



Wax iibsiga Hagid

WAXTAR LEH
2023



ISTICMAALIDA KAARKAAGA WIC

- **Sameyso furahaaga 4-ta GOD AH** adigoo wacaya 1-833-566-5248.
- **KA DIIWAANGELI KAARKAAGA WIC** aabka *Minnesota WIC*. (Eeg bogga 3 aad).
- Dheefaha **ayaa soconaya 30 MAALMOOD** ka dibna way dhacayan; Waxyaabaha aan la adeegsan ma sii socdaan muddada gargaarka soo socda.
- Dhowrka jeer ee ugu horreeya, **ka dhig MID FUDUD** oo samee wax kala iibsiga WIC-kaliya.
- **Kaadhkaga WIC ka dhig mid AMMAAN AH** Dheefahaa mustaqbalka waxaa lagu darayaa isla kaadhka.
- **Haddii kaarkaagu LUMO, LA XADO, AMA WAXYELO GAARTO**, wac rugtaada WIC sida ugu dhakhsaha badan

KA HOR INTA AADAN WAX IIBSAN

- Qorshee **inaad WAX KU IIBSATO GOOR HORE** biloowga dheefaha.
- Dooro **Dukaanka WIC oggolaanshaha ka haysta**.
 - Weydiiso Rugtaada WIC dukaan kuu dhow.
 - isticmaal *Aabka Minnesota WIC* ee dukaanada lagu helo.
- Hubi **Haraaga Xisaabta cuntada** iyo **taariikhda DHICITAANKA** adiga oo isticmaalaya mid kamid ah qaababkaan:
 - *Aabka Minnesota WIC*.
 - Rasiidka iibsashadaadii ugu danbaysay ee WIC.
 - Su'aasha haraaga ayaa lagu daabacayaa Qaybta Adeegga Macaamiisha.
 - Wac 1-833-566-5248 si aad u ogaato haraaga xisaabtaada.
 - Haraaga xisaabta ee Rugta caafimaadka WIC.

INTA AAD WAX KA IIBSANAYSO

- Hubi **shirkadaha ay WIC ogoshahay** adiga oo isticmaalaya kan oo ah **HAGAHA WAX IIBSIGA** ama **Food Finder** ee kujira **AABKA MINNESOTA WIC**.
- **Ku iskaan garee cuntooyinka** adga oo adeegsanaya **FOOD FINDER** si aad u hubiso inay ku jiraan cuntooyinka gunnada (*marka laga reebo* miraha iyo khudaarta).
- Sida ugu fudud ee loo isticmaalo **faa'iidooyinkaaga miraha iyo khudradda** waa inaad **doorato DALAG AAN BAAKAD KU JIRIN** oo aad adigu baakada gashanayso.
- **libso waxaad u BAAHAN tahay.** Ma aha inaad iibsatid dhammaan cuntadaada WIC hal mar
- Isku dheelitirka akoonkaga ayaa laga yaabaa inay muujiso kuwan guud **CABBIRKA XIRMADA:**

XAJMIYADA BAAKADHA

oz = Firiqo	lb = rodol = 16 friqo
doz = darsin	qt = rubuc = 32 friqo
con = weel	1/2 gal = nus galaan = 64 friqo
pkg = xirmo	gal = galaan = 128 friqo
	1 gaaan = 2 nus galaan

KALA BIXIDA DIIWAANKA

- Ogaysii khasnadjiga haddii ay tani tahay **MARKII UGU HOREYSAY ee aad ku istacmaalayso** kaarka WIC dukaankas.
- Isticmaal **kaarkaaga WIC MARKA HORE**, ka hor noocyada kale ee lacag-bixinta.
- Boonooyinka, kaararka daacadnimada ee dukanka, iyo **dalabyo kale oo gaar ah waa la OGGOL yahay.**
- Rain checks iyo **badellada lamidka ah LAMA OGGOLA.**
- Haddii aad si khaldan u gasho PIN kaaga 4 jeer, **kaarkaga waa la XIRI doonaa** Wac 1-833-566-5248 si aad dib ugu dejiso PIN kaaga.
- Haddii khasnadjigu ku siiyo **RISIID DHEXE** oo muujinaysa waxa kaadhka WIC ku bixin doono, si taxadar leh dib ugu eeg **KA HOR inta aanad ansixin iibkaaga WIC.**

