



# CALLAA CIREE WIC BITUUF QABXII GARGAARU

Hanga paakeejii eeyyamame kan Women, Infants and Children (WIC, Dubartoota, Daa'immanii fi Ijolllee) keenya irratti jijjiiramni muraasni godhamee jira. Jijjiiramooni kunniin:

- Fayidaalee midhaanii kee irraa akka sirriitti argattu si gargaara.
- Xiqqoo walxaxaa ta'uu mala, manni kuusaa hundi gosa midhaanii yookin hanga paakeejii hunda hin qabu waan ta'eef.
- Gorsa 3'n kanneeni fi qajeelfama kana wajjin salphaa ta'uu ni danda'a!

## QABXII 1



**GOSA MIDHAANII WIC, baay'ee jaalattu 2 YOOKIN 3 FILADHU!**

### Dugda duuba qajeelcha kanaa fayyadami:

- Gosa midhaanii eeyyamame
- Kuusaa callaan itti kuufamamuu malu ilaaluf

**Yaadachiisa:** Gosti midhaanii kamtu akka jiru ilaaluf mana kuusaa dhaquu yookin marsariitii mana kuusichaa ilaaluu qabda.

## QABXII 2



**SANDUUQA MIDHAANII ILAALI lakkoofsa ounces (oz)hedduuf!**

### Osoo hin bahin dura hamma eeyyamamu baruudhaf qajeelfama kana yookin appilikeeshinii WICShopper fayyadami.



Appilikeeshinii WICShopper irratti:

- WIC'n kan eeyyamame ta'uu isaa ilaaluf baarkoodii midhaanii (cereal barcode) iskaan gochuu dandeessa.
- Hammataa isaa hordofuuf (to keep track of ounces) kaalkuleetarii midhaanii fayyadamuu dandeessa.

## QABXII 3



**FAYIDAA guddaa argadhu!**

Sanduuqa hanga (size) 12 oz yookin 18 oz filadhu, akkasumas:

- ★ Filannoowwan midhaanii hanga (selection) guddaa fudhadhu
- ★ Salphaatti fayidaawwan kee dimshaashaa argadhu

### Tokkoon tokkoon hirmaataa ji'atti midhaan 36 oz argata. Karaalee ittiin midhaan 36 oz hunda isaa argatan argachuuf gabatee armaan gadii fayyadami.

9 + 9 + 9 + 9	11 + 11 + 14	11 + 9 + 16	11.8 + 9 + 15.2
★ 12 + 12 + 12	12.7 + 9 + 14.3	14 + 22	14.3 + 21.7
14.5 + 21.5	15 + 21	15.5 + 20.5	16 + 20
★ 18 + 18	20 + 16	24 + 12	36

Maatii kee keessaa namni midhaan WIC argatu lama yoo jiraate, kana jechuun ji'atti 72 oz ta'a jechuudha. Malli salphaan 72 oz argachuudhaf lakkoofsa saanduqawwanii 36 oz si'a lamaan baay'isuudha (gabatee armaan olii keessatti akka argamu).

### FAKKEENYA A

#### MEENA MIDHAAN KAN FAYIDAALAA ISHEE HUNDA KAN FAYYADAMU ARGATTI.

**QABXII 1** Meena Honey Bunches of Oats jaalatti.

**QABXII 2** Midhaan isheen jaalattuuf qajeelfama kana irratti hammataa saanduqawwan eeyyamamee sadi akka jiru argiti (12, 14.5 yookin 18 oz). Meena sanduuqa 18 oz yoo filatte, sanduuqa 18 oz lammaffaadhaf carraa heddu qabdi.



**QABXII 3** Meena sanduuqa 18 oz kan Honey Bunches of Oats fi sanduuqa 18 oz kan Corn Flakes filatti.

*Fayidaaleen ishee hudni fayidaarra oolu waan ta'eef Meena gammadduudha.*

36 oz fayidaalee midhaanii  
– 18 oz Honey Bunches of Oats  
– 18 oz Corn Flakes  
= 0 oz kan hin fayyadamin

### FAKKEENYA B

#### MARTA MIDHAAN BAAY'EE JAALATTU FUDHATTI, AKKASUMAS FAYIDAALAA KUUFAMANIS (UNUSED) NI JAALATTI.

**QABXII 1** Marta Oatmeal Squares jaalatti.

**QABXII 2** Midhaan ishiin jaalattu sanduuqa hammamtaa 14.5 oz akka ta'e qajeelfama kana irratti argiti, kaa jechuun amma midhaan gosa garaa garaa eeyyamame sanduuqa 21.5 oz filachuu ni dandeessi jechuudha. Kan walitti makame kana filachuudhan (14.5 + 21.5) Marta 36 ounces hundumaa kan fayidaalee midhaan WIC ishee ni fayyadamti jechuudha.

