



KOBCINTA MUQTAQBAL CAAFIMAAD LEH

LIISKA CUNTADA

Nidaamka la raacayo oo
la xiriira cuntada ay
oggolaatay Oregon WIC



LAGA BILAABO FEBRAAYO 1, 2021
DIB LOO EEGAY SEBTEMBAR 1, 2022

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 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 gudbis, 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,

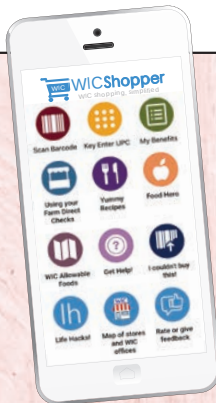
- (1) boosta: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(202) 690-7442; ama
- (2) fax-ka: (202) 690-7442; ama
- (3) email-ka: program.intake@usda.gov

Waxxdani waa fursad shaqo bixiye loo wada siman yahay.

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.*



TALOONYINKA 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

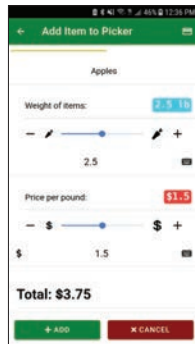
☒ HA GADAN

- 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 yaqaan parsley)
- Ha gadan geedo



TALOONYINKA 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 saliidda
- 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

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' 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

Khudradda Qasacadeysan

☑ 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 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

Soo gadashada noocyada 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 tilmaamayo in aad haysato 32 oz, oo ah noocyada badarka, waxaad gadan kartaa:



100% roodhiga laga sameeyo qamadiga



✓ GADO

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

6

✗ HA GADAN

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

Toortillada galleyda ka sameysan, Toortillada qamadiga laga sameeyo

Toortillada galleyda ka sameysan

✓ GADO

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

Calidad	Herdez
Casa Rosa	IGA
Don Pancho	Kroger
Essential Everyday	La Banderita
Food Club	La Burrita
Guerrero	Las 4 Hermanas

Mission
Reser's Baja Café
Signature Select
Tortilla Land

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



Toortillada qamadiga laga sameeyo

✓ GADO

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

Don Pancho	Kroger
Essential Everyday	La Banderita
Guerrero	Market Pantry
IGA	

Mission
Ortega
Signature Select

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



7

Baastada badarka laga sameeyo, Nooca siriyalka oats

Baastada badarka laga sameeyo

✓ 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
Ronzone
Signature Select
WinCo Foods

16 oz.
kaliya



✗ HA GADAN

- Ha gadan nooca dabiiciga ah ama tiro badan

Nooca siriyalka oats

✓ GADO

- Nooc kasta
- Nooca siriyalka oats, ee sida degdega ah loo sameeyo, loo rogroggo, 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 cusbada



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 baacad 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 siriyalka laga sameeyo 'bulgur'

Bariiska maariinka 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



Cuntada siriyalka laga sameeyo '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

Soo gadashada caanaha

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

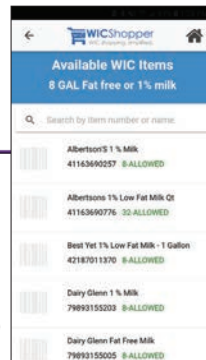
La hadal xaruntaada WIC wixii si aad u hesho noocyada caanaha ee soo socda. Nooc kastaa waa uu fiican yahay.

- 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.)



TALOYINKA 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.



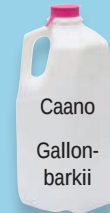
Caano

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

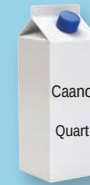
1.0 GAL =



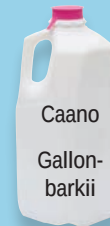
0.75 GAL =



iyoo



0.5 GAL =



0.25 GAL =



Cabitaanka soy

Cabitaanka soy



- 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.



Westsoy Organic Plus
caadiga ah "plain" ama vanilla ah
32 oz. ama 64 oz.

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

Caanaha ariga, Burcadka

Caanaha ariga



- Gado nooca caanaha ariga ee lagu muujiyay liiskaaga gargaarka
- Kaliya caanaha ariga Meyerberg 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.