DUKAANKA RAASHINKA EE RICK

eWIC Isku-dheellitirka bilowga
PAN:*****5133 GOBOLKA: MN

TIRO TAAFAASIISHA UOM

1.00 LB Jiis
36.00 FIRIQQ quraac badarka
1.00 CON Subagga lawska/
Digirta/Digirta
1.00 Walxaha badarka oo
dhan (xirmo)
\$9.00 \$\$\$ Khudrada iyo
miraha fresh-ka ama
kuwa barafaysan
2.00 GAL Skim ama 1% Caano

Dheefahana waxay dhacayaan SAQDA
DHEXE ee habeenimo
01/21/2022

eWIC Dheefaha Soo Furashada
0.25 CON Beranka lawska/Digirta/Digirta
EE DK RD KIDNEY BNS
4.99 \$\$\$ Miro/Khudaar daray ah(\$)
BACDA CLEMENTINE 3
1.50 \$\$\$ Miro/Khudaar daray ah(\$)
ORG RAINBW BBY CARRT

KHASNAJI SMITH, JOHN A
DIKAANKA: 00000 ISDIIWAANGALIN:000 KHASNAJI:1234
TIGIDH#: 1234 09JAN2022 15:10:39
Waad ku mahadsan tahay wax iibsiga
DUKAANKA RAASHINKA EE RICK
123 West Main St
Magaalo kasta, MN40453

- Haddii shey cunto ah uu ka maqan yahay, **riix "NO (MAYA)"** oo hubi in shaygaas uu yahay mid WIC oggolaatay oo lagu daray dheefahaaga hadda.
- Waydii khasnadjiga inuu **KA SAARO shay kasta oo aan WIC ahayn** oo aadan rabin inaad ku bixiso.
- Haddii shay cuntadu **AANU U SAWIRIN sida WIC u oggolaatay**, ma jirto wax uu khasnadjigu samayn karo si uu u oggolaado. **WAA inaad** la wadaagto shaqaalaha WIC:
 - **SAWIRADA alaabta** aad doonaysa inaad iibsato ee aan lagaa jarin kaarkaaga.
 - **DHAMMAAN rasiidhada** laga helo wax kala iibsiga (Dukaamada qaarkood waxay leeyihiin 5 rasiidh!)

Rasiidhada dukaamada way ku kala duwan yihiin.

MINNESOTA WIC-LA OGGLAYAHAY SUMMADAHA CUNTADA



Dhammaan noocyada cuntada ee ay oggolaatay WIC kuma jiraan liiska ee Hagahan wax iibsiga. Isticmaal **Aabkaaga Minnesota WIC** si aad u hubiso in cunto la oggol yahay iyo in ku jiro dheefahaaga cuntada.

MINNESOTA WIC Aabka

Aabka Minnesota WIC waxaa laga heli karaa in lagala soo dago App Store iyo Google Play.



Wuxuu ku shaqaynayaa iOS 16.0 ama kasiis sareeya, iyo Android 6.0 ama kasiis sareeya.

SIDA LA ISU DIIWAANGALIYO

Is diiwaangali si aad u hesho fariimo iyo ogaysiisyo muhiim ah. Waxaad ka diiwaangalin kartaa qalab badan iyo/ama xubnaha qoyska. Haddii aad hesho telefoon cusub, waxaad u baahan doontaa inaad dib isu diiwaangeliso.

1. Dooro **'Diiwaangeli Akoon'** ama riix xulashada haanbeegarka ah

2. Taabo **Diiwaangeli**



3. Geli **10-ka Lambar ee ugu danbaysa** ee kaarka, **Taariikhda Dhalashada**, iyo **Furaha Deegaanka** ee qofka haysta kaarka WIC, iyo **Magaca Akoonka**

■ Slaad u diiwaangeliso **Wax ka badan hal Qoys**, raac Talaabooyinka 1-3 aad ee akoon walba.