Marta qajeelfama kana ilaalun midhaan hammataa 21.5 oz tiif eeyyamame tokko qofti akka jiru argiti, inni immoo midhaan isheen filattuu miti.



**QABXII 3** Marta Ootmeel Iskuwarii (talbaa) sanduuqa 14.5 oz fi cheeriyoosii sanduuqa 20 oz filatti. Gosoota midhaanii WIC eeyyamaman kan isheen filattu argachuudhaf hammamtaa (size) garaa garaa filachuu akka dandeessu arguu isheetti gammadduudha.

*Marta midhaan sanduuqa lama bitti, fayidaaleen (benefits) tokko tokko akka itti hin fayyadamne ni beekti.*

36 oz fayidaalee midhaanii  
– 14.5 oz Oatmeal Squares  
– 20 oz Cheerios  
= 1.5 oz kan hin fayyadamne

# GOSA MIDHAANII DIILALLAA'AA

MALLATTOO (BRAND) MIDHAAN WIC EEYYAMAME		GOSA	HAMMAMTAA PAAKEEJII (OZ) EEYYAMAME	HAMMAMTAA PAAKEEJII (OZ) HIN EEYYAMAMNE	MALLATTOO BIYYOOLESSAAA (mana kuusaa kamiinuu gurguramuu dand'a)	MALLATTOO MANA KUUSAA (manneen kuusaa adda ta'an qofa keessatti gurgurama. Manni kuusaa adda ta'e tokko hin eeramne yoo ta'e, mana kuusaa hedduu jira.)	
Essential Everyday	Corn Flakes		12	—	X	X	
	Crispy Hexagons		12	—	X	X	
	Crispy Rice		12	—	X	X	
	Crunchy Corn Squares		12	—	X	X	
	Crunchy Oat Cereal		14.5	—	X	X	
	Crunchy Rice Squares		12	—	X	X	
	Crunchy Wheat Squares		14	—	X	X	
	Oats More w/ Honey		14.5	—	X	X	
	Tasteos		12	—	X	X	
	Food Club	Corn Flakes		12, 18, 24	32	X	X
Corn Squares			12	—	X	X	
Crisp Rice			12	32	X	X	
Frosted Shredded Wheat, Bite Size			18 - 24	16.4, 32	X	X	
Honey and Oats w/ Almonds			14.5	—	X	X	
Honey Oats w/ Oat Clusters			14.5	—	X	X	
Rice Squares			12	—	X	X	
Strawberry Frosted Shredded Wheat, Bite Size			18	—	X	X	
Toasted Oats			12	—	X	X	
Twin Grain Crisps			12	—	X	X	
General Mills	Wheat Squares		14	—	X	X	
	Berry Berry Kix		18	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Blueberry Chex		12	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Cheerios		12, 14, 18, 20, 21, 21.7, 24, 36	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Cinnamon Chex		12	19.2, 19.6	✓ Mana kuusaa (store) kamiyyuu	X	
	Corn Chex		12, 14, 18	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Damma Kix		18	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Kix		12, 18	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Multigrain Cheerios		9, 12, 18, 36	12.8	✓ Mana kuusaa (store) kamiyyuu	X	
	Rice Chex		12, 18	12.8	✓ Mana kuusaa (store) kamiyyuu	X	
Great Value	Wheat Chex		14	19	✓ Mana kuusaa (store) kamiyyuu	X	
	Whole Grain Total		16	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Corn Squares		12	—	X	✓ Walmart	
	Rice Squares		12	—	X	✓ Walmart	
	Kellogg's	All-Bran Complete Wheat Bran Flakes		18	—	✓ Mana kuusaa (store) kamiyyuu	X
		Corn Flakes		12, 18, 24, 36	—	✓ Mana kuusaa (store) kamiyyuu	X
		Crispix		12, 18	—	✓ Mana kuusaa (store) kamiyyuu	X
		Frosted Mini Wheats		18, 24, 36	27.6, 32	✓ Mana kuusaa (store) kamiyyuu	X
		Frosted Mini Wheats BS Blueberry		14.3, 22	16.5	✓ Mana kuusaa (store) kamiyyuu	X
		Frosted Mini Wheats BS Strawberry		14.3, 22	—	✓ Mana kuusaa (store) kamiyyuu	X
Frosted Mini Wheats Little Bites			15.2, 21.5	15.9, 23	✓ Mana kuusaa (store) kamiyyuu	X	
Rice Krispies			12, 18, 24	—	✓ Mana kuusaa (store) kamiyyuu	X	
Spec K Protein Honey Almond Ancient Grain			11	17.1, 33	✓ Mana kuusaa (store) kamiyyuu	X	
Special K Original			12, 18	—	✓ Mana kuusaa (store) kamiyyuu	X	
Kroger	Bran Flakes		18	17.3	X	✓ Fred Meyer ✓ QFC	
	Corn Flakes		18	—	X	✓ Fred Meyer ✓ QFC	
	Crispy Rice		12	—	X	✓ Fred Meyer ✓ QFC	
	Honey Crisp Medley w/ Almonds		14.5	—	X	✓ Fred Meyer ✓ QFC	
	Oat Squares		14.5	—	X	✓ Fred Meyer ✓ QFC	
	Rice Bitz		12	—	X	✓ Fred Meyer ✓ QFC	
	Toasted Oats		12	—	X	✓ Fred Meyer ✓ QFC	
Malt-O-Meal	Frosted Mini Spooners		15, 18, 12, 36	30	✓ Mana kuusaa (store) kamiyyuu	X	
Market Pantry	Toasted Rice		12	—	X	✓ Target	
Post	Grape Nuts Flakes		18	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Grape Nuts Original		20.5	29	✓ Mana kuusaa (store) kamiyyuu	X	
	Great Grains Banana Nut Crunch		15.5, 18	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Honey Bunches of Oats Almonds		12, 14.5, 18	23, 28, 30.5	✓ Mana kuusaa (store) kamiyyuu	X	
	Honey Bunches of Oats Honey Roasted		12, 14.5, 18	23, 28, 30.5	✓ Mana kuusaa (store) kamiyyuu	X	
Quaker	Oatmeal Squares Brown Sugar		14.5, 21	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Oatmeal Squares Cinnamon		14.5, 21	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Oatmeal Squares Golden Maple		14.5, 21	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Oatmeal Squares Honey Nut		14.5	—	✓ Mana kuusaa (store) kamiyyuu	X	
Signature Select	Corn Flakes		18	—	X	✓ Safeway/Albertsons	
	Corn Pockets		12	—	X	✓ Safeway/Albertsons	
	Crispy Rice		12	—	X	✓ Safeway/Albertsons	
	Oats More w/ Almonds		14.5	—	X	✓ Safeway/Albertsons	
	Oats More w/ Honey		14.5	—	X	✓ Safeway/Albertsons	
	Rice Pockets		12	—	X	✓ Safeway/Albertsons	
Essential Everyday	Toasted Oats		12, 18	28	X	✓ Safeway/Albertsons	
	Instant		12	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Original		14	—	✓ Mana kuusaa (store) kamiyyuu	X	
	2 1/2 minute		12	28	✓ Mana kuusaa (store) kamiyyuu	X	
	Instant		12	28	✓ Mana kuusaa (store) kamiyyuu	X	
	Whole Grain 2 1/2 min Original		18	28	✓ Mana kuusaa (store) kamiyyuu	X	
	Whole Grain Instant		12.7	—	✓ Mana kuusaa (store) kamiyyuu	X	
	Oatmeal Instant Original		11.8	—	X	X	
	Oatmeal Instant Original		11.8	—	X	X	
	Instant Oatmeal Regular		11.8	—	X	✓ Walmart	
	Oatmeal Instant Original		11.8	—	X	✓ IGA	
	Oatmeal Instant Original		12	—	X	✓ Fred Meyer ✓ QFC	
	Malt-O-Meal	Malt-O-Meal		36	28	✓ Mana kuusaa (store) kamiyyuu	X
	Oatmeal Instant Original		11.8	23.7	✓ Mana kuusaa (store) kamiyyuu	X	
Oatmeal Instant Original		11.8	—	X	✓ Safeway/Albertsons		

