



WICShopper ni porogaramu igendanwa igufasha gusikana ibicuruzwa kugirango umenye ko byemewe na WIC, kureba urutonde rw'ibyakurya byemewe, kubona ibitekerezo by'indyo wateka, kubara umusaruro, nibindi byinshi!



Shyiramo apurikasiyo uyu munsu!

- Igihe cyose genzura "Inkunga z'Ikarita ya EBT" impapuro na/cyangwa inyemezabwishyu kugira ngo ugenzure buri gicuruzwa ufite ku Ikarita yawe y'Ibyokurya ya WIC.
- Nimba bigukomereye kugura igicuruzwa ukoresheje Ikarita yawe y'ibyakurya ya WIC cyangwa gusikana igicuruzwa, turagusaba gusura "sinashobora kugura iki!" muri porogaramu ya WICShopper kugira ngo umenyanishe ikibazo.



I couldn't buy this!



Department of Health

Gahunda y'Abagore,
Impinja, n' Abana bita (WIC)

Iki kigo gitanga amahirwe angana.



Urutonde rw'ibyakurya byemewe

Ubwoko buhenze cyane bwatoranyijwe



Department of Health

Gahunda y'Abagore,
Impinja, n' Abana (WIC)

IBIKOMOKA KUMATA

FOROMAJE

- Isanzwe cyangwa ifite amavuta make, igipimo cya 16 ounce gusa.
- Ibikoresho byo mu rugo cyangwa ibice by'ibikoresho byateguwe mbere y'igihe by'ubwoko bukurikira gusa: Inyamerika, foromaje; foromaje yo mubwoko bwa colby; foromaje yo mubwoko bwa colby na jack; foromaje yo mubwoko bwa Monterey Jack; Foromaje yo mubwoko bwa Muenster, ubwa provolone, cyangwa yo m'Ubuswise.

IBITEMEWE: karemano; iyashishutse, igisate y'igisuguti; iri mu ishusho ya kibe; deli; crumble; sodiyumu nke; foromaje yo gusiga; foromaje ifite amavuta; foromaje y'imigozigo; foromaje y'aborozi; amavuta y'inka; ibiryo bya foromaje cyangwa ibicuruzwa nka Velveeta; uduce umuntu bwite yafunytse; ihene; intama cyangwa foromaje ya yahurute.



Amata y'Inka

- Amata y'Umweru, shokola, yatunganyijwe, yongewemo vitamini D gusa.
- Afunze muri galuni gusa (keretse igice cya galuni cyagaragajwe).
- Amavuta make (1% or ½ %) cyangwa urukoko keretse amata atakwemo amavuta cyangwa amavuta yakwemo (2%) nkuko byagaragajwe.
- * Galuni = 128 ounces, Igice cya Galuni = 64 ounces.

IBITEMEWE: Ibyongewemo uburyohe, karemano, urukoko rwinshi, ibitarimo amavuta kongera ibindi.



Amata yumutse atarimo Amavuta

- Mugihe gusa byagaragajwe.
- igipimo cya 25.6 ounce gusa.



Lagitoze nkeya cyangwa Amata atarimo Lagitoze

- Mugihe gusa byagaragajwe.
- Galuni n'igice cya galuni.



Amata ya Soya.

- Mugihe gusa byagaragajwe.
- uburyohe bw'umwimerere na vanila gusa.
- Uburyohe bw'umwimerere n'uburyohe bwa shokola.

YAHURUTE



Yahurute

- Amavuta make cyangwa nta mavuta keretse amavuta yose yagaragajwe.
- ububiko bwa 32 ounce gusa.



Ya kigirikiri itavangiye itarimo amavuta.



Amata yose ya kigirikiri atavangiye, amata yose ya kigirikiri, inkeri & amata yose arimo amavuta ya kigirikiri, Inanasi keke icuritse amata yose ya kigirikiri, ubuki vanila.



Amata yose atavangiye, amata yose uburyohe bwa vanila, amata yose mapo.



Hatarimo amavuta ya kigirikiri itavangiye, Hatarimo amavuta ya kigirikiri peach, Hatarimo amavuta ya kigirikiri uburyohe bw'inkeri, hatarimo amavuta ya kigirikiri vanila, harimo amavuta make ya kigirikiri ubuki vanila, harimo amavuta make ya kigirikiri itavangiye. Amata yose atavangiye hatarimo isukari hatarimo amavuta inkeri hatarimo isukari hatarimo amavuta vanila, isukari nke amavuta make ya kigirikiri ya madagasikari vanila na sinamoni.

ICYITONDERWA



IBINYAMPEKE BYOSE



Amakaroni y'Ingano Zose

	Supageti y'Ingano Zose, supageti nto z'ingano zose, amakaroni ya pene rigate y'Ingano zose, amakaroni ya rotini y'ingano zose.
	Amakaroni ya Capelini y'ingano zose, amakaroni ya elbow z'ingano zose, amakaroni ya farifare y'ingano zose, amakaroni ya lingwine y'ingano zose, amakaroni ya pene rigate, amakaroni ya rigatoni y'ingano zose, amakaroni ya rotini, supageti y'ingano zose.
	Amakaroni ya pene rigate y'ingano zose 100%, supageti y'ingano zose 100%, supageti nto z'ibinyampeke byose 100%, amakaroni ya rotini y'ibinyampeke byose 100%, amakaroni ya lingwine y'ibinyampeke byose 100%.
	Amakaroni ya pene rigate y'ingano zose, Amakaroni ya rotini y'ingano zose, Supageti y'ingano zose, Supageti nto y'ingano zose.
	Amakaroni ya capelini y'ingano zose, Supageti y'ingano zose.