■ Dooro **Falaarta Akoonka** si aad **Ugu wareegto Akoon Kale**.



SIDA LOO ISTICMAALO AABKA

Aabkaan ma shaqayn karo hadii WiFi ama adeega selka xadidan yahay.

DHEEFAHA

Haraaga dheeftaadu waa uu isbadalayaa mar kasta oo aad wax ku iibsato Kaarkaaga WIC.

1. Dooro **Dheefaha**

2. Dooro **Hadda**

3. Dheefaha cuntada ee hadhay waxa ku taxan **Bilow** iyo **Dhammaadka Taariikhaha**

ISKAAN GAREE UNIVERSAL PRODUCT CODE (UPC, KOODHKA CAALAMIGA AH EE BADEECADA)

Iskaan garee UPC si aad u hubiso in cuntadu tahay mid WIC ogoshahay iyo in kale kuna jirto dheefahaaga.

1. Dooro **Scan UPC (iskaanka UPC) AMA Enter UPC (Geli UPC)**

2. Iskaan UPC koodhka xirmada **AMA Geli** dhammaan **UPC**

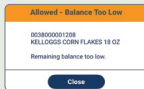
3. Waxaad heli doontaa mid kamid ah waxyaabaha soo socda **Fariimo***:



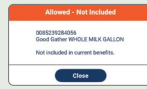
* Haddii uu hal qoys ka badan ka diiwaangashan yahay, fariimaha Food Finder waxaa lagu salayn doonaa akoonka la doortay.



La oggolyahay - Waxaa kamid ah
WIC Ogoshahay waxaana kuugu ira wax kuugu filan dheefahaaga cuntada ee hadda



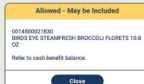
La oggolyahay - Baqi Aad u Yar
WIC Ogoshahay LAAKIIN ma haysatid baqi kuugu filan dheefahaaga cuntada ee hadda



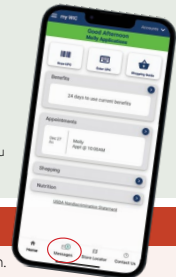
La oggolyahay - Kuma jiraan
WIC Ogoshahay LAAKIIN kamid na ahan dheefahaaga cuntada



Aan la oggolayn
Aysan WIC Oggolayn



La oggolyahay - Waxaa kamid noqon kara
WIC ogoshahay LAAKIIN hubi cadaadka kuugu haray haraagaaga qudaarta iyo miraha



FARRIIMAHA/OGAYSIISYADA

Fariimaha/Ogaysiisyada waxay ku siin doonaan macluumaad muhiim ah.

Waxaad heli doontaa **Ogaysiisyada** khuseeya **Haraagaaga Dheefaha** iyo **Ballamaha Soo socda**.

Waxaad heli doontaa **Fariimo** kaaga imaanaya shaqaalaha wakaaladda gobolka ama deegaanka taasoo kugu wargalinaysa **Macluumaad muhiim ah oo WIC ku saabsan**. Tiro muujiyeyaal ah oo kujira qaybta fariimaha Aabka ayaa kuu sheegaya inaad haysato fariin aadan wali akhrin.

Miro • Qudaar

CUSUB

- Nooc kasta
- Dhirta darayga ah ee la oggolyahay
- Guud, jarjar, baakad, ama baakadaysan
- Cuntada fireeshka ah ayaa la oggol yahay



X HA IIBSAN

- Salad isku dhafan oo leh labiska, lawska, farmaajo
- Saxaarad xafladaha, dambiisha miraha, ama walxaha saladhka.
- Qooshka, tuuubooyinka, iyo caagadaha
- Miro la qalajiyay, qudaarta, ama dhirta
- Geed-kulaylka
- Miraha sharaxaada ama weelka lagu rito, qudaarta, iyo dhirta



HA ISTICMAALIN Iskaan garee UPC si aad u hesho darayga miraha, qudaarta, iyo dhirta.