Burcadka



- 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



16 oz.
kaliya

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 qaaciyaay 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 sanduuyada 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)



- "Whole", caadiga ah "plain"



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



- "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"



- Whole, "malab leh"



- Greek, whole, caadi ah "plain"



- "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



- "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)



- "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"



- "Lowfat", caadiga ah "plain"
- "Lowfat", "vanilla" ah
- "Lowfat", "strawberry"
- "Lowfat", "peach"
- "Lowfat", "raspberry"
- Greek, "nonfat", caadiga ah "plain"



- Greek, "nonfat", caadiga ah "plain"
- Greek, "nonfat", "vanilla" ah



- "Nonfat", caadiga ah "plain"
- "Lowfat", "vanilla" ah
- "Lowfat", "strawberry"
- "Lowfat", "strawberry"- "moos/muus"
- "Lowfat", "peach"



- "Lowfat", "strawberry"
- "Lowfat", "raspberry"
- "Lowfat", "peach"
- Greek, "nonfat", caadiga ah "plain"
- Greek, "nonfat", "vanilla" ah



- "Nonfat", caadiga ah "plain"
- "Lowfat", caadiga ah "plain"
- "Lowfat", "strawberry"
- "Lowfat", "peach"
- Greek, "nonfat", caadiga ah "plain"
- Greek, "nonfat", "vanilla" ah



- "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"



- Greek, "nonfat", caadiga ah "plain"
- Greek, "nonfat", "vanilla" ah
- Greek "nonfat", "strawberry"



- "Lowfat", "vanilla" ah
- "Lowfat", "strawberry"
- "Lowfat", "peach"



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



- "Lowfat", "vanilla" ah
- "Lowfat", "strawberry"
- "Lowfat", "strawberry"- "moos/muus"
- "Lowfat", "peach"
- "Lowfat", "blueberry"

Tofu, Ukunta

Tofu

✓ GADO

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



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"



1 CTR =
16 oz.



NaSoya
Organic Silken

Ukunta

✓ GADO

- Xirmooyinka laba iyo tobanka xabbo oo kaliya
- Nooc kasta oo ah caddaan, ukumaha digaaagga 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

Looska la shiiday

✓ 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.



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 nooca tiro badan



1 CTR =
16 oz.

Digirta Qasacadeysan

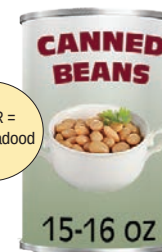
✓ GADO

- 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)



Qasac ah 5 oz. ama wixii ka weyn

✓ GADO

- 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



Kalluunka cas qasac ah 5 oz. ama wixii ka weyn

✗ 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 saliidu ku jirto
- Ha gadan weelasha bacda ah ama xirmooyinka mid-midka u xiran
- Ha gadan malaayga tuna, ee birta lagu soo dabay

Bumble Bee

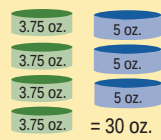
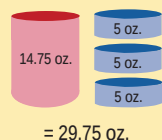
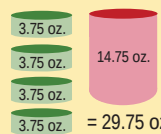
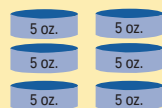


Chicken of the Sea



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".



100% Qiyaasta Maalintii (DV) oo loogu talagalay folate



Waxay muujinaysaa in shirkaddu tilmaamayso in siriyaalka aanay ku jirin xabagta miraha qamida laga helo ee gluten "gluten free"

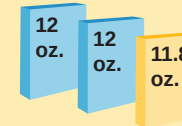
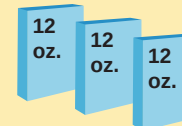
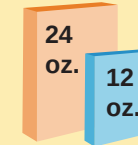
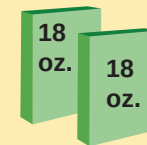


Waxay tilmaamaysaa in laga sameeyay noocyada badarka oo ay leedahay fiber-ka wanaagsan

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 hareen 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



Siriyaalka qabow

☑ GADO Cabbirka 12 oz. ilaa 36 oz.

