



WICShopper waa app-ka mobeelka ah oo kuu oggolaanaya inaad iskaanno garayso cuntooyinka si aad u xaqiijiso in ay yihiin kuwa WIC oggoshahay, inaad eegto Liiska Cuntada La Oggolyahay, aad hesho fikrado cuntooyin ah, aad xisaabiso khudaarada ku jirta iyo wax kaloo badan!



Soo degso maantaba!

- Had iyo jeer hubi warqaddaada 'Kaarka Dheefaha EBT' iyo/ama rasiidhada si aad u xaqiijiso cuntooyinka gaarka ah ee ku jira Kaarkaaga Nafaqada WIC.
- Haddii aad dhibaato ka wajahayso iibsiga cunto ku jirta Kaarkaaga Nafaqada WIC ama iskaan garaynta cunto, fadlan booqo qaybta 'I couldn't buy this!' ('Ma iibsaa karin tan!') ee ku jirta Abka WICShopper si aad u gudbisno dhibaataada aad wajahayso.



I couldn't buy this!



Department of Health

Barnaamijka Haweenka, Dhalaanka, iyo Carruurta (WIC)

Machadkani waa fursad bixiye loo siman yahay.



Liiska Cuntada La Oggolyahay

Nooca ugu jaban ee Shirkadda cuntada ee La doorbidayo



Department of Health

Barnaamijka Haweenka, Dhalaanka, iyo Carruurta (WIC)

CAANAHA

Jiiska

- Caadi ah ma dufan yar leh, kaliya cabbirka 16 wiiqiyood
- Waxaa la oggol yahay oo keliya jiiska maxaliga ah, loona diyaariyey xirmooyinka horey loo jarjaray ee noocyadan: American; jiiska cheddar; Colby; Colby Jack; Monterey Jack; mozzarella; Muenster; provolone; ama Swiss.



LAMA OGGOLA: Jiiska organiga ah; La jajabiyay, la jarjaray; kuub ahaan loo diyaaruyay; jiiska deli-ka; la tumay; Soodiaam hoose leh; jiiska jiiska dusha cunnooyinka la mariyo; jiiska kareemka; jiis la yaryareeyay; jiiska nooca beeralayda iyo beeraha lagu farsameeyo; jiiska subagga; alaabaha jiiska cuntooyinka ama alaabooyinka la midka ah sida Velveeta; Xirmooyin gooni-gooni loo duubay; Jiiska laga sameeyey caano riyo ama ido ama jiiska Yooqadka.



Caanaha Lo'da

- Kaliya caano cad, dhadhan shukulaato ah leh, la qandiciyay, oo lagu daray fitamiin D.
- Kaliya weelasha cabbirka gallonka ah (haddii aan si gaar ah loo sheegin in la iibsado nus gallon mooyaane).
- Caano dufan yar leh (1% ama ½ %) ama aan dufan lahayn ayaa la oggol yahay, ilaa haddii si gaar ah loo sheego caano dufan dhan leh ama caano leh 2% dufan oo la dhimay.
- * Galloon = 128 wiiqiyood, Nus galloon = 64 wiiqiyood

AAN LA OGGOLAYN: kuwa dhadhan lagu daray, kuwa organiga ah, kuwa dufanka lahayn, iyo kuwa aan dufanka lahayn ee leh nafaqooyiin dheeraad ah.



Caanaha booraha aan dufanka lahayn

- Kaliya marka si gaar ah loo sheego.
- Cabbirka 25.6 wiiqiyadood oo keliya.



Caano ku yar yahay sonkorta dabiiciga ah ee Lagtooska ama Gebi ahaanba Aan lahayn Lagtooska

- Kaliya marka si gaar ah loo sheego.
- Weel hal galloon ah ama nus galloon ah oo keliya.



Caanaha Soy-ga

- Kaliya marka si gaar ah loo sheego.
- Dhadhanka caadiga ah iyo faniilaha oo keliya.
- Dhadhanka caadiga ah iyo shukulaatada

YOOQADKA



Yooqadka

- Kaliya dufan yar leh ama aan lahayn dufan ayaa la oggol yahay, marka laga reebo haddii si gaar ah loo sheego *caanaha dufanka oo dhan* leh.
- Kaliya weel 32 wiiqiyood.



Greek ah oo aan lahayn dufan oo dabiici ah.



Caano greeka oo dhan oo aan dhadhan lagu darin, caano greeka oo lagu daray dhadhan istrawberri iyo kareem ah, loo qaabeeyay qaabka keega cananaaska caano greeka oo leh dhadhanmalab iyo faniilaha ah.



Caano dhan oo dabiici ah, caano dhan oo lagu daray dhadhan vanilaha, caano dhan oo lagu daray dhadhan maple.



Greeka aan lahayn dufan oo daabici, greeka aan dufan lahayn oo lagu daray khudrada biijka, greeka aan dufan lahayn oo lagu daray istrawberri, greeka aan dufan lahayn oo lagu daray dhadhanka fanilaha, greeka ah oo dufan yar leh oo lagu daray dhadhanka faniilaha, greeka dufan yar leh oo aan dhadhan lahayn. *Caano dhan* sonkor la'aan aan dufan lahayn dhadhan istrawberri sonkor la'aan oo vanilaha ah, greeka ah dufan yar leh oo leh sonkor yar, dhadhan fanilaha Madagascar iyo qorfe.

