Missouri WIC

Si Wanaagsan Wax u Cun. Ilaali Caaafimaadkaada.

Dumarka, Dhallaanka iyo Caruurta

Liiska Raashinka La Ogolaaday

Laga bilaabo Maajo 1, 2016
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Muhiim:

- Ka qeybgaleyaasha waxay iibsan karaan keliya raashinka sida ku daabacan jeegga WIC.
- Waxaa dhici karto in badeecada qaar ee ku jrita buug yarahaan in aan laga helin dhamaan dukaamada loo ogol yahay WIC.

Jadwalka Tusmada

Jadwalka Tusmada

Su'aalaha Badanaa La Weydiiyo?

Q. Ma isticmaali karaa jeegagga WIC ee gobol kale?
A. Maya, jeegagga Missouri WIC waxaa laga isticmaali karaa Missouri keliya.

Q. Maxaa dhaca haddii jeegageyga lumaan, la xado ama halaabaan?
A. Ogeysii xafiiskaada WIC.

Q. Baaqi miyaa ii soo noqdaa haddii aan isticmaalin xisaabta buuxda ee jeegeyga WIC?
A. Maya, dukaamada looma ogola in ay kuu soo celiyaan baaqiga lacagta aadan isticmaalin ee ku hartay jeegaada WIC.

Q. Ma baddali karaa raashinka ku qoran jeegeyga?
A. Maya, xafiiskaada WIC keliya ayaa baddali kara qorshahaada raashinka. Haddii aad qabtid arrimo ama baahi gaar ah, hubso in aad la hadashid aqoonyaanka nafaqada WIC ka hor inta aan la daabicin jeegagaada. Waxaa dhici karto in ay isku toosiyaan raashinkaada. Waxba ha ku dul qorin jeegagaada ama waxba ha ka baddalin.

Q. Yaan u baahanahay in aan la xariiro haddii aan qabo su'aalo ku saabsan raashinka WIC?
A. Waxaad u baahan tahay in aad la xariirtid xafiiskaada WIC.

Q. Ma u baahanahay in aan iibsado wax kasta oo ku qoran jeegeyga WIC?
A. Maya, lagaama rabo in aad qaadatid wax kasta oo ku qoran jeegaada.

Sida Wax Loogu Iibsado WIC

Dukaanka u Qaado:

1. Galka Aqoonsiga WIC (ID) iyo liiska raashinka WIC ogolaatay. Isticmaal liiska raashinka WIC ogolaatay inta aad wax iibsaneysid.
2. Jeegagga WIC. Waa in la isticmaalo inta u dhexeyso *Taariikhda Kowaad ee la Isticmaalo* iyo *Taariikhda Ugu Dambeyso ee la Isticmaalo* sida ku daabacan jeeg kasta.

Inta Aad Wax Iibsaneysid:

1. Iibso qiyaasta iyo nooca ku qoran jeegga WIC iyo tixraac liiska raashinka WIC ogolaatay si aad u heshid liis dhamaystiran oo ku saabsan raashinka WIC ogoshahay.
2. Waxaad raashinkaada WIC ka soocdaa raashinka kale ee ku jira gaariga.

Marka la Joogo Maqalka:

1. U sheeg khasnajiga in aad wax ku iibsaneysid WIC.
2. Waxaad raashinka WIC ka soocdaa raashinka kale.
3. Waxaad jeegga WIC siisaa khasnajiga ka hor inta badeecada aan la marinin skanka.
4. Kala saar raashinka aad ku iibsaneysid jeegga WIC. Jeeg kasta oo WIC ah waa in si gaar ah loo isticmaalo.
5. Waxaad khasnajiga tustaa galka WIC ID si uu u xaqiijiyo saxiixa. Waxaa dhici karto in khasnajiga codsado aqoonsi kale.
6. Khasnajiga wuxuu taariikhda iibsiga iyo iskudarka xisaabta iibka ku qori doonaa jeegga WIC.
7. Khasnajiga wuxuu xaqiijiyaa saxiixa ku yaal jeegga WIC, wuxuuna la kaashadaa saxiixyada loo ogol yahay ee ku yaal galka aqoonsiga WIC (ID).