YAHURUTE

	amavuta make itavangiye, amavuta make vanila.
	hatarimo amavuta itavangiye, amavuta make inkeri, amavuta make vanila, <i>amata yose atavangiye, amata yose vanila.</i>
	Hatarimo amavuta inkeri, Hatarimo amavuta vanila.
	Hatarimo amavuta Itavangiye, Hatarimo amavuta vanila.
	Amavuta make Itavangiye, Amavuta make vanila, Amavuta make peach, Amavuta make inkeri zo mubwoko bwa strawberry, Amavuta make inkeri zo mubwoko bwa blueberry.
	Amavuta make Inkeri, hatarimo amavuta vanila, hatarimo amavuta itavangiye, amavuta make vanila.
	ya kigiriki <i>Amata yose itavangiye</i> , ya kigiriki hatarimo amavuta itavangiye, ya kigiriki ivanze hatarimo amavuta vanila, icyatsi kibisi kivanze hatarimo amavuta inkeri, amavuta make vanila, hatarimo amavuta itavangiye.
	Hatarimo amavuta itavangiye, amavuta vanila, amavuta make inkeri, amavuta make vanila, amavuta make peach, amavuta make inkeri imineke.
	Hatarimo amavuta itavangiye, hatarimo amavuta inkeri, hatarimo amavuta vanila
	<i>ya kigiriki amata yose itavangiye, ya kigiriki amata yose vanila, ya kigiriki hatarimo amavuta itavangiye, ya kigiriki hatarimo amavuta vanila, amata yose vanila, amata yose itavangiye, amavuta make itavangiye, amavuta make vanila, harimo binyasukari bike amavuta make vanila, harimo binyasukari bike amavuta make peach, harimo binyasukari bike amavuta make inkeri, hatarimo amavuta itavangiye.</i>
	amavuta make inkeri, amavuta make itavangiye, amavuta make umwembe, amavuta make vanila.
	Hatarimo amavuta inkeri, amavuta make itavangiye, hatarimo amavuta vanila ya kigiriki, hatarimo amavuta itavangiye ya kigiriki, vanila amavuta make.
	Amavuta make inkeri zo mubwoko bwa strawberry, amavuta make inkeri umuneke, amavuta make inkeri zo mubwoko bwa blueberry, amavuta make itavangiye, yoroshye vanila, amavuta make vanila, <i>amata yose itavangiye</i> , ya kigiriki hatarimo amavuta inkeri, ya kigiriki hatarimo amavuta itavangiye, ya kigiriki hatarimo amavuta vanila.
	<i>Amata yose itavangiye, amata yose vanila, amata yose inkeri</i> , harimo amavuta make vanila, harimo amavuta make itavangiye hatarimo amavuta itavangiye.
	Hatarimo amavuta vanila, hatarimo amavuta itavangiye, <i>amata yose itavangiye</i> , ya kigiriki hatarimo amavuta itavangiye, ya kigiriki hatarimo amavuta vanila igishyimbo.
	Hatarimo amavuta itavangiye, hatarimo amavuta inkeri, hatarimo amavuta vanila.
	Amavuta make inkeri zo mu bwoko bwa blueberry, amavuta make peach, amavuta make vanila, ya kigiriki hatarimo amavuta itavangiye, ya kigiriki hatarimo amavuta vanila, haytarimo amavuta inkeri zo mu bwoko bwa strawberry, hatarimo amavuta vanila, hatarimo amavuta itavangiye.

YAHURUTE

	Karemano itavangiye hatarimo amavuta, karemano vanilla hatarimo amavuta, karemano itavangiye amavuta make, karemano vanilla amavuta make, karemano itavangiye <i>amata</i> yose mikorobe zifitiye umubiri akamaro, Vanilla karemano <i>amata</i> yose mikorobe zifitiye umubiri akamaro, inkeri karemano <i>amata</i> yose mikorobe zifitiye umubiri akamaro, karemano <i>amata</i> yose mikorobe zifitiye umubiri akamaro vanilla.
	amavuta make itavangiye, amavuta make vanilla.
	Amavuta make peach yasaruwe, amavuta make inkeri, amavuta make inkeri umunene, amavuta make vanilla, amavuta make inkeri zo mubwoko bwa blueberry, hatarimo amavuta itavangiye.

AMAGI



- Maremare, icyiciro cya A cyangwa AA,
- Amagi y'inkoko z'umweru, zitaba mubuvumo.
- Ikarito imwe imwana n' iduzene.

IBITEMWE: Karemano; byatunganijwe; byashyizwe muri vinegire; byatogotsejwe cyane; ibinure bike; byonh=gewemo cyangwa byakungahajwe na Omega 3; hongewemo vitamini cyangwa ibinyabutabire; free range; egg substitutes.

TOFU



Ipaki ipima 16 ounce gusa, zishobora kuvangwa kugeza ku mubare wa ounces zose zatanze.

AMAVUTA Y'UBUNYOBWA



- Ibibikwamo bya 16 ounce kugeza kuri 18 ounce gusa.
- Asanzwe cyangwa karemano; yoroshye; afite amavuta; afashe cyangwa akunjagurika; yaganyijwemo amavuta; sodiyumu nkeya; isukari nke.

IBITEMWE: ayo gusiga; ayahonzwe; kongeramo jelly; marshmallow; ubuki cyangwa ibindi byokurya; ubwoko bwongerewe cyangwa bwakungahajwe; amavuta y'amamesa.

IBINYAMPEKE BYOSE



Amakaroni y'ingano zose
16 ounce.