XUSUUSINO



RAASHINKA BAALKA LEH



Baasto iyada dhan Laga sameeyey Qamadi

	Baasto spaghetti qamadi dhan ka samaysan, Baasto dhuuban qamadi ka samaysan, baasto makarooni nooca yara dheer oo qamadi dhan ka samaysan, Baasto rotini qamadi dhan ka samaysan.
	Baasto capellini Qamadi dhan ka samaysan, Baasta makarooniga nooca qamadiga dhan ka samaysan, Baasto farfalle oo qamadi dhan ka samaysan, Baasto Balbaar oo qamadi dhan ka samaysan, Baasto makarooni nooca yara dheer oo qamadi dhan ka samaysan, Baasta makaroonida nooca rigatoni oo qamadi dhan ka samaysan, Baasto Rotini qamadi dhan ka samaysan, Baasto qamadi dhan ka samaysan.
	Baasto makarooni nooca yara dheer oo 100% hadhuudh kasamaysan, Baasto 100% hadhuudh ka samaysan, Baasto dhuuban 100% hadhuudh ka samaysan, Baasta Rotini 100% hadhuudh ka samaysan, Baasta balbalaar oo 100% hadhuudh ka samaysan.
	Baasto makarooni nooca yara dheer oo qamadi ka samaysan, Baasta Rotini oo iyada dhan qamadi samaysan, Baasto iyada dhan qamadi ka samaysan, Baasto dhuuban oo qamadi ka samaysan.
	Baasto Capellini oo iyada dhan qamadi ka samaysan, Baasto iyada qamadi ka samaysan.

YOOQADKA

	dufan yar leh oo dabiici ah, dufan yar leh ee leh dhadhan faniilaha ah.
	Aan dufan lahayn oo dabiici ah, dufan yar leh, dhadhan istrawberri, dufan yar leh dhadhan faniilaha ah, <i>caano dhan</i> , <i>caano dhan oo leh dhadhan vanilaha ah</i> .
	Aan dufan lahayn oo leh dhadhan istrawberri, aan dufan lahayn oo leh dhadhan faniilaha ah.
	Aan dufan lahayn oo dabiici ah, aan dufan lahayn oo lagu daray dhadhan faniilaha ah.
	Dufan yar leh aan dhadhan lagu darin, dufan yar leh oo leh dhadhan faniilaha ah, dufan yar leh oo lagu daray dhadhan khudradda ferskenka, dufan yar leh oo lagu daray dhadhan raasberri ah, dufan yar leh oo lagu daray dhadhan istrawberri, dufan yar leh oo lagu daray dhadhan buluugbeeri.
	Dufan yar leh oo leh dhadhan istrawberri ,aan dufan lahayn oo lagu daray dhadhan vanilaha ah, aan dufan lahayn oo dabiici aj, dufan yar leh oo lagu daray dhadhan faniilaha ah.
	Greek ah oo <i>caano dhan oo dabiici ah</i> , greeka ah oo aan dufan lahayn oo aan dhadhan lagu darin; greeka ah oo aan dufan lahayn oo lagu dhadhan faniilaha ajh, isku qasan greek ah oo aan dufan lahayn oo lagu daray dhadhan faniilaha ah, isku qasan greeka ah aan dufan lahay n oo lagu daray dhadhan istrawberri ah, aan dufan lahayn oo lagu daray dhadhan faniilaha ah, aan dufan lahay oo aan dabiici ah.
	Aan dufan oo dabiici ah, aan dufan lahayn oo dhadhan faniilaha ah, dufan yar leh oo dhadhan istrawberri , dufan yar leh dhadhan faniilaha ah, dufan yar leh oo leh fersken, dufan yar leh oo leh dhadhank istrawberri iyo moos.
	Aan dufan lahayn oo dabiici ah, Aan dufan lahayn oo leh dhadhan istrawberri, aan dufan lahayn oo lagu daray dhadhan vanilaha.
	<i>Caano greeka ah oo dhan oo dabiici ah</i> , <i>caano greeka oo dhadhan vanilaha ah lagu daray</i> , <i>greeka aan dufan oo dabiici ah</i> , greeka oo dhadhan faniilaha leh, <i>caano dhan oo dhadhanka faniilaha leh</i> , <i>caano dhan oo dhadhan dabiici ah leh</i> , <i>dufan yar leh oo leh dhadhan dabiici ah</i> , dufan yar leh oo dhadhan vanilaha leh, Carbmater dufan yar leh oo dhadhanka vanilaha leh, Carbmater dufan yar leh fersken leh, Carbmater dufan yar leh oo dhadhan istrawberri leh, aan dufan lahy oo dabiici ah.
	Dufan yar leh oo leh dhan istrawberri ah, dufan yar leh oo dabiici ah, cambo dufan yar leh, dufan yar leh oo faniilaha ah.
	Aan dufan lahayn oo lagu daray dhadhan istrawberri , dufan yar leh oo dabiici ah, greeka aan dufan lahayn oo faniilaha ah, greek aan dufan lahayn oo dabiici ah, dhadhanka vanilaha dufan yar leh.
	Dufan yar leh oo lagu daray dhadhanka istrawberri, dufan yar leh istrawberri iyo moos, dufan yar leh buluugbeeri, dufan yar leh oo dabiici ah, faniilaha qafiif ah, dufan yar leh oo lagu daray dhadhan faniilaha ah, <i>caano dhan oo dabiici ah</i> , greeka oo aan dufan lahayn pp lagu daray dhadhan istrawberri ah, greeka aan dufan lahayn oo dabiici ah, greeka ah oo aan dufan lahayn oo lagu daray dhadhanka faniilaha ah.
	<i>Caano dhan oo dabiici ah</i> , <i>caano dhan oo lagu daray dhadhan faniilaha ah</i> , <i>caano dhan oo istrawberri ah</i> , dufan yar leh oo leh dhadhan faniilaha, dufan yar leh oo dabiici ah, aan dufan lahayn oo dabiici ah.
	Aan dufan lahayn oo lagu daray dhadhan vanilaha ah, aan dufan lahayn oo dabiici ah, <i>caano dhan</i> , oo dabiici ah, greek aan dufan lahayn oo dabiici ah, greeka aan dufan lahayn oo dhadhanka faniilaha leh.
	Aan dufan lahayn oo dabiici ah, aan dufan lahayn oo leh dhadhan istrawberri, aan dufan lahayn oo leh dhadhan faniilaha ah.
	dufan yar leh oo lagu daray buluugbeeri, dufan yar leh oo leh fersken, dufan yar leh oo dhadhanka faniilaha leh, greeka ah oo aan dufan lahayn oo dabiici ah, greeka ah oo aan dufan lahayn oo dhadhan faniilaha leh, aan dufan lahayn oo istrawberri ah, aan dufan lahayn oo dhadhan faniilaha leh, aan dufan lahayn oo dabiici ah.

