



**1-800-657-3942**

Si aad u codsato agabkan qaab kale la xidhiidh:



**Minnesota WIC Program  
(Barnaamija WIC ee Minnesota)**

P.O. Box 64975

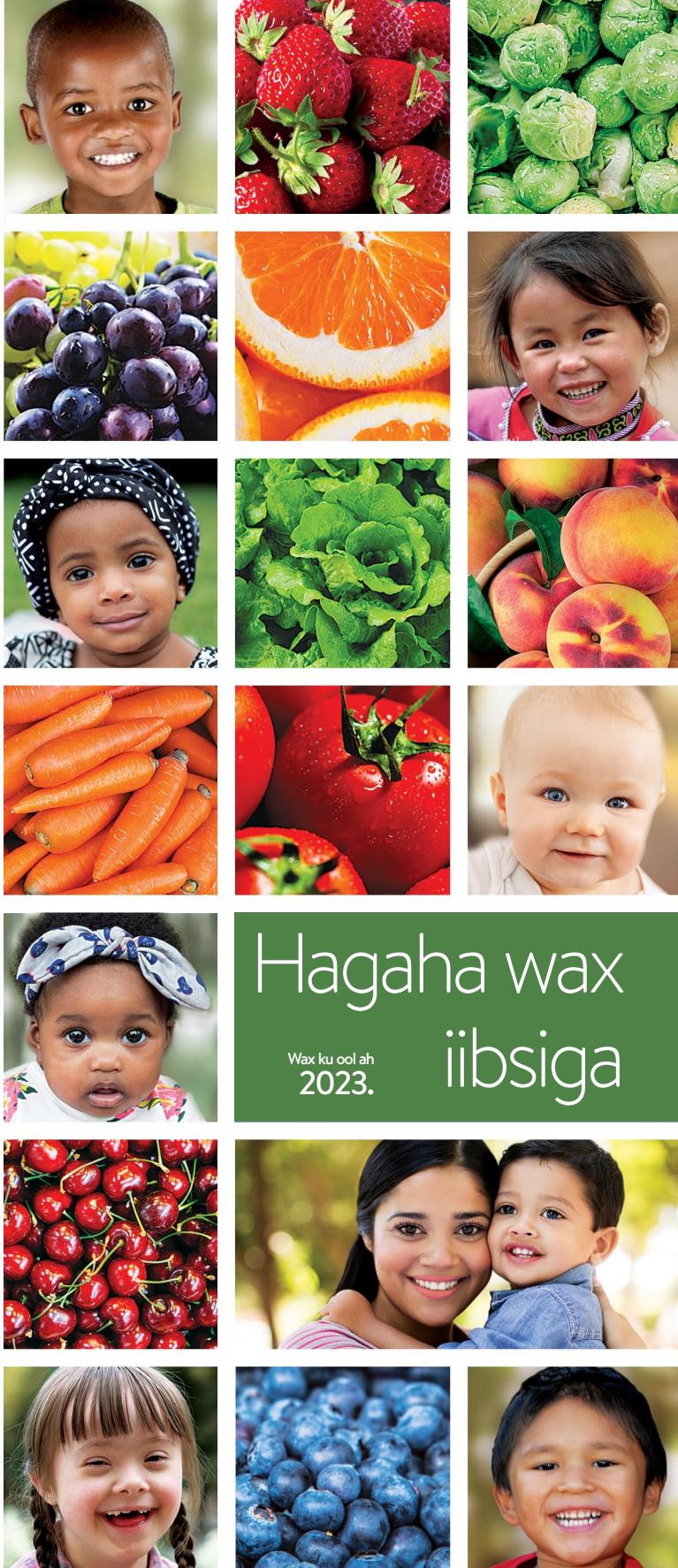
St. Paul, MN 55164-0975

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

Hay'addan waa hay'ad bixisa fursad loo  
wada siman yahay.