Caano

- Nooc kasta (waxaa lagu talliyaa noocyada dukaanka)
- Cabbirka weelka iyo nooca waa sida ku daabacan jeegga WIC
- Lagu yareyay subagga/laga miiray subagga (laga saaray subagga, ½%, 1%)
- Caanaha buuxa iyo kuwa 2%

Caanaha la Qalajiyay Aan Subagga Lahayn

- Nooca dukaanka keliya
- Sanduuqa 8 rubac keliya

Caanaha Aan Lahayn Sokorta (meesha laga heli karo)

- Nooc kasta
- Subag yar/laga saaray subagga (la barxay, ½%, 1%)
- Caano aan la miirin iyo 2%
- Weelka nus galan keliya
- Saafi

Caanaha la Uumiyay

- Nooca dukaanka keliya
- La uumiyay lagu yareyay subagga/laga saaray subagga (la barxay, ½%, 1%)
- Caanaha la uumiyay lana barxin
- 12 oz qasac keliya

Garoor

- Nooc kasta
- Cabbirka rubaca keliya

Caanaha Riyaha (meeshii laga heli karo)

- Nooca Meyenberg
- La uumiyay (12 oz qasac) (la barxin)
- Budada aan subagga lahayn (12 oz qasaca)

Caanaha soy

- Weelka nus galan keliya
- 8th Continent, vanilla keliya iyo asal saafi ah
- Great Value, asalka keliya

Vanilla

Asal Saafi

Asal

Lama Ogola:

- Caanaha qumbaha
- Caanaha qoonada
- Caanaha “cashew”
- Caanaha bariiska
- Caanaha lagu daray subagga
- Caanaha loo yeelay dhadhan
- Caanaha orgaanigga
- Caanaha la uumiyay lana macaaneyay
- Dhalooyinka glaaska
- Waxyaabaha lagu baddalo caanaha
- Caanaha Vitamite

Caano, Caanaha Riyaha, Caanaha Soy

Caano, Caanaha Riyaha, Caanaha Soy

Formaajo

La ogol yahay:

- Nooca dukaanka waxyaabaha laga soo saaro waddanka oo keliya, Formaajada American, Formaajada Cheddar (dhadhan dheeraad ah, dhadhan badan, dhexdhexaad, qabooban), Colby, Colby Jack, Monterey Jack, formaajada Mozzarella (qeyb la barxay ama aan laga saarin subagga)
- Subagga yar/formaajada laga saaray subagga
- Formaajada American nooca dukaanka la jarjaray keliya

- 8 ama 16 oz blog keliya

Lama Ogola:

- Waxyaabaha lagu darro formaajada
- Formaajada Deli
- Raashinka formaajada
- Formaajada la marsado
- Badeecada formaajada
- Jeexyada hal hal loo duubo
- Formaajada "String"
- Formaajada la budeeyay
- Formaajada loo yeelaay dhadhanka
- Formaajada la jarjaray
- Formaajada Orgaanigga

Caanaha Lagu Yareyay Subagga Dhadhan heer sare oo la mid ah iyo nafaqo, iyo subag yar!

Caano fadhi (Weelka 32 oz keliya)

Coburn/
Save- A-Lot
Subag yar
Saafi
Vanilla

Dannon
Subag yar
Saafi
Vanilla

Aan subag lahayn
Saafi

Dannon Light & Fit
Aan subag lahayn
Fruttada “strawberry”*
Vanilla*

Essential Everyday
Subag yar
Fruttada “peach”
Saafi
Fruttada Raspberry
Fruttada “strawberry”
Mooska “strawberry”
Vanilla

Aan Subagga Lahayn
Saafi

Great Value
Subag yar
Fruttada “peach”
Fruttada “strawberry”
Mooska “strawberry”
Vanilla

Aan subag lahayn
Saafi
Mooska "strawberry" qafiifsan*
Vanilla qafiifsan*

HyVee
Subag yar
Fruttada “peach”
Fruttada “strawberry”
Mooska “strawberry”
Vanilla

Aan subag lahayn
Saafi*
Vanilla*

Kroger
Subag yar
Darajada A Saafi
Darajada A Vanilla

Aan subag lahayn
Darajada A Saafi
Darajada A Lite Strawberry*

Schnucks
Subag yar
Saafi
Fruttada “strawberry”
Vanilla

Aan subag lahayn
Saafi

Shurfine
Subag yar
Fruttada “strawberry”
Vanilla

Aan Subagga Lahayn
Saafi*

Yoplait
Subag yar
Fruttada "Harvest Peach"
Fruttada “strawberry”
Mooska “strawberry”
Vanilla

Aan subag lahayn
Saafi

Lama Ogola:
- Caano fadhiga Greegga
- Caano fadhiga orgaanigga

*waxaa ku jira macaaneeyeyaasha la farsameyay

Caano fadhiga laga sameeyo caanaha si looga helo brotiin iyo nafaqo kale. U isticmaal in aad ku daaratid ama ku dartid frutto si aad u samaysatid cunto fudud oo caafimaad qabta.