YOOQADKA

	organiga ah oo aan dufan lahayn oo dhadhan dabiici ah leh, organiga aan dufan lahayn oo dhadhan faniilaha leh, organiga dufan yar leh oo dhadhan dabiici ah leh, organiga dufan yar leh oo dhadhan faniilaha ah, caano dhan <i>organig ah</i> oo lagu daray shayada wax qamiiriyo oo dabiici ah, caano dhan <i>oo organiga ah</i> oo dhadhan faniilaha ah oo lagu daray shayada wax qamiiriyo, caano dhan <i>oo organiga ah</i> oo istrawberri ah oo lagu daray shayada wax qamiiriyo, caano dhan oo organiga <i>ah</i> oo vaniilaha ah oo lagu daray shayada wax qamiiriyo
	dufan yar leh oo dabiici ah, dufan yar leh ee leh dhadhan faniilaha ah.
	Dufanka yar leh fersken, dufan yar leh istrawberri, dufan yar leh oo leh dhadhan istrawberri iyo moos, dufan yar leh oo dhadhan faniilaha ah, dufan yar leh oo leh dhan buluugbeeri, aan dufan lahayn oo dabiici ah.

UKUNTA



- Ukun weyn, nooca A ama AA.
- Ukun cad oo digaaga ah, aan lagu hayn qafis.
- Xirmo hal darsan ah.

AAN LA OGGOLAYN: Ukun organiga ah; ukun la kululeeyay; ukun lagu khamriyey; ukun la kariyey; ukun kolestrool ku yar yahay; ukun lagu daray Omega 3; ukun lagu daray fitamiinno iyo macdano; Ukunta digaag bannaanka lagu dhaqo; iyo bedelka ukunta.

TOFU



Kaliya xirmo 16 wiiqiyood ah, waxaana la isku dari karaa ilaa tirada guud ee wiiqiyadaha lagu siiyey.

SUBAGGA LAWSKA



- Kaliya weelasha u dhexeeya 16-18 wiiqiyood.
- Waxaa la oggol yahay kan caadiga ama dabiiciga ah; jilicsan; leh jajab lows ah ; dufan la dhimay; cusbo yar; sonkor yar.

AAN LA OGGOLAYN: noocyada subagga lowska ee qasan; kuwa khafiifka ah; kuwa lagu daray jele/jam; kuwa marshmallow-ka leh; kuwa lagu daray malab ama cuntooyin kale; kuwa lagu daray nafaqooyin kale; iyo kuwa lagu sameeyo saliid geedka timirta.

RAASHINKA BAALKA LEH



Baasto iyada dhan Laga sameeyey Qamadi
16 wiiqiyood.



	Baastada khamadiga baalka leh:
	Rotini hadhuudh ka samaysan, baasto makarooni dhexdhexaad ah oo hadhuudh ka samaysan, baasta makarooni ee graine pennie oo hadhuudh ka samaysan, baasta makarooni nooca elbows ee hadhuudh ka samaysan, baasto makarooni dhuuban oo hadhuudh ka samaysan, baasta balbalaar oo iyada dhan hadhuudh ka samaysan, baasta dhuubana oo loo yaqaan angel hair oo iyada dhan hadhuudh ka samaysan, baasta iyada dhan hadhuudh ka samaysan.
	Baasta rotini oo iyada dhan qamadi ka samaysan, baasta iyada dhan qamadi ka samaysan.
	Baasto iyada dhan qamadi ka samaysan, baasta macaroni oo qamadi ka samaysan, baasto elbow macaroni oo qamadi ka samaysan, baasta rotini oo iyada dhan qamadi ka samaysan, baasta makarooni nooca yara dheer oo qamadi ka samaysan, baasta dhuuban oo iyada dhan qamadi ka samaysan, baasta vermicelli oo iyada dhan qamadi ka samaysan
	Baasto makarooni nooca yara dheer oo 100% qamadi ka samaysan, Baasto rotini oo 100% ka samaysan, Baasto 100% qamadi laga sameeyay,
	Baasto 100% qamadi ka samaysan, baasto nocoa elbow macaroni 100% qamadi ka samaysan, baasto makarooni nooca yara dheer ee 100% qamadi ka samaysan, baasto rotini 100% qamadi ka samaysan,
	Baasto nooca elbow makarooni oo qamadi ka samaysan, baasto balbalaarka nooca linguine oo qamadi ka samaysan, baasto penne oo qamadi ka samaysan, baasto rotini oo qamadi ka samaysan, baasto iyada dhan qamadi ka samaysan.
	Baasto makarooni nooca yara dheer qamadi dhan ka samaysan, baasto dhuuban qamadi ka samaysan, baasto makarooni oo qamadi dhan ka samaysan, baasto iyada dhan qamadi ka samaysan
	Baasto iyada dhan qamadi ka samaysan, baasto makarooni capellini oo qamadi ka samaysan, baasto makarooni nooca yara dheer oo ka samaysan, baasto rotini oo qamadi ka samaysan,
	Baasto penne oo 100% qamadi ka samaysan, Baasto rotini oo 100% ka samaysan, Baasto 100% qamadi laga sameeyay,

RAASHINKA BAALKA LEH



Tortillas



Qamadi dhan.



Bur qamadi dhan oo taco jilicsan ah, galley jaalle ah, galley cad.



Galley, bur qamadi dhan ah oo taco jilicsan ah.



Galley fajita style ah oo gacanta lagu sameeyey.



Qamadi dhan fajita style ah oo asal ah.



Galley jaalle ah

Rooti yaryar



Rootiga sandwika.



Rooti hot dog-ga.