01/25

Somali



## ADIGOO ISTICMAALAYA KAARKAGA WIC

- samee Furahaaga 4-lambar adigoo wacaya 1-833-566-5248.
- Diiwaangeli Kaarka WIC gudaha My Minnesota WIC App. (Eeg bogga 3)
- Dheefaha **ayaa soconaya 30 MAALMOOD** ka dibna way dhacayan; Waxyaabaha aan la adeegsan ma sii socdaan muddada gargaarka soo socda.
- Dhowrka jeer ee ugu horreeya, **ka dhig mid fudud** oo samee wax kala iibsga WIC-kaliya.
- **Kaadhkaga WIC ka dhig mid badbaado leh** Dheefahaa mustaqbalka waxaa lagu darayaa isla kaadhka.
- **Haddii kaarkaaguLUMO, LA XADO, AMA LA DHAAWACO,** wac rugtaada WIC sida ugu dhakhsaha badan

## KA HOR INTA AADAN WAX IIBSAN

- qorshee **inaad wax ka iibsatiid goor hore** xilliga dheefaha lagu jiro
- Dooro **Dukaanka idman ee WIC**.
  - Weydiiso Rugtaada WIC dukaan kuu dhow.
  - isticmaalaka My Minnesota WIC goobiyaha dukaan
- hubi **hadhaaga cuntada akoonkaga** iyo **tarikhaha dhicitaanka** adigoo, isticmaalaya mid ka mid ah siyaabahan:
  - abka My Minnesota WIC.
  - Rasiidka iibsigii ugu dambeeyay ee WIC
  - Weydiinta hadhaaga oo lagu daabacay miiska adeegga macaamiisha ee dukaanka
  - Wac 1-833-566-5248 hadhaaga akoonkaga
  - Hadhaaga Akoonka ee rugta WIC

## intaad WAX KA IIBSANAYSO

- hubi **Summadaha WIC ay ogolaatay** adigoo isticmaalayatan **hagaha wax iibsga** ama **Cunto Raadiye** ee ABKAGA **MY MINNESOTA WIC**.
- **Iskaan cuntoadhigo isticmalayo****cunto raadiyesi** aad u hubiso inay ku jiraan dheefaha cuntada(**marka laga reebom**miraha iyo khudaarta).
- sida ugu fudud ee loo isticmaalo**dheefahaga miraha iyo khudraddawaa** inaad **doorato badeecad aan baakadayso** oo aad adigu adegsaneysid
- **iibso waxaad u baahan tahay.** Ma aha inaad iibsatiid dhammaan cuntadaada WIC hal mar
- hadhaaga akoonkaga ayaa laga yaabaa inay muujiso kuwan guud **CABBIRKA XIRMADA**

### XIRMADA QAYBAHA

oz = cabbiirada	lb = rodol	= 16 firqo
doz = darsin	qt = rubuc	= 32 firqo
con = weel	1/2 gal = nus galaan	= 64 firqo
pkg = xirmo	gal = galaan	= 128 firqo
	1/2 gal = nus galaan	= 64 firqo



6107 27 00 0000 0000



## EEGISTA DIWAAN-GELIISA

- Ogaysii khasnajiga haddii ay tani tahay **MARKII UGU HOREY-SAYee ad ku istacmaalayo** kaarka WIC dukaankas
- isticmaal **kaarka WIC**, ka hor noocyada kale ee lacag-bixinta
- kuubannada, kaararka daacadnimada ee dukanka, iyo **dalabyo kale oo gaar ah waa la ogol yahay**
- rain checks iyo **kuwa lamid lama ogola**.
- Haddii aad si khaldan u gasho PIN kaaga 4 jeer, **kaarkaga waa la xannibi doona** Wac 1-833-566-5248 si aad dib ugu dejiso PIN kaaga.
- Haddii khasnajigu ku siyo **risiidh DHEXE** oo muujinaya waxa kaadhka WIC kuu bixin doono, si taxadar leh dib ugu eeg **KA HOR inta aanad ansixin iibkaaga WIC**.

