

Swahili

Tafsiri — English | Kiswahili

Unit of measurements | Kizio cha Vipimo

Abbreviation — Measurement	Ufupisho — Kipimo
LB — Pound	LB — Wakia
DOZ — Dozen	DOZ — Dazeni
OZ — Ounces	OZ — Aunsi
Jar / Bag	Chombo au mfuko
Dollars — \$\$\$\$	\$\$\$\$ — Dola
GAL — Gallon	GAL — Galoni
HGL — Half Gallon	HGL — Nusu Galoni
QT — Quart	QT — Kwati
BTL — Bottle	BTL — Chupa

WIC-approved food | Vyakula Vilivyoidhinishwa na WIC

WIC Foods	Vyakula vya WIC
Cheese – All Authorized	Jibini
Tofu	Tofu
Eggs – All Authorized	Mayai
Cereal (Adult) – All Aut	Nafaka (Moto au Baridi)
PB/Beans-Dried or Cans	Siagi ya karanga, Maharagwe, Njegere, Dengu
Fish – All Authorized	Tuna, Samoni
Whole Grains – All Auth	Nafaka Ambazo Hazijakobolewa
CVB Fruits & Veggies	Matunda na Mboga
Yogurt – Reduced Fat	Gururu Yenye Mafuta Machache na Isiyo na Mafuta
Yogurt – Whole Fat	Gururu ya Maziwa Halisi
Milk Skim/1% - All Auth	Krimu/Maziwa ya 1%
Lactose Free Milk (Skim/1%)	Yasiyo na Laktosi ya 0%/1%
Reduced Fat Milk (2%)	Maziwa ya Ng'ombe ya 2%
Lactose Free Milk (2%)	Yasiyo na Laktosi ya 2%
UHT (2%)	Maziwa ya UHT ya 2%
Evaporated Milk CONC(2%)	Maziwa Yaliyovukizwa ya 2%
Milk Whole – All Auth	Maziwa Halisi
Lactose Free Whole Milk	Halisi Yasiyo na Laktosi
Goat's Milk - Whole	Maziwa Halisi ya Mbuzi
Soy-Based Beverage	Maziwa ya Soya
Juice – 64 oz – All Auth	Juisi ya Chupa
12 oz Frozen Concentrate	Juisi Iliyogandishwa
Infant Cereal – All Auth	Nafaka ya Watoto Wachanga
Infant Fruits and Veg	Matunda na Mboga za Watoto Wachanga
Infant Meats – All Auth	Nyama za Watoto Wachanga