LAMA OGGOLA: Alaabta lagu daray miro, lows, ama xawaashyo.



- Rootiga 100% qamadiga laga sameeyay.
- Rootiga hot dog-ga oo 100% qamadi laga sameeyay.



- Rootiga hoagie rolls-ka oo 100% qamadi ah
- Rootiga hot dog-ga oo 100% qamadi dhan ah



- Rootiga 100% qamadi dhan ah oo ah 16 wiiqiyood.

KALLUUNKA



Tuna qasacadaysan

Qaybo tuna ah oo khafiif ah, lagu qasacay biyo kaliya; Kaliya qasacado 5 ama 6 wiiqiyood.



Salmon qasacadaysan

Kaliya salmon nooca pink ah; Kaliya qasacado 14.75 wiiqiyood ah.

AAN LA OGGOLAYN: salmon nooca cas; tuna lagu iibiyo bacaha jilicsan.

DIGIRTA



Digir Qalalan ama Digirta cagaaran

kaliya xirmo 16 wiiqiyood ah.

Digirta qasacadaysan

waxaa la isku dari karaa ilaa tirada guud ee wiiqiyadaha lagu oggolaaday.

AAN LA OGGOLAYN: digir duban oo leh maraq macaan; digir lagu daray xawaashyo; digir leh maraqyo kala duwan; digir lagu kariyey dufan ama hilib.

MIRAHHA IYO KHUDAARTA

Ka qaybgalayaasha waxaa loo oggol yahay inay doortaan miro iyo khudaar cusub, la qaboojiyey ama qasacadaysan, ilaa xadka lacagta ugu badan ee WIC oggolaaday. Ka qaybgalayaashu ma helayaan lacag celinta kaashka ah ama credit-ka ee dib loogu soo celiyo haddii aan dhammaan la isticmaalin.

App-ka WIC Shopper ma iskaan karayn karo miraha iyo khudaarta cusub, fadlan eeg qaybta 'Get Help!' 'Caawimaad Hel!' ee App-ka si aad u hesho macluumaad dheeraad ah.



Cusub

Nooc kasta oo miro iyo khudaar cusub ah ayaa la oggol yahay.

Waxay noqon karaan kuwo buuxo, jarjaran, bac lagu riday, ama la baakadeeyay.

AAN LA OGGOLAYN: Saxan miro iyo khudaar ama qaybo yar yar oo leh suugo; dambiilo miro ah; miro/khudaar qurxin ahaan loo isticmaalo; toon xarig lagu xiro; cuntooyinka saladka laga sameeyo; miro lagu daray lows; cuntooyinka la dubay oo miro leh; miro qalalan; ubaxyo la cuni karo; geedo caraf iyo xawaashyo leh.



MIRAHA IYO KHUDAARTA

La qaboojiyay

Nooc kasta oo khudrad ama miro ah waa la oggol yahay.

AAN LA OGGOLAYN: Miro: kuwa leh dareere sonkor leh, sonkor lagu daray, jalaato miro laga sameeya, cuntooyinka lagu dubay miro (tusaale rootiga).

Khudradda: kuwa lagu daray sonkor, subag, saliid, maraq ama waxyaabaha qurxinta; khudrad lagu daro baasto, noodles-ka, lows, bariis, farmaajo, ama hilib; baradhada macaan oo la shiilay, chipsiga, ama baradho qaabab gaar ah loo sameeyey.



Qasacado, Dhalooyin, ama Weelal Caag ah

Miro ku jira casiir;

Casiir seeko ah ama adag;

Miro ku jira biyo leh macmacaan macmal ah;

AAN LA OGGOLAYN: Miro: kuwa ku jira jelatin, jalaatada, fruit crisp-ka, fruit parfaits-ka, miro lagu daray sonkor ama lows, miro ku jira sonkor dhereera ah oo culus, khafiif ama fudud, saladka miraha ah.

Khudradda: kuwa leh saliid ama cusbo lagu qaso, khal, khudrad lagu daray, khudrad kareemaysan, digir, lows, lentils-ka, digir duban, digir iyo hilib doofaar, digir la shiiday, ketchup, relish-ka, saytuun-ka; iyo pizzaha, lasagna, maraqa baastada, ama salsa.

CASIIRKA

Casiirka Lagu Kaydin Karo Heerkulka Qolka

- Casiirka ku jira liiskan waa inuu buuxiyo shuruudahan: 100% casiir saafi ah oo aan lahayn sonkor lagu daray. Ku jira dhalo caag ah oo 64 wiiqiyood oo keliya; casiirka liinta waa inuu noqon karaa midka shirkad kasta

AAN LA OGGOLAYN: cabitaannada miraha ah, casiir lagu daray sonkor, cocktail casiir ah ama budo casiir laga sameeyo.

	Always Save Tufaax, canab, liin.
	Apple and Eve Tufaax, kranberry iyo canab, kranberry iyo fersken iyo cambe, kranberry iyo rumman, kranberry iyo raasberri, kranberry iyo berry dabiici ah, iyo cranberry dabiici ah.
	Best Choice Tufaax, isku qaska berry, isku darka jeeri, canab, isku darka canab, grapefruit iyo cananaaska, liin, isku darka punch, canab cad, yaanyo, khudrad.
	Best Yet Tufaax, kranberry, kranberry iyo canab, canab, liin bambeelo, canab cad.

RAASHINKA BAALKA LEH



Tortillas:



	Galley, 100% qamadi ah.
	Galley cad, Galley jaalle, bur qamadi ah.
	Galley cad, qaab taco jilicsan Qamadi dhan, qaab fajita ah.
	Galley cad, qamadi dhan ah.
	Galley cad oo jilicsan, qamadi dhan.
	Qamadi dhan.
	Qamadi dhan, 100% qamadi dhan ah
	Qamadi dhan.
	6-inji galley cad, qamadi dhan.
	Qamadi dhan, Galley jaalle oo aan gluten lahayn.
	6-inji galley jaalle ah.
	Galley, qamadi dhan qaab fajita ah, galley jaalle, bur qamadi dhan ah.
	Galley
	Galley, galley cad, qamadi dhan ah
	Qamadi dhan.
	Galley cad, qamadi dhan, galley jaalle dhuuban.
	Qamadi dhan.