Dukaanka raashinka ee RICK  
 \*\*\*\*\*  
 \* WIChadhaaga bilwoga \*  
 PAN: \*\*\*\*\*5133 GOBOLKA: MN  
 TIRA: CUBURKA SHARAXA  
 CABIRKA:  
 -----  
 1.00 LB Farmajo  
 36.00 OZ quraacdha badarka  
 1.00 CON subaggaa lawska/Digirta  
 1.00 Walxaha badarka oo dhan  
 (xirimo)  
 \$9.00 \$\$\$ Khudradda iyo miraha daray  
 ah ama kuwa barafaysan  
 2.00 GAL Skim ama 1% Caano  
 -----  
 Dheefaha waxay dhacayaan saqda dhexe  
 ee habeenimo  
 01/11/2022  
 -----  
 \*\*\*\*\*  
 \* eWIC Dheefaha Soo Furashada \*  
 0.25 CON Subaga Lawska/Digirta  
 EE DK RD DIGIRTA UU EG KILEY  
 4.99 \$\$\$ Miro/Khudaar daray ah(\$)  
 LIINTA MACAN 3 BAC  
 -----  
 1.50 \$\$\$ Miro/Khudaar daray ah(\$)  
 KAROOTKA ORENJIGA AH  
 -----  
 KHASNAJI SMITH, JOHN A  
 dukaanka: 000000 15  
 DIIWAAN GELIN:0000 KHASNAJI:1234  
 TIGIDH#: 1234 09JAN2022 15:10:39  
 -----  
 Waad ku mahadsan tahay wax iibsga  
 DUKAANKA RAASHINKA EE RICK  
 123 West Main St  
 magaalo kasta, MN40453

- Haddii shey cunto ah uu ka maqan yahay, **riix "NO"** oo hubi in shaygaas uu yahay mid WIC ogolaatay oo lagu daray dheefahaaga hadda.

- Waydii khasnajiga inuu **KA SAARO shay kasta oo aan WIC ahayn** oo aadan rabin inaad ku bixiso

- Haddii shay cuntadu **AANU ISKANSANEYN** sida shegya WIC ogashahay, majirto wax uu khasnajigu samayn karo si uu u ogolaado. **waa inaad** la wadaagto shaqaalaha WIC

- **SAWIRADA alaabta**  
 aad doonayso inaad iibsato ee aan lagaa jarin kaarkaaga.

- **DHAMMAAN rasiidhada**  
 wax kala iibsga  
 (Dukaamada qaarkood waxay leeyihiin 5 rasiidh.)

Rasiidhada dukaamada way ku kala duwan yihiin

## MINNESOTA WIC AY OGGLATAY SUMMADAH A CUNTADA



Dhammaan noocyada cuntada ee ay ogolaatay WIC kuma jiraan liiska ee Hagahan wax iibsga. Iisticmaal My Minnesota Abka WIC si aad u hubiso in cunto la ogol yahay iyo in ku jiro dheefahaaga cuntada.

# Aabkayga WIC

Waxaa laga soo dejisan karaa App Store iyo Google Play

## SIDA LOO DIIWAAN GELIYO

Waxaad iska diiwaan gelin kartaa qalabyo badan. Haddii aad hesho telefoon cusub, waxaad u baahan doontaa inaad dib isu diiwaangeliso.

1. Dooro  
Is diwaangeli

2. Taabo  
Is Diiwaangeli



3. Geli WIC Aqoonisa Guriga (oo ku qoran kaadhka ghadhashiso), [ ] 10ka lambar ee u dambabeeyaa kaarka, iyo Magaca akoonka

► ➤ Isi loo diiwaan geliyo In ka badan hal Guri, raac Tallaabooinka 1-3 akoon kasta.

■ Dooro falaarta akoonka U beddel akoon kale lababada Dheefaha iyo Cunto Raadiye shaashadaha.



## SIDA LOO ISTICMAALO ABKA

Abkan ma shaqayn karo hadii WiFi ama adeega selka xadidan yahay.

### DHEEEFAHA

Hadhaaga akoonkaaga waxa ay is cusboonaysiisa wakhti kasta oo cuntooyinka lagu gato Kaarka WIC.

