Kusoo dhowaw WICga Missouri

Shaqaalaha WIC waxey halkaan ujoogaan iney ku caawiyaan iyo iney kaaga jawaabaan su'aal kasto oo aad qabto sidii aad ku cuni laheyd cafimaad iyo inaad ku joogto ficnaan.

Waa maxey WIC

- WIC waa barnaamij caalami ah ee nafaqeynta haweenka, dhalaanka, caruurta. Waxey ka kaal meyneysaa in hooyada iyo caruurta iney siwa-naagsan u cunaan iyo ahaadana cafimaadqab.

Kuma ah WIC

- Haweenka uurka leh, naasnuujiya ama uurke-da mardhow dhameysatey
- Dhalaanka iyo caruurta ka yar 5 sano jir

Maxaad ka heleysaa WIC?

- Barashada naasnuujinta iyo kaalmo
- Nafaqeyn iyo waxbarasho cafimaad
- Latalin shaqsiyan ee nafaqada
- Ugudbin barnaamijyo kale ee cafimaad ee adiga iyo qoyskadii
- Jeegaga si ay u iibsadaan cuntada nafaqada leh

Sideen ugu sameysan karaa balan WIC?

- Wac adeeg bixiyaha WICga ee goobtaada ama wac TEL-LINK 800-TEL-LINK (800-835-5465).

Maxaan u baaha nahey inaan la imaa-do balanta WIC?

- Inta lagu jiro booqashada, shaqaalaha WIC waxey firi nayaan in reerkadii uu uqalmo. Kani waxaa la yiraahdaa cadeyn. Waxaad u baahan tahay inaad la timaado warqada aqoonsiga, daqliga iyo ciwaanka.
- Waxaad siisaa macluumaad shaqaalaha WIC macluumaad ku saabsan dhibaatooyinka dukaanka raashinka ama jeega aad.
- Wedii shaqaalaha WIC haddii aad qabto su'aal jeegadii. Keen jeegaga aadan isticmaalin.

Maxaa dhacaya balanta WIC?

- Waxaad booqan dontaa qof xifrad u leh cafimaadka. Asiga ama ayada waxey ku siin donaan fikrado iyo talooyin ku saabsan cunida caafimaad ee adiga iyo caruurtadii.
- Waxaa laga yabaa inaad ka qeybgasho waxyabaha kale ee WIC sida fasalada nafaqeynta ama naasnuujinta.

Maxaan u bahanahey inaan sameeyo sii leygu aqbalo?

- Waa inaad garasisan tahay xeerka daqliga WIC iyo ku haayo halis nafaqo daro.

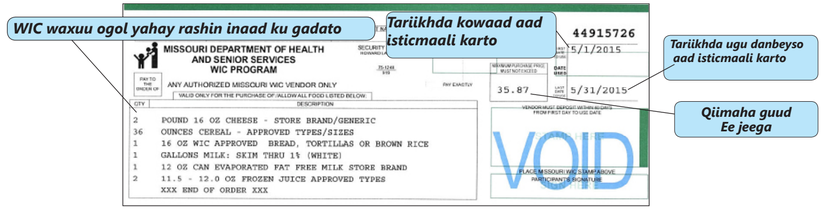
Ilaa goormaan ku jiri karaa WIC?

- Adiga iyo cunugadii waad ku jiri kartaan ilaa daqligaadu yahay heerka la ogo yahay, iyo adiga ama cunugadii hayo halis nafaqodaro.
- Haddii aad uur lehdahey, waad kujiri kartaa inta aad uurka leh dahey.
- Waxey ku xiren tahay sida aad unuujiso ubad-kadii, waxaa laga yabaa inaad WIC kujirto intuu ubadkadii ka garayo 1 sano jir.
- Haddii aadan naasnuji neynin waxaad ku jiri karaa WIC lix bilood.
- Cunugadii wuxuu ku jiri karaa ilaa asiga ama iyada ka badbaado halista nafaqodarada, ama ilaa ubadkaadii ka gaaro 5 jir, kii soo hor mara.

* Koritaanka reer cafimaadqaba wuu adag yahay . barnaamijka wic wuu kaa cawinkaraa.

Maxaan sameyaa in aan ku caawino barnaamijka WIC si ay igu shaqeyso?

