NYS WIC Foods Guide

NEW YORK STATE | WIC Program

GELI JEEGA WIC HALKAAN

XAQUUQDA KA QEYBQAADASHADA

Ka qeybqaatayaasha WIC waxay xaq xaq u leeyihiin

- in loola dhaqmo cadaalad iyo ixtiraamsan
- in ay isticmaalaan dukaan walboo cunto ama farmashiga New York State in tani loo ansixiyay ogolaanshaha WIC
- in codsiga loogu wareejiyo meel kale hay'ada WIC
- in loo sheego mar hore goorta iyo sababta faa'idooyinka Barnaamijka WIC uu dhammaanayo
- qarsoodiga
- helida adeegyada oo dhan ee ay bixiso WIC, oo ay ku jiraan baakidaha cuntada loo diyaariyay

SABABTEE WIC AY MUHIIM U TAHAY?

WIC waxay bixisaa cunto caafimaadan iyo waxyaabo badan.

Cunto Caafimaadan

Nafaqada iyo caafimaadka Waxbarashada

Taageerada Naasnuujinta

Gudbinada Barnaamijka

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ISTICMAAL HAGIDA

Ujeedada hagidaan waa ku caawinta fududeynta adeegashada cuntooyinka WIC.

NYS WIC waxay bixiyaan cuntooyin balaaran oo nafaqo kala duwan. Adiga oo adeeganayo, isticmaal aastaamaha midabeysan ee aad ugu adeegitid qeybta cunto ahaan. Dooro cuntooyinka qoyskaaga jecelyihiin sida ku saleysan waxa ku qoran jeegagaaga WIC iyo waxa laga heli karo halka aad ka adeegatid.

Waxaad ku arkeysaa aastaamaha hoos ee kaarkan cuntada oo dhan. Waxay noqonayaan hagidaada ee ogaanshaha iyo aqoonsiga cuntooyinka WIC.

OGOW CUNTOOYINKAAGA WIC

RAADI CALAAMDA "IIBSAN KARAA"
Sheeyada ku jira aagaan waxaa loo ogolyahay iibsi la jiro jeegagaada WIC.

QEYBTA "MA IIBSAN KARO"
Sheeyada ku jira aagaan waxaa loo ogolyahay iibsiga jeegagaada WIC.

MA IIBSAN KARO:

"SUMMAD WALBA"
Qaar ka mid ah cuntooyinka WIC waxaa loo heli karaa magaca summada kaliya. Marka aad aragtid calankaan, waxaad ka dooran kartaa **summad** WALBA qeybtaan dhexdeeda.

TALOOYINKA WIC
Raadi xidigaan si aad u baratid talooyinka WIC ee adeegashada caawinta leh.

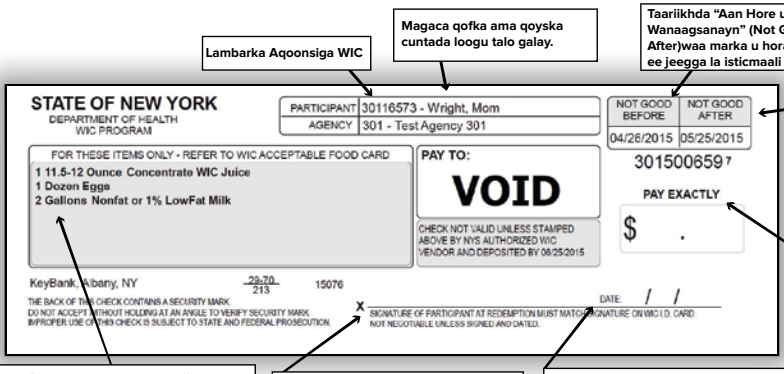
LIISKA WARBIXINTA ADEEGASHADA

1 KA HOR INTA AADAN ADEEGAN, HUBI IN AAD HAYSATID:

- ☐ Aqoonsiga **Kaarkaaga** WIC
- ☐ Hagidaan **Cuntada WIC**
- ☐ Jeegagaada **WIC EE AAN SAXIIXNEYN** oo **taariiqo saxan leh**

TALO

KALIYA QAADO JEEGAGA LA ISTICMAALI KARO INTA LAGU JIRO BOOQASHADAAN



LIISKA WARBIXINTA ADEEGASHADA

2 ADIGA OO ADEEGANAYO:

- ☐ Si taxadar ah u eeg waxa ku qoran jeegaada WIC.
- ☐ U Isticmaal hagidaan adeegashada in ay kugu caawiso doorashada cuntada la ansixiyaya ee WIC.
- ☐ Jeegaada WIC ayaa kuu sheegayo inta **(1 weel)** iyo cabirka **(64 waqiyadood)** ee badeeco walba ee aad heli kartid.

LIISKA WARBIXINTA ADEEGASHADA

3 QASNAJIGA KA HOR:

- ☐ Isku keen **dhammaan cuntooyinka** ku qoran jeeg walba.
- ☐ Hel leenka qasnajiga oo aan degdega aheyn, kaashka kaliya, ama iskaa u gadasho.

4 DIIWAANGELINTA:

- ☐ Ku meeley si wadajir ah sheeyadaada WIC miiska qasnajiga oo jeeg ahaan ah.
- ☐ Ku meeley barbardhiga **jeega** WIC ee aan saxiixneyn dusha koox walba ee sheeyadaan ah.
- ☐ U sheeg qasnajiga in aad isticmaaleysid jeegagaaga WIC.
- ☐ **Marnaba** ha hor saxiixan jeegagaada WIC.
- ☐ Kadib markuu qasnajiga qoro qarashaadka guud **PAY EXACTLY** sanduuqa, **saxiix iyo ku taariiqeey jeega oo QAD BALUUG AMA MADOW AH.**

LIISKA WARBIXINTA ADEEGASHADA

TALO

SAMEEY:

- Waxaa la doorbiday in jeegaga loo taariiqeeyo BB/MM/SSSS (tusaale: 04/28/2015).
- Sidoo kale waa caadi in aad isticmaashid qaabab kale oo taariiqeyn ah ee caadi ka ah Mareykanka (tusaale: 4/28/15, 04/28/15).
- Haddii ka qeybqaataha ama wakiilka sameeyo qalad taariiqeynta jeega ah, ka qeybqaataha/wakiilka waa in ay leen galiyaan dhinaca taariiqda, xarfaha, iyo ku qor taariiqda saxda ah qaladka korkiisa.