1. Dooro Dheefaha    2. Dooro hadda    3. Dheefaha cuntada ee hadhay aya ku taxan Bilow iyo Dhammaadka Taariikhaha

### CUNTO RAADIYE

Isticmaal Cunto Raadiyaha si aad u hubiso in cuntadu ay tahay mid WIC ay ogolaatay oo ay ku jirto dheefahaaga.

1. Dooro Cunto Raadiye

2. Dooro iskaanka UPC AMA Geli UPC

3. Iskaan UPC koodhka xirmada AMA Geli dhammaan UPC

4. Waxaad heli doontaa mid ka mid ah kuwan soo socda Fariimaha:



### FARIIMAHAA

1. Dooro Farimaha

2. in la ogeysiyo dhacatinha Dheefaha cuntada

3. Lagu wargeliyo waxa soo socdaa iyo WIC-ga seegay Ballamaha

# Miro • Khudaarta

## CUSUB

- Nooc kasta
- Wixii geedo cusub ku lug leh waa la ogoyahay
- Dabiici ah waa la oggol yahay khudarta iyo wixi geedo cusub lug leh

### X HA IIBSANIN

- Salad isku darka oo leh labiska, lawska, farmaajo, iwm
- Saxaaraad xafadaha, dambishta miraha, ama walkaha saladhka.
- Xabag ama qooshan, qasabad ama tuubo ku jiira, dhaloonyinka



**HA ISTICMAALIN CUNTA RAADIYAHAA** ee miraha iyo khudarta darayga ah .

## LA BAARAFIYHEY

- Nooc kasta
- Miro iyo khudaar caadi ah ama isku qasan
- Dabiici ah waa la oggol yahay



### X HA IIBSANIN

- Waxyabaha lagu daray sonkor, subag, dufaan, saliid
- Waxyabaha lagu daray baasto, bariis, suugo, ama farmaajo

## QASACADAYSAN

### MIRAHAA

- Miro kasta ama miro kasta oo la isku daray oo biyo oo xirma ah ama casir (aan lagu darin sokor ama macmacaan macmal ah)
- Weel nooc kasta ama cabbir kasta (marka laga reebo boorsoyinka)
- Suugo tufaax ah oo aan la macaanay (oo leh qorfse waa la oggol yahay)
- Dabiici ah waa la oggol yahay
- Stevia waa la oggol yahay (macmacaan dabiiciga ah)



### KHUDAARTA

- Nooc kasta oo cad ama isku darka khudarta
- Weel nooc kasta ama cabbir kasta
- Dabiici ah waa la oggol yahay

### X HA IIBSANIN

### MIRAHAA

- Sonkor lagu daray
- Sharroobada (culus, fudud)
- Macmacaan macmal ah sida Sucralose (Splenda)
- Buuxinta pie
- Maraqa karamberriga
- Kiishashyada

- Tamaandhada (oo leh dhir ama xawaash waa la oggol yahay)
- Dabiici ah waa la oggol yahay

### KHUDAARTA

- Marqa baastada, marqa basta dadeer, suugo pizza, ama suugo salsa/pikante ah
- Galley la dubay
- Isku darka digiraha (sida lima, digirta madow, digirta kelyaha uu eg)
- Cuntooyinka khamiirsan (sida Sauerkraut)
- Subageysan, dufaneysan, ama salideysan
- Macmacaan macmal ah iyo sharoobada culus
- Walxha khalka leh
- Kiishashyada

**HADDII QIIMAHAA** ee khudaartaada iyo mirahaaga **UU KA BADAN YAHAY** dheelitirka akonkaga, waad awoodaa in aad KU bixid si farqiga kaash, Barnaamjiga Kaalmada Caawimaada Cuntada (Supplemental Nutrition Assistance Program, SNAP), ama karka credit-ka ama debti-ka

## SHAYGA HADHUUDKA OO DHAN HADDII DHEELITIRKA DHEEFAHA MUUJISO

(16 oz) Waxaha badarka Dhan ee WIC oggaal waad iibsan kartaa  
Rooti AMA Bariiska bunnii ah AMA boorash AMA Tortillas AMA Baastada

## Rooti WAXYAABAHA BADARKA OO DHAN

16 oz xirmo (1 rodol)

100% sarreen dhan

WIC ay ogalatay sumadaha waxa kamid ah.