LA BAARAFEEY

- Nooc kasta
- Miro iyo khudaar caadi ah ama isku qasan
- Cuntada fireeshka ah ayaa la oggol yahay



X HA IIBSAN

- Waxyaabaha lagu daray sonkor, subag, baruur, saliid
- Waxyaabaha lagu daray baasto, bariis, suugo, ama farmaajo

QASACADAYSAN

MIRAHA

- Miro kasta ama miro kasta oo la isku daray oo biyo oo xirma ah ama juys ah (aan lagu darin sokor ama macaaneeye macmal ah)
- Nooc kasta ama cabbir kasta (marka laga reebo boorsooyinka)
- Suugo tufaax ah oo aan la macaanayn (oo leh qorfe waa la oggol yahay)
- Cuntada fireeshka ah ayaa la oggol yahay
- Stevia waa la oggol yahay (macmacaan dabiiciga ah)



KHUDAARTA

- Nooc kasta oo cad ama isku darka khudaarta
- Nooc kasta ama cabbir kasta
- Tamaandhada (oo leh dhir ama xawaashi waa la oggol yahay)
- Cuntada fireeshka ah ayaa la oggol yahay

X HA IIBSAN

MIRAHA

- Sonkor lagu daray
- Sharoobada (culus, fudud)
- Macmacaanka sida Sucralose (Splenda)
- Buuxinta pie
- Maraqa karamberriga
- Kiishashyada

KHUDAARTA

- Maraqa baastada, maraqa basta dadeer, suugo pizza, ama suugo salsa/picante ah
- Galley la dubay
- Isku darka digirta (sida lima, madow, digirta kelyaha uu eg)
- Cuntooyinka khamiirsan (sida Sauerkraut)
- Subageysan, dufaneysan, ama saliideysan
- Macmacaan macmal ah iyo sharoobada culus
- Walxaha khalka leh
- Kiishashyada



HADDII QIIMAHA ee khudaartaada iyo mirahaaga **UU KA BADAN YAHAY** Hadhaaga akoonkaga, waxaad awoodaa in aad **KU BIXISID FARQIGA SOO HARAY** kaash, SNAP, ama kaarka credit-ka ama debti-ka.

WHOLE GRAIN ITEMS

Waxaad iibsaa kartaa mid kasta oo kuwaan kamid ah:

- Rooti
- Bariiska Casaanka ah
- Boorashka
- Baasto
- Rootiga Tortillas
- Bariiska Beeraha

100% Qamadi Dhan (100% Whole Wheat)

Cabir walba

Waad iibsaa kartaa iskudark kasta

- Rooti
- Rootiga Buns
- Rootiga Bagels
- Rootiga Dinner rolls
- Rootiga English muffins
- Saandhiweej yaryar

HA IIBSAN

- Dabiici ah
- Ceesh

WIC sumadaha ay oggالاتay waxa kamid ah:



Best Choice



Bimbo



Brownberry



Canyon Bakehouse
Gluten Free



Country
Hearth



Cub Foods



Fareway



Food Club



Great
Harvest



Hy-Vee



Midwest
Bakery



Our Family



Pepperidge
Farm



Sara Lee
Classic



Sunny Brook



Thomas'



Village
Hearth

Bariiska Cas iyo Bariiska Duurka



Cabir walba

Nooc kasta

- Iskudarka bariiska cas iyo kan duurka
- Sanduugyada bariiska ee gaarka ah
- Pouches biyo lagu daray



HA IIBSAN

- Dabiici ah
- Macaaneeyeyaasha
- Noocyada cuntada ee lagu daray (milixa, saliida, iwm.)

Boorashka



Cabir walba

Nooc kasta

- Quick Oats iyo
- Old Fashioned Oats

HA IIBSAN

- Dabiici ah
- Jariirta (steel cut)
- Borotiin lagu daray
- Baakadaha boorashka degdega ah (waxaa loo iibsaa karaa sidii badarka)



Badar baalkiisa leh ayaa loo oggolyahay cabir walba oo uu yahay. Raadso 1 lb (rodol) ama 16 firiqo cabir ahaan si aad sida ugu fican uga faa'iido dheefahaaga.