	Supageti y'Ingano Zose.
	Amakaroni ya rotini y'ibinyampeke byose, ibinyampeke byose ibishishwa biringaniye, amakaroni ya pene y'ibinyampeke byose, amakaroni ya elbow y'ibinyampeke byose, supageti nto y'ibinyampeke byose, amakaroni ya lingwine y'ibinyampeke byose, amakaroni ya angel hair y'ibinyampeke byodse, supageti z'ibinyampeke byose.
	amakaroni ya rotini y'ingano zose, supageti y'Ingano Zose.
	supageti y'ingano zose, amakaroni y'ingano zose, amakaroni ya elbow y'ingano zose, amakaroni ya rotini y'ingano zose, amakaroni ya pene rigate y'ingano, supageti nto y'ingano zose, amakaroni ya verimisele y'ingano zose.
	Amakaroni ya pene rigate y'ingano zose 100%, amakaroni ya rotini y'ingano zose 100%, Supageti y'ingano zose 100%.
	Supageti y'ingano zose 100%, Amakaroni ya elbow y'ingano zose 100%, Amakaroni ya pene rigate y'ingano zose 100%, Amakaroni ya rotini y'ingano zose 100%.
	Amakaroni ya elbow y'ingano zose, amakaroni ya lingwine y'ingano zose, amakaroni ya pene y'ingano zose, amakaroni ya rotini y'ingano zose, supageti y'ingano zose, supageti nto y'ingano zose.
	Amakaroni ya pene rigate y'ingano zose, amakaroni ya rotini-ifatanye y'ingano zose, supageti nto y'ingano zose, supageti y'ingano zose.
	supageti y'ingano zose, Amakaroni ya capelini y'ingano zose, Amakaroni ya pene rigate y'ingano zose, amakaroni ya rotini y'ingano zose.
	Amakaroni ya pene y'ingano zose 100%, amakaroni ya rotini y'ingano zose 100%, Supageti y'ingano zose 100%.

IBINYAMPEKE BYOSE



Capati



Ingano zose



Taco yoroshye y'ifu y'ingano zose,
ibigori by'umuhondo,
ibigori by'umweru.



Ibigori,
Igipimo cya taco yoroshye y'ifu y'ingano zose.



Ibigori bikoze n'intoki mu ifu y'ingano zose zitwa fajita.



Uburyo nyabwo bwa Fatija y'ingano zose.



Ibigori by'umweru.

Umugati wa buns.



Umugati wa Sandwich.



Sosiso iri mumugati.

IBITEMEWE: Ibicuruzwa byongewemo imbuto, ubunyobwa, ibirungo, cyangwa uruvange rw'isukari n'amazi.



- Umugati w'ingano zose 100%
- Sosiso iri mumugati w'ingano zose 100%.



- Umugati wa hoagie rolls w'ingano zose 100%.
- Sosiso iri mumugati w'ingano zose 100%.



- Umugati upima 16 oz w'ingano zose 100%.

IFI



Ifi ya Tuna ipfunyitse mugakopo

Ifi ya chunk light ishyizwe mumazi gusa;
Agakopo kajyamo igipimo cya 5 ounce cyangwa 6 ounce gusa.



Ifi ya Salmon ipfunyitse mugakopo

ifi ya Salmon y'umuhemba gusa;
Agakopo kajyamo igipimo cya 14.75 ounce gusa.

IBITEMEWE: salmon y'umutuku;
tuna iri mumifuka.

IBISHYIMBO



Ibishyimbo cyangwa amashyaza byumye
amapaki 16 ounce gusa.

Ibishyimbo bipfunyitse m'udukopo

Ibishyimbo bipfunyitse m'udukopo bishobora guhuzwa kugeza ku mubare wa ounces watanze.

IBITEMEWE: ibishyimbo byashyizwe mu isosi; ibishyimbo byongewemo ibirungo, ama sosi, amavuta cyangwa inyama.

IMBUTO N'IMBOGA

Abitabirye bashobora guhitamo imvange yose y'imbuto n'imboga bishya, byakonjeshejwe cyangwa byashyizwe m'udukopo ku giciro cyo hejuru cy'amafaranga yemerewe. Abitabirye ntibashobora kubona amafaranga cyangwa inguzanyo yishyurwa ku mafaranga yose adakoreshejwe.

Porogaramu ya WIC Shopper ntishobora gusikana imbuto n'imboga nshya, reba ahavuye ngo Get Help! igice kiboneka muri porogaramu ya WIC Shopper kugirango ubone ibindi bisobanuro.



Bishyashya

Ubwoko ubwo aribwo bwose bw'imbuto n'imboga bishyashya. Zose, zikase, mumifuka, cyangwa ipfunyitse.

IBITEMEWE: Imbuto n'imboga byashyizwe kugipimo cy'abantu benshi cyangwa igipimo cy'abantu ku giti cyabo hamwe n'isosi cyangwa isosi ifashe; imbuto ziri mubiseke; imbuto cyangwa imboga z'umutako cyangwa zo gushushanya; tungurusumu ku mugenzi; ibikoresho bya salade; imbuto zongeweho ubunyobwa; ibicuruzwa byo mu isosi byongewemo imbuto; imbuto zumye; indabo cyangwa indabo ziribwa, ibirungo rwatsi cyangwa ibirungo byatunganyijwe.



IMBUTO N'IMBOGA

Byakonjeshejwe

Ubwoko ubwo aribwo bwose bw'imbutu cyangwa imboga.

IBITEMEWE: Imbutu: zirimo siro, zongewemo isukari, uruti rw'imbutu, ibicuruzwa byashyizemo isosi n'imbutu (urugero. keke y'imbutu).