HA SAMEYNIN:

- Caadi ma ahan in aad isticmaashid erayo si aad u qortid bisha (tusaale: 4/28/15, 04/28/2015).
- taariiqda shabada looma isticmaali karo si loo “taariiqeeyo” jeega.

TALO

HA SAXIIXIN IYO HA TAARIIQEYN JEEGAGAADA WIC ILLAA KADIB QASNAJIGA UU KU QORO WADARTAADA JEEGA.

CAANAHA

IILO WANAAGSAN OO MACDANTA, BOROTIINKA, FITAMIIN D

TALO

FIIRI NOOCA QORAN YAHAY

Jeegagaa WIC wuxuu qoran yahay qoraa waxyaabaha ah in aad iibsatid. Iibso nooca caanaha ee ku dufinta qoran jeegaaga WIC. (Tusaale: aan dufan aheyn, 1%, oo dhan, sokor la'aan ah, lagu diyaariyay sharci, caanaha ariga)

IIBSAN KARAA

SUMMAD WALBA

CAANAHA LO'DA

Iibso weelka ugu balaaran ee la heli karo ama cabirka ku qoran jeega WIC (cabirka weyn, 96 waqiyadood, bar cabirka weyn, ama rubac)

LA UUMI BIXIYAY/ CAANAHA GASACADEYSAN
12 waqiyadood. Weelka kaliya

LA QALAJIYAY CAANAHA BUDADA
12 waqiyadood. Weelka kaliya

LA UUMI BIXIYAY/CAANAHA ARIGA GASACADEYSAN
12 waqiyadood. Weelka kaliya

MA IIBSAN KARO:

- La macaaneeyay, dabiici ah, ama caanaha macaanka la badelay
- Subaga caanaha ama caanaha lagu daray macdanta
- Caanaga dufanta laga yareeyay (2%)

JIIS

ILLO WANAAGSAN OO BORITIINKA IYO MACDANTA

- Jiiska American la karkariyay, monterey jack, mozzarella, cheddar, colby, swiss, muenster, provolone, ama shiidida mid walba oo jiisaskaan
- Ku iibso qeybo ama jeexyo
- Waa in lagu daraa ilaa tirada waqiyadood ee jeega (waxay noqon kartaa 1 ama baakido badan)
- **JIISKA KOSHER** haddii uu ku qoronyahay jeegaaga WIC AMA haddii dukaanka uusan qaadin nooc kale oo jiis ah

MA IIBSAN KARO:

- Jiiska la keenay
- Gabalada buskudka
- La macaaneeyay ama jiis dabiici ah
- Cuntooyinka jiiska, waxyaabaha ama ku faafo
- La jarjaray, la shiiday, gabaleysan, xarig ah, ama jiiska usha
- Jeexyada gaarka loo duubay

YOOGAD

ILLO WANAAGSAN OO BORITIINKA IYO MACDANTA

Jeegaaga WIC waxa uu qoraa inta ay ka boobantahay duxda aad iibsanaysaa.

- Dhabtii 32 waqiyadood. weelka AMA wixii isku dar ah cabirada ku daro ilaa dhabtii 32 waqiyadood.
- **Summad walba:** plain, plain Greek, organic plain, organic plain Greek
- **YOOGADKA KOSHER** haddii uu ku qoranyahay jeegaaga WIC AMA haddii dukaanka uusan u diyaarsaneyn sheeyada aanan kosher-ka aheyn

MA IIBSAN KARO:

- La macaaneeyay (sida faniila, miraha)
- Isku darka waxyaabaha ka sameysantahay (gabalada boorishka, nanaca, iwm)
- Yoogadka qabooban
- Yoogadka lacabikaro/la isku dhuujin karo

BURCADKA

ILLO WANAAGSAN OO BORITIINKA IYO MACDANTA

IIBSAN KARAA

BAAKIDAHA 14-16 WAQIYADOOD

Azumaya:

Japanese Style – Firm, Extra Firm

House:

Premium ama Organic – Soft, Medium Firm, Firm, Extra Firm

Nasoya:

Organic – Silken, Lite Firm, Firm, Extra Firm

Nature's Promise:

Organic – Firm

Wegmans:

Organic – Firm

Vitasoy:

San Sui or Korean Sprouted Organic – Soft, Firm, Extra Firm

SOOYA

IILO WANAAGSAN OO BORITIINKA, MACDANTA IYO FITAMIIN D

IIBSAN KARAA

Pacific Natural Foods:

Ultra Soy – Original and Vanilla

Cabirada la Ogolyahay:

- 32 waqiyadood. kartoon

8th Continent:

Soymilk – Original and Vanilla

Cabirada la Ogolyahay:

- 32 waqiyadood. kartoon
- 64 waqiyadood. Kartoonkartoon la qaboojiyay

Silk:

Soymilk – Original

Cabirada la Ogolyahay:

- 32 waqiyadood. Kartoonkartoon la qaboojiyay
- 64 waqiyadood. Kartoonkartoon la qaboojiyay
- 128 waqiyadood. Baagag badan oo la qaboojiyay

Westsoy:

Organic Plus Soymilk – Plain

Cabirada la Ogolyahay:

- 32 waqiyadood. ama 64 waqiyadood. kartoon

Plus Soymilk – Vanilla

Cabirada la Ogolyahay:

- 32 waqiyadood. ama 64 waqiyadood. kartoon

UKUMAHA

ILLO WANAAGSAN OO BORITIINKA

IIBSAN KARAA

SUMMAD WALBA

DHAEDHAXAAD IYO BALAARAN:
Ukumo cad iyo baroon ah

MA IIBSAN KARO:

- Ukumo aad u weyn iyo ukumo balaaran oo dheeraad ah
- Ukumaha gaar ahaan aad u qiimo sareeyo (oo ay ku jiraan dabiiciga, dufanta la yareeyay, qafis aan laheyn/kala duwanaan laheyn, omega-3)

DIGIR, DIGIR CAGAAR, MISIR

ILLO WANAAGSAN OO BORITIINKA, BIRTA IYO BUUNSHADA

QALALAN

- Summaad walba: nuskiilo bac ee digirta kartay, digirta cagaaran, ama misirta

GASACADEYSAN

- Summaad walba: 15-16 waqiyadood gasac digirta kartay, digirta cagaarka, misirta

Si aad u ogolaatid qaadashada cusbada, raaci digirta gasacadeysan, digirta cagaarka, misirta

MA IIBSAN KARO:

- Digirta baakideysan, doofaarka iyo digirta
- Digirta gasacadeysan ee wata sonkorta lagu daray, dufanta, hilbaha, ama saliidaha
- Digirta ceyrinka, digirta cagaaran, digirta kala duwan, digirta jaalaha, iyo digirta jaalaha kala duwan laguma iibsan karo jeega WIC ee dhaho “Digirta, Digirta cagaaran, Misirta”; waad u isticmaali kartaa qudaartaada WIC iyo Miraha si aad u iibsatid noocyadaan cuntooyinka.