Best Choice  
Whole Wheat



Bimbo  
Whole Wheat



Cub Foods  
Whole Wheat



Fareway  
Whole Wheat



Food Club  
Whole Wheat



Great Harvest  
Whole Wheat



Hy-Vee  
Whole Wheat



Midwest Bakery  
Whole Wheat



Our Family  
Whole Wheat



Pepperidge Farm  
Very Thin Sliced  
Soft Whole Wheat



Sara Lee Classic  
Whole Wheat



Sunny Brook  
Whole Wheat



Village Hearth  
Whole Wheat

### HA IIBSANIN

- dabiiici ah
- rootiga duban, rootiga, rootiga pita

## boorash WAXYAABAHA BADARKA OO DHAN

16 oz xirmo (1 rodol)

• Boorash la dubay oo kaliya

WIC ay ogalatay sumadaha waxa kamid ah



Mom's Best  
Quick  
Old Fashioned Oats

### HA IIBSAN

- dabiiici ah
- Wild rice
- Bariis khaas ah sida basmati

badharka oo dhan waxaa loo ogol yahay kaliya

16 oz xirmooyinka.

Raadi 1 rodol ama 16 oz cabbirrada.

## Tortillas SHAYGA HADHUUDKA OO DHAN

16 oz xirmo (1 rodol)

### HA IIBSANIN

- dabiiici ah
- Duubabka, rootiga fidsan, rootiga pita
- Tortillas qolof adag ama qolof taco

### Qamadi Dhan



Best Choice  
Whole Wheat



Chi-Chi's  
Whole Wheat  
Fajita Style



Don Pancho  
Whole Wheat



Essential  
Everyday  
Whole Wheat



Fareway  
Whole Wheat

### Food Club Whole Wheat



Frescados  
Whole Wheat



Great Value  
Whole Wheat



Hy-Vee  
Whole Wheat



La Banderita  
Whole Wheat



Market Pantry  
Whole Wheat

### Mission Whole Wheat



Our Family  
Whole Wheat

### Corn



Best Choice  
White Corn



Chi-Chi's  
White Corn



Don Pancho  
White Corn



Essential  
Everyday  
Whole Corn



Fareway  
White Corn

### Food Club Whole Corn



Frescados  
Corn



Hy-Vee  
White Corn



La Banderita  
Corn



La Burrita  
Corn



La Perla  
Corn

### Los Maizales Corn



Mission  
Extra Thin  
Yellow Corn



Our Family  
Yellow Corn  
White Corn

## Baastada WAXYAABAHA BADARKA OO DHAN

16 oz xirmo (1 rodol)

100% sarreen dhan

Sumad kasta

- Qaab kasta waa OK



# Caano



galaan arna nus galaan

**Sumad kasta**

- Pasteurized

Waxa kaliya oo aad iibsan kartaa nooca saxda ah ee caanaha ku qoran Hadhaaga Akoonkag WIC.

xulashooyinka caanaha waxaa ka mid ah:

- Caanaha loda
- Caanaha aan Lactose-ka lahayn
- Caanaha budo ah
- Caano uumi baxiy
- Caanaha riyaha - Weligaa ha isticmaalin caanaha riyaha caruuta kayar 1 sano surmadaha Caanaha riyaha ee la ogolyahay:
  - Poplar Hill rubuc
  - Meyenberg rubaac ama nus galaan
  - Meyenberg la uumi baxiyay gasacadaha

## HA IIBSAN

- dabiici ah
- Finn caano boore ah
- shukulato ama caano dhadhan lo yelay
- Caano gaar ah ama caano nafaqo lagu daray (kale oo aan ahayn Vitamin A ama D)
- Caanaha ku jira dhalooyinka dhalada ah



LABA (2) galan badhkii



isla siman



(1) gallon

# Cabitaanada Soy

WIC sumadaha ay ogalatay waxa kamid ah.