Caano fadhi
Caano fadhi

Tofu

La ogol yahay:

Nooca Azumaya:

- Tofu Adag (16 oz)

Nooca NaSoya:

- Silken Tofu Organic (16 oz)

Ukun

La ogol yahay:

- Weyn, cad, darajada A ama AA
- 1 darsan baako keliya

Lama Ogola:

- Ukunta kolestaroolka yar
- Ukunta organigga
- Ukunta khaaska
- Ukunta dibadda lagu dhalo
- Ukunta maroonka

Subagga looska

La ogol yahay:

- Salaaxan, sida kreemka ama caadi
- Nooca dukaanka keliya
- 16-18 oz dhalo keliya

Lama Ogola:

- Subagga looska ee adag
- Subagga looska subagga yar
- Subagga looska orgaanigga
- Qasanka marmalaatada, jelliga, mallabka, marshmallow ama shukulaatada

Digirta Qasaca

La ogol yahay:

- Digirta subagga, Digirta dib loo shiilay aan lahayn subag, Digirta Garbanzo, Digirta Killida, Digirta “Navy”, Digirta Pino, iyo Digirta Gaduudan
- Nooca Bush’s Best keliya
- 16 oz qasaca keliya
- Ku yar/la dhimay soodiyumka

Digrita la Qalajiyay, Salbukada iyo Caleenta

La ogol yahay:

- Nooc kasta oo saafi ah, bisil qaleel digirta, salbukada ama caleenta
- Nooca dukaanka keliya
- 16 oz baako keliya

Lama Ogola:

- Raashinka orgaanigga
- Kor saarka sida hilibka qansiirka "ham"
- Xawaajiga ama dhadhanka

Tofu, Ukun, Subagga Looska, Digir

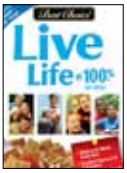
Tofu, Ukun, Subagga Looska, Digir

Badarka Qabooban

Badarka Qabooban (cabbirka 12 oz ilaa 36 oz keliya)

Always Save (bac/baakada)

Best Choice



Clear Value (baako/bac)

Dierbergs

Essential Everyday

Great Value

Badarka WIC waxay kugu kaalmeyaan in aad heshid fitamiin iyo macdanta aad u baahan tahay. Badarka buunshada waa habka ugu wanaagsan aad ku bilowdid maalintaada.

Badarka Qabooban (cabbirka 12 oz ilaa 36 oz keliya)

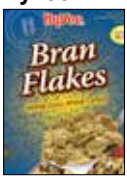
Badarka Qabooban

Badarka Qabooban (cabbirka 12 oz ilaa 36 oz keliya)

Great Value

Hy-Top

HyVee



IGA

Kiggins/Save A Lot

Badarka Buunshada

Badarka waa cunto fudud oo heer sare ah! Waxaad siisaa badar kala duwan iyo ku dhiirigeli cunugaada in uu samaysto cuntadiisa ama cuntadeeda fudud.

Badarka Qabooban (cabbirka 12 oz ilaa 36 oz keliya)

Badarka Qabooban

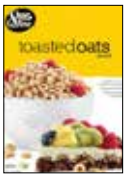
Badarka Qabooban (cabbirka 12 oz ilaa 36 oz keliya)

Kroger

Ralston (baako/bac)

Schnucks

Shurfine



Badarka Qabooban (cabbirka 12 oz ilaa 36 oz keliya)

Badarka Kulul

Best Choice

Essential Everyday

Great Value

Hy Top

HyVee

IGA

Kroger

Ralston

Schnucks

Shurfine

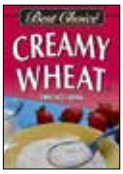
Oatmealka Degdegga

11.8 - 12 oz (12 xermo/baako)

Badarka Buunshada

Badarka Kulul

Best Choice

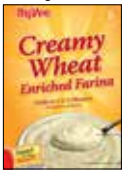


28 oz.
(baako/bac)

Cream of Wheat

28 oz.

HyVee



28 oz.

Malt-O-Meal

18, 28 ama
36 oz

Ralston

28 oz.
(bac keliya)

Schnucks

28 oz.

Badarka Qamadiga Kulul

Cream of Rice
(aan lahayn xabaqda (gluten)

14 oz.

Badarka Bariiska Kulul

Badarka Kulul

Essential Everyday

12 oz.

Xaniin

Badarka iyo Cabbirada Missouri WIC Ogolaatay

- Cabbirada la Ogolaaday: Cabbirada 11.8/12 oz ilaa 36 oz ee ku dhex jira baakooyinka/bacyada sumadaha iyo noocyada la ogol yahay
- Isku qas iyo israaci noocyada iyo cabbirada, ilaa iskudarka ounce ee ku qoran jeegga.
- Iibso noocyada iyo qiyaasta la ogol yahay keliya, sida badarka qaboow iyo/ama kulul

