

# KUSOOLDHAWOOW

# WIC



MINNESOTA  
**WIC**

BarnaaMiika Nafaqada Haweenka, Saqlirada iyo Caruurta

# kusoodhawoow



*WIC waa barnaamij nafaqo kaasoo kacaawiya qoysaska **inay cunto fiican cunaan...** ayna kunoolaadaan **caafimaad qab***

## BARNAAMIJKAA WIC WUXUU BAXSHAA

- Macluumaad laxariira nafaqada
- Cuntooyin Caafimaad qaba
- Gudbin ay kuugudbinayaan barnaamijyada kale ee caafimaadka ama bulshada
- Taageerada naasnuujinta

Hadaad qabto wax su'aalo ah, fadlan waydi shaqaalahaaga WIC.

## WIC AYAY U ADEEGAAN?

- Saqjirada
- Caruurta da'doodu tahay ilaa iyo 5
- Haweenka
  - uurka leh
  - naaska nuujinaaya ama
  - ama dhawaan ilmo dhalay

## SIDEE AYUU QOFKU XAQ UGU YEELAN KARAA WIC?

- Inuu buuxsho tilmaamaha qarashka ee WIC
- **AMA-**
  - Uu kadiiwaangashan yahay barnaamij kale sida Caawimaada Caafimaadka ama SNAP
- **IYO-**
  - In qofka iskadiiwaangalinaaya WIC uu qabo baahi nafaqo iyo/ama caafimaad



# Macluumaadka Nafaqada ee WIC Irl

## Gaar u ah baahiyaha qoyskaaga

### HAWEENKA

- Cuntooyin caafimaad qaba intay uurka leeyihii iyo dhalmada kadib.
- Sida ilmaha naaska loonuujiyo.
- Sida loobuuxsho baahiyahaaga dhanka nafaqada.

### SAQIIRADA

- Sida cunto loosiyo loona dhawro caafimaadka ilmahaaga.

### CARUURTA DA'DOODU TAHAY ILAA

#### IYO 5

- Sida cunto loosiyo loona dhawro caafimaadka kobcaaya ilmahaaga.

### WIC WAXAY KUTALINAYSAA NAASNUUJINTA

- Naasnuujintu waa qaabka ugu caafimaadka badan ee aad ilmahaaga kuquudin karto.
- Caanaha naaskaaga waa dhamaan waxa uu cunugaagu hadda dhashay ubaahanyahay! Jirkaaga wuxuu soosaarayaa kaliya cadadka saxda ah ee caanaha naaska oo ku filan caloosha yar ee cunugaaga.
- Caanaha naaskaaga ayaa cunugaaga kadifaacaaya caabuqyada iyo xanuunada.
- Hooyooyinka iyo ilmuu waxay jecelyihii kana faaiidaystaan iskudhawaanshaha qaaska ah.



# Caano-Jiis-Caano fadhi ah



## MIRO iyo KHUDAAR

Miro iyo khudaar cusub, ama nadiif ah (*kuwaasoo lagaaga iibinaayo qiimo doolar lacageed*).



## HARUURKA OO DHAN

Roodhiga haruurka dhamaystiran, toortilaas, baasto, bariiska baroonka, ama boorash.



## SOY

Cabitaanada Soy iyo tofu.



## CUNTOOYINKA SAQIIRADA

Miraha, khudaarta, iyo seeriyaalka caruurtaa. Ilmaha naaska nuugaaya ayaa sidoo kale lasiinayaa hilibka saqiiirada lasiyo.



## SEERIYAAL

Seeriyaalada noocyoo kaladuwaa oo misirta ah.



## BOROTIIINADA

Ukun, digir qalalan, ama qasacadaysan iyo burcadka lawska. Haweenka ilmaha nuujinaaya waxay sidoo kale helayaan kaluun qasacadaysan.



## CAANAHA

Caano-Jiis-Caano fadhi ah.



## CABITAANKA

Cabitaan cabid udiyaarsan oo 100% ah, ama cabitaan qasan oo qaboow ah.



WIC waxay  
bixisaa  
cuntooyin  
kubadayihin  
dhuuxa,  
feetamin c  
iyo borotiin.

# Kudukaama ysiga WIC



## KAARKA MN WIC

SIDUU KAARKU USHAQEYJO

- Biinka **4-god ah ayaa kuusahlaaya** inaad isticmaasho Kaarka WIC.
  - Xaruntaada caafimaadka ee WIC ayaa kaacaawin karta samaysiga BIINkaaga, ama wac 1-833-566-5248.
- **Xafido kaarkaaga WIC.** Gunooyinka cuntada ee mustaqbalka danbe waxaa lagu dari doonaa isla Kaarka WIC.
- **Gunooyinku waxay kudhacayaan muddo 30 maal mood, kadibna way dhacayaan;** waxyaabahan aadan isticmaalin mawareegayaan.