Kellogg's



F
W

All-Bran Complete
Wheat Flakes



Corn Flakes
(asalka ah "original")



F

Special K
(asalka ah "original")



W

Frosted Mini Wheats
(asalka ah "original")



F
W

Strawberry
Frosted Mini Wheats



Rice Krispies
(asalka ah "original")

General Mills



G

Rice
Chex



G

Corn
Chex



G

Blueberry
Chex



G

Cinnamon Chex



G
W

Cheerios
(caadiga ah "plain")



F
G
W

Multi Grain Cheerios
(asalka ah "original")



W

Kix (asalka ah
"original")



W

Berry Berry Kix



W

Honey Kix

Siriyaalka qabow

Malt-O-Meal (sanduuq iyo bac ah)



W

Frosted Mini
Spooners
(asalka ah "original")

Post



W

Grape Nuts



W

Great Grains
Banana Nut Crunch



W

Great Grains
Crunchy Pecan



F

Honey Bunches of
Oats Honey Roasted



F
W

Honey Bunches of
Oats Vanilla Bunches



F

Honey Bunches of
Oats Almond



F

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, F W

Essential Everyday W

Oregon WIC Food List - Somali - Revised September 1, 2022

Siriyaalka kulul

✓ GADO Cabbirka 9.8 oz - 36 oz



Cream of Wheat Plain
1 Daqiigo
Aan ahayn nooca Degdegga



Cream of Wheat Plain
2½ Daqiigadood
Aan ahayn nooca Degdegga



Cream of Wheat Whole Grain,
2½ Daqiigadood
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 fican 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



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")

1 CTR =
dhalada caaga
ah oo dhan
64 oz.



Langers
Isku dar kasta,
100% cabitaan ah
Aan la isku darin



Ocean Spray
Isku dar kasta,
100% cabitaan ah
aan sonkor lagu darin
Aan la isku darin



Liinta
Nooc kasta



Bambeelmada
Nooc kasta



Tufaaxa



"Cranberry",
"cran-grape" iyo
"cran-raspberry"
Aan la isku darin



Grape/Cinab
(purple-ah ama cad)



Vegetable/
Khudrad

Best Yet,
Essential
Everyday,
Food Club,
Great Value,
IGA, Kroger,
Market Pantry,
Signature Select,
Western Family,
WinCo Foods

Best Yet,
Food Club,
Great Value,
IGA, Kroger,
Kroger,
Signature Select,
Western Family

Best Yet,
Essential
Everyday,
Food Club,
Great Value,
IGA, Kroger,
Market Pantry,
Signature Select,
Western Family,
WinCo Foods

Best Yet,
Essential
Everyday,
Food Club,
Great Value,
Kroger,
Signature Select,
WinCo Foods

Casiirka la qaboojiyay

✓ GADO 100% CABITAAN AH

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

1 CTR =
qasac ah
11.5 - 12 oz



Old Orchard
Nooc ama isku dar kasta
oo fur cagaaran leh



Liinta
Nooc kasta



Tufaaxa
Best Yet,
Essential Everyday,
Food Club, Great Value,
Kroger, Signature Select,
WinCo Foods

24

✗ HA GADAN

- 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



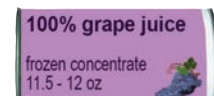
Dole
Nooc ama isku dar kasta



Tree Top
Tufaaxa



Bambeelmada
Nooc kasta



Grape/Cinab
Best Yet, Food Club,
Great Value, WinCo
Foods

Cuntada carruurta

Soo gadashada cuntada carruurta

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 jirto kuugu beddeli karto gargaarka faruutada iyo khudradda taasi oo ka bilaabmayso marka ay gaaraan 9 bilood? La hadal xaruntaada WIC wixii macluumaad dheeraad ah.

Haddii liiskaaga
gargaarka uu
sheegayo
256 oz.
waxaad gadan
kartaa



64

4 oz. oo ah
weelasha furka leh



32

2-baakadood
oo ah 4 oz.

Haddii liiskaaga
gargaarka uu
sheegayo
128 oz.
waxaad gadan
kartaa



32

4 oz. oo ah
weelasha furka leh



16

2-baakadood
oo ah 4 oz.

Haddii liiskaaga
gargaarka uu
sheegayo
64 oz.
waxaad gadan
kartaa



16

4 oz. oo ah
weelasha furka leh



8

2-baakadood
oo ah 4 oz.

25

Cuntada carruurta ee faruutada iyo khudradda

✓ GADO

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

✗ 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, 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

Hilibka cuntada carruurta

(waxaa loogu talagalay carruurta aan qaadan cuntada WIC)

✓ GADO

- 2.5 oz. qiyaastii hilibka cuntada carruurta kaliya
- Dhalooyinka ama sanduugyada caaga ah
- Waxaa ku jiri kara maraqa 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

Siriyalka carruurta

✓ 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