

A woman wearing a red headscarf and a red patterned top is looking down at a person lying in a hospital bed. The person in the bed is wearing a white hospital gown and has their head resting on a white pillow. The background is a plain, light-colored wall.

Adiga iyo cunugaaga

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

Qoysaska ka qeebgala barnaamijka WIC waxey helaan...



- Uur caafimaad leh
- Dhalasho caafimaad leh
- Caruur caafimaad leh

Shuruudaha dakhliga

Laga bilaabo luuliyo 2015 – juunyo 2016
(Effective July 2015 – June 2016)

Daqliga la'ogol yahay
inaad ka qayb qaadatid
Barnaamijyada Daryeelka
Caafimaadka Minnesota
(Minnesota Health Care/Insurance
Affordability Programs⁺)

Heerarka Daqliga
la'ogol yahay

TIRADA QOYSKA*	DAKHLIGA SANADKI SOO GALA
1	\$32,367
2	43,807
3	55,247
4	66,687
5	78,127
6	89,567
7	101,007
8	112,447

TIRADA QOYSKA*	DAKHLIGA SANADKI SOO GALA
1	\$21,775
2	29,471
3	37,167
4	44,863
5	52,559
6	60,255
7	67,951
8	75,647

+ Medicaid (MA)

* Haweeneyda uurka leh waxa loo tirinaya 2 qof

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.

MINNESOTA
WIC
Connecting with You
NUTRITION FOR WOMEN, INFANTS & CHILDREN

CUNUGAAGA
WAXAAD
SIISAA NAFAQO
WANAAGSAN

WIC
waa ku
caawin
karaa...

WIC WAXA AY BIXISAA...

- Wararka iyo talooyinka nafaqadda
- Kaalmaynta naas-nuujinta
- Cuntada caafimaadka leh sida geed-miroodka hadda la soo gooyay iyo qudaarta, qamadiga dhan, rootiga iyo tortilla, caanaha subaggu ku yar yahay iyo cuntada caruurta
- Shaqaale daryeel iyo kaalmaba leh

WAXA LAGA YAABA IN AAD U QALANTO...

- Qoysas shaqaalaha oo badan ayaa u qalma
- Qoysaska ka qaybgala Barnaamijyada Daryeelka Caafimaadka Minnesota (Minnesota Health Care Program) way ka qayb geli karaan... WIC
- Loo ma baahna inaad tahay muwaadin Maraykan ah

MAANTABA WAC BUKAAN
SOCOD EEGTADA WIC
EE KUUGU DHOW

1-800-WIC-4030

(AMA WAC 1-800-942-4030)

www.health.state.mn.us/wic

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



WIC

BARNAAMIJKA
NAFAQADA HAWWEENKA,
DHALLAANKA & CARUURTA

1-800-WIC-4030

(AMA WAC 1-800-942-4030)

www.health.state.mn.us/wic

Haddii aad maclumaadkan ku codsanaysid qaab kale la soo xiriir:



Minnesota Department of Health

P.O. Box 64882

St. Paul, MN 55164-0882

1-800-657-3942



*Hay'adani waxay bixisaa fursad loo siman yahay.
Waxaa lagu daabacay warqad dib loo warshadeyn
karo (recycle). 6/15 Somali ID#52745*

**ADIGA AMA QOF KALE EE AAD
TAQAAN OO XAQU LEH WIC-GA...**

Broshuurkan la wadaag (tus) asxaabtaada.