WHOLE GRAIN ITEMS

Tortillas

Cabir walba

WIC sumadaha ay oggالاتay waxa kamid ah:

⊗ HA IIBSAN

- Dabiici ah
- Duubabka, rootiga fidsan, rootiga pita
- Kaarbohaydareed hooseeya iyo noocyada Dheelitirka Kaarbohaydareedka
- Tortillas qolof adag ama qolof taco



Best Choice



Chi-Chi's
Fajita Style



Don Pancho



Essential
Everyday



Fareway



Food Club



Frescados



Great Value



Hy-Vee



La Banderita



Market Pantry



Mission



Our Family



Best Choice



Chi-Chi's



Don Pancho



Essential
Everyday



Fareway



Food Club



Great Value



Frescados



Hy-Vee



La Banderita



La Burrita



La Perla



Los Maizales



Mission
Extra thin



Our Family

Baasto - 100% Whole Wheat



Cabir walba

Nooc kasta

- Qaab kasta waa CAADI

⊗ HA IIBSAN

- Dabiici ah
- Baastada laga sameeyay bariis, quinoa, flax, galley, ama khudaar

XULASHOOYINKA CUNTOOYINKA – Waad iibsana kartaa iskudar kasta

- Caanaha
- cabitaanada Soy
- Budada ah
- Caanaha bilaa Lactose-ka ah
- La kululeeyay
- Caanaha Riyaha

Caano

Nooc kasta

- La karkariyay

libso caanaha saxda ah ee ku qoran Hadhaaga Akoonkag WIC.



Galaan ama nus galaan



Bilaa Lactose ah

Nus galaan (64 firiqo) ama 96 firiqo



LABA (2) nus galaan



AYAA U DHIGMA =



(1) gallon

HA IIBSAN

- Dabiici ah
- shukulaato ama caano dhadhan loo yelay
- Caano gaar ah ama caano nafaqo lagu daray (kale oo aan ahayn Vitamin A ama D)
- Caanaha ku jira dhalooyinka dhalada ah

Cabitaanada Soy

Talaagad la galiyay. Asal – Saafi ah oo kaliya

Nus galaan. Laba Baakad waa caadi.

Shirkadaha la oggolyahay waxaa kamid ah:



8th Continent



Great Value



Silk



Better Goods

Cabitaanka soy ee cimriga leh:

- Silk Original, Saafi ah, qaybaha
- Pacific Foods Ultra Soy, Qaybaha

HA IIBSAN

- Dabiici ah
- Subag yar ama aan lahayn cabitaanka soy

Caanaha la Karkariyay iyo kuwa la Kululeeyay



gasacad 12 firiqo ah



9.6 firiqo (3 qaybood)
25.6 firiqo (8 qaybood)
64 firiqo (20 qaybood)

HA IIBSAN

- Dabiici ah
- Caanaha booraha ama caanaha la karkariyay ee shirkada Peak

Xeelada Caanaha la Kululeeyay: Gasacad kasta oo caanaha la kululeeyay ah oo aad iibsato, .18 galaan ayaa laga jari doonaa dheeftaada.

Haddii dheeftaadu muujinayo cadadkaan:	Waad iibsana kartaa:
1 galaan	5 qasac
2 galaan	11 qasac
3 galaan	16 qasac
4 galaan	22 qasac

Caanaha Riyaha

Shirkadaha la oggolyahay waxaa kamid ah:

- Poplar Hill, rubuc
- Meyenberg talaagad la galiyay, rubuc ama bus galaan
- Meyenberg la kululeeyay, 12 firiqo gasacad ah

Tofu*



12 ilaa 16 firiqo xirmo

- Dabiici ah SAX
- Bannaan aan dhadhaan laheyn, dareen taabasho nooc kasta
- La qaboojiyey ama shelf-joog

WIC sumadaha ay oggalatay waxa kamid ah:

- Azumaya
- House
- Nasoya
- Franklin Farms
- MinnTofu
- Wildwood

HA IIBSAN

- Dufan lagu daray, sonkor, saliid, cusbo, ama xawaash

Xeeladaha WIC:

- * U sheeg shaqaalaha WIC haddii aad khiyaar ka rabto.
- * Tofu waa in lagu soo qoraa dheefahaaga.