SUBAGA LOOSKA

ILLO WANAAGSAN EE BORITIINKA

IIBSAN KARAA

SUMMAD WALBA

WEELKA 16-18 WAQIYADOOD

Summaad walba: calaalisan, adag, labeen, simman, dabiici iyo dufanta kala duwan laga yareeyay waa la ogolyahay.

MA IIBSAN KARO:

- Subaga looska
- Looska dabiiciga ah
- Dhulka cusub ama subaga looska la shiiday
- Subaga looska ee lagu qasay jeli, nanaca isboojaha, jukulaato ama malab
- Subaga looska ee lagu daray fitamiinada iyo macdanta, ama waxyaabaha kale ee lagu daray (Omega 3, DHA &EPA, Saliida Miraha, iwm.)

KALUUNKA GASACADEYSAN

ILLO WANAAGSAN EE BORITIINKA IYO BIRTA

IIBSAN KARAA

SUMMAD WALBA

Kaluunka gasacadeysan laga yaabo in lagu xiro ama saliida, iyo laga yaabo in ay wadato lafo iyo maqaar.

KALUUNKA TUUNAHA
5 iyo 6 waqiyadood.
gasacadaha

KALUUNKA SALMON
5, 6, 7.5 waqiyadood.
gasacadaha

KALUUNADA YARYAR
3.75 waqiyadood.
gasacadaha

MA IIBSAN KARO:

- Tuunaha Albacore
- Salmon-ka baakida baluuga
- Salmon-ka Gaduudan
- Kaluunka leenka lagu qabtay
- Salmon La macaaneeyay
- Iyo lagu daray siku dar

TALO

Si loo yareeyo qaadashada dufanta, dooro kaluunka biyaha baxeysan.

100% CABITAAN

ILLO WANAAGSAN OO FITAMIINKA C

JUUSASKA

Cabitaanka carruurta waxay ku imaadaan cabiradaan:

- 64 waqiyadoodo dhalooyinka baxda
- 16 waqiyadood ee weelasha (juuska seekada)

Cabitaanka haweenka waxay ku imaadaan cabiradaan:

- 11.5 waqiyadood ee weelasha (juuska seekada muddada dheer)
- 11.5 – 12 waqiyadood ee weelasha (juuska seekada)

Jeegagaada WIC waxay qoraan cabirka juuska ah in aad iibsato.

Fiiri dhinaca qeybta juus walba si loo arko aastaamaha iyo dhadhanada waa la ogolyahay.

WIXII SUMMADA DUKAANKA waxaa ku jira magacyada dukaanka IYO summadahaan ee 100% juuska iyo 120% ama kabadan oo Vitamin C:

☑ America's Choice	☑ Essential Everyday	☑ Hytop	☑ Richfood
☑ Best Yet	☑ Flavorite	☑ Krasdale	☑ Shurfine
☑ Clear Value	☑ Food Club	☑ Nature's Own	☑ Super A
☑ Crisp	☑ Great Value	☑ Parade	☑ Tipton Grove
☑ Delsea Farm	☑ Harvest Classic	☑ Red & White	☑ White Rose

MA IIBSAN KARO:

- Juus dabiici ah
- Wax walba oo aan aheyn juus 100%

100% JUUS

ILLO WANAAGSAN OO FITAMIINKA C

64 WAQIYADOOD.

DHALADA BAXDA AH LIINTA

SUMMAD WALBA:

- 100% Juuska Bambeelmo
- 100% Juuska Canabka
- 100% Juuska Caananaska

64 WAQIYADOOD.

DHALOOYINKA BAXDA

Tufaax: WIXII SUMMADA DUKAANKA iyo summadaha xigga:

- **Apple & Eve**
- **Juicy Juice**
- **Langers**
- **Lucky Leaf**
- **Mott's**
- **Musselman's**
- **Old Orchard**
- **Seneca**
- **Sesame Street**

Shiidida Juuska: WIXII SUMMADA DUKAANKA iyo summadaha xigga iyo dhadhamada:

- **Juicy Juice:**
- Apple Raspberry
- Berry
- Cherry
- Fruit Punch
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Strawberry Banana
- Tropical

- **Langers:**
- Apple Berry Cherry
- Apple Cranberry
- Apple Kiwi Strawberry
- Apple Grape
- Apple Orange Pineapple
- Disney Apple Cranberry Grape

- **Old Orchard:**
- Acai Pomegranate
- Apple Cranberry
- Berry Blend
- Blueberry Pomegranate
- Cherry Pomegranate
- Peach Mango
- Wild Cherry

- **Sesame Street:**
- Cookie Monster's Berry
- Elmo's Punch

MA IIBSAN KARO:

- Juuska canabka (aan ka aheyn shiidida juuska)
- Kartoomo la qaboojiyay

100% Cabitaan

ILLO WANAAGSAN OO FITAMIINKA C

11.5 WAQIYADOOD.

IIBSAN KARAA

JUUSKA SEEKADA MUDDADA DHEER

WELCH'S

WELCH'S
dhandhan kastaa

11.5 WAQIYADOOD. – 12 WAQIYADOOD.

SEEKADA QABOW

TUFAAXA

WIXII SUMMADA DUKAANKA iyo summadaha xigga:

- Langers
- Old Orchard
- Seneca

MIRAHA TUFAAXA, BAMBEELMO, CAANANAAS –
WIXII SUMMAD AH

TUFAAX

gaduud-baluug iyo Cadaan: WIXII SUMMADA DUKAANKA iyo summadaha xigga:

- Langers
- Old Orchard
- Welch's

SHIIDIDA JUUSKA – WIXII SUMMAD DUKAANKA

DOLE:
Wixii dhadhan ah

LANGERS:
Autumn Blend
Spring Blend
Summer Blend
Winter Blend

OLD ORCHARD:
Dhammaan dhadhamada iyo daboolka cagaar madowga

WELCH'S:
Dhammaam dhadhamada iyo daboolka jaalaha ah

16 WAQIYADOOD.

IIBSAN KARAA

SUMMAD WALBA

SEEKADA QABOW

TUFAAXA

MIRAHA-TUFAAXA, BAMBEELMO, CAANANAAS

SHIIDIDA JUUSKA

QUDAARTA IYO MIRAHA

ILLO WANAAGSAN OO FITAMIINKA

IIBSAN KARAA

SUMMAD WALBA

QUDAAR IYO MIRO CUSUB

- Wixii kala duwanaan ee qudaaro iyo miro kala duwan
- Laga yaabo dhammaan ama qeyb
- Isku darka ansalaato baceysan, qudaar baceysan
- Jeegaga waxay qeexayaan ‘Cuseeb Kaliya’ ama ‘Fareesh/ Qabooban/Gasaceysan’
- Qudaarada dabiiciga ah waala ogolyahay
- Qaar ka mid ah jeegaga ilmaha waxay qeexayaan “1-4 xisaabin” oo moosas ah. “Xisaabinta” waxay la mid tahay mooska. Tusaale: 3 xisaabo oo moos ah = 3 moos.

MA IIBSAN KARO:

- Sheeyada ka imaanayo qeybta ansalaatada
- Qeybta weelasha, dambiilaha miraha, qudaarta qurxinta iyo miraha
- Miraha qalalan iyo qudaaraha
- Loosaska, oo ay ku jiraan looska, miraha/isku darka nafaqada
- Dhirta, xawaajiyada, labiska ansalaatada

TALO

BIXI KALA DUWANAANSHAHA JEEGAGA QUDAARTA WIC IYO MIRAHA

MA OGTAHAY? Waxaad bixin kartaa kala duwanaanshaha goortii qarashaadka qudaartaada iyo miraha ay ka BADAN YIHIIN qiyamka doolarka ee lagu qoray jeegaga WIC.

QUDAARTA IYO MIRAHA

ILLO WANAAGSAN OO FITAMIINKA

SIDA LOO HELO CUNTO BADAN?...

MIISAAMI!

DHIG sheeyada cabiraha.
WAREEJI culeyska **ilaa** qeybta ugu dhow ama qeybta barkeeda.
QIYAAS qarashka sheyga oo ku saleysan jadwalka hoose.

JAANTUUSKA ALAABTA CUSUB (KA EEG JELDIGA DAMBE JAANTUUSKA BUUXA)							
Qiimaha Rodolkiiba lbs	1 lbs	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

TUSAALE: Afar miraha pears culeyskooda waa 1.6 pounds (lbs.). Qiimaha waa $1.59 halkii pound.

WAREEGA ilaa 2 lbs. Hel 2 lbs. dusha ku xigta. Bidixda godka cagaaran, hoos u raadi $1.59 (taas oo ah qiimaha oo lb ah. tusaalahaan).

WADARTA LA QIYAASAY EE SHEYGAAN: **$3.18**

QUDAARTA IYO MIRAHA

ILLO WANAAGSAN OO FITAMIINKA

IIBSAN KARAA

SUMMAD WALBA

QUDAARO QABOOBAN

- Summad walba
- Weel walba/nooca baakida
- Cabir walba
- Qudaarta waa in ay ahataa waxyaabaha koowaad
- Wixii kala duwanaansho qudaarta ah, isku darka qudaarta
- Digirta qabow, digirta cagaaran iyo misirta waa la ogolyahay
- Cusbo leh ama aan laheyn

TALO

Ma ogtahay?

Qudaarta qabow iyo miraha waxay leeyihiin nolol dheer iyo waa sida nafaqo sida qudaar iyo miro cusub.

MA IIBSAN KARO:

- Suugada jiiska; nooc kale oo suugo ah
- Cuntada la dubay
- Sonkor lagu daray, dufan ama saliido

IIBSAN KARAA

SUMMAD WALBA

MIRAHA QABOW

- Summad walba
- Weel walba/nooca baakida
- Cabir walba
- Miraha waa in ay ahaadaan waxyaabaha koobaad
- Wixii kala duwanaansho miro ah, isku darka miro ah

MA IIBSAN KARO:

- Waxyaabaha **aan ka aheyn** miraha
- Lagu daray sonkor
- Wixii maraq ah (maraqa galeyda, maraqa galeyda macaanka badan, macaanka geedaha, sonkorta, sokorta gasaca, malab, maraqa, iwm.)

QUDAARTA IYO MIRAHA

ILLO WANAAGSAN OO FITAMIINKA

IIBSAN KARAA

SUMMAD WALBA

QUDAARTA GASACADEYSAN

- Summad walba
- Laga yaabo in ay joogto tahay ama ku yartahay milixda/cusbada
- Wixii kala duwanaansho qudaarta ah, isku darka qudaarta
- Cabir walba
- Weel walba/nooca baakida
- Qudaarta waa in ay ahaataa waxyaabaha koowaad
- Yaanyada gasacadeysan (suugada, la shiiday, kulli, la jabiyay, la kariyay, la jajaray, suugada, suugada yaanyo basbaas)

TALO

Si aad u ogolaatid qaadashada cusbada, raaci qudaarta gasacadeysan.

MA IIBSAN KARO:

- Qudaaraha la biyo galiyay ama la kareemeeyay (oo ay ku jiraan galeyda)
- Digirta baakideysan, doofaarka iyo digirta
- Maraqyada
- Yaanayada macaan, jadni, miraha olives
- Alaabaha lagu daray dufanta, saliidaha, sonkorta, hilbaha, maraqyada, carfinta
- Digirta kartay sida digirta madow, digirta garbanzo iyo digirta kelida, kuma gadan kartid jeegaga Qudaarta iyo Miraha WIC; waxaad isticmaali kartaa jeegaaga WIC ee dhahayo “Digiro, Digirta cagaarka, Misirta” si aad u iibsatid noocyadaan cuntooyinka.