RAASHINKA BAALKA LEH

Rootiga

	Qamadi dhan oo 100% ah.
	100% Qamadi dhan, 100% hadhuudh dhan oo aan lahayn sonkor, rooti 100% qamadi dhan ah oo malab leh.
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.
	rooti guriga lagu sameeyo 100% qamadi dhan ah, rooti jilicsan oo qamadi fudud ah, rooti si aad u dhuuban loo jarjaray 100% qamadi dhan ah, Rooti 100% hadhuudh dhan ah oo hadhuudh dhan leh, rooti 15 nooc oo hadhuudh dhan leh, rooti malab leh oo miraha dhan iyo qamadi dhan ah, rooti miraha dhan iyo boorash ka samaysan, hadhuudh dhan ee nooca rey, rooti 100% hadhuudh dhan ah oo leh qorfe iyo sabiib oo qaab wareeg ah ugu dhex jira.
	Rooti Roman Meal Sungrain 100% qamadi dhan ah, 100% qamadi dhan ah, rooti Hometown (Maxaliga ah) oo 100% qamadi dhan ah
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.
	Rooti yaryar 100% qamadi dhan ah, Rooti 100% qamadi dhan ah.
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.



CASIIRKA

	Campbell's Yaanyo caadi ah, yaanyo soodiam yar leh, V-8 caadi ah, V-8 kulul, V-8 soodiam yar leh.
	Diane's Garden Khudrad.
	Essential Everyday Casiir tufaax, isku qaska berry, isku qaska jeeri, isku qaska cranberry, isku qaska canabka, isku qaska casiirka ka kooban miraha badan (punch), canab cad, cananaas, liin bambeellada.
	Everfresh Tufaax.
	Food Club Tufaax, cananaas, kranberry, kranberry iyo canab, kranberry iyo raasberri, canab, khudrad, canab cad, liin bambeelo cad.
	Giant Eagle Tufaax, kranberry, tufaax gala style, tufaax granny smith, canab, canab cad, liin bambeelo cad.
	Great Value Tufaax, canab, canab cad, canab cad iyo fersken, kranberry, isku darka kranberry, cananaas, khudrad.
	Harvest Classic Isku darka tufaax liin cananaas, canabka madow, kranberry, kranberry iyo tufaax, cananaas.
	HyTop Tufaax, jeeri madow + canabka madow, canab, cananaas, yaanyo, khudrad, canab cad, canab cad iyo jeeri.
	IGA Tufaax, tufaax cusub, canab, liin bambeelo, cananaas, canab cad.

CASIIRKA

	<u>Juicy Juice</u> Tufaaxa, tufaaxa raaspberri, berry-ka, jeeri, canabka, kiwika, istrawberri, cambaha, liin, liin macaan, baradho iyo tufaax guduudan, istrawberri moos, istrawberri qaro isku darka cananaaska canbaha iyo passionka, canab cad.
	<u>Kroger</u> Tufaax, Berryka, Kranberry, canab, liin bambeelo, cananaas, khudrad, khudrad sodium yar leh, liin bambeelo guduudan, khudrad basbaas leh, canab, canab cad, canab cad fersken.
	<u>Langers</u> Tufaax, tufaax kranberry, tufaax canab, tufaax liin cananaas, canab, liin, cananaas, canab cas, liin bambeelo gaduudan, yaanyo, khudrad, khudrad sodium yar leh, canab cad.
	<u>Libby's</u> Cananaas.
	<u>Meijer</u> Tufaax, kranberry, genuine berry, genuine berry, miraha casiika punch, canab sax ah, canab, liin bambeelo gaduudan, caananaas, pruneke, kranberry raaspberri, khudrad basbaas leh, yaanyo, casiir la isku qasay oo cananaas lagu daray, khudrad, khudrad sodium yar leh, canab cad, canab cad fersken.
	<u>Mott's</u> Tufaax.
	<u>Musselman's</u> Tufaax.
	<u>Nature's Nectar</u> Tufaax, canab, canab cad.
	<u>Northland</u> Kranberry raaspberri, kranberry, kranberry blaakberry, kranberry jeeri, Kranberry canab, kranberry geed rumaan, kranberry buluugbeeri.
	<u>Ocean Spray</u> Tufaaxa, canabka madoow, kranberry raaspberri, kranberry balaagberry, kranberry jeeri, kranberry balaagberry, kranberry jeeri, kranberry canab madoow, kranberry cambo, kranberry cananaas, kranberry geed rumaan, kranberry qare, kranberry elderberry.

RAASHINKA BAALKA LEH

 32 wiqiyood		Blue Ribbon hadhuudh dhan bariis bunni ah.
		Kroger bariis bunni oo long grain ah.
		Mahatma bariis bunni ah. Mahatma bariis bunni jasmine ah.
		Meijer bariis bunni dabiici ah oo long grain ah.
		Our Family bariis bunni ah.
		Shurfine bariis bunni ah.
		Spartan bariis bunni oo long grain ah.
		Success hadhuudh dhan bariis bunni ah. Bariis bunni oo lagu kariyo biyo.



Rootiga

Ikhtiyaarrada hoose waa xirmooyinka 16 wiqiyood ilaa haddii si kale loo sheego mooyaane, waxaa la isku dari karaa ilaa tirada inta wiqiyood ee la bixiyay.

	Rooti 100% qamadi dhan ah, rooti leh laba-laab faybar ah.
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.
	Rooti 100% hadhuudh dhan ah oo aan lahayn sonkor, Rooti dhan dhan oo 100% qamadi dhan ah
	Qamadi dhan oo 100% ah.
	Rooti maxaliga ah 100% qamadi dhan ah
	Qamadi dhan oo 100% ah.
	Qamadi dhan oo 100% ah.
	100% qamadi dhan ah, hadhuudh dhan oo cad.

