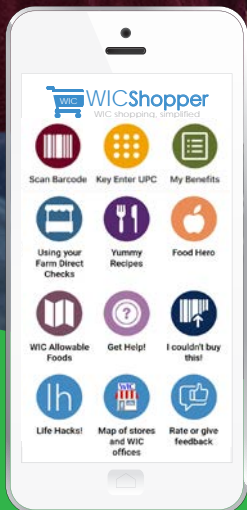




WAX KU SOO GADASHADA KAARKAAGA eWIC



KOBCINTA MUQTAQBAL CAAFIMAAD LEH



ISTICMAAL WICSHOPPER APP



Isticmaal WICShopper App si aad u:

- Fiiriso lacagta gargaarka ee kuu hartay.
- Hesho is xasuuxin ka hor inta aan gargaarkaaga waqtigiisu dhicin.
- Iskaan gareyso barcode-ka si aad u hesho cuntada WIC.
- Isticmaasho Liiska Cuntada si uu gacan uga geysto helida noocyada iyo qiyaasaha saxda ah.
- Hesho dukaamo qaata WIC.
- Raadiso fikradaha habka cuntooyinka loo kariyo.
- Gasho **WICHealth.org** oo u hesho koorsooyinka nafaqada ee internet-ka.

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

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

Sidee baan u helaa gargaarada WIC?

- WIC waxay bixisaa gargaarada cuntada oo caafimaad leh bil kasta oo aad ka tirsan tahay barnaamijka WIC.
- Waxaa dhici karta in lagu siiyo ilaa 3 bilood ah gargaarada cuntada waqtigiiba.
- Gargaarada xiga si toos ah looguma darin. La xiriir xafiiskaaga WIC sida lagu faray si aad u hesho gargaaro dheeraad ah.
- Wax kaga gado gargaaradaada cuntada WIC dukaanka laga adeegto oo Oregon WIC oggolaatay. Weydiiso xaruntaada WIC liiska dukaamada degaanka ku yaala. Waxaad sidoo kale sticmaali kartaa website-ka WICShopper App iyo Oregon WIC si aad u hesho dukaan.

Waajibaadkaaga

- Marnaba ha isku dayin in aad gado, ka ganacsato ama bixiso cuntooyinkaaga WIC, caanaha carruurta ‘formula’ ama kaarka eWIC.
- Ha soo celin cuntooyinka WIC ama caanaha carruurta ‘formula’ si aad u weydaarsato lacag, credit ama waxyaalo kale.
- Si xushmad leh ula dhaqan WIC iyo shaqaalaha dukaanka.



Ka hor inta aadan wax soo gadan

- Ogow lacagta gargaarka cuntada ee hadda kuu hartay.



- Isticmaal WICShopper App
- Waxaad xaashidaada risiitka aad wax ku soo gadatay ee u dambaysay ee WIC ka firisaa lacagta kuu hartay.
- Wici kartaa khadka bilaashka ah ee adeega macmiilka: **1-844-234-4946**
- Lacagta cuntada ee kuu hartay ka fiiri website-ka **www.ebtedge.com**
- Dib u eeg Liiska Cuntada oo qorsheyso kuwa ay yihiin cuntooyinka aad gadanayso.



Inta aad soo adeeganayso

- Waxaad gadan kartaa oo kaliya cuntooyinka ay oggolaatay WIC ee ku jira gargaaradaada hadda.
- Isticmaal Liiska Cuntada, WICShopper App iyo Lacagta gargaarka ee kuu hartay si ay kaaga caawiso in aad doorato noocyada cunto ee kala duwan ee shirkaduhu sameeyaan ‘brands’, noocyada iyo qiyaasaha cuntooyinka oo sax ah.

Marka aad gadato

Haddii ay wax socon waayaan aad ku bixsay WIC, waxaad shaqaalaha lacagta qabta ‘cashier’ ka codsan kartaa in uu ka saaro iyada ama waxaad u bixin karaa hab gooni ah.

