



# TILMAAMAHA LOOGU TALAGALAY IIBSIGA SEERIYAALKA QURAACDA EE WIC

Waxaa jiray xoogaa isbadelo lagu sameeyey cabirradeena baakadaha la oggol yahay ee Women, Infants, and Children (WIC, Haweenka, dhallaanka iyo Caruurta). Isbadeladan:

- Waxa ay kaa caawinayaan inaad hesho sida ugu fiican ee aad uga faa'iidaysan karto gunnooyinkaaga seeriyaalka.
- Waxa ay noqon kartaa mid xoogaa yara dhib leh, maadaama dukaamada oo dhan aysan qaadanin seeriyaal kasta ama cabbirka baakad kasta.
- Waxaa lagu fududayn karaa 3-daan tilmaamo iyo hagahan!

## TILMAAMTA 1-AAD



**DOORO 2 AMA 3 SEERIYAALKA WIC ee aad ugu jeceshahay!**

**Adeegso dhinaca gadaasha danbe ee hagahaan si aad u aragto:**

- Seeriyaalka la oggol yahay
- Dukaamada laga yaabo inay qaataan seeriyaalka

**Ogsoonow:** Waxaad tagi kartaa dukaanka ama ka hubin kartaa webseedka dukaanka si aad u aragto noocyada seeriyaalka laga heli karo.

## TILMAAMTA 2-AAD



**CALAAMADEE SANDUUQA SEERIYAALKA inta nambor ee ounces (oz)!**

**Adeegso hagahaan ama ablikeeshinka WICShopper si aad u hubiso cabbirrada la oggol yahay kahor inta aadan wax bixin.**



Ablikeeshinka WICShopper dhexdiisa, waxaad awoodaa:

- Waxaad ka qaadi kartaa sawirka iskaanka koodhka xariiqyada madmadow ee mashiinka akhriyo ee seeriyaalka si aad u eegto in ay ogoshahay WIC iyo inkale.
- Adeegso kaalkuleetarka seeriyaalka si aad ula socoto halbeega ounces.

## TILMAAMTA 3-AAD



**OGOOW SIDA UGU FIICAN EE AAD uga faa'iidaysan karto gunnooyinkaaga!**

Dooro cabbirka bokiska 12 oz ama 18 oz oona:

- Leher xulashada ugu ballaaran ee dookhyada seeriyaalka
- Si fududna kuheleyso dhammaan gunnooyinkaaga

**Ka qaybgale kasta wuxuu helayaa bil walba 36 oz oo seeriyaal ah. Adeegso shaxda hoose si aad ooga hesho qaababka aad kuheli karto wadar iskugeyn oo ah 36 oz oo seeriyaal ah.**

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

Haddii ay jiraan labo qof oo katirsan qoyskaaga oona qaata seeriyaalka WIC, taasi waxa ay noqoneysaa bil walba isugeyn 72 oz. Talo fudud ayaa ah inaad labo-labo kadhigto tirada sanduuqyada ee isku darkoodu noqonayo 36 oz (ee kujira shaxda kore) si aad u hesho 72 oz.

### TUSAALAHA A

**MEENA AYAA ARAGTO SEERIYAAL AY U ISTICMAALI DOONTO DHAMMAAN GUNNOOYINKEEDA.**

**TILMAAMTA 1-AAD** Meena waxa ay jeceshahay Honey Bunches of Oats.

**TILMAAMTA 2-AAD** Waxa ay ka aragtaa hagahaan in ay jiraan saddex cabbirro oo bokisyo la oggol yahay ah (12, 14.5 ama 18 oz) oo ah seeriyaalka ay ugu jeceshahay. Haddii Meena ay doorato bokiska 18 oz, waxaa baaqi u ah xulashooyin dheeraad ah oo ay ku dooraneyso bokis 18 oz ah.