## SIIRIYAALII HO"AA

Cream of Rice	Instant		12	—	✓ Mana kuusaa (store) kamiyyuu	X
	Original		14	—	✓ Mana kuusaa (store) kamiyyuu	X
Cream of Wheat	2 1/2 minute		12	28	✓ Mana kuusaa (store) kamiyyuu	X
	Instant		12	28	✓ Mana kuusaa (store) kamiyyuu	X
	Whole Grain 2 1/2 min Original		18	28	✓ Mana kuusaa (store) kamiyyuu	X
Essential Everyday	Whole Grain Instant		12.7	—	✓ Mana kuusaa (store) kamiyyuu	X
	Oatmeal Instant Original		11.8	—	X	X
Food Club	Oatmeal Instant Original		11.8	—	X	X
Great Value	Instant Oatmeal Regular		11.8	—	X	✓ Walmart
IGA	Oatmeal Instant Original		11.8	—	X	✓ IGA
Kroger	Oatmeal Instant Original		12	—	X	✓ Fred Meyer ✓ QFC
Malt-O-Meal	Malt-O-Meal		36	28	✓ Mana kuusaa (store) kamiyyuu	X
Quaker	Oatmeal Instant Original		11.8	23.7	✓ Mana kuusaa (store) kamiyyuu	X
Signature Select	Oatmeal Instant Original		11.8	—	X	✓ Safeway/Albertsons

