmeal
(Xirmooyinka mid-midka u xiran)

- IGA
- Kroger
- Signature Select
- WinCo Foods

Casiirka Dhalooyinka caaga ah

Casiirka Dhalooyinka caaga ah, ayaa wali lagu jiraa

GADO

100% CABITAAN AH

- 64 oz. dhalooyinka caaga ah kaliya
- 1 CTR = dhalada caaga ah oo dhan 64 oz.
- Fiber-ka, fiitamiinka iyo macdanahu waa ay fiican yihiin
- Ka dooro kaliya noocyada iyo isku dar kasta hoos ku qoran

HA GADAN

- Ha gadan cabitaanka la isku daray (juice cocktails), 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

Tree Top Isku dar kasta (marka laga reebo 3 Apple Blend ama Honey Crisp)	Langers Isku dar kasta 100% cabitaan ah Aan la isku darin	La xiriir xaruntaada WIC si aad isku beddelato qayb ka mid ah gargaarkaaga faruutada iyo khudradda ee loogu talagalay cabitaanka.	
Bambeelmada (Grapefruit) Nooc kasta	Juicy Juice Isku dar kasta	Liinta (Orange) Nooc kasta	Langers Prune 100% Prune Plus
Ocean Spray Isku dar kasta, 100% cabitaan ah Aan sonkor lagu darin Aan la isku darin	V8 Asalka ah (Original), Cusbadu Ku yar tahay (Low Sodium), Aad U kulul (Spicy Hot) 100% Cabitaanka khudradda	Cananaaska (Pineapple) Best Yet Essential Everyday Food Club Signature Select	Campbell's Yaanyada (Tomato) (caadiga ah oo cusbadu ku yar tahay)

GADO

100% CABITAAN AH

- 64 oz. dhalooyinka caaga ah kaliya
- Fiber-ka, fiitamiinka iyo macdanahu waa ay fiican yihiin
- Ka dooro kaliya noocyada iyo isku dar kasta hoos ku qoran

HA GADAN

- Ha gadan cabitaanka la isku daray (juice cocktails), 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

Tufaaxa (Apple) Best Yet Essential Everyday Food Club Great Value IGA Kroger Market Pantry Signature Select WinCo Foods	"Cranberry", "cran-grape" iyo "cran-raspberry" Aan la isku darin Great Value Kroger Signature Select
Cinab (Grape) (purple-ah ama cad) Best Yet Essential Everyday Food Club Great Value IGA Kroger Market Pantry Signature Select WinCo Foods	Khudrad (Vegetable) Best Yet Essential Everyday Food Club Great Value Kroger Signature Select WinCo Foods

✓ **GADO**
100% CABITAAN AH

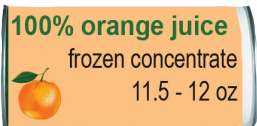
- 11.5 oz. ilaa 12 oz. ee caagadaha kaliya
- 1 CTR = 11.5 - 12 oz. ee ah qasaca
- Fiber-ka, fiitamiinka iyo macdanahu waa ay fiican yihiin
- Ka dooro kaliya noocyada iyo isku dar kasta hoos ku qoran



Old Orchard
Nooc ama isku dar kasta oo fur cagaaran leh

✗ **HA GADAN**

- Ha gadan cabitaanka la isku daray (juice cocktails), 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



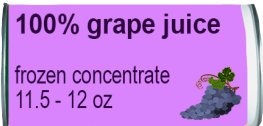
Liinta (Orange)
Nooc kasta



Tufaaxa (Apple)
Best Yet
Essential Everyday
Food Club
Great Value
Kroger
Signature Select
WinCo Foods



Bambeelmada (Grapefruit)
Nooc kasta



Cinab (Grape)
Kroger
Signature Select

✓ **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 kaliya noocyada hoos ku qoran

✗ **HA GADAN**

- Ha gadan macmacaanka cuntada “dinners”, la socda, cabitaanka la isku daro ama cuntada loo yaqaan “casseroles”
- Ha gadan kuwa lagu daro siriyal, ciir, hilib, bariis ama 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

Cuntada Carruurta Faruutada iyo Khudradda, ayaa wali lagu jiraa

Hilibka Cuntada Carruurta, Siriyaalka Carruurta



Happy Baby
Organics



O
Organics



Tippy Toes



Wild Harvest
Organic

Miyaad ogeyd?

WIC waxay qaar ka mid ah ama dhammaan cuntada ilmahaaga ee weelasha furka leh ku jirta kuugu beddeli kartaa gargaarka faruutada iyo khudradda taasi oo ka bilaabmayso marka ay gaaraan 7 bilood. La xiriir xaruntaada WIC wixii macluumaad dheeraad ah.

Soo gadashada cuntada carruurta

128 oz.



Single
4 oz



2 pack
8 ounces
(2 4-oz containers)

Haddii liiskaaga gargaarka uu sheegayo **128 oz.** waxaad gadan kartaa

32 4 oz. oo ah weelasha furka leh ama **16** 2-baakadood oo ah 4 oz.

64 oz.



Single
4 oz



2 pack
8 ounces
(2 4-oz containers)

Haddii liiskaaga gargaarka uu sheegayo **64 oz.** waxaad gadan kartaa

16 4 oz. oo ah weelasha furka leh ama **8** 2-baakadood oo ah 4 oz.