Qamadiga Buunshada/Badarka Buunshada

16 oz Keliya

Best Choice
100% Qamadiga Buunshada

Bunny
100% Qamadiga Buunshada

Dillons
100% Rootiga Qamadiga Buuxa Roundtop

Essential Everyday
100% Qamadiga Buunshada

Healthy Life
100% Qamadiga Buunshada Aan Lahayn Sokor

Healthy Life
100% Miraha Qamadiga Buunshada

HyVee
100% Qamadiga Buunshada

Kroger
100% Qamadiga Buunshada

Natureís Own
100% Badarka Buunshada Aan Sokorta Lahayn

Ozark Hearth
100% Qamadiga Buunshada

Price Chopper
100% Qamadiga Buunshada

Sara Lee
100% Qamadiga Buunshada

Schnucks
100% Qamadiga Buunshada

Wonder
100% Qamadiga Buunshada

Rootiga WIC ogolaatay wuxuu ka samaysan yahay qamadiga buunshada 100%. Waxay kaloo yahiin ilo heer sare ah oo laga helo fiberka cuntada, fitamiin iyo macdan.

Qamadiga Buunshada/Buunshada

16 oz Keliya

Best Choice
100% Qamadiga Buunshada

Chi-Chiís
Qamadiga Buunshada

Don Pancho
Qamadiga Buunshada

HyVee
Qamadiga Buunshada

IGA
Qamadiga Buunshada

Kroger
Qamadiga Buunshada

La Banderita
Qamadiga Buunshada Nooca Fajita

Mission
Qamadiga Buunshada

Ortega
Qamadiga Buunshada

Schnucks
Qamadiga Buunshada

Shurfine
Qamadiga Buunshada Nooca Fajita

Galleey Jilicsan

16 oz Keliya

Best Choice
Galleey

Don Pancho
Galleeyda Cad

HyVee
Galleeyda Cad

La Banderita
Galleeyda Cad

La Burrita
Galleeyda Jaalada

Mission
Galleeyda Jaalada

Shurfine
Galleey

Tortillada galleyda jilicsan waa ilo wanaagsan oo laga helo fiber, fitamiinka B iyo aashitada folic. Ka hel tortillas lagu sameeyo muufada lagu duubo hilibka, fajitas ama tacos.

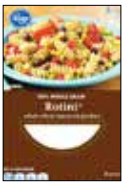
Tortillas

Baastada Qamadiga Buunshada

16 oz Keliya

Barilla

Baastada "Angel Hair"
Baastada "Elbow"
Baastada "Linguine"
Baastada "Medium Shells"
Baastada "Penne"
Baastada "Rotini"
Baasto
Sbagettida Caatada



Kroger

Baastada "Penne Rigate"
Baastada "Rotini"
Baasto
Sbagettida Caatada

Essential Everyday

Baastada "Elbow"
Baastada "Penne"
Baastada "Rotini"
Baasto
Sbagettida Caatada

Racconto

Baastada "Capellini"
Baastada "Elbow"
Baastada "Farfalle"
Baastada "Linguine"
Baastada "Penne Rigate"
Baastada "Rigatoni"
Baastada "Rotini"
Baasto

Gia Russa

Baastada "Angel Hair"
Baastada "Linguine"
Baastada "Medium Shells"
Baastada "Penne Rigate"
Baastada "Roman Rigatoni"
Baastada "Rotini"
Baasto
Sbagettida Caatada

Ronzoni Healthy Harvest

Baastada "Linguine"
Baastada "Penne Rigate"
Baastada "Rotini"
Baasto
Sbagettida Caatada

Great Value

Baasto

Shurfine

Baastada "Penne Rigate"
Baasto

Hodgson Mill

Baastada "Angel Hair"
Baastada "Elbow Macaroni"
Baasto
Baastada "Spiral"
Sbagettida Caatada

Lama Ogola:

- Lagu darray sokor, subag, korsaarka "pild" ama cusbo
- Organigga

100% Baasta Qamadiga Buunshada

100% Baasta Qamadiga Buunshada

Bariiska Maroonka

La ogol yahay:

- Miraha aan laga saarin buunshada lagana shaqeynin
- Nooca dukaanka keliya
- 16 oz baako keliya

Lama Ogola:

- Bariiska dhakhso karsama
- Raashinka orgaanigga

Talooyinka Nafaqada WIC

Qaado Miraha aan Laga Saarin Buunshada

- Miraha aan laga saarin buunshada waa badarka aan laga shaqeynin. Waxay kugu kaalmeyaan in aad heshid maadada aad u baahan tahay.
- Cunidda raashinka miraha aan laga saarin buunshada waxay yareyn kartaa halista cudurka wadnaha iyo kansarada qaar.

Ku Xooji Fruttada iyo Khudaarta

- Inta badan fruttada waxaa ku yar subagga, sodiyumka iyo kaloriyada.
- Fitamiinka “folate” ee ku jira fruttada iyo khudaarta waxay muhiim tahay waqtiga uurka ka hor ama inta socdo uurka.
- Fruttada iyo khudaarta waxay jirka ku kaalmeyaan in uu la diriro cudurka iyo xajinta miisaan u roon caafimaadka.