Imboga: isukari yongewemo, amavuta y'inka, amavuta, isosi cyangwa ibyo gusiga ibiryo; hamwe n'amakaroni, nodozi, ubunyobwa, umuceri, foromaje, cyangwa inyama, ifiriri y'ibijumba, ifiriri y'ibirayi, cyangwa ibirayi biconze.



Ikikopo, ijagi, ibibikwamo bya pulasitiki

Imbutu mu mutobe;
Umutobe idafunguye cyangwa ifunguye;
Imbutu ziri mumazi arimo ibiryo byibikorana;

IBITEMEWE: Imbutu: muri gelatini, sorbets, crisp y'imbutu, parfait y'imbutu, imbutu zongewemo isukari cyangwa ubunyobwa, imbutu muri siro iremereye, yoroshye cyangwa yoroshye cyane, ibyo korosa pie.

Imboga: hamwe n'amavuta ayo ariyo yose cyangwa amazi y'umunyu, vinegire, ihuriro rya vinegire n'amazi y'umunyu cyangwa imboga zashyizwemo, imboga ziriho amavuta, ibishyimbo, amashaza, inkori, ibishyimbo byashyizwe mu isosi, inyama y'ingurube n'ibishyimbo, ibishyimbo byongeye gukarangwa, kecapu, relishe, elayo, piza, lasanya, isosi ya supageti, cyangwa salisa.

UMUTOBE

Umutobe Uhama Mububiko

- Imitobe yose yashyizwe kurutonde zigomba kuzuza ibi bisabwa: ji itongwemo uburyohe 100%; 64 oz uducupa twa pulasitiki gusa; umutobe w'icunga yaba iy'ubwoko ubwo aribwo bwose.

IBITEMEWE: Imbutu zo kunywa; zongewemo umutobe uryohereye; uruvange cyangwa amafu.

	Always Save Pome, umuzabibu, icunga.
	Apple and Eve Pome, umuzabibu wa craneberry, umwembe wa craneberry peach, cranberry pomegranate, inkeri za cranberry, inkeri zo mugasozi za cranberry, cranberry by'umwimerere.
	Best Choice Pome, inkeri zivanze, cherry ivanze, umuzabibu, umuzabibu uvanze, imbutu z'umuzabibu inansi, icunga, umutobe w'uruvange rw'imbutu, umuzabibu w'umweru, inyanya, imboga.
	Best Yet Pome, cranberry, cranberry umuzabibu, umuzabibu, imbutu z'umuzabibu, umuzabibu w'umweru.

IBINYAMPEKE BYOSE



Tortillas:



	Ibigori, Ingano zose 100% .
	Ibigori by'umweru, Ibigori by'umuhondo, ifu y'ingano zose.
	Ibigori by'umweru byoroshye uburyo bwa taco, ingano zose uburyo bwa fajita.
	Ibigori by'umweru, ingano zose.
	Ibigori by'umweru byoroshye, ingano zose.
	Ingano zose
	Ingano zose, Ingano zose 100%.
	Ingano zose
	Ibigori by'umweru bipima 6-inch, Ingano zose.
	Ingano zose, Ibigori by'umuhondo bitarimo gluten.
	Ibigori by'umuhondo bipima 6-inch.
	Ibigori, fajita y'ingano zose, ibigori by'umuhondo, ifu y'ingano zose.
	Ibigori.
	Ibigori, Ibigori by'umweru, Ingano zose.
	Ingano zose
	Ibigori by'umweru, Ingano zose, Ibigori by'umuhondo bita cyane.
	Ingano zose

IBINYAMPEKE BYOSE

Umugati

	Ingano zose 100%.
	Ingano zose 100%, ibinyampeke byose 100% bitarimo isukari, Umugati w'ingano zose 100% hamwe n'ubuki.
	Ingano zose 100%.
	Ingano zose 100%.
	farmhouse Umugati w'ingano zose 100%, umigati woroshye w'ingano uburyo bworoheje, ingano zose 100% zikasemo uduce duto cyane, ibinyampeke byose umugati w'ingano zose 100%, ibinyampeke byose ubuki umugati w'ingano zose, ibinyampeke byose umugati w'umutsima w'ingano, ibinyampeke byose amasaka afite utubuto, ingano zose 100% cinamoni hamwe n'umugati wa raisins swirl.
	Umutsima wa kiromani ingano zose 100%, Ingano zose 100%, hometown umugati w'ingano zose 100%.
	Ingano zose 100%.
	Ingano zose 100%.
	Kirepe y'Ingano zose 100%, Umugati w'Ingano zose 100%.
	Ingano zose 100%.
	Ingano zose 100%.
	Ingano zose 100%.



UMUTOBE

	Campbell's Inyanya zisanzwe, inyanya za sodiyumu nke, V-8 isanzwe, V-8 irimo urusenda, V-8 sodiyumu nke.
	Diane's Garden Imboga.
	Essential Everyday Umutobe wa pome, uruvange rw'inkeri, uruvange rwa cherry, uruvange rwa cranberry, uruvange rw'umuzabibu, uruvange rwa punch, umuzabibu w'umweru, inanasi, imbuto z'umuzabibu w'umweru.
	Everfresh Pome.
	Food Club Pome, inanasi, cranberry, cranberry umuzabibu, cranberry raspberry, umuzabibu, imboga, umuzabibu w'umweru, imbuto z'umuzabibu w'umweru.
	Giant Eagle Pome, cranberry, y'uburyo bwa gala, pome ya granny smith, umuzabibu, umuzabibu w'umweru, imbuto z'umuzabibu w'umweru.
	Great Value Pome, umuzabibu, umuzabibu w'umweru, umuzabibu w'umweru peach, cranberry, uruvange rwa cranberry, inanasi, imboga.
	Harvest Classic Pome ironji inanasi, umuzabibu wa concord, cranberry, cranberry pome, inanasi.
	HyTop Pome, cherry y'umukara umuzabibu wa concord, umuzabibu, inanasi, inyanya, imboga, umuzabibu w'umweru, umuzabibu w'umweru cherry.
	IGA Pome, pome nshyashya, umuzabibu, imbuto z'umuzabibu, inanasi, umuzabibu w'umweru.

