

Uur miyaad leedahay? Naaska miyuu ilmahu nuugaa? Ilmuhu miyuu ka yaryahay 5 sano?



Lacagtu miyey kugu yartahay? Dawooyinka miyaad u isticmaashaa warqada caafimaad ama Healthy Options*/waxyaabo kale oo caafimaadka ah? Ma' doonaysaa inaad ogaato wax badan oo ku saabsan ilmahaaga koridiisa iyo sidduu naasaha u nuugo?

Wac WIC maanta.

Canugaagu aduu kugu dhaqan yahay. Adna waxaad ku dhaqan tahay WIC. Nafaqada barnaamijka ee dumarka, cunugga yar ee dhashay, iyo carruurta.

WIC waxay kugu caawinaysaa si ilmaagu caafimaad ugu koro marka ugu horaysaba:

- Jeeg gaadhaya \$50 oo cunto caafimaad ku saabsan bishiiba: caano, ukun, boorash, jiis/cheese, digir qalalan, juus/juice, lows burcad/peanut butter iyo foormulada ilmaha aan naaska nuugin.
- Buug cunug oo la siiyo ruuxa uurka leh.
- Borotiin iyo naas nuugid wax ku saabsan.
- Caawimo ku saabsan sidii waxyaabah caafimaad ka loo helo.

WIC dhakhliga/income hanuun bishiiba mar:
(Qofka uurka leh iyo ilmaheeda waxaa loo tiriyaa 2 qof)

- Reerkii 2 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$2,035
- Reerkii 4 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$3,084
- Reerkii 6 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$4,132
(Wuxuu dhamaanaya Maarso, 2007)

* Haddii aad qaadatid kuuban/coupon warqada caafimaadka ama Healthy Options/warqada oo Caafimaadka ah waa lagu ogolyahay barnaamishka **WIC**.

WIC dadka oo dhan ayey u furantahay.

Helida WIC waxba ma yeelayso arrimahaaga imigarayshankawaaxda socdaalka.



1-800-322-2588

Family Health Hotline

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