

WIC waxay u shaqeysaa...



- Haweenay uur leh oo caafimaad qabta
- Dhalasho caafimaad leh
- Caruur caafimaad leh

Shuruudaha dakhliga

Laga bilaabo luuliyo 2008-juunyo 2009.
(Effective July 2008-June 2009)

Haweenayda uurka leh iyo qoysaska leh ilmo da'doodu tahay ilaa 2 jir

TIRADA QOYSKA*	DAKHLIGA SANADKI SOO GALA
1	\$28,608
2	38,508
3	48,408
4	58,308
5	68,208
6	78,108
7	88,008
8	97,908

Qoysaska ilmaha leh da'doodu tahay 2-5

TIRADA QOYSKA	DAKHLIGA SANADKI SOO GALA
1	\$19,240
2	25,900
3	32,560
4	39,220
5	45,880
6	52,540
7	59,200
8	65,860

*Haweeneyda uurka leh waxa loo tirinaya 2 qof

ADIGA AMA QOF KALE EE AAD TAQAN OO XAQU LEH WIC-GA...
Broshuurkan la wadaag (tus) asxaabtaada.

USDA waxa ay maamulka bannaanijiyadeeda ka maannuuday kala takoorka dadka. WIC waxa ay dadweynaha u fidsaa adeeg ay u siman yihiin. Wada siman yahay. 7/08 Waxaa lagu daabacay warqad dib loo wariyadeyn karo (recycle). Small IC#141-1101

PHONE 1-800-657-3942
TTY 1-651-201-5797

P.O. Box 64882
St. Paul, MN 55164-0882



Haddii aad naclumaadkan ku codsanaysid gaab kale la soo xiriir: Minnesota Department of Health

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

(AMA WAC 1-800-942-4030)

1-800-WIC-4030

WIC
BARNAMIJKA
NAFAQADA HAWENKA,
DHALLAANKA & CARURTA

Adiga iyo cunugaaga

CAAFIMAADKA IYO QUUDIN FIICAN.
WIC AYAA IDINKA KA CAAWIN KARA.

Mataqaan...

*Haweeney
uur leh?*

*Qoys caruur yar-yar
heysta ee ka helaya in ay
maqlaan talo-siin ku
saabsan waalidnimada iyo
cunno caafimaad leh?*

*Qoys shaqeeya ee
dakhligooda uusan
ku fileyn?*



Haddii dhammaan su'aalahan aad ku
jawaabtay "Haa", waxaan kuu heyna
barnaamij ku baraya nafaqadda wanaagsan.

WIC

**BARNAAMIJKA
NAFAQADA HAWEENKA,
DHALLAANKA & CARUURTA**

**CUNUGAAGA
WAXAAD SIISAA
NAFAQO
WANAAGSAN**

**WIC
waa ku
caawin
karaa...**

WIC WAXA AY BIXISAA...

- Wararka iyo talooyinka nafaqadda
- Kaalmaynta naas-nuujinta
- Cuntooyinka caafimaadka leh sida caanaha, farmaajada, casiirka (juice), siiriyaalka iyo caanaha caruurta (infant formula)
- Shaqaale daryeel iyo kaalmaba leh

WAXA LAGA YAABA IN AAD U QALANTO...

- Qoysas shaqaalaha oo badan ayaa u qalma
- Qoysaska ku jira Caymiska Caafimaadka Guud (Medical Assistance) ayaa u qalma WIC
- Loo ma baahna inaad tahay muwaadin Maraykan ah

**MAANTABA WAC BUKAAN
SOCOD EEGTADA WIC
EE KUUGU DHOW**

1-800-WIC-4030

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**DIB HA U DHIGAN...WAXAAN U
JOOGNA IN AYNU KU KAALMEEYNO**