Hilibka cuntada carruurta

(waxaa loogu talagalay carruurta aan qaadan cuntada WIC)

✓ GADO

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



Beech-Nut

✗ 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



Gerber

Siriyaalka carruurta

✓ GADO

- Cabbirka 8 oz. iyo 16 oz.
- Ka dooro noocyadani iyo badarka kaliya:

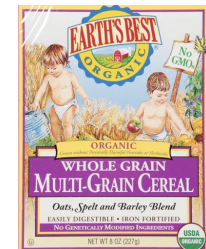
✗ HA GADAN

- Ha gadan Siriyaalka 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 (organic is OK)

- Multi-Grain
- Oatmeal



Earth's Best Organic

- Multi-Grain
- Oatmeal

Kala beddelashada Cuntada ee ka jira Glance

La xiriir xaruntaada WIC si aad mid ka mid ah isbeddelada soo socda ugu sameyso xirmadaada cunto ee bishii:

Ma rabtaa in badan oo cuntooyinkan ah?

Ciirta: 1 quart oo caano ah ku beddelo 1 baakad/caagad oo ciir ah. Tirada ugu badan ee caanaha ciirta ah waa 2 baakadood/caagadood.



Tofu: 1 quart oo caano ah ku beddelo 1 baakad/caagad oo tofu ah. Waxaad dhammaan caanaha ku jira xirmadaada cunto ku beddelan kartaa tofu.

Casiirka: Ku beddelo \$3 oo ah gargaarka faruutada iyo khudradda ah 1 weel oo ah casiirka dhalada ku jira ama la qaboojiyay



Ama



Kala beddelashada Cuntada ee Ka jira Glance

Ma rabtaa in yar oo cuntooyinkan ah?



Caanaha lo'da:

Caanaha lo'da ku beddelo

- caanaha uu ka maqan yahay lactose-ka
- caanaha acidophilus
- cabitaanka soy ama dhirta
- caanaha ariga



Ciirta: 1 quart oo ciir ah ku beddelo 1 quart oo caano ah.



Burcadka: 1 lb. oo burcadka ah ku beddelo 3 quarts oo caano ah.



Ukunta: 1 darsan oo ukun ah ku beddelo 1 baakad/caagad oo ah looska 'nut' ama miraha la shiiday, ama digirta qasacadeysan ama qalalan.

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



Waxaad heli kartaa dokumentigan oo qaab kale u qoran oo lacag la'aan ah. Waxaad wacdaa 971-673-0040 (codka) ama 1-800-735-2900 (TTY) si laguugu qorsheeyo qaab kugu habboon.

Sida ku cad xeerka Federaalka ee sharciga xuquuqda dadweynaha iyo xeerarka u yaala xuquuqda dadweynaha ee Waaxda Beeraha ee Maraykanka (USDA), USDA, waaxyaheeda, xafiisyadeeda, iyo shaqaalaheeda, iyo hay'adaheeda kala duwan ee ka qayb qaadanaya ama maamulaya barnaamijyada USDA waxay ka mamnuucaysaa kala takoorida la xiriirta jinsiyada, midabka, dalka laga soo jeedo, lab ama dhidig, naafanimada, da'da ama aargoosiga, ama aargoosiga ku saabsan xiriir hore oo lala lahaa dhaqdhaqaaq u dooda xuquuqda dadweynaha oo ka tirsan barnaamij ama hawl ay samaysay ama maal-gelisay USDA.

Dadka naafada ah ee u baahan noocyo kale oo isgaarsiin oo loogu tala galay macluumaadka barnaamijka (tusaale, farta dadka indhaha aan qabin wax ku akhriyaan ee Braille, farta waaweyn, cajalada la duubo, Nooca Luqadda Dadka aan wax Maqli karin ee Maraykanka, iwm.), waa in ay la xiriiraan Hay'ada (Gobolka ama degaanka) halka ay ka dalbadeen gargaarada. Shakhsiyaadka aan dhagaha wax ka maqlin, aanan si fiican wax u maqli karin, ama dhibaato hadal qaba waxay la xiriiri karaan USDA iyagoo isticmaalaya Adeega Gudbinta ee Dawladda Dhexe 'Federal Relay Service' (800) 877-8339. Intaasi waxaa dheer, macluumaadka barnaamijka waxaa suuragal ah in ay jiraan iyagoo ku qoran luqaddo aan ka ahayn Ingiriisiga.

Si aad cabasho kala takoorida ah u gudbiso, buuxi Foomka Barnaamijka Cabashada Kala takoorida ee USDA (AD-3027) (USDA Program Discrimination Complaint Form), ee laga helo bogga internet-ka: http://www.ascr.usda.gov/complaint_filing_cust.html, ama xafiis kasta oo ay leedahay USDA, ama qor warqad lagu hagaajo USDA waxaanad warqada ku bixisaa dhammaan macluumaadka lagu codsaday foomka. Si aad u codsato nuqulka foomka cabashada, wac,

- (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) fax-ka: (202) 690-7442; ama
- (3) email-ka: program.intake@usda.gov

Waxxdani waa fursad shaqo bixiye loo wada siman yahay.