- Xaji balamadadii. Haddii aadan xafadi Karin balantadii, wac xafiiskadii WIC isla markii. Shaqaalaha WIC aad ayey ugu shaqeeyen iney ku arkaan balantadii, sidaa daraaded isku day inaad timaado waqtigaadii.
- La imaaw dokumeentiyada loo bahan yahay (cadeynta deganaashaha, daqliga iyo aqoonsiga) balantadii.
- Iska hubi inaad qaadato galka WIC ID balantaadii WIC.
- Iska hubi inaad qaadato galka WIC ID iyo warqada rashiinka la'ogol yahay ee WIC dukaanka.
- Gado rashiinka WIC ogol iyo qarashka ku qoron jeegadii. Rashiinka WIC waa dadka qayebgalayasha WIC keliya. **Rashiinka WIC looma celin karo dukaanka, qofna lama siin karo ama la iibin karo qof kale.**
- U sheeq shaqaalaha WIC hadey jiraan bedel magaca, ciwaanka ama telefon number.
- Haddii aad u guureyso meel kale oo cusub wargeli xafiiska WIC.



Sidee u isticmalaa jega WIC?

- Intaadan adeeganin gooy jeega aad isticmaaleyid.
- Iska hubi tariikha jeega. Haddii aad heysato bil wax kabadan, iska hubi inaad isticmaasho mida saxa ah.
- Iska hubi jegadii in lagu jiro ama dhafey **TARIIKHDA HORE EE LA ISTICMAALI KARO.**
- Iska hubi in lagu jiro ama kahor **TARIIKHDA UGU DANBEYSO EE LAISTICMAALI KARO.**
- Isticmaal rashiika iyo nooca kaliya ee ku qoran jeegadii eena ogol WIC.
- Iska hubi inaad doorato rashiinka ku qoran jeegadii WIC.
- Kala saar rashiika WIC iuo rashiinka aad adiga gadaneysid. Una dhig markaad gadaneysid sidaan:
  1. Miraha iyo khudaarta
  2. Miraha iyo khudaarta la qaboojoyey
  3. Dhamaan rashiinka kale ee WIC
- Usheeg inaad isticmaaleysid WIC jeeg.
- Tus shaqaalaha dukaanka galka WIC ID.
- Saxiix jeegadii kadib markii dukaan haayaha ku qoro qiimaha.
- Marnaba ha saxiixin jeega ka hor inta "bixinta saxda ah" qarashka iyo tariikhda lagu buuxiyo dukaan haayaha.
- Dukaan haayaha wuxuu isku firi nayaa saxi-ixada iyo kan galk WIC ID.

Sida loo isticmaalo jeegaga miraha iyo khudaarta

Jeega miraha iyo khudrada waxey kleh dahey qarash cayiman kuna qoran jeega. Haddii miraha iyo khudaarta ka bato inta ku qoran jeega , waad kartaa inaad...

- Bixi faraqa lacag cadaan, jeeg karaka deynta/bangiga ama karaka SNAP EBT.
- Bixi faraqa adigoo isticmaalayo jeegaga miraha iyo khudaarta oo wada jira.
- Canshuur ayaad bixineysaa haddii aad faraqa ku bixiso lacag, jeeg ama karaka bangiga.

Taagerida WIC ga ee naasnujinta!

Maxaa haddii aan naasnuujin keliya?

- Haddii aad dorato inaad naasnuujiso KELIYA , waxaad heleysaa rashiin hal sano.
- Waxaad heleysaa caano badan, farmaajo iyo ukun oo lasocota kaluun.
- 6 bilood ubadkadii wuxuu helayaa rashiin badan.

Maxaa haddii aan naasnuujiyo badanaa?

- Haddii aad dorato inaad naanuujiso BADANAA, waxaad heleysaa rashiin hal sano.
- Rashiinkadii wuxuu noqonayaa mid ku yar caanaha, farmaajada iyo ukunta sida haweenka naasnuujinta buuxda uma heleysid kaluun.
- 6 bilood wuxuu ubadkadii helayaa rashiinka caruurta oo mid ka yar kan had iyo jeer naaska nuuga mana heleysi wax hilib ah.

Maxaa haddii aan naasnuujin ama mararka qarkood?

- Haddii aad dorato inaadan nuujin ama mararka qarkood, waxaad heleysaa rashiin lix bilood.
- Rashinkadii wuxuu noqonayaa mid yar caano, farmaajo, ukun, casiir, lowska shiidan/ digirta marka loo fiiriyo haweenka naaska nuujisa marwalba mana ku jiro kalunka qasacadeesan iyo badarka.

* Wixii mucaamalaad hdeerad ah la hadal shaqaalaha goobtadii ee WIC.