Xoog Ku Yeelo Brotiinka

- Brotiinka waxaa ilo ahaan laga heli karaa dhirta iyo xoolaha. Raashinka ku fiican brotiinka sida mallaayga, ukuna, digirita iyo subagga looska waxay kaalmo ka geystaan dhisamaha murqaha.
- Saliidda dhirta (unsaturated fats) ee laga helo looska, miraha iyo mallaayga waxay kaalmo ka geysan karaan yareynta halista cudurka wadnaha.

Dhis Lafaha Birta

- Lafaha waxay u baahan yahiin kalsiyum iyo fitamiin D maalin kasta si ay u koraan una yeeshaan xoog.
- Caanaha lagu yareyay iyo kuwa laga miiray subagga iyo formaajada waxay kaalmo ka geystaan dhismaha lafo iyo ilko xoog badan.

Ilaha: Jadwalka Ururka Qaranka WIC (National WIC Association) 2014 iyo 2015

Bariiska Maroon, Talooyinka Nafaqada WIC
Bariiska Maroon, Talooyinka Nafaqada WIC

Dumarka Keliya

11.5 - 12 oz Milanka La Qaboojiyay

Always Save
Tufaax
Oranji

Best Choice
Tufaax
Oranji

Clear Value
Oranji

Crisp
Oranji

Essential Everyday
Tufaax
Canab
Oranji

Great Value
Tufaax
Canab
Oranji

Hy-Top
Tufaax
Oranji

HyVee
Tufaax
Oranji

IGA
Tufaax
Oranji

Kroger
Tufaax
Canab
Oranji

Midwest Country Fare
Oranji

Old Orchard
Tufaaxa Cherry
Tufaaxa Cranberry
Tufaax
Apple Kiwi Strawberry
Tufaaxa Passion Cambe
Tufaaxa Raspberry
Tufaaxa Strawberry
Mooska
Qasanka Berry
Blueberry Pomegranate
Cherry Pomegranate
Qasanka Cranberry
Cranberry Pomegranate
Cranberry Raspberry
Canab
Oranji
Cananaaska Oranjiga
Cananaaska Oranjiga
Mooska
Canabka Cad

Shurfine
Tufaax
Oranji

Tipton Grove
Tufaax
Oranji

Valu Time
Oranji

Waa la Ogol Yahay Juuska Oranjiga:

- Juuska oranjiga la qaboojiyay, noocyada la ogolaaday
- Juuska oranjiga qubka leh, aan qubka lahayn, nooca aan qubka laga fiiqin, lagu xoojiyay kalsiyum iyo/ama fitamiin D, iwm.

100% Juuska - La Siiyo Dumarka
100% Juuska - La Siiyo Dumarka

Caruurta Keliya

64 oz Dhalada Blaastiigga

Always Save
Tufaax
Canab

Best Choice
Tufaax
Canab
Yaanyo
Khudaar
Canabka Cad

Dianeís Garden
Khudaar

Dierbergs
Tufaax

Essential Everyday
Tufaax
Canab
Yaanyo
Yaanyada LS ❤
Khudaar
Khudaarta LS ❤
Canabka Cad

Great Value
Tufaax
Canab
Yaanyo
Khudaar
Canabka Cad

Hy-Top
Tufaax
Canab
Yaanyo
Khudaar
Canabka Cad

HyVee
Tufaax
Canab
Yaanyo
Khudaar
Canabka Cad

IGA
Tufaax
Canab
Yaanyo
Khudaar
Canabka Cad

Kroger
Tufaax
Canab
Khudaar
Khudaarta LS ❤
Canabka Cad

Old Orchard
Tufaax
Canab
Canabka Cad

Schnucks
Tufaax
Canab
Yaanyo
Khudaar
Canabka Cad

Shurfine
Tufaax
Canab
Yaanyo
Khudaar
Canabka Cad

Tipton Grove
Tufaax
Canab

❤ LS = Sodiyum Ku Yar

Shopperís Value
Juuska Oranjiga

Waa Ia Ogol Yahay Juuska Oranjiga:

- Juuska oranjiga nooca ogolaaday ee ku jira weelashasha 64 fl oz (nus galan)
- La qaboojiyay ama la qaboojinin

100% Juuska - La Siiyo Caruurta

100% Juuska - La Siiyo Caruurta

Frutto Saafi ah

La ogol yahay:

- Nooc kasta khudaarta saafiga, labo loo kala jaray, rubac loo kala jaray, la jeexjeexay ama fruttada la jarjaray, aan lagu darrin sokor,*
- Fruttada la geliyay juuska
- Organig