HADDII AAD KU CUSUB TAHAY WIC:

Marka la joogo laynka wax laga bixiyo, tixgeli in aad cuntooyinkaaga WIC ka soocdo cuntooyinka kale. Ka dibna marka hore bixi lacagta cuntooyinkaaga WIC. Marka aad kalsooni ku qabto wax ku gadashada WIC, ka dib markaa cuntooyinkaaga WIC waad ku dhex dari kartaa cuntooyinka kale marka aad gadato.

Keydso risiitkaaga si aad u ogaato cuntooyinka kuu haray marka xiga ee aad wax gadato ee loogu talagalay WIC, ama haddiiba ay jiraan dhibaatooyin inta aad ku jirto safarkaaga soo adeegasho.

SIDA LOO AKHRIYO RISIITKAAGA

Risiityadu waxay u ekaan karaan kuwo kala duwan marka la joogo dukaan kasta. Risiityada intooda badani waxay leeyihiin qaybahani.

Bilowga lacagta gargaarka ee hartay ee WIC

Marka aad mariso kaarkaaga ka dib, dukaamada intooda badani waxay daabacaan risiit muujinaya gargaarada la heli karayay bilowgii safarkaaga soo adeegashada. Haddii ay dhibaato ka jirto cunto aad isku dayayso in aad gadato, isticmaal qaybtani si aad u ogaato haddii aad haysato gargaaro cunto oo jira.

Isticmaalka gargaarka WIC

Kuwani waa cuntooyinka WIC ee aad qorsheynayso in aad gadato. Shaqaalaha lacagta qabta 'cashier' waa in uu ku weydiiyaa in aad hubiso ka hor inta aanan la oggolaanin. Xaqiiji in cuntooyinka WIC oo dhan ee aad isku dayayso in aad gadato ay liiska ku jiraan.

Dhammaadka lacagta gargaarka ee hartay ee WIC

Lacagta gargaarka ee ku hartay eWIC wax gadashada ka dib.

Taariikhda gargaarka WIC uu dhacayo

Risiit kastaa wuxuu leeyahay is xasuusinta marka gargaarada bishaada hadda lagu jiraa uu waqtigeedu dhaco. Bil kasta, cuntooyinkaaga WIC waxaad gadataa inta aan la gaarin habeen barka maalinta u dambeysa bisha.

SIDA LOO AKHRIYO RISITKAAGA

WIC Benefit Balance Before Purchase

1.00	lb	Cheese
2.00	doz	Eggs - large
36.00	oz	Cereal - hot/cold
1.00	ctr	Peanut Butter/beans
32.00	oz	Whole grains
9.00	¢¢	Fruit and vegetables
1.00	can	Sim Adv PWD 12.4 oz
1.00	ctr	Low or nonfat yogurt
3.00	gal	Fat free or 1% milk
2.00	ctr	64 oz bottle juice

WIC Items for Redemption

18.00	oz	G/MILLS CEREAL
16.00	oz	JIF PEANUT BUTTER
32.00	oz	MAHATMA RICE
1.18	¢¢	ORANGES, NAVEL
1.98	¢¢	SPRING MIX

WIC Benefit Ending Balance

1.00	lb	Cheese
2.00	doz	Eggs - large
18.00	oz	Cereal - hot/cold
5.84	¢¢	Fruit and vegetables
1.00	can	Sim Adv PWD 12.4 oz
1.00	ctr	Low or nonfat yogurt
3.00	gal	Fat free or 1% milk
2.00	ctr	64 oz bottle juice

WIC Benefits Expire on 9-30-2020

Gadashada Miraha iyo Khudradda



WIC waxay ku siisaa qadar lacageed si aad u gadato miro iyo khudrad daray ah, la qaboojiyay ama qasacadeysan.

Marka miraha ama khudradda loo gado miisaan ahaan, isticmaal WICShopper App ama xisaabiyahaaga si uu kaaga caawiyo in aad adeegato.

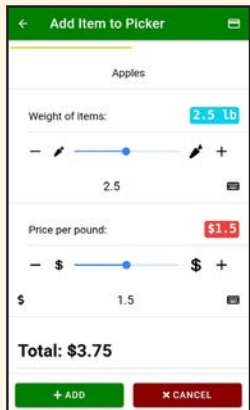
TUSAALE:

Waxaad haysataa \$9.00 oo aad heli karto. Waxaad jeclaan lahayd in aad gadato tufaax. Tufaaxu wuxuu ku kacayaa \$1.50/lb.