RAASHINKA BAALKA LEH

16 wiiqiyood haddii uu jiro.

Waxaa la isku dari karaa ilaa tirada wiiqiyood ee la oggolaaday; shirkadaha cuntada ugu jaban ayaa la door bidaa.



Boorash

nooc kasta oo summad ah waa la oggol yahay, cabbirro kala duwan, waxaana ka mid noqon kara boorashka la uumiyeey kadibna fidsan, boorash la jarjaray oo khafiif loo shubay, ama boorash caadi ah oo dhumuc leh.

LAMA OGGOLA: Alaabta lagu daray miro, lows, ama xawaashyo.

Bariis bunni oo Hadhuudh dhan ah

Nooc kasta iyo cabbir kasta waa la oggol yahay

LAMA OGGOLA: Bariiska cad.

 16 wiiqiyood		Healthy goodness hadhuudh cad oo dhan. Healthy goodness qamadi dhan oo 100% ah
		Qamadi dhan oo 100% ah.
		Qamadi dhan oo 100% ah.
		Qamadi dhan oo 100% ah.
 18 wiiqiyood		Quaker Oats boorash 100% qamadi dhan ah.
 20 wiiqiyood		Bimbo rooti 100% qamadi dhan ah.
		Nature's Own rooti 100% qamadi dhan ah.
		Qamadi dhan oo 100% ah.
		Sara Lee rooti 100% qamadi dhan ah.
 24 wiiqiyood		Brownberry rooti 100% qamadi dhan ah. Brownberry rooti laban-laab ah.
		Kroger rooti 100% qamadi dhan ah oo malab leh. Kroger rooti 100% qamadi dhan ah oo wareegsan.
		Our Family rooti 100% qamadi dhan ah oo nooca country style ah.
		Private Selection rooti 100% qamadi dhan ah nooca wide pan bread ah Private Selection rooti 100% qamadi dhan ah.

CASIIRKA

Old Orchard



Tufaax, canab, cananas, canab cad, tufaax kranberry, isku qaska berryga, jeeri madoow kranberry, buluugberry geed rumaan, jeeri geed rumaan, kranberry geed rumaan, canab, kiwi, istrawberri, strawberry qare, liin macaan, fersken cambo, cananaas, raspberry cas, canab cad, cherriga dabiiciga u baxo, liimaha kala duwan ee caafimaadka u waangsanaa, casiiirka taageerada difaaca caafimaadka, isku qaska miraha casiiirka taageerada caafimaadka.

Our Family



Tufaax, la shiiday, canab, liin bambeel, liin bambeelo casaan ah, canab cad, 100% casiiir la isku qasay, khudrad.

Seneca



Tufaax.

Shurfine



Tufaax, canab, cananas, canab cad.

Tipton Grove



Tufaax, kranberry, canab, canab cad.

Tree Top



Tufaax,
tufaax canab.

V-8



Asalka 100% khudrad la shiiday.
Khudrad la shiiday oo 100% sodium yar leh.
Khudrad la shiiday oo 100% basbaas leh.

Valuetime



Canab.

Welch's



Canab Madoow oo leh kalcium, canab, canab cad, canab cad fersken, canab cas, super berry, casiiir la isku qasay.

CASIIR-BARAFAYSAN

Casiir kasta oo ku qoran liiskan waa inuu buuxiyo shuruudahan: waa inuu ahaadaa 100% casiir saafi ah oo aan lahayn sonkor lagu daray; Cabbirka waa 11.5 wiqiyood ama 12 wiqiyood; marka lagu qaso biyo waa inuu noqdaa 48 wiqiyood; casiirka liinta summad kasta waa la oggol yahay.

	<u>Always Save</u> Liin.
	<u>Best Choice</u> Tufaax, liin.
	<u>Best Yet</u> Tufaax, canab, liin, liin bambeelo.
	<u>Dole</u> Cananaas, cananaas, liin.
	<u>Essential Everyday</u> Tufaax, liin.
	<u>Food Club</u> Tufaax, liin bambeelo, liin.
	<u>Giant Eagle</u> Liin.
	<u>Great Value</u> Tufaax, canab, liin
	<u>HyTop</u> Tufaax, liin.
	<u>IGA</u> Tufaax, liin.
	<u>Kroger</u> Tufaax, canab, liin bambeelo, cananaas, cananaas liin.
	<u>Langers</u> Tufaax, tufaax kranberry, tufaax liin cananaas, canab, liin, cananaas, canab cad.
	<u>Meijer</u> Tufaax, liin.
	<u>Old Orchard</u> Tufaax, tufaax jeeri, tufaax kranberry, tufaax kiwi istrawberri, tufaax passion cambo, tufaax raspberry, tufaax istrawberri moos, isku qaska berry, jeeri madoow kranberry, buluugbeeri pomegranate, kranberry pomegranate, kranberry raspberry, canab, cananaas, cananaas liin, cananaas liin moos, istrawberri rhubarb, canab cad.

RAASHINKA BAALKA LEH

Tusmadan hoose ka muuqaato waxay bixisaa tusaalooyin ku saabsan sida loo isticmaalo dhammaan 32 wiqiyood ee hadhuudha dhan.