**TILMAAMTA 3-AAD** Meena waxa ay dooraneyso bokis 18 oz oo ah Honey Bunches of Oats iyo bokis 18 oz oo ah Corn Flakes.

*Meena waxa ay ku faraxsan tahay in dhammaan gunnooyinkeedii la isticmaali doono.*

36 oz gunnada seeriyaalka ah  
– 18 oz Honey Bunches of Oats  
– 18 oz Corn Flakes  
= 0 oz ayaan la isticmaalin



### TUSAALAHA B

**MARTA AYAA DOORANEYSA SEERIYAALKA AY UGU JECESHAHAY DHIBNA UMA ARAGTO GUNNOOYINKA AAN LA ISTICMAALIN.**

**TILMAAMTA 1-AAD** Marta waxa ay jeceshahay Oatmeal Squares.

**TILMAAMTA 2-AAD** Waxa ay ka aragtaa hagaha seeriyaalka ay aadka ujeceshahay oo ah bokiska cabbirkiisu yahay 14.5 oz, taasoo kadhigan inay hadda ay dooran karto bokis cabbirkiisu yahay 21.5 oz oo ah seeriyaal kale oo la oggol yahay. Adigoo dooranayo isku darkan (14.5 + 21.5) Marta ayaa isticmaali doonta dhammaan 36 ounces ee gunnooyinkeeda seeriyaalka ee WIC. Marta ayaa baaraysa hagahan waxa ayna aragtaa oo kaliya hal seeriyaal oo la oggol yahay oo ah cabbirka 21.5 oz mana ahan seeriyaal dookheeda ah.

**TILMAAMTA 3-AAD** Marta ayaa dooraneyso bokis 14.5 oz Oatmeal Squares ah iyo bokis 20 oz Cheerios ah. Waxa ay ku faraxsan tahay inay aragto inay dooran karto cabbiro kala duwan si ay u hesho seeriyaalka ay oggoshahay WIC ee iyada dookheeda ah.

*Marta waxa ay iibsaneysaa labo bokis oo seeriyaal ah waxa ayna maanka kuhaysaa in qaar kamid ah gunnooyinkeeda aanan la isticmaali doonin.*

36 oz gunnada seeriyaalka ah  
– 14.5 oz Oatmeal Squares  
– 20 oz Cheerios  
= 1.5 oz ayaan la isticmaalin