Adiga oo sticmaalaya miisaanka dukaanka yaala, waxaad arki kartaa in bacdaada tufaaxu ay tahay 2.5 lb.

Adiga oo isticmaalaya WICShopper App ama xisaabiyaha, ku qor:
 $2.5 \times 1.5 =$
Tufaaxaagu wuxuu noqon doonaa \$3.75.

Halkan waxaa ku qoran sida ay tani u ekaan doonto WICShopper App dhexdiisa:



Gadashada Noocyada Badarka

Waxaad kala dooran kartaa noocyada badarka ee soo socda:

- 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'

Gado xirmooyin dhan 16 oz. ama 32 oz. si aad u hesho faa'iidadaada noocyada badarka oo dhan.

Haddii aad haysato noocyada badarka oo dhan 16 oz. ma gadan kartid wax ka weyn 16 oz.

Haddii aad haysato noocyada badarka oo dhan 32 oz. waxaad gadan kartaa hal noocyada badarka oo ah gaaraya 32 oz. ama gado laba noocyada badarka oo kala duwan, oo mid kastaa yahay baakad ah 16 oz, isu geyn ahaan 32 oz.



16 oz.

IYO



16 oz.

Gadashada Caanaha iyo Cabitaanka Soy

Remaining Balance (exp date 9-30-2020)

3.50	gal	Fat free or 1% milk
.75	gal	Whole milk
2.00	ctr	Peanut butter/ dry or canned beans
40.00	oz	Whole grains
16.00	¢¢	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

Tusaalooyin:

1.00 GAL waa



0.75 GAL waa



0.50 GAL waa



0.25 GAL waa



Gadashada Ciirta

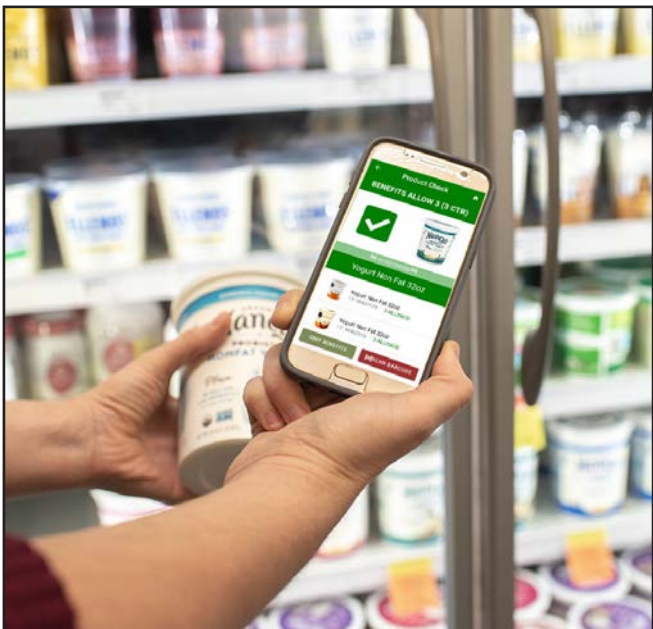
1 CTR oo Ciir ah waa
32 oz. (2 lb.)

Gado 32 oz. (ama 2 lb.)
ee caagadaha kaliya.



- Haweenka iyo carruurta ka weyn 2 jir waxay helaan ciir duxdu ku yar tahay **LOWFAT** ama dux lahayn **NONFAT**.
- Carruurta u dhaxaysa 1-2 hir waxay helaan ciirta caanaha ka sameysan **WHOLE MILK**.

Isticmaal Liiska Cuntada ama WICShopper app si aad u soo qaadato nooca iyo isku darka saxda ah. Waa maxay nooca ciirta oo ku jirta liiskaaga gargaarka?