Lama Ogola:

- Fruttada saafiga lagu darray sokorta*ama caramel
- Weelasha buffetga ama deli ama saxuunta xafladaha fruttada
- Dambiisha fruttada
- Fruttada la qalajiyay ama fruttada la duubay
- Fruttada la iibsado kuna jirto saxuunta salaatada
- Looska (tusaale ahaan, looska) ama qasanka fruttada-looska
- Badeecada lagu dubbay fruttada (tusaale ahaan, rootiga "blueberry", doolshada fruttada iyo battiiqa)
- Fruttada qurxinta ama farshaxanka
- Rootiga deli ee gaar loo keeno

Fruttada La Qaboojiyay

La ogol yahay:

- Sumad kasta, nooc kasta iyo cabbirka baakada
- Frutto kasta oo saafi ah ama qasanka fruttada saafiga
- Frutto kasta iyo juuska fruttada, macaaneeyeyaasha la farsameyay ama biyo
- Organig

Lama Ogola:

- Fruttada la qaboojiyay laguna darray sokor*

Midabo badan saaro saxankaada!

- Fruttada iyo khudaarta midabeysan waxaa baakada lala geliyaa fitamiinaadka iyo macdanta muhiimka ah.
- Cunidda midabada kala duwan waxay ku siisaa manaafacaad badan xagga caafimaadka.
- Bar ka bar saxankaada waa in aad ka buuxisid khudaar iyo frutto.

Ilaha: Jadwalka WIC 2016 Ururka Qaranka WIC

*Sokorta lagu darro waxaa ka mid ah: shrobbada galleyda, shrobbada galleyda macaanka fruttada (fructose), macaanka dhirta (maltose), macaanka galleyda (dextrose), macaanka khasabka (sucrose), mallabka iyo shrobbada macaanka geedka "maple"

Fruttada
Fruttada

Khudaarta Saafiga

La ogol yahay:

- Nooc kasta khudaarta saafiga, labo loo kala jaray, rubac loo kala jaray, la jeexjeexay ama khudaarta la jarjaray, aan lagu darrin sokor,* subagga ama saliidda
- Cagaarka ku jiro baca, cagaarka madaxa iyo cagaarka salaatada aan dhadhanka loo yeelin, korsaarka ama jajabka rootiga
- Battaate kasta
- Tuunta saafiga iyo ginger saafi ah
- Organig

Lama Ogola:

- Weelasha buffet ama saxuunta xafladaha oo khudaar ah
- Dambiisha khudaarta
- Cagaarka "lettuce" ama salaatada ku jirto baca lana raaciyay korsaarka, formaajada, jajabyada rootiga ama waxyaabo kale oo lagu darro
- Qiyaasta salaataada ama rootiga deli ee la siiyo qofka
- Khudaarta lagu darray rootiga, sida kreemka, maraqa
- Qasanka khudaarta (baastada ama bariiska)
- Khudaarta la iibsado ee saaran saxuunta salaatada
- Khudaarta qurxinta ama farshaxanka (tusaale ahaan shittniga basbaaska formaajada, tuunta formaajada, fruttada, battiiqa iyo galleeyda Hindida)
- Cagaarka saafiga, la budeeyay, la qalajiyay ama lagu darray “pickle” ama shattniga aasaasiyan loo isticmaalo in loogu yeelo dhadhan

Khudaarta La Qaboojiyay

La ogol yahay:

- Sumad kasta, nooca iyo cabbirka baakada
- Nooc kasta digirta iyo salbukada (tusaale ahaan digirta cagaaran, salbukada cagaaran, salbukada “snap”, salbukada isha madow iyo/ama digirta soy)
- Khudaarta caadiga ama khudaarta la qaboojiyay ee ku yar sodiyumka
- Khudaarta saafiga ee la qaboojiyay, khudaarta la kariyay kaddibna la qaboojiyay ama qasanka khudaarta saafiga ee la qaboojiyay aan lagu darrin waxyaabo kale, dhadhan ama saliid
- Organig

Lama Ogola:

- Sokorta lagu darro,* subagga ama saliidda
- Khudaarta lagu darray korsaarka, loo yeelay dhadhanka ama lagu darray rootiga
- Khudaarta lagu darray maraqa (tusaale ahaan maraqa “gravy”, maraqa formaajada iyo/ama subag), baasto, noodle, bariis ama waxyaabo kale sida hilib, digaag ama mallaay
- Bataate kasta oo la shiilay, bataatada kuuskuusan (tator tots), bataatada wareegsan (potato rounds), bataatada la jarjaray (diced potatoes), bataatada la tiffay (shredded hash browns) ama burka lagu daray bataatada (hash browon patties) kaddibna lagu darray subag/saliid, dhadhan ama sokor*

Talooyinka Iibsiga Fruttada iyo Khudaarta Saafiga

- Hubso xayaysiinta iibka (internetka, xayaysiinta dukaanka, iwm.)
- Isbarbar dhig sicirada.
- Iibso frutto iyo khudaar saafi ah xilliga.