QUDAARTA IYO MIRAHA

ILLO WANAAGSAN OO FITAMIINKA

IIBSAN KARAA

SUMMAD WALBA

MIRAHA GASACADEYSAN

- Summad walba ee ku baakideysan biyaha iyo juuska
- Wixii kala duwanaansho miro ah, isku darka miraha
- Wixii cabirka/weelka/nooca baakida (aan ka aheyn baakida yar ee halka ah)
- Miraha waa in ay ahaadaan waxyaabaha koobaad
- Macmacaanka—“oo aan sonkor lagu darin” ama “aan macaan aheyn” kala duwan kaliya

MA IIBSAN KARO:

- Suugada miraha Cranberry, buuxinta baayga
- Sharoobo walba (culus, qafiif ah, “dabiici ahaan qafiif ah”, qafiif dheeraad ah, iwm.)
- Lagu daray sonkor
- Lagu daray cusbo, dufan, saliido
- Baakida yar oo hal jeer

BADARKA

ILLO WANAAGSAN EE BIRTA, FITAAMINADA B, IYO NAFAQOOYINKA KALE

IIBSAN KARAA

Dhammaan badarada waa ‘qamadi’ ilaa ay ku calaameysantahay aastaanta: *

☑ **Iibso 12-waqtiyadood sanduuqyo ama ka weyn**

MA IIBSAN KARO:

- Badarka dabiiciga
- Sanduuqyada leh baakidaha halka jeer ah

TALO

Si loo kordhiyo qaadashada, dooro badarka qamadiga.

BADARKA QABOOBAN SUMMADAHA QARANKA

Warshada Guud:

Cheerios (regular only)

Total Whole Grain

Corn Chex

Rice Chex

Wheat Chex

Dora the Explorer

Kellogg’s:

Corn Flakes* (regular only)

Frosted Mini-Wheat’s Original (Little Bites, Bite Size)

Kemach:

Corn Flakes*

Toasted Oats

Wheat Flakes*

BADARKA

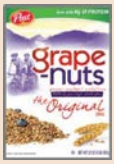
ILLO WANAAGSAN EE BIRTA, FITAAMINADA B, IYO NAFAQOOYINKA KALE

Malt-O-Meal:

Mini Spooners (Frosted, Strawberry Cream, Blueberry Cream)

Oat Blenders* (Honey, Honey & Almonds)

Post:



Grape Nuts (Si joogto ah oo keliya)

Grape Nuts Flakes

Honey Bunches of Oats (with Vanilla Bunches)

Ralston:

Corn Flakes*

Sunbelt:

Simple Granola

Taanug:

Corn Flakes*

Toasted Oats

Wadooyinka Badan oo lagu libsado

TALO

36 Waqiyadood Badar

ISKU DAR IYO ISBARBARDHIG

BADARKA

ILLO WANAAGSAN EE BIRTA, FITAAMINADA B, IYO NAFAQOOYINKA KALE

IIBSAN KARAA

Dhammaan badarada waa ‘qamadi’ ilaa ay ku calaameysantahay aastaanta: *

BADAR QABOW SUMMADA DUKAANKA

Summad walboo dukaanka ah waxaa laga iibsan karaa noocyada xigga ee badaro ah:

Corn Flaked * - Cad

Boorisha Badaro kaladuwan iyo **Qeybaha Boorishka*** (iyo ama aan laheyn miro-looska)

Sidoo kale: Honey Crunchin’ Oats, Honey & Oats, Honey Oat Clusters, Honey Oats & Flakes, Krispy Honey-Oats, Oats & Honey

Oat O’s - Cad. Sidoo kale: Toasted Oats, Tasteeos, Oats & O’s

Oat Squares - Cad. Sidoo kale: Crisp Oat Squares, Crunchy Oat Squares, Oat Crisps

Shredded Wheat - Cad iyo la Barafeeyay

Wheat Flakes - Cad

‘Summada dukaan walba’ waxaa ku jira magaca dukaanka IYO summadahaan ee badarka qabow:

America's Choice, Best Value Market, clear value, Essential Everyday, food Basics, Food Club, Foodtown, Great Value, Hy-Top, Kiggins, Krasdale, Nature's Crunch, Parade, Red & White, Shur Fine, Valu Time, White Rose

BADARKA

ILLO WANAAGSAN EE BIRTA, FITAAMINADA B, IYO NAFAQOOYINKA KALE

IIBSAN KARAA

BADARKA

KULUL

Cream of Wheat Whole Grain
(2 1/2 daqiiqo)

Caleenta Badarka boorishka degdega
Vermont Style Caleenta Badarka
boorishka

Boorish Degdega iyo Birta

ROOTIYADA QAMADIGA

ILLO WANAAGSAN EE BUUNSHADA IYO FATIMIINKA B

ROOTIYADA

16 WAQIYADOOD BAAKIDAHA

TALO

1 WAQIYADOOD (1 LB.) WAA ISLA MIDKA SIDA 16 WAQIYADOOD (16 OZ.)

Cabirada rootiyada inta badan waxay ka calaameysayihiin dhammaadka baakida rootiga.

FULL CIRCLE

- Flax & Grain Bread

- Franczoz Health Bread 100% Whole Wheat
- Franczoz Health Bread Germinated Whole Wheat

MONKS' BREAD

- Multigrain Bread
- Wheat Wholegrain Bread

PAS Yisroel

- 100% Whole Wheat
- 100% Multigrain Bread (All Natural)

GOLD MEDAL Bakery Since 1912

- 100% Wheat Bread with Flax

RUBSCHLAGER Whole Grain Bread

- 100% Whole Wheat
- Westphalian Style Pumpernickel
- Danish Style Pumpernickel
- European Style Whole Grain
- Cocktail Whole Grain
- Cocktail Rye
- Cocktail Pumpernickel
- 100% Rye Rye-Ola Flax
- 100% Rye Rye-Ola Pumpernickel
- 100% Rye Rye-Ola Black Rye
- 100% Rye Rye-Ola Sunflower Bread

STERN'S

- Whole Wheat bread
- Whole Wheat rolls

ROOTIYADA QAMADIGA

ILLO WANAAGSAN EE BUUNSHADA IYO FATIMIINKA B

IIBSAN KARAA

ROOTIYADA

16 WAQIYADOOD BAAKIDAHA

Dhammaan summadahaan waxay bixiyaan
100% Sareenta Qamadiga
rootiga ah taas waa sababta NYS WIC ay u ansixisay!