Tusmada Hadhuudhka Dhan

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

 8 wiqiyood		Tortilla galley cad ah.
 12 wiqiyood	 	IGA instant oatmeal regular 12 xabbo ah. Lewis Bake Shop rooti 100% qamadi dhan ah, nus rooti.
 14 wiqiyood		Food Club instant bariis bunni ah.
		Bariiska bunniga ah ee Freedom's Choice instant.
	 	Barii bunni ah ee Kroger boil in bag lagu kaydin karo makrowayfka. Kroger brown rice microwaveable Bariiska bunniga ah Minute
		Bariiska bunniga ah ee Our Family instant.
		Rooti hadhuudh dhan oo dhuuban, 15 nooc oo miraha dhan ah, Rooti hadhuudh dhan oo qamadi ka samaysan
 16 wiqiyood		Success hadhuudh dhan bariis bunni ah.
		Blue Ribbon hadhuudh dhan bariis bunni ah.
		Kroger rooti 100% qamadi dhan ah oo malab leh.
		Mahatma bariis bunni ah.
	 	Rootiga qamadiga ee ee fajita style ee Our Family. Tortillaska galley jaalle ah ee Our Family. Tortillaska galley caddaan ah ee Our Family. Boorasha 3-minute ee Quaker

SEERIYALKA QURAACDA EE KULUL

	<u>Cream of Wheat</u> -Cream of Wheat (1 Daqiiqo) (28 wiiqiyood). -Cream of Wheat (10 Minute) (28 ounces).
	<u>Quaker</u> -Oat Bran Hot Cereal (16 wiiqiyood). -Instant Grits Original (18 wiiqiyood). -Instant Grits Original 12 xabbo (1 wiiqiyood). -Instant Grits Original (9.8 wiiqiyood oo xabbo). -Instant Grits Super Family Original (24 xabbo). -Instant Oatmeal packets (9.8 wiiqiyood).
	<u>Farina</u> -Cream of Wheat (18/28 wiiqiyood).
	<u>Malt-o-Meal</u> -Cream of Wheat Original (18/28/36 wiiqiyood).
	Oats-instant oatmeal original, 11.8 wiiqiyood (xabbooyin gaar ah); oats-instant oatmeal original, 23.7 wiiqiyood (xabbooyin gaar ah); grits-original instant 10 wiiqiyood, 12 wiiqiyood, 36 wiiqiyood.
	Oats-Quick 18 wiiqiyood; Oats-Instant Oatmeal Original, 11.8 wiiqiyood. (xabbooyin gaar ah).



CASIIRKA — BARAFAYSAN

	<u>Our Family</u> Tufaax, liin.
	<u>Seneca</u> Tufaax, liin
	<u>Shurfine</u> Tufaax, liin.
	<u>Tipton Grove</u> Tufaax, liin.
	<u>Welch's</u> Tufaax, canab, canab cad, canab cad kranberry, canab cad fersken, canab cad raaspberri.

CASIIRKA — SEEKADA AH

Lagu kaydin karo heerkulka qolka; 100% casiir macaan oo aan sonkor lag dirin; 11.5 wiiqiyood ama 12 wiiqiyood oo keliya; waa in dib loo diyaariyaa si uu u noqdo 48 wiiqiyood

	<u>Welch's</u> Apple, fruit fantastic (Miir la isku daracay), grape, tropical passion (Casiir la isku qasay oo nocy badan ka kooban).
	<u>Giant Eagle</u> Cananaas, tufaax, canab.

SEERIYAALKA

Nooca ugu jaban ee shirkadda cuntada ee la doorbidaya ; waxaa la isku dari karaa ilaa tirada wiqiyood ee la bixiyay

Best Choice®



Essential EVERYDAY



Food Club



SEERIYAALKA





Bariis dab oo
lagu dubay



Ma jiraan sawirro loogu talagalay
Raisin Bran



SEERIYAALKA



SEERIYAALKA





**Department of
Health**

Barnaamijka Haweenka,
Dhalaanka, iyo Carruurta
(WIC)

Machadkani waa fursad bixiye loo siman yahay.

10/2025

701.23

Liistada Cuntada Dhalaanka ee La Ogolaaday



**Department of
Health**

Barnaamijka Haweenka,
Dhalaanka, iyo Carruurta
(WIC)

KHUDAARTA DHALAANKA



Cuntooyinka labaad ee nooca Gerber oo keliya;
Weel caag ah oo 4-waqiyyadood ah oo keliya.
Keliya noocyada gaarka ah sida hoos ku taxan:



Tufaax



Tufaax iyo
Afokaadho



Tufaax iyo Beeriga
Buluuga ah



Tufaax
Jeeri



Khudaar la isku
shiiday Tufaax



Tufaax Istarawbeeri
Mooska



Dabacase Miro La
Isku daray



Moos



Moos Tufaax
Canbo Laf



Moos Beeriga
Madawga ah
Beeriga Buluuga ah



Moos Kaaroot
Cambo



Moos Liin Macaan
Medley



Moos Plum Cinab



Canbo



Peach



Cambo Laf



Cambo Laf
Cananaas



Cambo Laf
Zucchini Galay



Cambo Laf La
Qalajiyay Tufaax



WICShopper waa barnaamij abka moobilka kaa oo kuu ogolaanaya in aad iskaanto badeecooyinka si aad u xaqiijiso in WIC ay ogolaatay, arag liiska cuntada la fasaxay, hel fikradaha cunto karinta, xisaabi wax soo saarka, iyo in ka badan!



Maanta soo dajiso!

- Markasta hubi daabacaaddaada iyo/ama rasiidhadaada " Dheefaha Kaarka EBT" i si aad u xaqiijiso shayada gaarka ah ee aad ku haysato Kaarka Nafaqada ee WIC.
- Haddii ay kugu adag tahay inaad shay ku iibsatiid Kaarkaaga Nafaqada ee WIC ama aad shay ku sawirto, fadlan booqo "Kani waan ku iibsan kari waayay!" gudaha barnaamijka Abka WICShopper si aad u soo gudbiso arinta.



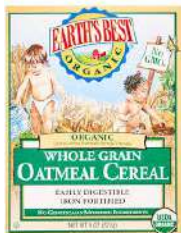
I couldn't buy
this!

RAASHINKA DHALAANKA



Nooca Earth's Best Organic kaliya; Weelasha 8-waqiyadood oo kaliya qaada; dhamaan dhadhanka raashinka waxaa lagu xoojiyay iron.

LAMA OGOLO: Iyadoo miro lagu daray; oo lagu daray DHA/ARA; badarka dhalooyinka; baakado kala duwan.



