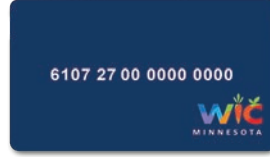


KAARKAYGA

MINNESOTA



Samayso aqoonsi kuu gaar ah.

- Ka hor intaadan isticmaalin Kaarka Minnesota WIC, waa inaad samaysataa aqoonsi gaar ahaaneed oo ka kooban 4 lambar.
- Wac 1-833-566-5248 si aad u samaysato aqoonsigi-kaaga, aad ubadasho, ama hadaad iloowdaa.
- Hadaad si qaldan u galisay aqoonsigaaga, 4 jeer ama kabadan, kaarkaaga waa laxirayaa. Wac 1-833-566-5248 si aad u cusboonaysiiso aqoonsigaaga gaar.

Xafido kaarkaaga WIC

- Gunooyinka cuntada ee mustaqbalka dambe waxaa lagu dari doonaa isla Kaarka WIC.
- Hasiinin aqoonsigaaga gaar qofaadan ku kalsoonayn.
- Aqoonsigaaga gaar kaarka haku dulqorin.
- Kafogee kaarkaaga magneedyada iyo qalabka elegtarooniga ah si uusan u shaqo gabn ama u xumaan.

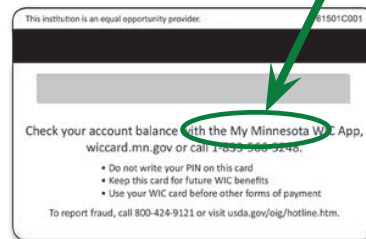
Waa wax fudud inaad isticmaasho kaarkaaga WIC

- Dhamaanunooyinka cuntada ee dadka gurigga kunool waxay kujiraan hal Kaar oo WIC ah.
- Umabaahnid inaad iibsato dhamaan cuntooyinka aad kugadan karto kaarka WIC halmar.
- Gunooyinku waxay jiraan muddo 30 maalmod ah kadibna way dhacaan. Shay yaasha aan la isticmaalin ma wareegaan.

Hubi baaqiga kuuharay

STORE NAME			
ADDRESS			
STORE ID:	12345		
CLERK ID:	996		
CARD:	*****00007		
AUTH CODE:	20758		
Date:	10/18/19	Time: 10:06am	
QTY	UNITS	DESCRIPTION	PRICE
18.00	OZ	Cheerios	4.99
2.50	\$\$	Fruits & Veg	2.50
TOTAL ITEMS SOLD - 2			
PURCHASE SUBTOTAL			7.49
DISCOUNT APPLIED			0.00
APPROVED PURCHASE TOTAL			7.49
BALANCE DUE			0.00
WIC BENEFITS BALANCE			
QTY	UNITS	DESCRIPTION	
1.00	LBS	Cheese (lbs)	
1.00	DOZ	Eggs (doz)	
18.00	OZ	Breakfast Cereal (oz)	
1.00	QT	Yogurt-Low/NonFat (32oz)	
1.00	CON	Juice (froz.11.5-12 oz)	
5.50	\$\$\$	Fresh/Froz Frt/Veg (\$)	
Benefits expire at MIDNIGHT on 10/22/19			
Xafido waa resiidkaage			

Risiidyada dukaanadu wey Kala duwan yihiin



- Dib Ufiri Liiska Ku adeegashada
- Istimaal aalada My Minnesota WIC App
- Fiiri rasiidkii udanbeeyay ee WIC
- Ku booqo kumbiqutor ka
- Waydiiso shaqaalaha dukaanka inu Kuu fiiriyo
- Wac 1-833-566-5248



KAHOR intaadan libsan

- Hubi baaqiga kaaga haray gunooyinkaaga cuntada iyo xiliga ay dhamaayaan gunooyinka kuuharay.
- Dooro dukaan aqoonsi kahaysta Minnesota WIC.

Markaad libsanayso

- Isticmaal Tilmaanta adeegashada si aad uhubiso haddii cunto aad qaadan rabto kujirto liiska ay WIC ogoshahay, AMA.
- Isticmaal qaybta Food Finder (Raadiyaha Cuntada) ee kuyaala **My Minnesota WIC App** si aad u iskaangarayso UPC ga si aad markaas u aragto in cuntadu tahay mid WIC ogoshahay ayna kujirto gunooyinka cuntada ee aad hadda haysato.
- libso waxa aad ubaahantahay. Uma baahnid inaad iibsato dhamaan cuntooyinka aad kugadan karto kaarka WIC halmar.

Markaad dukaanka kabaxayso

- Iskukeen cuntooyinkaaga WIC si aad ulasocoto nooca gunada cuntooyinka ee aad isticmaalayso.
- Labixido way kaladuwanaa kartaa waxayna kuxirantahay dukaanka - waydii qasnajiga xiliga ad kaarkaaga marsiinayso mashiinka iyo hadaad ubaahantahay inaad kalasoo cdo cuntooyinka WIC.
- **Isticmaal kaarkaaga WIC MARKA KOOBAAD, kahor intaadan adegsan** SNAP EBT, kaarka daynta, ama qaababka kale ee lacag bixinta.
- Dib u eegis kusamee rasiidkaaga **kahor intaadan** ansixin iibkaaga WIC.
- Hayso rasiidkaaga WIC - waxay muujinaysaa baaqiga gunooyinka kaaga haray iyo xiliga ay dhacayso gunadu.
- Kaararka mashiinka, kaararka dukaanka, iyo adeegyo kale oo qaas ah **ayaa la** ogolyahay.
- Jeegag aad soo celisid ama ku bedelatid markale saad ugu iibsatid cuntooyinka meesha kujira lama ogola.

Caawimaad!

Maxaanan ugu iibsan karin shaygaan kaarkayga WIC?

Halkaan waxaad kahelaysaa 3 waxyaabood oooy tahay inaad hubiso.

1 Shaygu mayahay mid WIC ogoshahay?

Isticmaal aalada My Minnesota WIC App ama Tilmaanta adeegashada si aad uhubiso in shayga iyo xajmiga baakada ay yihiin kuwo ay WIC ogoshahay.

2 Shaygu maku jiraa gunooyinkaaga cuntada?

3 Makuu haren gunooyin kugu filan?

Hadday ka mid ahayn intaan kore...

Waxaa suuragal ah inaad shayga si sax ah ugalin systemka WIC. Haddii cuntadu aysan kusoo baxay liiska cuntooyinka WIC ogoshahay, qasnijigu magubbin karo systemka. Waxaad ubaahantahay inaad shay kale doorato.

HADII KAARKU lumay, laxaday ama xumaaday

Laxariir Xarunta Caafimaadka ee WIC ama wac **1-833-566-5248**.

Wax su'aalo ah maqabtaa?

Laxariir xaruntaada Caafimaadka ee WIC:



Women, Infants & Children Nutrition Program



P.O. Box 64882 • St. Paul, MN 55164 - 0882
1-800-657-3942
www.health.state.mn.us/wic

Haayadaan waxay bixisaa fursad loosimanyahay.
05/19