8th  
Continent  
Original  
Plain  
Refrigerated  
Half  
Gallons



Great  
Value  
Original  
Plain  
Refrigerated  
Half  
Gallons



Pacific  
Foods  
Ultra Soy  
Plain  
Shelf-stable  
Quarts



Silk  
Original  
Plain  
Refrigerated  
Half  
Gallons

## HA IIBSAN

- dabiici ah
- Soy caraf udgoon cabbitaanada
- qafif ama baruur la'aan

# Tofu



12 ilaa 16 oz xirmo

- dabiici ah
  - Bannaan aan dhadhaan laheyn, dareen taabasho nooc kasta
  - La qaboojiyey ama shelf-joog
- WIC sumadaha ay ogalatay waxa kamid ah.**

Azumaya

Franklin Farms

House

- MinnTofu
- Nasoya
- Wildwood

## HA IIBSAN

- Dufan lagu daray, sonkor, saliid, sodium, ama xawaash

# Farmaajo



8 ama 16 oz xirmo kaliya

**Sumad kasta**

- Pasteurized
- Waa la gooyay, xannibay, xadhig, ulaha, ama leexiyay
- dufaan-ku-hooseeya, dufaan la dhimay, dufaan-l'aan, ama soodhiyam hoose OK

**Farmaajo ay ogolaatay WIC waxa ka mid ah:**

(isku darka kuwan OK)

- Cheddar
- Colby
- Farmer
- Monterey Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

## HA IIBSAN

- dabiici ah
- Mareykan, cun-tooyinka farmaajo la warshadeeyay, farmaajo fidsan, ama Velveeta
- La jarjaray, la jarjaray, xabada, curis, ama farmaajo daadi
- Xawaash lagu daray, basbaas, ama cuntooyin kale
- Dili ama farmaajo dibada laga keenay
- Parmesan, Romano, ama farmaajo riyaha

LABA 8 oz (0.5 lb) xidhmooyin la siman HAL 16 oz (1 rodo) xirmo



# caano fadhi



32 oz weel oo keliya

**Sumad kasta**

- La karkariyay
- Dhadhan kasta
- Giriiga OK

## HA IIBSAN

- dabiici ah
- Macnacyaasha macmalka ah sida sucralose (*Splenda*) ama aspartame
- caano fadhi in ka badan 40g oo sonkor ah koobkiiba



Haddii hadhaaga akoonkaaga WIC uu liis gareeyo **caano fadhi oo dufaan ku yar / caano fadhi aan dufan lahayn**,

hubi inaad ku argsto ereyay  
xaggaa hore ee weeka caano fadhi.



# Eggs



dhexdhexaad, weyn, dheeraad ah oo weyn ama jumbo

**Sumad kasta**

- Xirmooyinka 1 (hal) darsin kaliya
- Caddan ah ama maarrin ukun/nalo
- Ukunta laguma hayo guriga digaaga

## HA IIBSAN

- dabiici ah, pasteurized, ama ukun bacrin ah
- ukunta/nalo banaanka
- Banaanka ku kooray

12 oz xirmo ama cabbir ka weyn

**FA** Folic acid oo ay ku badan tahay **W** Hadhuudh **5+** Dhan oo dhan leh **GF** Gluten-laaan  
5+ garaam oo fibre ah

WIC ay ogalatay sumadaha waxa kamid ah.

