



STATE OF WASHINGTON

DEPARTMENT OF HEALTH
Prevention and Community Health
Office of Nutrition Services
Washington WIC
Post Office Box 47886
Olympia, Washington 98504-7886
711 Washington Relay Service

Qoysaska qaaliga ah ee WIC,

Waxaan cusbooneysiiney Hagaha Dukaameysiga ee Women, Infants, and Children (WIC, Haweenka, Dhallaanka, iyo Ilmaha). Waxaad koobi ka heli kartaa:

- Webseedka <https://www.doh.wa.gov/YouandYourFamily/WIC/ShoppingwithWIC/WICShoppingGuideAt> (Kaliya ah Ingiriisi);
- Xaruntaada caafimaadka ee WIC;
- Gudaha ablikeeshinka WICShopper ka hooseeya “WIC Allowable Foods (Cuntooyinka ay WIC Oggoshahay)”.

Cusbooneysiinta lagu sameeyey hagaha waxaa kamid ah:

- Tilmaamaha dukaameysiga cusub;
- Cuntooyin cusub oo lagusoo kordhiyey tan iyo cusbooneysiinti udanbeysay;
- Kasaaridda cuntooyinka aan laga heli karin;
- Cabbirada baakadaha lagusoo kordhiyey qeybta miraha ilmaha, khudaarta ilmaha, farmaajada, iyo kalluunka;
- Kasaaridda bariiska seeriyaalka ee ilmaha
- United States Department of Agriculture (USDA, Waaxda Beeraha ee Maraykanka) ayaa baddashay cabbirada baakadihii la ogolaa ee seeriyaalka quraacda iyo dookhyada cuntooyinka baalka leh.

Barnaamijka WIC ayaa doonaya inuu kaa caawiyo inaad dheeftaada ku hesho cuntooyinka ugu badan. Sababtaan awgeed, waxaad isbeddelo ku arki doontaa qaar kamid ah cabbirada baakadaha cuntada loo oggol yahay seeriyaalka quraacda iyo cuntooyinka baalka leh. Tani waxaa laga yaabaa in ay badasho waxa caadiyan aad ka hesho markaad dukaanka joogto. Sababtaan awgeed, waxaan kaa codsaneynaa:

1. Inaad si dhaw u eegto cabbirada baakadaha la oggol yahay:

- Seeriyaalka quraacda:
 - Eeg boggaga 11 aad & 12 aad ee hagaha dukaameysiga;
 - Adeegso “Tips for Buying WIC Breakfast Cereal (Tilmaamaha loogu talagalay Iibsiga Seeriyaalka Quraacda ee WIC)”.

- Cuntooyinka baalka leh:
 - Eeg bogga 32 aad ee hagaha dukaameysiga;

2. Qorshee isbaddelka cabbirka baakadda seeriyaaalka iyo cuntada baalka leh.

Halkaan waxaa kuhaynaa dhawr waxyaalood oo ay tahay inaad la socoto marka aad u dukaameysi tageyso seeriyaaalka quraacda iyo cuntooyinka baalka leh:

- U oggoloow qoysaska ilaa **dhammaadka Abruil** si ay ula qabsadaan isbaddelka. Sababtaan awgeed, qaar kamid ah cabbirada baakadaha aanan ku hoos qorneyn liistada “must be (waa in)” ee hagaha cusub ayaa iskaan/sawir ahaan usoo saaraya sida “allowed (la oggol yahay)” ablikeeshinka dhexdiisa iyo marki la joogo qaybta lacag bixinta ee dukaanka.
- Wixii kadanbeeyo **May 1 deeda, 2022** waxaad **kaliya** awoodi doontaa inaad hesho cabbirada baakadaha ku hoos qoran liistada “must be” ee kujira hagaha dukaameysiga WIC ee la cusbooneysiyeey.

3. Noo soo sheeg haddii aad su'aalo qabto:

- Weydii shaqaalaha WIC ballantaada xigta;
- Iimeel noogu soodir wawicfoods@doh.wa.gov

Waxaan ku faraxsanahay hagaha la cusbooneysiyeey waxaana rajeyneynaa inuu ku caawin doono. Waxaan sidoo kale si hordhaca ah kaaga mahad celineynaa dulqaadkaaga annagoo usameyneyno isbaddelkaan si wadajir ah ee cabbirada baakadaha seeriyaaalka quraacda iyo cuntada baalka leh.

Si daacad ah,

Washington State WIC Program (Barnaamijka WIC ee Gobolka Washington)

Hay'addaan waa adeeg bixiye ku shaqeeya fursad loo siman yahay.

Barnaamijka WIC Nutrition Program ee Gobolka Washington ma sameeyo takoorid.

Si aad dukumiintigaan oo qaab kale ah u codsato, wac 1-800-841-1410.

Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay)

ama iimeel udir civil.rights@doh.wa.gov

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