America's Choice	Best Yet	Bimbo	Central Market
Food Lion	Gourmet	Hannaford	Hauswald's
Holsum	PAS Yisroel	Penn Street	Quality Value pics
Roman Meal	Rubschlager Whole Grain Bread	Sara Lee	Schwebel's
ShopRite	Stop&Shop No salt added lagu daray ama Oo dukaanka ku cusub	Super Bread	
		Windmill Farms	Waa in ay ahaataa: Stone Ground Hamotzie ama Mezonos
		Zomick's	Waa in ay ahaataa: Hamotzie, Mezonos, or Rolls

JABAATIGA QAMADIGA

ILLO WANAAGSAN EE BUUNSHADA IYO FATIMIINKA B

IIBSAN KARAA

JABAATI

16 WAQIYADOOD BAAKIDAHA

- White Corn Tortillas
- Yellow Corn Tortillas

- White Corn Tortillas

- Corn Tortillas

- Whole Wheat (Flour Gordita Whole Wheat) Tortillas

- Soft White Corn Tortillas
- 100% Whole Wheat Flour Tortillas

- 100% Whole Wheat Tortillas

- White Corn Tortillas

- White Corn Tortillas

- Whole Wheat Tortillas

- Corn Tortillas
- 100% Whole Wheat Fajita Flour
- 100% Whole Wheat Soft Taco Flour

JABAATIGA QAMADIGA

ILLO WANAAGSAN EE BUUNSHADA IYO FATIMIINKA B

IIBSAN KARAA

JABAATI

16 WAQIYADOOD BAAKIDAHA

MexAmerica	• 100% Whole Wheat with Honey Tortillas
Mission	• 100% Whole Wheat Flour Tortillas
Nature's Promise	• Corn All Natural Tortillas
Ortega	• Whole Wheat Tortillas
Siempre Auténtico	• Whole Wheat Flour Tortillas
Stop&Shop	• White Corn Tortillas (Mudada Xasilloon & caanaha) • Whole Wheat Flour Tortillas
Tío Santi	• 100% Whole Wheat Flour Tortillas
Tops	• Whole Wheat Tortillas
Wegmans	• Whole Wheat Tortillas
Yossi's Pita	• Corn Tortillas

JABAATIGA BARIIS BAROON AH

ILLO WANAAGSAN EE BUUNSHADA IYO FATIMIINKA B

IIBSAN KARAA

SUMMAD WALBA

BARIIS BAROON AH

14-16 WAQIYADOOD AMA 28-32 BAAKIDO WAQIYADOOD

- Bariis baroon cad oo sanduuqa ku jiro iyo baco
- Waxay noqon kartaa degdega, dhaqso, ama karin joogta ah

MA IIBSAN KARO:

- Lagu daray waxyaabaha sida dufanta, saliidaha, cusbooyinka, ama sonkorta

QAMADIGA – BAASTO

ILLO WANAAGSAN OO BUUSHADA IYO MACDANTA

IIBSAN KARAA

SUMMAD WALBA

BAASTO SAREENKA QAMADIGA

16 WAQIYADOOD BAAKIDO KALIYA

- Baastada Sareenka qamadiga oo qaab walba ah ama qaabka
- Laga sameeyay Sareenka qamadiga ama budadao sareenka qamadiga
- Dabiiciga waala ogolyahay

MA IIBSAN KARO:

- Lagu daray waxyaabaha sida dufanta, saliidaha, cusbooyinka, ama sonkorta

NAAS NUUJINTA

WIC WAY CAAWIN KARTAA

TALO

Go'aansananyo in la naas nuujiyo waa muhiim. Naas nuujinta waa wadada dabiiciga ee hooyo ay ku nuu jiso cunugeeda. Naasnuujinta waa wax ka weyn cunto; waa qeyb aad muhiim uga ah caafimaad guud. Naasnuujinta waxay ku xirtaa hooyada iyo canugeeda oo aan laheyn xadeynta aan la jabin karin oo soconayo nolosha oo dhan. Waxay abuureysaa xiriir bixiyo ilaalo, nafaqo, iyo raaxo. American Academy of Pediatrics carruurta waxay ku taliyeeen naasnuujin kaliya e 6-da bilood ee hor ee nolosha aad sii wadid in aad naasnuujiso ilaa 12 bilood iyo ka badan. Caanaha maaska iyo cunto dhameystiran oo laga helo dhinaca WIC waxay ku caawineysaa canuga in uu si joogta ah u koro si xoogan iyo canug caafimaadan.

WIC waxay siisaa taageero ilaa:

- latalinta iyo waxbarashada oo qubarayaal naasnuujinta ah ee WIC hay'adaha deegaanka
- latalinta ounseling by women who have breastfeeding ka waayo aragso iyo siin kartaa taageerada naasnuujinta hooyooyinka kale
- baakido cunto la kobciyay oo hal sanno ah, loo naqshadeeyay in ay taageerto hooyooyinka caano soo saarka naasnuujinta
- baakido cunto la kordhiyay ee carruurta la nasuusnuujiyo oo da'da 6 bilood ah goorta iyada/isaga uu bilaabo in uu cuntooyin dhameystiran
- dhoor bambooyin naasnuujin kala duwan ee hooyooyinka u baahan in ay sheegaan caanahooda naaska
- xaaxibtinamada jawiga naasnuujinta ee WIC halka hooyooyinka naaska nuujiyo ay ogyihiin in la taageero

Booqo: **www.breastfeedingpartners.org**.

CUNTOOYINKA ILMAHA

ILLO WANAAGSAN OO BIRTA, KIIMIKADA IYO FATIMIINADA

IIBSAN KARAA

CAANAHA GASACA ILMAHA

Jeegaaga WIC waxaa ku qoran summada, cabirka, iyo qaabka (budada, seekada, ama diyaarka u ah isticmaalka) ee ah in aad iibsato.