UMUTOBE

	Juicy Juice Pome, pome raspberry, berry, cherry, umuzabibu, inkeri za kiwi, umwembe, ironji tangerine, peach pome, punch, inkeri umuneke, inkeri wotameloni, ahantu hashyuha, umuzabibu w'umweru.
	Kroger Pome, berry, cranberry, umuzabibu, imbuto z'umuzabibu, inanasi, imboga, imboga za sodiyumu nke, ruby imbuto z'umuzabibu utukura, imboga zirimo urusenda, umuzabibu, umuzabibu w'umweru, umuzabibu w'umweru peach.
	Langers Pome, pome cranberry, pome umuzabibu, pome ironji inanasi, umuzabibu, inanasi, umuzabibu w'umutuku, ruby imbuto z'umuzabibu w'umutuku, inyanya, imboga, imboga za sodiyumu nke, umuzabibu w'umweru.
	Libby's Inanasi.
	Meijer pome, cranberry, berry y'umwimerere, cherry y'umwimerere, imbuto za punch y'umwimerere, umuzabibu w'umwimerere, umuzabibu, ruby imbuto z'umuzabibu, inanasi, ibinyomoro, raspberry cranberry, imboga zirimo urusenda, inyanya, tropical uruvange rw'ananasi, imboga, imboga za sodiyumu nke, umuzabibu w'umweru, umuzabibu w'umweru peach.
	Mott's Pome.
	Musselman's Pome.
	Nature's Nectar Pome, Umuzabibu, umuzabibu w'umweru.
	Northland Cranberry raspberry, cranberry, cranberry blackberry, cranberry cherry, cranberry umuzabibu, cranberry pomegranate, cranberry blueberry.
	Ocean Spray Pome, umuzabibu wa concord, cranberry raspberry, cranberry blackberry, cranberry cherry, cranberry blackberry, cranberry cherry, cranberry umuzabibu wa concord, cranberry umwembe, cranberry inanasi, cranberry pomegranate, cranberry wotameloni, cranberry elderberry.

IBINYAMPEKE BYOSE

 32 ounces		Ribbon y'ubururu ibinyampeke byose umuceri wijimye.
		Ibinyampeke birebire bya kroger umuceri wijimye.
		Umuceri wijimye wa Mahatma. Umuceri wijimye wa Mahatma jasmine.
		Ibinyampeke birebire bya Meijer umuceri wijimye w'umwimerere.
		Umuceri wijimye wa our family.
		Umuceri wijimye wa Shur's fine.
		Ibinyampeke birebire bya Spartan Umuceri wijimye
		Ibinyampeke birebire bya success umuceri wijimye. Umuceri wijimye utogosheje mu ishashi.



Umugati

Amahitamo ari hano hasi ni igipimo cy'ipaki 16 ounce keretse gusa byavuzwe, bishobora kuvangwa kugeza k'umubare wa ounces zatanze.

	Umugati w'ingano zose 100%, umugati w'imigozi ibiri.
	Ingano zose 100%.
	Ingano zose 100%.
	Ingano zose 100%.
	Ingano zose 100%.
	Ibinyampeke byose 100% bitarimo isukari ingano, Ibinyampeke byose 100% ingano zose.
	Ingano zose 100%.
	Ingano zose 100% uburyo bwo murugo.
	Ingano zose 100%.
	Ingano zose 100%.
	Ingano zose 100%, ibinyampeke byose by'umweru.

IBINYAMPEKE BYOSE

Aho 16 ounce ziboneka.

Zishobora kuvangwa kugeza kumubare
wa ounces zatanzwe; ubwoko buhendutse cyane.



Oatmeal

Ubwoko ubwo aribwo bwose, igipimo kirahinduka, hashobora
kubamo umuzingo, yihuse, cyangwa umutsima w'ingano wo
muburyo bwa kera.

IBITEMEWE: Ibicuruzwa byongewemo imbuto, ubunyobwa, ibirungo.

Ibinyampeke byose Umuceri Wijimye

Ikirango cyose, Ingano zitandukanye

IBITEMEWE: Umuceri w'Umweru.

 16 ounces		Healthy goodness ibinyampeke byose by'umwirere. Healthy goodness ingano zose 100%
		Ingano zose 100%.
		Ingano zose 100%.
		Ingano zose 100%.
 18 ounces		Quaker Ingano ibinyampeke byose 100% ingano.
 20 ounces		Bimbo Umugati w'Ingano zose 100%.
		Nature's Own Ingano zose 100%.
		Ingano zose 100%.
		Sara Lee Umugati w'Ingano zose 100%.
 24 ounces		Brownberry Umugati w'Ingano zose 100%. Brownberry umugati w'imigozi ibiri.
		Kroger Umugati w'Ingano zose 100% ubuki. Kroger Umugati w'Ingano zose 100% uruziga hejuru.
		Umugati w'Ingano zose 100% uburyo bwa Our Family country.
		Private Selection Umugati w'Ingano zose 100% ku ipanu ngari.
		Private Selection Umugati w'Ingano zose 100%.