Subag



8 ama 16 friqo xirmo kaliya

Nooc kasta

- La karkariyay
- Waa la gooyay, xannibay, xadhig, ulaha, ama leexiyay
- dufaan-ku-hooseeya, dufaan la dhimay, dufaan-la'aan, ama soodhiyam hoose OK

Farmaajo ay oggolaatay WIC waxa ka mid ah:
(isku darka kuwan OK)

- Cheddar
- Colby
- Farmer
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

⊗ HA IIBSAN

- Dabiici ah
- Ameerikaan, cuntooyinka farmaajo la warshadeeyay, farmaajo fidsan, ama **Velveeta**
- La jarjaray, la jarjaray, xabadaha, curis, ama farmaajo daadi
- Xawaash lagu daray, basbaas, ama cuntooyin kale
- Dili ama farmaajo dibada laga keenay
- Parmesan, Romano, ama farmaajo riyaha



LABA 8 friqo (0.5 rodal) xidhmooyin **U DHIGMA** HAL 16 friqo (1 rodol) xirmo



Yooqad



Qasacyada 32 friqo oo keliya

Nooc kasta

- La karkariyay
- Dhadhan kasta
- Giriiga OK

⊗ HA IIBSAN

- Dabiici ah
- Macnacyaasha macmalka ah sida sucralose (**Splenda**) ama aspartame
- caano fadhi in ka badan 40g oo sonkor ah koobkiiba



Haddii hadhaaga akoonkaaga WIC uu liis gareeyo **yooqad dufan yar /aan lahayn dufan**, hubi inaad ku aragto ereyadan xagga hore ee weelka caano fadhi.



Ukunta



dhexdhexaad, weyn, dheeraad ah oo weyn ama jumbo

Nooc kasta

- Xirmooyinka 1 (hal) darsin kaliya
- Ukunta cad ama casaanka ah
- Ukumaha aan xerada ku dhalan waa caadi

⊗ HA IIBSAN

- Ukunta Cusub, La kariyay, ama la bacrimiyay
- Heer aan xadidnayn
- Cow la beeray

Boorashka

Iskaan garee UPC kujira Aabka MN WIC si aad u aragto in haruurka ay WIC oggoshahay.

FA Waxaa ku badan folic acid **5+** Hudhuudhka guud oo lagu daray 5+ garaam oo fibar ah **GF** aan lahayn Gluten

75% haruurka WIC waa haruur iskudhan.

WIC sumadaha ay oggalatay waxa kamid ah:

Qabow badarka
12 firiqo xirmo ama cabbir ka weyn



Cheerios

GF



Multi Grain Cheerios

FA GF



Cheerios Veggie Blends

Apple Strawberry

FA GF



Cheerios Veggie Blends

Blueberry Banana

FA GF



Bluey



Kix



Total

Whole Grain

FA



Wheaties



Wheat Chex

5+



Corn Chex

GF



Rice Chex

GF



Life

FA



Oatmeal Squares

Brown Sugar

5+



Corn Flakes



Crispix



Rice Krispies



Special K

FA



Complete Bran

5+



Grape-Nuts

Flakes

FA 5+



Post Bran Flakes

FA 5+



Mini Spooners

Plain Frosted

FA 5+



Mini Spooners

Strawberry Cream

FA 5+



Crispy Rice

Malt-O-Meal Only

FA GF



Frosted Mini Wheats

Original
Little Bites
Cocoa
Strawberry
Blueberry Muffin

FA 5+



Great Grains

Banana Nut Crunch
Cranberry Almond Crunch
Crunchy Pecan
Raisin Date Pecan
Red Berry Almond Crunch

FA



Honey Bunches of Oats

Cinnamon Bunches
Honey Roasted
Maple & Pecans
Vanilla
With Almonds

FA

Haruur Kulul

9.8 firiqo ama ka badan



COCO Wheats



Quaker Oatmeal

Individual Packets
Original Flavor



Quaker Instant Grits

Individual Packets
Original Flavor



Malt-O-Meal

Original



Malt-O-Meal

Chocolate



Cream of Wheat

Original



Cream of Wheat

Whole Grain



Cream of Rice



Dukaanka Sumada badarka

WIC sumadaha ay ogalatay waxa kamid ah.

