

Calaamadaha iyo Isbadelada

VERMONT WIC FOODS

Dhaqangelaaya Oktoobar 2024



VERMONT DEPARTMENT OF HEALTH

Somali



Hudhuudh Baalka Wata

Mayan Farm

Rootiga Hudhuudh Baalka Wata

16 wiqiyadood



Cabitaan

Mott's

100% Juus

Tufaax 48 wiqiyadood (Dumarka)

Xidhmo Khudaar ah 48 wiqiyadood

(Dumarka) iyo 64 wiqiyadood (Caruurta)



Badarka

Kellogg's

Xidhmooyin Buluubeeri Kashi ah

13.4 wiqiyadood iyo

18.3 wiqiyadood



Burka Muffinka oo ah qamarti

buluubeeri leh - Qayb yar oo la dubay

13.3 wiqiyadood



General Mills

Khudaarta Cheerios oo la shiiday

Tufaax leh Istaroowberi

10.6 wiqiyadood iyo 18 wiqiyadood



Khudaarta Cheerios oo la shiiday

Moos leh Buluubeeri

10.6 wiqiyadood iyo 18 wiqiyadood



Yooqad leh Dufan yar

Green Mountain Creamery

Dufanka cad ee dabiiciga ah

32 wiqiyadood

Hudhuudh Baalka Wata- Rooti

CUSUB! Sareenka la balaadhiyey iyo cabbirka rootiga badarka baalka leh.

Cabbirka: 8, 12, 14, 16, 18, 20, 22, 24 ama 32 wiqiyadood (wiqiyad). Burka la dubo, wareega ah iyo burka yaryar



Arnold

Haanbeegarka Rootiga ka sameysan sareenka leh baalka 100% ah 16 wiqiyadood



Saandhiweej ka sameysan sareenka leh baalka 100% ah 12 wiqiyadood



Burka ka sameysan sareenka leh baalka 100% ah 24 wiqiyadood

Jeex bur ah oo ah bur ka sameysan sareenka leh baalka 100% ah 18 wiqiyadood



Freihofer's

Burka Sareenka leh baalka 100% ah oo ah burka ugu fiican Dalka 24 wiqiyadood



Great Value

Burka wareega ah ee ka sameysan sareenka leh baalka 100% ah 20 wiqiyadood



Hannaford

Burka jeexa ah ee ka sameysan sareenka leh baalka 100% ah 24 wiqiyadood



Nature's Own

Burka Hudhuudh leh baalka 100% ah oo 20 wiqiyadood

Burka ka sameysan sareenka leh baalka 100% ah 20 wiqiyadood

Burka haanbeegarka Rootiga ka sameysan sareenka leh baalka 100% ah 15 wiqiyadood



Open Nature

100% Sarreen Balka Wata
Burka 24 wiqiyadood



Burka Hudhuudh iyo
Miraha 24 wiqiyadood



Pepperidge Farm

Burka laga sameeyay
sareenka leh baalka 100%
ah 24 wiqiyadood laguan
sameeyay Qol beer



Bur jeex ah oo laga
sameeyay hudhuudh
baal leh 100% ah Burka
sareenka leh baalka 22
wiqiyadood



Jeex Bur ah oo laga
sameeyay hudhuudh 15
hudhuudh
Burka 22 wiqiyadood



Hudhuudh Baal leh
100% Sarreen Balka Wata
Burka 24 wiqiyadood



Huduudh baal leh bur 15
hudhuudh ah
24 wiqiyadood



Hudhuudh Baal leh oo leh
malab iyo Burka sareenka
baalka leh 24 wiqiyadood



Burka laga sameeyay
boorashka hudhuudhka
leh baalka 24 wiqiyadood



Sara Lee

100% Sarreen Balka Wata
Burka 20 wiqiyadood



Signature Select

100% Sarreen Balka Wata
Burka 24 wiqiyadood



Saandhiweej ka sameysan
sareenka leh baalka 100% ah
12 wiqiyadood



Cusbooneysiinta Sawirka/Calaamada

Rooti aan sonkor lahayn oo
hadhuudh 100% ah ee Nature's Own
16 wiiqiyadood



Subaga Lawska oo dhan
16 wiiqiyadood ee
Smucker's



Cabir Cusub

Baakada Boorashka
Quaker ee isla markiiba karsama
hadda waxaa lagu helaa
9.8 wiiqiyadood



Boorashka Dhadhanka
leh ee Signature Select
hadda waxaa lagu helaa 9.8
wiiqiyadood





Joojinta/ Aan La Heli karin

Badarka

Pics by Price Chopper

Boorashka dhadhanka

asalka ah leh

11.8 wiqiyadood



Lama heli
karo

Cabitaan

Cabitaanka Liinta ah ee

Natalie's

64 wiqiyadood



Lama heli
karo

Cinabka

Welch's

Concord

48 wiqiyadood



Lama heli
karo

Cinabka Cad

48 wiqiyadood

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Hay'adani waa shaqo bixye fursadeeda shaqo loo siman yahay.