## TILMAAMO KUCAAWINAAYA

KUDUKAAMAYSIGA WIC

- Aalada **Minnesota WIC App** ayaa hubinaaya in shayga cuntada ah ay WIC ogoshahay, kuusheegaaya goobta dukaanada, kuna tusaaya baaqiga kuuharay.
- Tilmaamntaada **WIC Shopping Guide (Hagida Dukaamaysiga WIC)** ayaa aqoonsanaysa dhamaan cuntooyinka WIC aad ku iibsan karto. por WIC.

## KAHOR INTAADAN DUKAAMAYSAN

- Hubi baaqigaaga haray gunooyinkaaga cuntada iyo xiliga ay dhamaayaan gunooyinka kuuharay.
- Dooro dukaan aqoonsi kahaysta-Minnesota WIC.
  - Waydii xaruntaada caafimaadka ee WIC dukaanka kuugu dhaw.
  - Isticmaal aalada dukaanada raadisa ee **Minnesota WIC App**.



## INTAAD DUKAAMAYSANAYSO

- Dooro cuntooyinka ay WIC ogoshahay.
  - Isticmaal tilmaanta Dukaamaysiga AMA
  - Isticmaal qayba Food Finder ee kujirta aalada **Minnesota WIC App**.
- libso waxa aad ubaahantahay. Uma baahnid inaad iibsato dhamaan cuntooyinka aad kugadan karto kaarka WIC halmar.

## XILIGA LABIXITAANKA

- Iskugeey cuntooyinkaaga WIC.
- Marka KOOBAAD adeegso kaarka WIC kahor intaadan adeegsan qaababka kale ee lacag bixinta.
- Dib u eegis kusamee rasiidkaaga kahor intaadan xaqijjin iibsigaaga WIC.
- Rasiidkaaga WIC ayaa muujinaaya baaqiga kuusoo hara iyo taariikhda gunooyinku ay dhacayaan.
- Kaararka mashiiinka, kaararka dukaanadu aqoonsan yihiin, iyo adeegyo kale oo qaas ah ayaa la ogolyahay.
- Jeegagarobka iyo badalada lamicidka ah cuntooyinka meesha kujira lama ogola.

STORE NAME	ADDRESS
<b>PURCHASES</b>	
KELL MINI WHEATS	3.79 F
MM ORANGE JUICE	2.49 T
DISH SOAP	5.99 T
TAX	0.00
*****	
BALANCE	10.50
MN EWIC	4.51
<b>WIC BENEFITS</b>	
Terminal: 2	Store: 15
Trans: 10/18/24	Operator: 9283
54.00 OZ Cereal - hot / cold	
18 OZ KELL MINI WHEATS	3.79 F
1.00 ITEM CON Juice (froz. 11.5-12 oz)	
1 MM ORANGE JUICE	2.49
<b>WIC BENEFITS BALANCE</b>	
Date: 10/18/24	Time: 10:06am
PAN:*****5717	
1.00 DOZ Eggs (doz)	
18.00 OZ Breakfast Cereal (oz)	
1.00 QT Yogurt-Low/NonFat (32oz)	
0.00 CON Juice (froz. 11.5-12 oz)	
Benefits expire at MIDNIGHT on	
10/22/24	
<b>- CARDHOLDER COPY -</b>	
<b>PLEASE SAVE THIS RECEIPT</b>	

# Balanta ada WIC

*Shagaalaha WIC ayaa kajawa abaaya su'aalaha yaad qabto*

Inta lagu jiro  
booqasho kasta ood  
kutagto WIC, waxaad  
fursad uhelaysaa  
inaad lahadasho  
aqoon yahan  
aadna kalahadasho  
nafaqada  
wanaagsan  
yo cunto cunista  
caafimaadka leh  
ee qoyskaaga.



## INTA LAGU JIRO BALANTA

- Wshaqaalaha WIC ayaa cabiraaya dheerarka, miisaanka iyo dhiiga dhuxa (ayagoo adeegsanaaya cirbad si fudud wax uraadisa).
- Kalahadal aqoonyahan kasocda WIC nafaqada iyo cuntada caafimaadka leh, naasnuujinta iyo wixii walaacyo ah oo laxariira caafimaadka.
- Qaado kaarka WIC si aad u iibsato cuntooyin caafimaad leh.

## WAA INAAD KEENTAA

- TQofka cuntada lasiinaayo(s) markaad balanta soo xaadiraysid.
  - Aqoonsiga leh sawirka (ID).
  - Cadaynta goobta aad dagantahay.  
*Pcadaynta ciwaanka waxaa kamid noqon kara shatiga gaari wadida, biil, rasiidka dayn bixinta, ama boostada shaqsiga ah oo ay kuqoranyihiin magacaaga iyo ciwaankaaga.*
  - Cadaynta qarashka kusoo gala.  
*Cadaynta waxaa kujiri kara rasiidka mushaar bixinta, foomka canshuurta kirada, taageerada caruurta ama jeegga dadka shaqo la'aanta ah.*
- AMA**
- Cadaynta diiwaangalinta ee:
- MFIP (*Barnaamijka Maalgalinta Qoyska ee Minnesota*)
  - *Barnaamijka Daryeelka Caafimaad ee Minnesota sida Caawimaada Caafimaadka*
  - SNAP (*Caawimada Cuntada*)
  - SSI, *Barnaamijka Qadada Bilaashka ah/Raqiiska ah, Caawimaada Tmarta, ama Head Start*.
- Hadaad horay uga diiwaangashanayd WIC, waa inaad keentaa kaarkaaga WIC.