Bran Flakes

CornFlakes

Corn Squares

Rice Squares

Instant Oatmeal Packets

Bite Size Frosted

Shredded Wheat

Bite Size Frosted Shredded

Wheat – Strawberry

Crispy Rice / Rice Crisps

Toasted Oats / Tasteos

MINNESOTA
wic
TILMAAN

U adeegso tasmadaan si aad u hesho inta badan boorashyada.

36.0
FIRIQO



34.5
FIRIQO



35.8
FIRIQO



HARUUR KULUL

Casiir

- 100% casiir
- Dhadhan kasta
- Kaalshiyam iyo fitamiino lagu daray OK

Waxa kaliya oo aad iibsana kartaa nooca saxda ah iyo cabbirka casiir ee ku qoran Hadhaaga akoonkaga WIC.

Xulashooyinka casiirka waxaa ka mid ah:

- **64 friiqo dhacaan** la barafeey ama aan barafeynin
- **12 friiqo barafaysan**
- **6 baakidh oo 5.5 ilaa 6.0 wiqiyadood ah** (kaliya baakadaha cuntada xadidan)

HA IIBSAN

- Dabiici ah
- iskudaarka Casiirka miraha
- Casiirka is biirsaday, cabbitaannada, ama casiirka oo sonkor lagu daray
- Waxaa lagu daray macmacaan ah sida sucralose
- Casiir cusub oo la tuujijey

Casiirka la qaboojiyey



64 friiqo oo keliya cabbirka WIC ay ogoshahay

Nooc kasta

- Nus (1/2) galaan oo keliya
- casiirka liin macanta

Casiir diirran oo la qaboojiyey



11.5 ilaa 12 friiqo kaliya

Nooc kasta

WIC dhadhnka ay ogalatay waxa kamid ah:

Tufaxa, Canab, Miraha Canabka, Liin, iyo Cananaaska



TILMAAN

Haddii casiir uusan iskan gareysan sida WIC ogashahay waxay noqon kartaa:

In uu ku jira cabbir khaldan weelka

Aan ku filnayn Feetamiin C

Isku darka casiirka

Casiirka aan la qabojin

64 friiqo kaliya

WIC sumadaha ay ogalatay waxa kamid ah:



Campbell's
100% Tomato
100% Tomato
Low Sodium



Indian Summer
Premium
Apple



Juicy Juice
100% Apple
Wax dhadhan
kale leh
laguma darin



Langers
Orange, Apple
Grape, Red Grape,
White Grape,
Grapefruit, Pineapple,
Tomato, Vegetable,
Vegetable Low Sodium



Libby's
Pineapple



Mott's
100 % Apple
Ma lahan
Mott's for
Tots, Light,
ama Medleys



Musselman's
100% Apple



Old Orchard
100% Apple
100% Grape
100% White Grape
100% Orange



V8
100% Vegetable
Original
Low Sodium
Spicy Hot



Welch's
100% Grape
100% Red Grape
100% White
Grape

Dukaanka Sumada casiirka

WIC dhadhanka ay ogalatay waxa kamid ah:

Oranji, Miraha Carabka, Caano-naas,
Carap, Tufaax, Yaanyo, iyo Khudaar

Kallunka Tuna oo gasacadaysan • Salmon

Haweenka Sida buuxda u Naasnuujinaya



Cabir walba oo gasac
ama boorso ah

Nooc kasta

- Tuna cad oo biyeysan (Light tuna)
- Kalluunka salmon oo caas ah oo biyeysan (Pink Salmon)
- Joogto ah ama soodhiyam hoose

Tuna L oggolyahay:

- Macaaneeyeyaasha
- Khudaar lagu daray maraq

HA IIBSAN

- Kalluunka tuunada ee Canned ama Kalluunka tuunada ee salmon saliid leh
- Kalluunka tuunada ee Albacore/ Tuna cad ama Kalluunka tuunada ee salmon cas
- Kalluunka Tuunada ee Salmon oo la macaaneeyey
- Xidhmo Qado ah
- **Wild Planet, Safe Catch** ama noocyo kale oo gaar ah

