

WIC Kev ua hauj lwmm...



- Cev xeeb tub kom txhob muaj mob
- Kom yug tau tus menyuam txhob muaj mob
- Kom tus menyuam txhob muaj mob

Kev tau nyiaj los

Pib lub 7 hli xyoo 2008 txog lub 6 hli xyoo 2009.

Cov Pojniam cev xeeb tub thiab Tsev neeg Muaj menyuam me txog 2 xyoo

Tsev neeg muaj menyuam 2 xyoo txog 5 xyoo

TSEV NEEG*	IB XYOO TAU NYIAJ
1	\$28,608
2	38,508
3	48,408
4	58,308
5	68,208
6	78,108
7	88,008
8	97,908

TSEV NEEG	IB XYOO TAU NYIAJ
1	\$19,240
2	25,900
3	32,560
4	39,220
5	45,880
6	52,540
7	59,200
8	65,860

*Cov pojniam cev xeeb tub xam ua 2 tug neeg.

Muab daim ntawv qhia no faib pub koj cov phooj ywg.
**KOJ LOSSIS LWM TUS NEEG UAS KOJ PAUB
 TIAS TISM NYOG TAU TXAIS KEV PAB WIC**

USDA kwv tsis pub kom muaj kev sabs tsis tau.
 WIC yog ib koj kev pab uas muaj sib luag rau sawv daws.
 Printed on recycled paper. Himong 7/08
 C#141-1102

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Minnesota Department of Health

Yog xav tau daim ntawv ua lwmm hom hu rau:

www.health.state.mn.us/divs/fh/wic/

1-800-WIC-4030
 (HU TUS XOV TOOJ) 1-800-942-4030

KEV PAB RAU COV
 POJNIA MUAJ MENYUAM
 THIAB RAU COV MENYUAM

WIC

Koj & koj tus menyuam

NOJ QAB NYOB ZOO THIAB PUB ZOO.
 WIC PAB TAU.



Koj puas paub...

*Tej tus neeg cev
xeeb tub?*



*Tsev neeg uas muaj
menyuam me es xav tau
kev cob qhia tu menyuam
thiab kev noj zaub mov
kom txhob muaj mob?*



*Tsev neeg ua hauj
lwm tabsis txom nyem
xav tau kev pab?*



Yog koj teb tias “xav tau” rau ib nqe twg ntawm cov lus nug hauv no, peb muaj kev pab zoo heev txog kev qhia noj zaub mov nrog koj.

WIC

KEV PAB RAU COV
POJNIAM MUAJ MENYUAM
THIAB RAU COV MENYUAM

MUAB KEV NOJ
ZAUB MOV ZOO
RAU KOJ TUS
MENYUAM

WIC
pab tau

WIC MUAJ KEV PAB...

- Qhia kev noj zaub mov thiab tswv yim pab
- Txhawb zog rau cov pub niam mis
- Zaub mov zoo xws li mis, cheese, kua txiv, cereal, thiab cov mis mos
- Cov neeg ua haujlwm uas txhawj thiab hlub tshua

KOJ TSIM NYOG TAU TXAIS...

- Muaj ntau tsev neeg ua hauj lwm kuj tau txais kev pab WIC
- Tsev neeg uas tau txais kev pab Ntawv Kho Mob tau txais kev pab WIC
- Koj tsis tas yog pejxeem Asmesliskas (U.S. citizen)

HU HNUB NO RAU
QHOV CHAW LIS DEJNUM
WIC UAS NYOB ZE KOJ

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TSIS TXHOB LIG...PEB NYOB NTAWM NO PAB