Gadashada Looska la shiiday iyo Digirta

Remaining Balance (exp date 9-30-2020)

3.50	gal	Fat free or 1% milk
1.00	gal	Whole milk
2.00	ctr	Peanut butter/dry or canned beans
40.00	oz	Whole grains
16.00	₺	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

Adiga oo haysta 1.00 CTR waxaad gadan kartaa



16-18 oz



16 oz



TALOYINKA SOO ADEEGASHADA

Haddii aad haysato 2 CTR oo mid ka mid ah kuwani, waxaad u isticmaali kartaa in aad ku gadato 32 ounce oo ah bacaha ay ku jiraan digirta qalalan ama misirta.



32 oz

1.00	gal	Whole milk
2.00	ctr	Peanut butter/beans
2.00	ctr	Dry beans or peas
40.00	oz	Whole grains



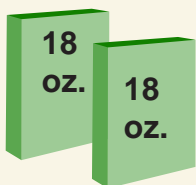
1.00	gal	Whole milk
2.00	ctr	Peanut butter/beans
2.00	ctr	Dry beans or peas
40.00	oz	Whole grains

Gadashada Siriyalka

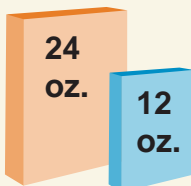
Ka qayb qaatayaasha badankoodu waxay helaan 36 oz. gargaarka siriyalka ah bil kasta.

- Qiyaasta ugu yar ee siriyalka ee aad gadan karto waa 11.8 oz. oo ah (siriyalka kulul) ama 12 oz. oo ah (siriyalka qabow). Haddii aad haysato wax ka yar 11.8 oz. oo ay ka soo haren gargaarkaaga siriyalka, ma awoodi doontid in aad kharash garayso.
- Habka ugu fiican ee aad ku xaqiijin karto in aad hesho siriyalkaaga oo dhan waa in aad gadato dhammaan sanduuqyada qiyaastoodu tahay 12 oz., 18 oz., 24 oz. ama 36 oz.

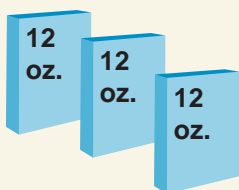
Tusaalooyinka siyaabaha aad iskugu dari karto qiyaasaha kala duwan ee baakada siriyalka



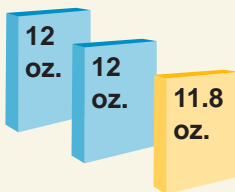
Wadarta 36 oz.



Wadarta 36 oz.



Wadarta 36 oz.



Wadarta 35.8 oz.

Gadashada Casiirka

Lacagta cuntada ee kuu hartay fiiri si aad u ogaato:

- Halka aad ka heli karto cunto la qaboojiyay ama cabitaanka dhalada ku jira
- Qiyaasta cabitaanka aad gadan karto

Remaining Balance (exp date 9-30-2020)		
3.50	gal	Fat free or 1% milk
1.00	gal	Whole milk
2.00	ctr	Peanut butter/ dry or canned beans
40.00	oz	Whole grains
16.00	\$\$	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

1.00 CTR waa:



11.5-12 oz la qaboojiyay

Remaining Balance (exp date 9-30-2020)		
3.50	gal	Fat free or 1% milk
1.00	gal	Whole milk
2.00	ctr	Peanut butter/ dry or canned beans
40.00	oz	Whole grains
16.00	\$\$	Fruit and vegetables
3.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	lb	Cheese

1.00 CTR waa:



64 oz dhalooyinka caaga ah

TALOOPYINKA PIN LAMBARKAAGA

Sameyso PIN lambarkaaga ka hor inta aadan aadin adeegashada. Wac lambarka telefoonka ee ku yaala dhinaca dambe ee kaarka, ka dibna raac tilmaamaha lagu siiyay si aad u sameysato PIN lambarka.

- Isticmaal taariikh iyo cinwaan la mid ah ta aad siisay xarunta WIC ee loogu talagalay kaarkaaga (OGOW: tani maaha taariikhda dhalasho ee ilmahaaga).
- Haddii aad haysato qof labaad oo kaar leh, marka uu PIN lambar u yeelo kaarkiisa, wuxuu isticmaali karaa taariikhda dhalashada iyo cinwaan u gaar ah.

Haddii aad si qalad ah affar jeer u geliso PIN lambarkaaga, kaarkaagu wuu is xiri doonaa. Tixgeli in aad PIN lambarkaaga dib u sameysato ka dib marka 2-aad ama 3-aad ee la isku daydo.

