

# Ur miyaad leedahay? Naaska miyuu ilmahu nuugaa? Ilmuhu miyuu ka yaryahay 5 sano?



Lacagtu miyey kugu yartahay? Dawooyinka miyaad u isticmaashaa warqada caafimaad ama Healthy Options\*/waxyaabo kale oo caafimaadka ah? Ma' doonaysaa inaad oggaato wax badan oo ku saabsan ilmahaaga koridiisa iyo sidduu naasaha u nuugo?

## Wac WIC maanta.

Canugaagu aduu kugu dhaqan yahay. Adna waxaad ku dhaqan tahay WIC. Nafaqada barnaamijka ee dumarka, cunugga yar ee dhashay, iyo carruurta.

**WIC waxay kugu caawinaysaa si ilmaagu caafimaad ugu koro marka ugu horaysaba:**

- Jeeg gaadhaya \$50 oo cunto caafimaad ku saabsan bishiiba: caano, ukun, boorash, jiis/ cheese, digir qalalan, juus/juice, lows burcad/peanut butter iyo foormulada ilmaha aan naaska nuugin.
- Buug cunug oo la siiyo ruuxa uurka leh.
- Borotiin iyo naas nuugid wax ku saabsan.
- Caawimo ku saabsan sidii waxyaabah caafimaad ka loo helo.

**WIC dhakhliga/income hanuun bishiiba mar:**  
(Qofka uurka leh iyo ilmaheeda waxaa loo tiriyaa 2 qof)

- Reerkii 2 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$2,247
- Reerkii 4 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$3,400
- Reerkii 6 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$4,553

(Tilmaamaha dakhligu waxay shaqaynayaan illaa March 31, 2010)

\* Haddii aad qaadatid kuuban/coupon warqada caafimaadka ama Healthy Options/warqada oo Caafimaadka ah waa lagu ogolyahay barnaamishka **WIC**.

**WIC dadka oo dhan ayey u furantahay.**

**Helida WIC waxba ma yeelayso arrimahaaga imigarayshankawaaxda socdaalka.**



# 1-800-322-2588

## Family Health Hotline

*A program of WithinReach*

[www.withinreachwa.org](http://www.withinreachwa.org)