UMUTOBE

	Old Orchard Pome, umuzabibu, inanasi, umuzabibu w'umweru, cranberry ya pome, uruvange rwa berry, cherry y'umukara cranberry, blueberry pomegranate, cherry pomegranate, cranberry pomegranate, umuzabibu, kiwi inkeri, inkeri wotameloni, ironji tangerine, peach umwembe, ananasi, rasperry itukura, umuzabibu w'umweru, cherry yo mu gasozi, citrus y'ubudahangarwa bw'umubiri, imbuto nziza cyane y'ubudahangarwa bw'umubiri, imbuto zo mu karere k'ubushyuye y'ubudahangarwa bw'umubiri.
	Our Family Pome, inzoga ya pome yakanzwe nshya, umuzabibu, imbuto z'imizabibu, imbuto z'imizabibu y'ibara ry'umuhemba, imbuto z'imizabibu y'umweru, uruvange rwa ji 100%, imboga.
	Seneca Pome.
	Shurfine Pome, umuzabibu, inanasi, umuzabibu w'umweru.
	Tipton Grove Pome, cranberry, umuzabibu, umuzabibu w'umweru.
	Tree Top Pome, pome umuzabibu.
	V-8 Umutobe w'imboga y'umwimerere 100%. Sodiymu nke Umutobe w'imboga 100%. Umutobe w'imboga 100% urimo urusenda.
	Valuetime Umuzabibu.
	Welch's Umuzabibu wa Concord urimo Kalisiyumu, umuzabibu, umuzabibu w'umweru, umuzabibu w'umweru peach, umuzabibu utukura, berry y'ikirenga, bitatu byo mugace gashyuha.

IMITOBE YAKONJESHEJWE

Imitobe zose iri ku rutonde rukurikira igomba kuba yujuje ibi bikurikira: Ji 100% itarimo isukari; 11.5 ounce cyangwa 12 ounce gusa; bigomba guhuzwa kugeza kuri 48 ounces; umutobe w'amacunga ushobora kuba ubwoko ubwo aribwo bwose.

	<u>Always Save</u> Amacunga.
	<u>Best Choice</u> Pome, Amacunga.
	<u>Best Yet</u> Pome, umuzabibu, amacunga, imbuto z'umuzabibu.
	<u>Dole</u> Inanasi, Inanasi amacunga.
	<u>Essential Everyday</u> Pome, amacunga.
	<u>Food Club</u> Pome, imbuto z'umuzabibu, amacunga.
	<u>Giant Eagle</u> amacunga.
	<u>Great Value</u> Pome, umuzabibu, amacunga.
	<u>HyTop</u> Pome, amacunga.
	<u>IGA</u> Pome, amacunga.
	<u>Kroger</u> Pome, umuzabibu, imbuto z'umuzabibu, inanasi, inanasi amacunga.
	<u>Langers</u> Pome, pome cranberry, pome ironji inanasi, umuzabibu, amacunga, inanasi, umuzabibu w'umweru.
	<u>Meijer</u> Pome, amacunga.
	<u>Old Orchard</u> Pome, pome cherry, pome cranberry, pome kiwi inkeri, pome itunda umwembe, pome raspberry, pome inkeri umuneke, uruvange rwa berry, cherry y'umukara cranberry, blueberry pomegranate, cranberry pomegranate, cranberry raspberry, umuzabibu, inanasi, inanasi amacunga, inanasi amacunga umuneke, inkeri rhubarb, umuzabibu w'umwewru.

IBINYAMPEKE BYOSE

Urufunguzo rukurikiraho rutanga ingero z'ukuntu ushobora gucungura 32 ounces y'ibinyampeke byose.

Ibinyampeke byose urufunguzo

 8 ounces	 12 ounces	 +  32 ounces
 14 ounces	 16 ounces	 +  32 ounces
 18 ounces	 20 ounces	 +  32 ounces
 24 ounces	 32 ounces	 +  32 ounces

 8 ounces		Ikigori cy'umweru tortilla.
 12 ounces		IGA Umutsima w'ingano wako kanya usanzwe paki 12.
		Lewis Bake Shop umugati w'ingano zose 100% igice cy'irobe.
		Food Club umuceri wijimye wako kanya.
		Freedom's Choice umuceri wijimye wako kanya.
		Kroger umuceri wijimye watogoteshejwe mumufuka ushyirwa muri mikorowonde. Kroger umuceri wijimye ushyirwa muri mikorowonde.
 14 ounces		Umuceri wijimye umunota.
		Our family umuceri wijimye wako kanya.
		Ibinyampeke byose byakaswemo uduce duto 15 umugati w'ibinyampeke byose byakaswemo uduce duto umugati w'ingano zose.
		Ibinyampeke birebire bya success umuceri wijimye.
		Ribbon y'ubururu ibinyampeke byose umuceri wijimye.
		Kroger Umugati w'Ingano zose 100%.
		Mahatma Umuceri wijimye
 16 ounces		Our family ingano tortillas uburyo bwa fajita. Our family ibigori by'umuhondo tortillas. Our family ibigori by'umweru tortillas.
		Quaker umutsima w'ingano iminota-3.