TALO

DIYAARINTA CAANAHA GASACA (Buddada iyo seekada)

- Ka hor inta aadan karkarin tuubada biyaha si aad ugu sameysid caanaha gasaca, biyaha qaboobaan haka qulquleen tuubada ugu yaraan 1 daqiiqo.
- Karkari tuubada/biyaha dhaleysan oo 2 daqiiqo 2 iyo ha qabowdo ka hor inta aan lagu qasin caanaha gasaca.
- MARNABA ha keydin iyo dib ha u kululeyn dhalada hore ee canugaaga dhameynin.

IIBSAN KARAA

BADARKA ILMAHA

8 & 16 WAQIYADOOD WEEL

Gerber Cereal for Baby

La ogolyahay Kala duwanaanshaha:

- Cuntada boorishka
- Bariis
- Sareenka Qamadiga
- Badar kala duwan

MA IIBSAN KARO:

Dabiici ah, ku darid waxyaabaha dheeraadka ah sida DHA, miraha, canaaha gasaca, ama lagu daray borotiin

CUNTOOYINKA ILMAHA

ILLO WANAAGSAN OO BIRTA, KIIMIKADA IYO FATIMIINADA

HILBAHA **2.5 WAQIYADOOD** WEELASHA

BEECH-NUT or GERBER:
Hilib walba oo leh maraq ama qalalan

TALO

QUUDINTA CANUGAAGA

- Hubi in canugaaga kor fadhiyo isaga oo cunayo. Kuraas sareyso ayaa ugu wanaagsan.
- Marnaba haka tagin canugaaga kaligiisa isaga oo cunayo.
- Si dagan ula hadal iyo dhiirogeli canugaaga isaga oo cunayo. Sameey xiriirka indhaha.

HILBAHA CUNTADA ILMAHA KOSHER:

Haddii ay ku qorantahay jeegaaga WIC (ama haddii dukaanka uu san qaadin Beech-Nut or Gerber)

TUV TAAM: Hilib lo'da Shiidan iyo Maraqa, Digaaga Shiidan iyo Maraqa

DOOQA KOOWAAD: Digaaga qalalan, Balanboolada Qalalan

QUDAARAHA IYO MIRAHA

4 WAQIYADOOD WEELASHA

BEECH-NUT OR GERBER:

Wixii miro hal ah ama qudaar
Wixii isku dar ah ee qudaaro kala duwan iyo miro

Labo baakido ee cuntada carruurta waxay xisaabisaa sida labo weelal.

MA IIBSAN KARO:

Dabiici, bacaha, isku darka oo ay ku jiraan waxyaabaha aan-miraha aheyn ama aan qudaarta aheyn sida hilibka, yoogadka, bariiska, baastada karsan

ADEEGA Q&A

Q. Kawaran haddii aanan rabin in cuntooyinka oo dhan ay jeega ku jiraan?

A. Haddii aadan filaneynin in aad isticmaashid dhammaan cuntooyinka, fadlan weydii nafaqiistaha WIC in uu badelo baakida cuntadaada.

Q. Ma isticmaali karaa foojar oo wata jeegaga WIC ee dukaanka raashinka ama farmashiiga?

A. Haa! Waxaad sidoo kale isticmaali kartaa keydinnada dukaanka ee la jiro jeegagaaga WIC.

Q. Haddii dukaanka uu sheeyo la'aan yahay, ma heli karaa tikadhada dhacdooyinka?

A. Maya! Dukaamada laga yaabo in aysan ku siinin tikidhada dhacdooyinka ee cuntooyinka WIC. Haddii dukaanka uusan haynin dhammaan cuntooyinka WIC ee ku qoran jeegaaga, weydii maamulaha baqaarka haddii cuntooyinka ay baqaarka ku jirto. Waxaad aadi kartaa dukaan kale haddii cuntooyinka oo dhan aan laheli karin.

Q. Haddii jeegageyga dhacaan miyaa la badeli karaa?

A. Maya! Hubi in aad ku dhex isticmaashid jeegagaaga WIC taariiqaha saxda ah ee la ogolyahay. Kadib markay dhacaan, dib looma sameyn karo.

Q. Ka waran haddii la iweydiiyo in aan saxiixo jeega WIC ka hor inta aan wareejinta la buuxin?

A. Ha sameynin! Jeegaga waa in aanan la saxiixin/la taariiqeynin ilaa qasnajiga uu qorin qiimaha iibsiga guud ee sanduuqa "Bixi Saxda".

LIISKA WARBIIXNTA ADEEGASHADA

Ka hor inta aadan adeegan hubi in aad haysatid:

- ☐ Kaarkaaga aqoonsiga WIC
- ☐ Tani waa WIC Foods Guide
- ☐ Jeegagaaga WIC ee AAN SAXIIXNEYN oo taariiqo saxan wato

Adiga oo adeeganayo:

- ☐ Si taxadar ah u eeg waxa ku qoran jeega.
- ☐ ISticmaal Hagidaan Cuntada WIC si ay kuugu caawiso doorashada WIC cuntooyinka la ansixiyay ee ku qoran jeega.
- ☐ Jeegaaga WIC ayaa kuu sheegayo cabirka iyo inta aad ka heli kartid badeeco walba.

Qasnajiga Ka hor:

- ☐ Ma haysataa **cuntooyinka oo dhan** ee ku qoran jeeg walba ee aad rabtid in aad isticmaashid? Haddii kale, dukaanka WIC kama baarandagi karo jeegaaga WIC.

Diiwaangelinta:

- ☐ Ha isticmaalin leenka isku-adeegista, degdega, ama kaashka kaliya.
- ☐ Ku meeley si wadajir ah sheeyadaada WIC miiska qasnajiga oo jeeg ahaan ah.
- ☐ Ku meeley barbardhiga jeega **WIC EE AAN SAXIIXNEYN** dusha koox walba ee sheeyadaan ah.
- ☐ U sheeg qasnajiga in aad isticmaaleysid jeegagaaga WIC.
- ☐ Kaashiyeerka wuxuu ku qorayaa qarashka guud ee cuntadaada ee sanduuqa **BIXI SAXDA** ee jeega. Qasnajiga wuxuu u gudbinayaa jeega gadaashaada in aad saxiixdid iyo taariiqeysid.