## Qabow badarka



Cheerios

W GF



Multi Grain  
Cheerios

FA W GF



Kix  
Malab

W



Kix

W



Kix  
Berry Berry

W



Total  
Whole Grain

FA W



Wheaties

W



Wheat Chex

5+



Corn Chex

GF



Rice Chex

GF



Grape-Nuts

FA 5+



Honey  
Bunches  
of Oats  
Vanilla

FA



Honey  
Bunches  
of Oats  
With Almonds

FA



Honey  
Bunches  
of Oats  
Cinnamon  
Bunches

FA



Honey  
Bunches  
of Oats  
Honey  
Roasted

5+



Great  
Grains  
Banana Nut  
Crunch

FA 5+



Frosted  
Mini Wheats  
Original



Frosted  
Mini Wheats  
Little Bites

FA 5+



Corn  
Flakes



Crispix



Rice  
Krispies



Special K

FA

5+

Oatmeal  
Squares  
Brown Sugar



Oatmeal  
Squares  
Cinnamon

5+



Life

W



Plain Frosted  
Mini Spooners

FA 5+



Strawberry Cream  
Mini Spooners

FA 5+



Malt-O-Meal  
Only  
Crispy Rice

FA GF

## Hot Cereal



COCO  
Wheats

28 oz



Quaker  
Oatmeal

9.8 oz

Individual Packets

Original Flavor

W



Quaker  
Instant  
Grits

9.8 oz

Individual Packets

Original Flavor

W

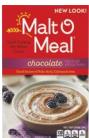


Malt-O  
Meal

28 or 36 oz

Original

W



Malt-O  
Meal

28 or 36 oz

Chocolate

W



Cream of  
Wheat

28 oz

Original



Cream of  
Wheat

18 oz

Whole Grain

5+



Cream of  
Rice

14 oz

GF

## Dukaanka Sumada badarka

WIC sumadaha ay ogalatay waxa kamid ah.

Foosyada laanta, rootiga la dubay/Dhadhanka, iyo Xirmooyinka Boorashka degdega ah

badarka baakadaha **ka yar 12 oz lama ogola**.

Haddii aad leedahay **wax ka yar 12 oz oo badarka ku hadhay** dheeefahaaga, ma aad isticmaali doontid **/b/** iyaga.

Isticmaal hagaha si aad u hesho badarka ugu badan.

36.0.  
Cabirida



+  
18.0  
OUNCES

34.5.  
Cabirida



+  
14.0  
OUNCES

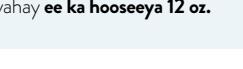
36.0.  
cabirida



+  
12.0  
OUNCES



+  
12.0  
OUNCES



marka laga reebo

9.8 oz boorash degdeg ah waa badarka kaliya ee la ogolyahay ee ka hooseeya 12 oz.

# casiir

- 100% casiir
- Dhadhan kasta
- Kaalshiyam iyo fiitamiino lagu daray OK

**Waxa kaliya oo aad iibsan kartaa nooca saxda ah iyo cabbirka casiir ee ku qoran Hadhaaga akoonkaga WIC.**

#### Xulashooyinka casiirka waxaa ka mid ah:

- **64 oz dhacaanla** barafeey ama aan barafeynin
- **12 oz barafaysan**
- **6 baakidh oo 5.5 ilaa 6.0 wiqiyadood ah** ( kaliya baakadaha cuntada xadian)

#### HA IIBSAN

- dabiiici ah
- iskudaarka Casiirka miraha
- Casiirka is biirsaday, cabbitaannada, ama casiirka oo sonkor lagu daray
- Waxaa lagu daray macmacaan ah sida sucralose
- Casiir cusub oo la tuujiyey

## Casiirka la qabojiyey



**64 oz oo keliya cabbirka WIC ay ogoshahay**

#### Sumad kasta

- Nus (½ ) galaan oo keliya
- casiirka liin macanta

## Casiir diirran oo la qaboojiyey



**11.5 ilaa 12 oz kaliya**

#### Sumad kasta

**WIC dhadhinka ay ogalatay wixa kamid ah.**  
Tufaxa, Canab, Miraha Canabka, Liin, iyo Cananaaska



Haddi casiir **uusan iskan gareysan sida WIC ogashahay** waxay noqon kartaa:

in uu ku jira **cabbir**  
khaldan weelka

**Aan ku filnayn**  
Vitamin C

**Isku darka**  
casiirka

## Casiirka aan la qabojin

**64 oz kaliya**

**WIC sumadaha ay ogalatay wixa kamid ah.**



## Dukaanka Sumada casiirka

**WIC dhadhinka ay ogalatay wixa kamid ah.**

liinta, miraha cabanka, Cananaaska, Canabka, Tufaaxa, Tamaandhada, iyo Khudaarta

## Kallunka Tuna oo gasacadaysan .Kallunka Salmon

### Haweenka Naasnuujinta kujira



#### 5 oz ama ka weyn

#### Sumad kasta

- Tunaa caad oo biyeysan
- Kallunka salmon oo caas ah oo biyeysan
- joogto ah ama soodhiyam hoose
- Khudaara lagu daray maraq OKm