IBINYAMPEKE BISHYUSHYE BY'IFUNGURO RYA MUGITONDO

	Amavuta y'ingano -Amavuta y'ingano (umunota 1) (28 ounces). -Amavuta y'ingano (umunota 10) (28 ounces).
	Quaker -Igishishishwa cy'ingano ibinyampeke bidatetse (16 ounces). -Grits zako kanya z'umwimerere (18 ounces). -Grits zako kanya z'umwimerere 12 (amapaki ya 1-ounce). -Grits zako kanya z'umwimerere (amapaki ya ounce 9.8). -Grits zako kanya z'umwimerere za super family (amapaki 24). -Amapaki y'umutsima w'ingano wako kanya (9.8 ounces).
	Farina -Amavuta y'ingano (18/28 ounces).
	Malt-o-Meal -Amavuta y'ingano y'umwimerere (18/28/36 ounces).
	Ingano-Umutsima w'ingano wako kanya w'umwimerere, 11.8 ounces (amapaki y'umuntu kugiti cye); Ingano-Umutsima w'ingano wako kanya w'umwimerere, 23.7 ounces (amapaki y'umuntu kugiti cye); grits-zumwimerere zako kanya 10 ounces, 12 ounces, 36 ounces.
	Ingano-zihuse 18 ounces; Ingano-Umutsima w'ingano wako kanya w'umwimerere, 11.8 ounces. (amapaki y'umuntu kugiti cye).



JI — YAKONJESHEJWE

	Our Family Pome, amacunga.
	Seneca Pome, amacunga.
	Shurfine Pome, amacunga.
	Tipton Grove Pome, amacunga.
	Welch's Pome, umuzabibu, umuzabibu w'umweru, umuzabibu w'umweru cranberry, umuzabibu w'umweru peach, umuzabibu w'umweru raspberry.

IMITOBE — IDAFUNGUYE

Ihama m'ububiko; Imitobe itashyizwemo ibiryohereye 100%; 11.5 ounce cyangwa 12 ounce gusa; ugomba kongeramo kugeza kuri 48 ounces..

	Welch's Pome, imbuto nziza, umuzabibu, itunda ryahantu hashyuha.
	Giant Eagle Inanasi, Pome, umuzabibu.

IBINYAMPEKE

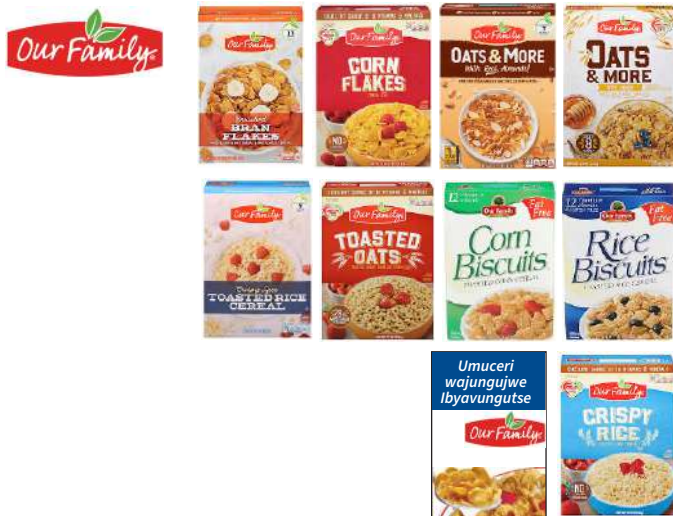
Ubwoko buhenze gake cyane nibwo bwatoranyijwe; bushobora kuvangwa kugeza k'umubare wa ounces zatanzwe.

Best Choice®



IBINYAMPEKE





Nta mashusho y'umufuka w'itende



IBINYAMPEKE



IBINYAMPEKE





**Department of
Health**

Gahunda y' Abagore,
Impinja, n' Abana(WIC)

Iki kigo gitanga amahirwe angana.

10/2025

701.23

Urutonde rw'Ibiribwa by'Abana Byemewe



**Department of
Health**

Gahunda y'Abagore,
Impinja, n' Abana (WIC)

IMBUTO Z'IMPINJA



Ibiry byunganira ibindi bikorwa na Gerber gusa; Amacupa ya pulasitike amagarama 113 gusa. Ubwoko bwihariye bwagaragajwe hepfo gusa:



Pome



Pome Avoka



Pome Blueberry



Pome Cherry



Pome Peach Idegede



Pome Inkeri Umuneke



Imvange y'Imbuto z'Umukomamanga



Umuneke



Umuneke Pome Pear



Umuneke Inkeri z'Umukara Blueberry



Umuneke Karoti Umwembe



Imvange y'Umuneke Icuanga



Umuneke Ikinyomoro Umuzabibu



Umwembe



Peach



Pear



Pear Inanasi



Pear Umwungu Ikigori



Prune Pome



WICShopper ni apulikasiyo ya telefone igufasha kureba ibicuruzwa kugira ngo ugenzure ko byemewe na WIC, ukareba Urutonde rw'Ibiribwa Byemewe, kubona ibitekerezo by'uburyo bwo guteka, gupima ingano y'ibyo uteka, n'ibindi byinshi!



Yikurure uyu munsu!

- Buri gihe jya ugenzura inyandiko na/cyangwa inyemezabuguzi "Ikarita y'Inkunga ya EBT" kugira ngo ugenzure ibintu ufite ku Ikarita y'Ibiry ya WIC.
- Niba uri kugorwa no kugura ikintu ukoresheje Ikarita y'Ibiry ya WIC cyangwa se gusikana ikintu runaka, reba kuri "I couldn't buy this!" muri Apulikasiyo ya WICShopper maze wohereza ikibazo.



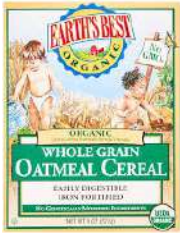
I couldn't buy this!

IBINYAMPEKE BY'IMPINJA



Ibikorwa na Earth's Best Organic gusa; Ibikoreshe bifite amagarama 227 gusa; amoko yose y'igikoma cyongerwamo ubutare.

NTIBYEMEWE: Hamwe n'imbuto zongewemo; hamwe na DHA/ARA yongewemo; ibinyampeke mu icupa; udupaki tw'ubwoko butandukanye.