Waxa la Keeno Balamahaaga WIC

- Cadeynta aqoonsiga ee qof walba oo codsanaya.
- Cadeynta halka lagu nool yahay. Cadeynta waa in ay muujisaa ciwaanka wadada dhabta ah, ma ahan sanduuqa boostada.
- Cadeynta daqliga ee xubin walba ee qoyska ee shaqeeyo. Waraaqaha waa in ay ahaadaan 30-kii maalmood ee la soo dhaafay.
- Cadeynta ka qeybgalkaaga ee Medicaid, SNAP/Food Stamps ama Temporary Assistance to Needy Families (TANF), haddii la isticmaalayo barnaamijyadaan.
- Diiwaanada tallaalka ee carruurta.
- Xaqiijinta uurka – qoraalka ka imaaday bixiyaha daryeelkaaga caafimaad iyo taariiqda la joogo ee canugaag.
- Wixii foomamka caafimaadka WIC ee adiga ay ku siiyeen bixiyaha daryeelka caafimaad.

TALO

Sidee ayaan ku helaa in canugeyga cuno qudaar badan iyo miro?

1. **Madadaalo kadhig:** Cuntooyin kale ee midabeysan, ama diyaari cuntooyinka ee qaababka saxanka.
2. **Ka qeybgali:** La adeego canugaaga iyo hadoorteen miro cusub ama qudaar. Wada kariya iyo haku caawiyeen diyaarinta.
3. **Sii helid sahlan:** U jar qaar kamid ah miraha iyo qudaarta, iyo ku haay baaquli daboolan oo farantijeerka ah. Canugaaga si sahlan ayuu u dafi karaa cuntooyin yar oo caafimaadan goortii gaajo imaato.

Bayaanka Takoor-la'aanta USDA

Sida waafaqsan sharciga xaquuqda rayidka Federaalka iyo sharciyada xaquuqda rayidka Waaxda Beeraha Mareykanka (U.S. Department of Agriculture, USDA) iyo xeerarka, USDA, waa Hay'adaha, xafiisyada, iyo shaqaalaha, iyo machadyada ka qeybqaadanayo ama maamulayo barnaamijyada USDA waa ka mamnuuc takoorida ku saleysan jinsiyada, midibka, asalka dhalashada, jinsiga, curyaannimada, da'da, ama aargoosiga ama ka aarsashada ka hor howsha xaquuqda rayidka oo barnaamij walba ama howl la qabtay ama ay maalgelisay USDA.

Dadka curyaanka ee u baahan qaabab kale oo xiriirka ah ee warbixinta barnaamijka (tusaale. Qoraalka dhagoolka, daabacada balaaran, cajalada maqalka, Luuqada Aastaanta Mareykanka, iwm.), waa in ay la xiriiraan Hay'ada (Gobolka ama Maxaliga) meesha ay ka codsadeen faa'idooyinka. Shaqsiyaadka dhagoolka ah, ku adagtahay maqalka ama qaba dhibaatooyinka hadalka waa in ay la xiriirtaa USDA oo dhinaca Adeega Gudbinta Federaalka ee (800) 877-8339. Intaa waxaa dheer, warbixinta barnaamijka waxaa laga yaabaa in lagu diyaariyo luuqado aan ka aheyn Ingiriis.

Si aad u gudbiso cabasho barnaamij oo takoorid ah, buuxi Foomka Cabashada Takoorida Barnaamijka USDA, (AD-3027) laga helo onleenka: http://www.ascr.usda.gov/complaint_filing_cust.html, iyo xafiis walba USDA, ama warqad usoo dir oo ku socoto USDA iyo ku sheeg warqada dhammaan warbixinta lagu codsado foomka. Si aad u codsatid koobi foomka cabashada ah, soo wac (866) 632-9992. U soo gudbi foomka oo buuxo ama warqada USDA oo:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

Hay'adaan waa bixiye fursad simman.

Cabashooyinka kale la xiriir:

(1) boosto: WIC Program Director
NYSDOH, Riverview Center Qolka 650,
150 Broadway, Albany, NY 12204; ama

(2) taleefonka: Qadka Koriinka Caafimaadka (The Growing up Healthy Hotline) ee 1-800-522-5006; ama

(3) i-meelka: NYSWIC@HEALTH.NY.GOV

Ka qeybqaatayaasha ee sameeyo bayaano been ama marin habaabis ah ama u qariyo warbixin ujeedo loogu helo faa'idooyinka WIC, ee ka qeybgalo wax ka badan barnaamijka WIC, kaas oo iibiyo ama siiya cuntooyinka WIC, ama iibiyo ama siiya jeegaga WIC laga yaabo in uu dib ugu celiyo Gobolka faa'idooyinka lagu helay si aan ku habooneyn iyo laga yaabo sharci ahaan in ay xukunto New York State ama saraakiisha faderaalka.

MAXAAD SAMEYN KARTAA HADDII AAD KA SHAKISID QIYAANO?

Soo wac Qadka Taleefonka Bilaashka ah

1-877-282-6657

ama i-meelka

foodfraud@health.ny.gov

Waxaad ku soo wargelin kartaa walaacyadaada si qarsoodi ah.

GELI JEEGA WIC HALKAAN

MASUULIYADAHA KA QEYBQAATAYAASHA

Ka qeybqaatayaasha waa in ay:

- u sheeg shaqaalaha WIC warbixinta run iyo saxan ee ka go'aansashada xaq u lahaanshaha, ee inta ay ka ogyihiin
- ogolaaday in aan u ogolaado shaqaalaha Barnaamijka WIC si loo hubiyo in warbixinta la sheegay in ay sax tahay adiga oo la xiriirayo badrooniyada ama illaha kale
- ogeysii xafiiska WIC haddii wax warbixin ah ee loo sheegay WIC ay isbadasho
- kaliya ka qeybqaado hal Barnaamij WIC
- ha iibin ama hasiinin cuntada WIC, caanaha gasacada ama jeegaga WIC

U sheeg saaxib ama qaraabada wax ku saabsan WIC!

Wixii warbixin dheeraad ah ee ku saabsan WIC:

Soo wac
1-800-522-5006

I-meelka
nyswic@health.ny.gov

Naga soo booqo websaydka
www.health.ny.gov/wic
www.breastfeedingpartners.org

ama la xiriir xafiiska deegaankaaga WIC.

NEW YORK STATE | WIC Program