# Su'aala ha wic

## SU'AALAH KUSAABSAN CUNTOOYINKA WIC?

- Lahadal xaruntaada WIC ee Caafimaadka ama wac Xafiiska WIC ee gobalka oo nambarkiisu yahay 1-800-657-3942.
- Barnaamijka Tilmaanta Dukaamaysiga iyo aalada Minnesota WIC App ayaa kaacaawin kara aqoonsiga-cuntooyinka ay WIC ogoshahay.

## SIDEE AYAAN KUSII WADI KARAA QAADASHADA GUNOOYINKA WIC?

- Ilaali balamahaaga WIC. Shaqaalaha WIC ayaa kuusheegaaya waxa aad keenayso.

## MAXAA DHACAAYA HADAAN GUURO?

Usheeg shaqaalaha WIC hadaad rabto inaad guуро.

- Gunooyinkaaga WIC goobtaas aad uguurto ayaa laguugusii wadayaa!
- Xaruntaada Caafimaadka ee WIC ayaa kusiinaysa fasaxa wareejinta si aad uqaadato hadaad kaguurto gobalka.
- Wac barnaamijka WIC ee aagaaga cusub ee aad uguurtay kashaqeeyaa isla markaba. Gal bogga [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) si aad uga hesho maclumaaadka aad kalaxariirayso.

## MAXAAN KAFILAN KARAA WIC?

- Shaqaalaha WIC waxay kuula dhaqmayaan si lamid ah dadka kale ayadoon laga fiirinayn isirkaaga, midabkaaga, da'daada, wadankaad kasoo jeedo, naafonimadaada, ama jinsigaaga.
- Hadaad dareento in takoor lagugula kacay, aadna doonayso inaad cabasho gudbiso, wac 1-866-632-9992 ama email udir: [program.intake@usda.gov](mailto:program.intake@usda.gov) si aad foom ucodsato.
- Noosheeg hadaad ubaahantahay turjumaan – adeegyada turjumaanka oo lacag la'aan ah ayaa laheli karaa. Hadaad tahay qof naafo ah, adeegyo gaar ah ayaa lagu siinaya.
- Waxaad codsan kartaa dhagaysi dacwadeed hadaadan kuqancin go'aanka shaqaalaha WIC ee ku aadan xaqaa aad qalmitaankaaga barnaamijka WIC.



# Shuruucda WIC

- Haqarin xaqiiqada ama hasheegin maclumaad been ah ood siiso WIC.
- Hakubadln ama hakucelin cuntoyinka WIC lacag kaash ah ama dayn.
- Ha iibin, ama iib ha ubandhigin, ganacsi, ama hasiin cidkale kaarkaaga WIC, cuntooyinkaaga, bamka naasaha, ama cuntooyinka caruurtा.
- Soo sheeg Kaarka WIC haduu lumo ama laxado islamarkaba.
- Kaqaado kaarka WIC kaliya hal xarun caafimaad oo WIC hoos tagya xiligaad doonto.
- Gado kaliya cuntooyinka kujira Liiskaaga Adeegga.
- Waa inaad kuladhaqantaa WIC iyo shaqaalahaa dukaanka xushmad iyo karaamo.

**Jabinta sharuucda  
WIC waxay  
keeni kartaa  
in adigga iyo/  
ama qoyskaaga  
laga saaro  
barnaamijka  
WIC, laga  
dalbadpo inay dib  
ubixiyaan lacag  
lasiiyay ayna  
suuragaltahay  
inay danbiyo  
maxkamadeed  
waajahaan.**



# XARUNTAADA CAAFIMAADKA EE WIC

## XILIGA AAD WACAYSO XARUNTAADA CAAFIMAADKA EE WIC

**Wac xarunta  
caafimaadka ee  
WIC islamarka  
aad ogaato  
inaad uur  
leedahay.**

**Hadba sidaad  
usoo hormarto  
ayay ugu  
wanaagsan  
tahay naftaada  
iyo tan  
cunugaagaba!**

- Wuxaad su'aalo kaqabtaa balantaada xigta.
- Wuxaad su'aalo kaqabtaa nafaqadaada ama naasnuujintaada.
- Hadi kaarkaagu lumay, laxaday, ama halaabay.
- Magacaaga, ciwaankaaga, ama nambarka taleefankaagu isbadalaan.
- Aad qabto fikrado ama walaacyo. Jawaab celintaadu aad ayay muhiim noogu tahay.



P.O. Box 64975 • St. Paul, MN 55164-0975

1-800-657-3942

[www.health.state.mn.us/wic](http://www.health.state.mn.us/wic)



**Haayadaan waxay bixisaa fursad loosimanyahay.**

**05/2025**