# SEERIYAALKA QABOOW

NOOCYADA SEERIYAALKA WIC OGGOSHAY		NOOCA	CABBIRKA BAAKADKA LA OGGOL YAHAY (OZ)	CABBIRKA BAAKADKA AAN LA OGGOLEYN (OZ)	NOOCYADA QARANKA (oo uu iibin karo dukaan kasta)	NOOCA DUKAANKA (kaliya lagu iibin karo dukaamo gaar ah. Haddii dukaan gaar ah la sheegin, markaa waxaa jira dukaamo badan.)
Essential Everyday	Corn Flakes		12	—	X	✓
	Crispy Hexagons		12	—	X	✓
	Crispy Rice		12	—	X	✓
	Crunchy Corn Squares		12	—	X	✓
	Crunchy Oat Cereal		14.5	—	X	✓
	Crunchy Rice Squares		12	—	X	✓
	Crunchy Wheat Squares		14	—	X	✓
	Oats More w/ Honey		14.5	—	X	✓
	Tasteos		12	—	X	✓
Food Club	Corn Flakes		12, 18, 24	32	X	✓
	Corn Squares		12	—	X	✓
	Crisp Rice		12	32	X	✓
	Frosted Shredded Wheat, Bite Size		18, 24	16.4, 32	X	✓
	Honey and Oats w/ Almonds		14.5	—	X	✓
	Honey Oats w/ Oat Clusters		14.5	—	X	✓
	Rice Squares		12	—	X	✓
	Strawberry Frosted Shredded Wheat, Bite Size		18	—	X	✓
	Toasted Oats		12	—	X	✓
	Twin Grain Crisps		12	—	X	✓
	Wheat Squares		14	—	X	✓
General Mills	Berry Berry Kix		18	—	✓ Dukaan kasta	X
	Blueberry Chex		12	—	✓ Dukaan kasta	X
	Cheerios		12, 14, 18, 20, 21, 21.7, 24, 36	—	✓ Dukaan kasta	X
	Cinnamon Chex		12	19.2, 19.6	✓ Dukaan kasta	X
	Corn Chex		12, 14, 18	—	✓ Dukaan kasta	X
	Honey Kix		18	—	✓ Dukaan kasta	X
	Kix		12, 18	—	✓ Dukaan kasta	X
	Multigrain Cheerios		9, 12, 18, 36	12.8	✓ Dukaan kasta	X
	Rice Chex		12, 18	12.8	✓ Dukaan kasta	X
	Wheat Chex		14	19	✓ Dukaan kasta	X
	Whole Grain Total		16	—	✓ Dukaan kasta	X
Great Value	Corn Squares		12	—	X	✓ Walmart
	Rice Squares		12	—	X	✓ Walmart
Kellogg's	All-Bran Complete Wheat Bran Flakes		18	—	✓ Dukaan kasta	X
	Corn Flakes		12, 18, 24, 36	—	✓ Dukaan kasta	X
	Crispix		12, 18	—	✓ Dukaan kasta	X
	Qamadiga-yar ee La Qaboojiyey		18, 24, 36	27.6, 32	✓ Dukaan kasta	X
	Frosted Mini Wheats BS Blueberry		14.3, 22	16.5	✓ Dukaan kasta	X
	Frosted Mini Wheats BS Strawberry		14.3, 22	—	✓ Dukaan kasta	X
	Frosted Mini Wheats Little Bites		15.2, 21.5	15.9, 23	✓ Dukaan kasta	X
	Rice Krispies		12, 18, 24	—	✓ Dukaan kasta	X
	Spec K Protein Honey Almond Ancient Grain		11	17.1, 33	✓ Dukaan kasta	X
	Special K Original		12, 18	—	✓ Dukaan kasta	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	✓ Dukaan kasta
Market Pantry	Toasted Rice		12	—	X	✓ Target
Post	Grape Nuts Flakes		18	—	✓ Dukaan kasta	X
	Grape Nuts Original		20.5	29	✓ Dukaan kasta	X
	Great Grains Banana Nut Crunch		15.5, 18	—	✓ Dukaan kasta	X
	Honey Bunches of Oats Almonds		12, 14.5, 18	23, 28, 30.5	✓ Dukaan kasta	X
	Honey Bunches of Oats Honey Roasted		12, 14.5, 18	23, 28, 30.5	✓ Dukaan kasta	X
Quaker	Oatmeal Squares Brown Sugar		14.5, 21	—	✓ Dukaan kasta	X
	Oatmeal Squares Cinnamon		14.5, 21	—	✓ Dukaan kasta	X
	Oatmeal Squares Golden Maple		14.5, 21	—	✓ Dukaan kasta	X
	Oatmeal Squares Honey Nut		14.5	—	✓ Dukaan kasta	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
	Toasted Oats		12, 18	28	X	✓ Safeway/Albertsons

# SEERIYAALKA KULUL

Cream of Rice	Instant		12	—	✓ Dukaan kasta	X
	Original		14	—	✓ Dukaan kasta	X
Cream of Wheat	2 1/2 minute		12	28	✓ Dukaan kasta	X
	Instant		12	28	✓ Dukaan kasta	X
	Whole Grain 2 1/2 min Original		18	28	✓ Dukaan kasta	X
	Whole Grain Instant		12.7	—	✓ Dukaan kasta	X
Essential Everyday	Oatmeal Instant Original		11.8	—	X	✓
Food Club	Oatmeal Instant Original		11.8	—	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	✓ Dukaan kasta	X
Quaker	Oatmeal Instant Original		11.8	23.7	✓ Dukaan kasta	X
Signature Select	Oatmeal Instant Original		11.8	—	X	✓ Safeway/Albertsons