Si aad dib ugu sameysato PIN lambarkaaga, wac lambarka telefoonka ee ku yaala dhinaca dambe ee kaarka ama booqo website-ka.

Si aad u furto PIN lambarkaaga, wac lambarka telefoonka ee ku yaala dhinaca dambe ee kaarka.



SU'AALAHHA INTA BA

Maxaan u gadan kari laayahay tahani?

Haddii shay aad gadanayso uu noqon waayo mid ka mid ah cuntada WIC:

- Waxaa suuragal ah in aadan haysan lacag kugu filan oo kuu hartay oo loogu talagalay cuntadaasi.
- Waxaa laga yaabaa in uusan ahayn shay la ogolaaday oo ku jira Liiska Cuntada WIC.
- Haddii ay tahay mid loo qalmo, waxaa dhici karta in loo baahdo in lagu daro nidaamka WIC. Haddii ay tani dhacdo, shaqaalaha lacagta qabta 'cashier' ma beddeli karo tani ama kuuma ogolaan karo in aad cuntadaasi ku gadato kaarkaaga WIC.

Miyaan gargaaradayda u keydsan karaa bilaha soo socda?

Maya, gargaarada WIC waa in la isticmaala dhammaadka bisha. Haddii aad isticmaali waydo, waad luminaysaa.

Halkee baan ka soo adeegan karaa?

Waxaad ka soo adeegan kartaa dukaan kasta oo laga soo adeegto oo ku yaala MN oo qaata WIC. Khariidada dukaamada laga soo adeegyo ayaa laga heli karaa website-ka WIC ama WICShopper App.

Miyaan isticmaali karaa kaarka daacadnimida?

Haa, waxaa lagu ogol yahay in aad kaararka daacadnimida 'loyalty cards' isticmaasho, aad mid ka mid ah gadato /lagu siiyo iyo waxyaale oo gaar ah marka aad wax ku gadanayso WIC.

DAN LA ISWAYDIYO

Maxaan sameyn karaa haddii dukaanka ay cuntadu ka dhamaato?

Wax ka soo gado dukaan kale oo ay leedahay WIC. Lama oggola jeegaga gadaal laga isticmaalo ‘rain checks’, nooca IOU iyo kuwa beddelka ah.

Miyaan soo celin karaa cuntada aan ku gato kaarka eWIC?

Maya, cuntooyinka lagu gato kaarka eWIC lama soo celin karo ama laguma beddelan karo lacag caddaan ah, kaarka hadiyada ee dukaanka iyo alaabo. Cuntooyinka WIC ayaa la soo celin karaa haddii la amray in dib loo soo celiyo ‘recalled’, ama burbur soo gaaray ama uu dhacay waqtigoodii markii aad gadatay.

Waxaan si kadis ah lacagtooda u bixiyay cuntadayda WIC aniga oo isticmaalaya lacag ii gaar ah ama kaarkayga Cayrta ee Oregon. Miyaan soo celin karaa cuntada?

Haa. Haddii aadan lacagta ku bixin kaarkaaga eWIC, dukaamada intooda badani way oggol yihiin in wax la soo celiyo iyada oo la haysto risiit.



SU'AALAH?

Marka ay tahay in la waco xaruntaada WIC

- Marka aad hayso su'aalo ku saabsan cuntooyinka WIC.
- Marka aad u baahan tahay in aad qabsato ballan si aad u hesho gargaaro cusub.
- Marka aad awoodi waydo in aad gadato shay cuntada WIC ah.

Marka ay tahay in la waco Adeega Macmiilka eWIC

- Marka kaarkaagu lumo, la xado ama waxyeelo soo gaarto.
- Marka aad rabto in aad dib u sameyso ama furto PIN lambarkaaga.
- Haddii aad u malaynayso in xaashidaada risiitku aanay u dhigmin waxa aad gadatay.



Waaxdani waa fursad shaqo bixiye loo wada siman yahay. 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 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) 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: (833)256-1665 ama (202) 690-7442; ama (3) email-ka: program.intake@usda.gov