#### HA IIBSAN

- saliida kallunka Tuna ama saliida kallunka salmon
- Albacore/Tunaa cad ama salmon cas
- Baakadaha bireedka ama qadada
- **Wild Planet**ama sumadaha gaarka ah

# Subaga lawska . Digir . Digir

## Subaga lawska



### digir qallalan & digirta



16 ilaa 18 oz dhalo

#### Sumad kasta

- kareem leh qallafsan, jilicsan
- Dabiiciga ah ama la dhimay sonkor

16 oz xirmo

#### Sumad kasta

- Nooc kasta
- waxbo lahayn oo la diyaariyey

### digirta qasacadaysan



15 ilaa 16 oz  
gasacadaha  
Sumad kasta

- joogto ah ama soodhiyam hoose
- Nooc kasta oo ay ku jiraan digirta kelyaha uu eg, digirta pinto, digirta madow, digirta badda, digirta cas, garbanzo, lima, Great Northern, iyo digir madow



Wixii ah **mid walba** ee digirta qasacadaysan ee aad iibsato, **.25 weel** waa laga saari doonaa baaciqgaaga:

**1 GASACAD**  
=.25  
KONTEENARADA

**2 GASACADAH**  
=.50  
KONTEENARADA

**3 GASACADAH**  
=.75  
KONTEENARADA

**GASACADAH**  
= 1  
KONTEENAR

### ☒ HA IIBSAN

- dabiiici ah
- Fidaa (*sida Jif Natural iyo Skippy Natural*) ama dufaanta la dhimay
- Waxaa lagu daray jelli, shukulaatada, ama malab
- Subaga lawska kale
- la talajadey

### ☒ HA IIBSAN

- dabici ah ama badan
- Maraq la isku daray, xawaash, ama maaddooyin kale oo lagu daray

### ☒ HA IIBSAN

- dabiiici ah
- Digirta lagu daray dufanka, saliida, ama hilibka
- Digir la dubay, hilibka doofarka & digirta, digirta basbaaska, digirta shiilan
- Cagaar, jaalle, ama digirta dhuka

# cuntada dhallaanka

## Miro Khudaarta

### 4 oz tubbada ama dhallooyinka

- Miro iyo khudaar kala duwan kaliya
- Isku darka khudaarta/miraha OK

### ☒ HA IIBSANIN

- Cashada
- Added sugar, salt, or DHA
- Boorsooyinka tuujin
- iskudaarka caano fadi
- 2-baakidh oo 2 oz tubbada

### WIC ay ogalatay sumadaha waxa kamid ah.



Beech-Nut



Beech-Nut  
Naturals



Beech-Nut  
Organic



Earth's Best  
Organic



Gerber



Gerber  
Natural



Gerber  
Organic



Happy Baby  
Organic



Parent's  
Choice



Tippy Toes  
2 baakid kamid ah 4 ama



Happy Baby  
Organic



Earth's Best  
Organic



1  
2-XIRMO 4 oz  
TUBBADA



2  
4 oz  
DHALOOYINKA

## Badarka

8 ama 16 oz xirmo

### WIC ay ogalatay sumadaha waxa kamid ah.



Gerber  
Plain Rice  
Oatmeal  
Whole Wheat  
Multigrain

### ☒ HA IIBSANIN

- dabiiici ah
- Badar lagu daray khudaar, caano fadihi, caano-fuduf, DHA, ama wax kale lagu daro s

## Hilibka

### Haweenka Naasnuujinta kujira

2.5 oz kaliya

- Hilib ama digaag kasta oo kala duwan sida ah hal qayb
- Maraq lagu daray OK

### ☒ HA IIBSANIN

- Cashada
- lagudaray sonkor, cusbo, ama

### WIC ay ogalatay sumadaha waxa kamid ah.



Beech-Nut



Earth's Best  
Organic



Gerber