Boorash



Bariis



Raashin badan



Nooca Gerber kaliya; Weel 8-waqiyadood ah oo kaliya.

LAMA OGOLO: Iyadoo miro lagu daray; oo lagu daray DHA/ARA; badarka dhalooyinka; baakado kala duwan.



Boorash ka samaysan Badar oo Gluten la'aan ah



Boorash ka samaysan Badar



Badar Badan



Bariis iyo Badar

Gerber® Organic Cereal



Boorash

KHUDAARTA DHALAANKA



Cuntooyinka labaad ee nooca Gerber oo kaliya; Weel caag ah oo 4-waqiyadood ah oo kaliya. Keliya noocyada gaarka ah sida hoos ku taxan:



Lawski Shiidan



Kaaroot



Cananaaska Karootada Cambaha



Karooto Baradhada Macaan Digir



Digirta Cagaaran



Digir



Digir Karootada Isbinaajka



Cambo Laf Zucchini Galay



Bocorka



Baradho macaan



Baradho macaan Tufaax Bocorka



Baradho macaan Galay



Baradho macaan Galay Kale

KHUDAARTA DHALAANKA



Cuntooyinka labaad ee nooca Earth's Best Organic kaliya; Weel galaas ah oo 4-waqiyyadood ah oo keliya. Keliya noocyada gaarka ah sida hoos ku taxan:



Tufaax Dabacse



Tufaax Beeriga Buluuga ah



Tufaax



Tufaax Plum



Cambe Dhuudhuub



Moos



Cambo Laf



Cambo Laf Cambo



Cambo Laf Rasbeeri



Cambo Laf La Qalajiyay

KHUDAARTA DHALAANKA



Cuntooyinka labaad ee nooca Earth's Best Organic kaliya; Weel galaas ah oo 4-waqiyyadood ah oo keliya. Keliya noocyada gaarka ah sida hoos ku taxan:



Kaaroot



Galay Laws shiidan Khudaar la isku dardaray



Digir



Baradho macaan



Winter Squash

HILIBKA DHALAANKA



Ka qaybgalayaasha naas-nuujinta gaarka ah ee nooca dabiiciga ah ee Earth's Best Organic; Dhalooyinka 2.5-waqiyyadood qaada oo kaliya; Keliya noocyada gaarka ah sida hoos ku taxan:



Digaag & Maraq Digaag



Hilibka Turkiga & Maraq Turkiga



Waxaa loo heli karaa Ka qaybgalayaasha naas-nuujinta kaliya Cuntooyinka labaad ee nooca Gerber oo keliya; Dhalooyinka 2.5-waqiyyadood qaada oo kaliya; Keliya noocyada gaarka ah sida hoos ku taxan:



Hilibka Lo'da & Maraq Hilibka Lo'da



Hilib Digaag & Maraqiisa



Ham & Gravy



Hilibka digaaga weyn ee Turki iyo Maraqiisa

MIRAHA IYO KHUDAARTA DHALAANKA



Tufaax iyo Isbiinaj



Moos iyo Istarawbeeri



Moos iyo Istarawbeeri



Kaaroot iyo Digir



Cambo Laf iyo Cinab la Qalajiyay

MIRAH IYO KHUDAARTA DHALAANKA



Cuntooyinka nooca Meijer kaliya; Labo xirmo ee balaastig ah oo qaada 2-4 waqiyadood. Kaliya noocyada gaarka ah sida hoos ku taxan:



Tufaax Moos
Istarawbeeri



Tufaax iyo Beeriga
Buluuga ah



Khudaar
Isku Jirta



Galeyda
Digirta
Cagaaran



Baradho
macaan
Galay



Cuntooyinka nooca Tippy Toes kaliya; Labo xirmo ee balaastig ah oo qaada 2-4 waqiyadood. Keliya noocyada gaarka ah sida hoos ku taxan:



Tufaax



Tufaax
Moos



Tufaax Moos
Istarawbeeri



Tufaax
Beeriga



Tufaax Kaaroot
Canbo



Tufaax
Canbo



Tufaax Canbo
Laf Moos



Tufaax Baradho
macaan



Moos



Khudaar la
isku shiiday



Khudaar la isku
shiiday Tufaax Ca



Khudaar
Isku Jirta



Kaaroot

MIRAH IYO KHUDAARTA DHALAANKA



Nooca 2-aad ee Cuntooyinka Gerber Kaliya; Weel galaas ah oo 4-waqiyadood ah oo keliya. Keliya noocyada gaarka ah sida hoos ku taxan:



Tufaax Istarawbeeri
Mooska



Moos Beeriga
Buluuga ah



Canbo Laf
Karootada Digir



Baradho Macaan Mooska
Liin Macaan



Gerber® 2nd Foods® Organic; Weel galaas ah oo 4-waqiyadood ah oo keliya. Keliya noocyada gaarka ah sida hoos ku taxan:



Tufaax Wild
Blueberry



Tufaax
Istarawbeeri
Beet



Tufaax Isbiinaj
Kale



Canbaha Tufaaxa
Mooska



Baradho Macaan
Tufaax Karootada
Qorfe

MIRAHA IYO KHUDAARTA DHALAANKA



Cuntooyinka Heerka Nooca 2-aad ee
Cuntooyinka oo kaliya;



Tufaax iyo Beeriga
Buluuga ah



Tufaax



Tufaax
Canbo Kiwi



Moos



Canbo
Istarawbeeri



Khudaar Isku
Jirta



Cambo Laf



Cambo Laf
Cananaas



Cambo Laf
Rasbeeri



Baradho macaan



Kaarootka Maca



Digir Macaan

MIRAHA IYO KHUDAARTA DHALAANKA



Cuntooyinka Heerka Nooca 2-aad ee
Cuntooyinka oo kaliya;



Tufaax Rasbeeri
Afokaadho



Tufaax Digir
Kiwi



Moos



Canbo Kaaro



Cambo laf Cambo
Istarawbeeri



Isbiinaj Zucchini
Digir