Subaga Lowska . Digir . Digir

Subaga lawska ama SunButter



16 ilaa 18 firiqo dhalo
Nooc kasta SunButter la oggolyahay

- kareem leh qallafsan, jilicsan
- Dabiiciga ah ama la dhimay sonkor

HA IIBSAN

- Dabiici ah
- Ismariska (sida *Jif Natural* iyo *Skippy Natural*) ama dufanka la dhimay
- Waxaa lagu daray malmalaado, shukulaatada, ama malab
- Subaga lowska kale
- La talajadey

Digir Qallalan iyo Digirta



16 Firiqo xirmo
Nooc kasta

- Nooc kasta
- waxbo lahayn oo la diyaariyey

HA IIBSAN

- Dabiici ah ama badan
- Maraq la isku daray, xawaash, ama noocyada kale ee cuntada ee lagu daray

Digirta Qasacadaysan



15 ilaa 16 Firiqo gasacadaha
Nooc kasta

- Joogto ah ama soodhiyam hoose
- Nooc kasta oo ay ku jiraan digirta kelyaha uu eg, digirta pinto, digirta madow, digirta badda, digirta cas, garbanzo, lima, Great Northern, iyo digir madow

HA IIBSAN

- Dabiici ah
- Digirta lagu daray dufanka, saliida, ama hilibka
- Digir la dubay, hilibka doofaarka & digirta, digirta basbaaska, digirta shiilan
- Cagaar, jaalle, ama digirta dhuka

MINNESOTA WIC
TILMAAN

Qasac **walba** ee digirta qasacadaysan ee aad iibsato, **.25 weel** ayaa laga saari doonaa baaqigaaga:

1 QASAC	2 QASAC	3 GASAC	4 QASAC
= .25	= .50	= .75	= 1
KONTEENAR	KUNTEENAR	KONTEENA	WEEL

Cuntada Dhallaanka

Miro Khudaar

4 Firiqo tubbada ama dhalooyinka

- Miro iyo khudaar kala duwan kaliya
- Isku darka khudaarta/ miraha OK

HA IIBSAN

- Cashada
- Lagu daray sonkor, cusbo, ama DHA
- Boorsooyinka tuujin
- Isku darka yooqadka
- 2-baakidh oo 2 Firiqo tubbada

WIC sumadaha ay oggalatay waxa kamid ah:



Beech-Nut



Beech-Nut
Naturals



Beech-Nut
Organic



Earth's Best
Organic



Gerber
2-baakad oo 4
firiqo ah



Gerber
Natural



Gerber
Organic



Happy Baby
Organic



Parent's
Choice



Parent's
Choice
2 baakad
oo 4 friqo ah



Tippy Toes
2-baakad oo
4 friqo ah



Tippy Toes
Organic



Wild Harvest
Organic



1

2-XIRMO 4 Firiqo
TUBBADA



2

4 Firiqo
DHALOOYINKA

Badarka

8 ama 16 Firiqo xirmo

HA IIBSAN

- Dabiici ah
- Badar lagu daray khudaar, caano fadhi, caano-fudud, DHA, ama wax kale lagu daro

WIC ay oggalatay sumadaha waxa kamid ah:



Gerber
Plain Rice
Oatmeal
Whole Wheat
Multigrain
Gluten Free Oatmeal

Hilibka

Haweenka Naasnuujinta kujira

2.5 Firiqo kaliya

- Hilib ama digaag kasta oo kala duwan sida ah hal qayb
- Maraq lagu daray OK

HA IIBSAN

- Cashada
- Lagu daray sonkor, cusbo, ama DHA

WIC sumadaha ay oggalatay waxa kamid ah:



Beech-Nut



Earth's Best
Organic



Gerber



Wixii su'aalo ah, weydii shaqaalaha deegaankaaga
rugta WIC, ama wac xafiiska WIC ee gobolka
1-800-657-3942

Si aad u codsato agabkan qaab kale la xidhiidh:



Minnesota WIC Program

P.O. Box 64975

St. Paul, MN 55164-0975

www.health.state.mn.us/wic

Hay'addan waa hay'ad bixisa
fursad loo wada siman yahay.

1/2026