Marka aad dooraneysid fruttada iyo khudaarta saafiga ee lagu iibiyo boundka, adeegso talaabadaha soo socda.

1. Waxaad shayga saartaa miisaanka dukaanka raashinka.
2. Waxaad miisaanka gaarsiisaa boundka ama nus boundka ugu dhaw.
3. Qiyaas qiimaha shayga sida ku saleysan jaantuska hoose.
4. Waxaad shayga iyo sicirka ku qortaa liiskaada iibsiga.

Waxaad sicirka halkii bound ka heshaa tiirka dhinaca bidix. Akhri jaantuska si aad u heshid qiyaasta boundka aad iibsaneysid iyo qiimaha fruttada ama khudaarta saafiga.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	5.23	9.27	10.82	12.36	13.91
3.19	3.19	4.49	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

Talooyinka Iibsiga Fruttada iyo Khudaarta

Sida loo Isticmaalo Jeegagga Fruttada iyo Khudaarta

1. Isticmaal hubinta fruttada iyo khudaarta laga helo dukaamada WIC ogolaatay keliya.
2. Iibso oo keliya fruttada iyo khudaarta saafiga ee la qaboojiya.
3. Jeegga fruttada iyo khudaarta waxaa ku jirta xisaabta doolarka ugu badan ee ku daabacan. Haddii aad qaadatay frutto iyo khudaar ka badan xisaabta doolarka ku qoran jeegga, waxaad inta hartay ku bixin kartaa adiga oo isticmaala:
   - Lacagta caddaanka, jeeg, kaarka deynta/kaarka lacagta ku jirto bangiga ama kaarka SNAP EBT.
   - In ka badan hal jeegga fruttada iyo khudaarta halkii iibsi (Waxaa dhici karto in dukaamada qaar ogolaan karaan oo keliya hal jeegga fruttada iyo khudaarta halkii iibsi.

   Tusaale ahaan, qiimaha jeegaada fruttada iyo khudaarta waa $11 iyo qiimaha fruttada iyo khudaarta waa $13. Waxaad qiimaha $2 oo frutto iyo khudaarah ka saartaa waxa aad iibsaneysid ama waxaad bixin kartaa $2 oo dheeraad ah adiga oo ku bixiya mid ka mid ah hababka ku qoran kor.
4. Canshuur ayaa laga qaadi doonaa inta soo hartay haddii aad ku bixisid lacagta caddaanka, jeeg ama kaarka deynta/kaarka lacagta kuugu jirto xisaabtaada bangiga.
5. Haddii iibsigaada fruttada iyo khudaarta aysan gaarin xisaabta ugu badan ee ku daabaacn jeegga, ma heli doontid baaqiga.

Waxaad iminka iibsan kartaa fruttada iyo khudaarta adiga oo adeegsada jeegagga WIC, iyo lacagta caddaanka, jeeg, kaarka deynta/lacagta ku jirto xisaabta bangiga, ama SNAP EBT.

Hubinta Fruttada iyo Khudaarta
Hubinta Fruttada iyo Khudaarta

Badarka Dhallaanka

La ogol yahay:

- Saafi keliya
- Qaleel keliya
- 8 ama 16 oz weel keliya

Lama ogola:

- Raashinka orgaanigga
- Lagu Darray DHA/ARA
- Fruttaada la qalajiyay/looska lagu darray, caano fadhiga iyo/ama cinnamon

Oatmeal
Bariis
Miro badan

Beech-Nut
(8 oz keliya)

Oatmeal
Bariis
Qamadiga Buunshada
Miro badan

Gerber
(8 or 16 oz keliya)

Fruttada iyo khudaarta dhallaanka

La Ogol Yahay:

- 4 oz weel ama 2 baako oo ka kooban 4 oz weel sida ku daabacan jeegga WIC
- Marxalad kasta
- Frutto kasta ama fruttada qasan
- Frutto iyo khudaar kasta oo qasan
- Khudaar kasta ama khudaar isku qasan

Lama Ogola:

- Raashinka orgaanigga
- Lagu Darray DHA/ARA
- Lagu darray sokor, cusbo ama bur
- Lagu darray bariis, miro ama badar
- Lagu darray xawaaji ama qarfo (cinnamon)
- Frutto qasan, baasto iyo/ama hilibka leysu geeyay
- Khudaarta leysku qasay, baasto iyo/ama hilibka leysu geeyay
- Dinners ama hilibka lagu darray

Beech-Nut

Gerber
2 baako

Tippy Toes

Fruttada iyo/ama Khudaarta Saafiga

Fruttada iyo/ama khudaarta saafiga waxaa loo ogol yahay dhallaanka marka ay ku daabacan yahiin jeegagga WIC oo keliya.

