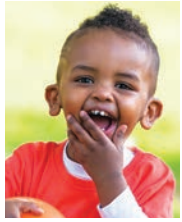
KUSOOLDHAWOOW WIC



MINNESOTA WIC

Women, Infants & Children Nutrition Program

kusoodhawoow

MINNESOTA WIC

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

BARNAAMIJKA 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?

- Saqiirada
- 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 Ir

Gaar u ah ***baahiyaha qoyskaaga***

HAWEENKA

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

SAQIIRADA

- Sida cunto loosiiyo loona dhawro caafimaadka ilmahaaga.

CARUURTA DA'DOODU TAHAY ILAA IYO 5

- Sida cunto loosiiyo 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 kufilan caloosha yar ee cunugaaga.
- Caanaha naaskaaga ayaa cunugaaga kadifaacaaya caabuqyada iyo xanuunada.
- Hooyooyinka iyo ilmuhu waxay jecelyihiin kana faaiidaystaan iskudhawaanshaha qaaska ah.

Cuntooyinka WIC oo caafimaad leh

*WIC waxay bixisaa **cuntooyin kaladuwan oo caafimaad leh** kuwaasoo aad nocaad rabto kadooran karto…*

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.

SEERIYAAL

Seeriyaalada noocyo kaladuwan oo misirta ah.

BOROTIINADA

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

CAANAHA

Caano, buqcad/jiis iyo yooqad.

CABITAANKA

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

SOY

Cabitaanada Soy iyo tofu.

CUNTOOYINKA SAQIIRADA

Miraha, khudaarta, iyo seeriyaalka caruurta. Ilmaha naaska nuugaaya ayaa sidoo kale lasiinayaa hilibka saqiirada lasiiyo.

WIC Waxay bixisaa cuntooyin ay kubadanyihiin maadooyinka kaalshiyaamka, dhuuxa, feetamiin C, dhareerka iyo barootiinka.

Kudukaama ysiga WIC

KAARKA MN WIC

SIDUU KAARKU USHAQEEYO

- 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 maalmood, kadibna way dhacayaan;** waxyaabahan aadan isticmaalin mawareegayaan.

TILMAAMO KUCAAWINAAYA

KUDUKAAMAYSIGA WIC

- Aalada **My 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.

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 ***My Minnesota WIC App***.

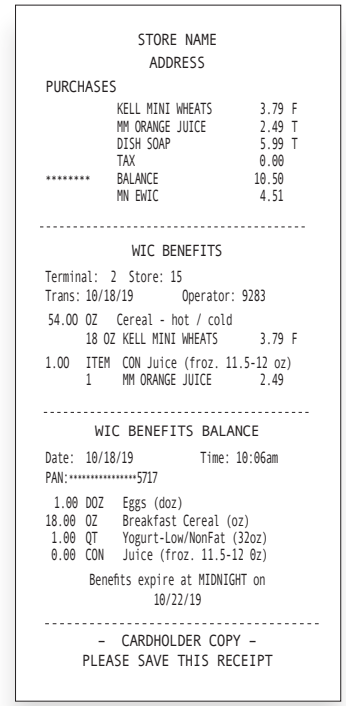
INTAAD DUKAAMAYSANAYSO

- Dooro cuntooyinka ay WIC ogoshahay.
  - Isticmaal tilmaanta Dukaamaysiga, AMA
  - Isticmaal qaybta *Food Finder* ee kujirta aalada ***My Minnesota WIC App.***

  Iibso 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 xaqiijin iibsigaaga WIC.
- Rasiidkaaga WIC ayaa muujinaaya baaqiga kuusoo hara iyo taariikhda gunooyinku ay dhacayaan.
- Kaararka mashiinka, kaararka dukaanadu aqoonsan yihiin, iyo adeegyo kale oo qaas ah *ayaa la* ogolyahay.
- Jeegagaroobka iyo badalada lamidka ah cuntooyinka meesha kujira *lama* ogola.



STORE NAME
ADDRESS

PURCHASES

	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

WIC BENEFITS

Terminal: 2 Store: 15
Trans: 10/18/19 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

WIC BENEFITS BALANCE

Date: 10/18/19 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 0z)

Benefits expire at MIDNIGHT on 10/22/19

– CARDHOLDER COPY –
PLEASE SAVE THIS RECEIPT

Balanta ada WIC

*Shaqaalaha 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 iyo 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'AALAHA 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 My 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 guurto.

- Gunooyinkaaga WIC goobtaas aad uguurto ayaa laguugusii wadayaa!
- Xaruntaada Caafimaadka ee WIC ayaa kusiinaysa fasaxa wareejinta si aad uqaadato hadaad kaguurto gobalka.
- nWac barnaamijka WIC ee aagaaga cusub ee aad uguurtay kashaqeeya isla markaba. Gal bogga www.fns.usda.gov/wic si aad uga hesho macluumaadka 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 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 siinayaa.
- Waxaad codsan kartaa dhagaysi dacwadeed hadaadan kuqancin go'aanka shaqaalaha WIC ee ku aadan xaqa aad uleedahay adeegyada WIC.

Shuruucda WIC

- Haqarin xaqiiqada ama hasheegin macluumaad been ah ood siiso WIC.
- Hakubadaln 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 caruurta.
- 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 shaqaalaha 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!

- Waxaad su'aalo kaqabtaa balantaada xigta.
- Waxaad 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.

MINNESOTA WIC
Women, Infants & Children Nutrition Program

MN DEPARTMENT OF HEALTH

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

Haayadaan waxay bixisaa fursad loosimanyahay.

ID #53174 10/12