Oatmeal



Umuceri



Impeke zitandukanye



Ibikorwa na Gerber gusa; Ipaki y'amagarama 227 gusa.

NTIBYEMEWE: Hamwe n'imbuto zongewemo; hamwe na DHA/ARA yongewemo; ibinyampeke mu icupa; udupaki tw'ubwoko butandukanye.



Ibinyampeke bya Oatmeal bitarimo Gluten



Ibinyampeke bya Oatmeal



Ibinyampeke by'Ubwoko Butandukanye



Impeke z'Umuceri

Gerber® Organic Cereal



Oatmeal

IMBOGA Z'IMPINJA



Ibiryo byunganira ibindi bikorwa na Gerber gusa; Amacupa ya pulasitike amagarama 113 gusa. Ubwoko bwihariye bwagaragajwe hepfo gusa:



Imyungu



Karoti



Karoti Umwembe Inanasi



Karoti Ikijumba Amashaza



Imiteja



Amashaza



Amashaza Karoti Epinari



Pear Umwungu Ikigori



Igihaza



Ibijumba



Ibijumba Pome Igihaza



Ibijumba Ibigori



Ibijumba Umwembe Kale

IMBUTO Z'IMPINJA



Ubwoko bw'ibiryo byunganira bwa Earth's Best Organic gusa; Amacupa y'ibirahure amagarama 113 gusa. Ubwoko bwihariye bwagaragajwe hepfo gusa:



Pome
Umukomamanga



Pome Blueberry



Pome



Pome Plums



Umuneke Umwembe



Imineke



Pears



Pears Imyembe



Pears Inkeri



Prunes

IMBOGA Z'IMPINJA



Ubwoko bw'ibiryo byunganira bikorwa na Earth's Best Organic gusa; Amacupa y'ibirahure amagarama 113 gusa. Ubwoko bwihariye bwagaragajwe hepfo gusa:



Karoti



Ibigori Imyungu



Amashaza



Ibijumba



Imyungu

INYAMA ZIRIBWA N'IMPINJA



Ku bantu bonsa gusa, koresha ubwoko bwa Earth's Best Organic; Amacupa y'ikirahure amagarama 71 gusa; Ubwoko bwihariye bwagaragajwe hepfo gusa:



Inkoko & Isupu
y'Inkoko



Dendo & Isupu
ya Dendo



Biraboneka gusa ku bantu bonsa gusa; Ibiryo byunganira ibindi bikorwa na Gerber gusa; Amacupa y'ikirahure amagarama 71 gusa; Ubwoko bwihariye bwagaragajwe hepfo gusa:



Inka & Isupu y'Inyama
y'Inka n'Imboga



Inkoko & Isupu y'Inyama
y'Inkoko n'Imboga



Ingurube & Isupu y'Inyama
y'Ingurube n'Imboga



Dendo & Isupu
y'Inyama ya Dendo

IMBUTO N'IMBOGA BY'IMPINJA



Pome
& Epinari



Imineke
& Inkeri



Imineke
& Inkeri



Karoti
& Amashaza



Pears
& Prunes

IMBUTO N'IMBOGA BY'IMPINJA



Ibiryo bikorwa na Meijer gusa;
Agapaki ka pulasitike ka ounce 2-4;
Ubwoko bwihariye gusa nk'uko bwavuzwe:



Pome Umuneke
Inkeri



Pome
Blueberry



Imboga
zivanze



Ibigori
Imiteja



Ibijumba
Ibigori



Ubwoko bw'ibiryo bukorwa na Tippy
Toes gusa; Amapaki abiri ya purasitike
amagarama 57 na 113; Ubwoko
bwhariye bwagaragajwe hepfo gusa:



Pome



Pome
Umuneke



Pome Umuneke
Inkeri



Pome Berry



Pome Karoti
Umwembe



Pome
Umwembe



Pome Pear
Umuneke



Pome
Ibijumba



Imineke



Imyungu



Imyungu Pome
Pear



Imboga
zivanze



Karoti

IMBUTO N'IMBOGA BY'IMPINJA



Ibiryo byunganira ibindi by'icyiciro cya 2 bikorwa
na Gerber
Amacupa y'ibirahure amagarama 113 gusa.
Ubwoko bwihariye bwagaragajwe hepfo gusa:



Pome Inkeri
Umuneke



Umuneke
Blueberry



Pear Karoti
Amashaza



Ibijumba Umuneke
Icunga



Gerber® 2nd Foods® Organic;
Amacupa y'ibirahure amagarama 113 gusa.
Ubwoko bwihariye bwagaragajwe hepfo gusa:



Pome Wild
Blueberry



Pome Inkeri
Beterave



Pome Epinari
Kale



Umwembe Pome
Umuneke



Ibijumba Pome
Karoti Cinnamon

IMBUTO N'IMBOGA BY'IMPINJA



Beechnut z'Umwimerere cyangwa zitunganyirijwe mu Nganda Ibiryo byo mu Cyiciro cya 2 gusa:



Pome
Blueberry



Pome



Pome Umwembe
Kiwi



Umuneke



Umuneke Inkeri



Imboga zivanze



Pear



Pear Inanasi



Pears Inkeri



Ibijumba



Karoti
ziryohereye



Amashaza
aryohereye

IMBUTO N'IMBOGA BY'IMPINJA



Beechnut z'Umwimerere cyangwa zitunganyirijwe mu Nganda Ibiryo byo mu Cyiciro cya 2 gusa:



Pome Inkeri
Avoka



Pome
Amashaza Kiwi



Umuneke



Umwembe
Karoti



Pear
Umwembe
Inkeri



Epinari
Umwungu
Amashaza