Mar kasta, waxaad dhallaanka ku quudisaa qaaddo.

Formulada Dhallaanka

- Qiyaasta, soo saarka, nooca iyo cabbirka sida ku qoran jeegga WIC

Raashinka Dhallaanka

Raashinka Dhallaanka

Hilibka Dhallaanka

La ogol yahay:
- 2.5 oz weelka keliya

Lama Ogola:
- Raashinka orgaanigga
- Lagu Darray DHA/ARA
- Isugeynta hilibka iyo khudaarta
- Isugeynta hilibka iyo fruttada
- Cashada

Beech-Nut

Gerber

Tippy Toes

Hilibka la siiyo dhallaanka waxay waxtar dheeraad ah u leeyahiin dhallaanka la naas nuujiyo.

Hooyooyinka Sida Buuxdo u Naas Nuujiyo

Mallaayga Qasaca

Tuunada Qafiitsan (5 oz)

La ogol yahay:
- Nooc kasta
- Waxaa la geliyay biyo
- Gabal, adag ama la jarjaray
- Soodiyum ku yar

Lama Ogola:
- Tuunada cad ama “albacore”
- Waxaa lagu darray dhadhan, korsaar ama maraq
- Weelasha aluuminiumka
- Weelasha qofka lagu siiyo
- 4 baako/baakooyin badan

Mallaayga Qasaca Salmon (5 oz)

La ogol yahay:
- Nooc kasta
- Mallaayga salmonka cas keliya
- Biyaha dhallada keliya

Lama Ogola:
- Kiishashka la qaaciyay iyo kuwa ka samaysan xaashada
- Mallaay Gaduudo, nooca Sockeye ama Mallaayga "Wild Alaska Pink Salmon"
- Waxaa lagu darray dhadhan, korsaar ama maraq
- 4 baako/baakooyin badan

Sardiin (3.75 oz)

La ogol yahay
- Nooc kasta
- Biyaha dhallada
- Maraqa yaanyada ama maraqa mustard

Lama Ogola:
- Maraq kulul, basbaas cagaaran oo kulul
- La uumiyay
- Basil
- Kiishka warqadda
- Weelasha lagu siiyo qofka

U gudub Caanaha 1% iyo/ama Caanaha La Barxay!

- Caanaha la barxay ma laha subag.
- 1% caanaha waa xulashada xigta ee ugu caafimaadka badan. Waxay leedahay 30% subagga ku jira caanaha aan la barxin, iyo dhadhan la mid ah weli. Waa talaabo fiican ilaa aad ka tagto caanaha la barxay.
- Caanaha 1% iyo caanaha la barxay waxay leeyahiin kalsiyum badan iyo waa xulashada ugu caafimaadka badan uu qaato qof kasta ooka weyn 2 sanno.

Isbarbar Dhigga Caanaha (1 koob/8 oz)	Caanaha Aan La Barxin (3.25%)	Lagu Yareyay Caanaha Subagga (2%)	Subagga Yar Caano (1%)	La Barxay Caano
Kaloriye	149	122	102	83
Iskudarka Subagga (gm)	8	5	2.5	0
Iskudarka Subagga (gm)	4.5	3	1.5	0
Brotiin (gm)	8	8	8	8
Kalsiyum (mg)	276	293	305	299
Fitamiin D (IU)	124	120	117	115

Tixraaca: Xogta Nafaqada Qaranka ee loogu talogalay Tixraaca Caadiga, Daabacaadda 26 (National Nutrient Database for Standard Reference Release 26)

Missouri WIC
Si Wanaagsan Wax u Cun.
Ilaali Caaafimaadkaada.

Missouri Department of Health and Senior Services DHSS

Waaxda Caafimaadka iyo Adeegyada Waayeelka Missouri
(Missouri Department of Health and Senior Services)
Adeegyada WIC iyo Nafaqada
P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204
health.mo.gov/wic

DHSS waa loo shaqeey bixiya fursadaha siman/taakuleynta danyarta. Adeegyada waxaa la bixiyaa takoor la'aan.

Qaabab kale oo la xariira daabacaadaan lana siiyo dadka qaba itaal darrida waxaa la heli karaa kaddib marka lala xariiro Waaxda Caafimaadka iyo Adeeyada Waayeelka Missouri (Missouri Department of Health and Senior Services), telefoonka 573-751-6204.

Muwaadiniinta itaalka darran xagga maqalka iyo hadalka waxay wici karaan 711. Hay'adaan waa hay'ad bixisa fursadaha siman.

WIC-640 (05-16)