Sida buuxa u nuujisa naaska

Badanaa Naas (uurka leh)

Qaar ka mid ah / Naas nuujinin

Caruurta

Missouri WIC sanbalka rashiinka baakadaha

Naasnuujin!

Hooyoda iyo Cunuga Helaan cunto badan

* Sawirkaani wuxuu ku tusayaa faraqa u dhaxeeyo rashiinka haweenka, ubadka iyo caruurta. Rashiinka oo dhan waa in lagu xafido meel ku haboon ee guriga.

Nafaqooyinka rashiinka WIC

Nafaqo	Ilaha rashiinka WIC	Maxuu qabtaa
Bir	*Siriyaal, digirta kala duwan, ukunta, rooti, qamadi tortilla, kaluun qasacadeesan, hilbka cuntada ubadka*	*Wuxuu kaa kalmeyaa inuu sameeyo unugyada cascas ee dhiiga*
Kalsiyam	*Caano, farmajo, tafu, caanaha digirta, digirta qalalan, khudaarta (sida: isbinaaj, kale, barakoli) kalun qasacadeesan*	*Wuxuu kaa cawiyaa inuu dhiso ilko adag iyo lafo; wuxuu cawiyaa shaqeynta murqaha*
Vitamin A	*Oranjada –miraha midanka leh iyo khudaarta, farmaajo, caano ukun, miraha rashiinka ubadka (peaches), cagaar khudaarta, khudaarta rashiinka ubadka (karooto, skuwash, baradho macaan)*	*Wuxuu caawiyaa indhaha, maqaarka iyo lafo cafimaad*
Vitamin C	*Miraha dhanaan, casiirka iyo miraha rashiinka ubadka (Tufaax shiidan, apricot, peaches, pear iyo moos)*	*Wuxuu kaa cawiyaa horumaka cirid caafimaad qaba, lafaha iiyo ilkaha; wuxuu kaa caawiyaa inuu jirka nuugo birta sii u sameyo unugyada cascas ee dhiiga oo cafimaad qaba iyo lad-agaalanka cudurka*
Vitamin D	*Caano, ukun, kaluun qasacadeesan*	*Wuxuu kaa cawiyaa horumarka iyo ilaalinta lafo iyo ilka adag*
Folate	*Casiirka oranjada, ukun, siriyaal, rooti, tortilla qamadi, digiyo kala dduwan. Khudaata cagaaran, casiir khudrat.*	*Wuxuu kaa cawiyaa sameynta unuga cascas ee dhiiga wuxuuna ka hortagaa qatarta kutimaado cilada lagudhasho*
Protiin	*Caano, farmaajo, ukun, digita oo kala duwan lowska shiidan tafu, caanaha digirta, kaluun qasacadeesan*	*Wuxuu kaa caawiyaa koritaanka, daryeelka iyo dayactirka unuga*
Zinc	*Digita, noocyada digirta kala duwan, hilbka rashinka ubadka*	*Wuxuu kaa cawiyaa karitaanka iyo dayactirka unuga*
Vitamin B6	*Ukun, kaluun qasacadeesan, siriyaal, hilbka rashiinka ubadka*	*Wuxuu kaa cawiyaa inuu jirka la dagaalamo cudurka iyo inuu isticmaalo protiinka aad cunto*
Fiber	*Miro, khudaar, rooti, tortilla (qamadi iyo galey jilicsan) bariis, digir, digir kala duwan*	*Wuxuu kaa cawiyaa inuu dheli tiro gudaha caloosha*

health.mo.gov/wic

Missouri Department of Health and Senior Services • WIC and Nutrition Services • 573-751-6204

DHSS waa fursad loo wada siman yahay/ texgeliyo talaabada lashaqeynta. Shaqada uu fuliyo waxey ku saleesan tahay midabtakoor la'aan. Dalaabadka qoraalkan loogu tala galay dadka naafada ah waxaa laga heli karaa adigoo la xiriiraya Waaxda Missouri ee Caafimaadka iyo adeegaha wayeelka at 573-751-6204. Muwaadiinta maqalka iyo hadal ku daciif ah waxaa wici kartaa 711. WAA HAY'AD BIXISA FURSAD LOO WADA SIMAN YAHAY.

WIC-1204 (01-17)-**(Somali)**

Kusoo Dhowaw WICga Missouri

Cun cafimaad.Ku jog wanaag

WIC waxay bixisaa adeegyada haweenka uur-ka leh iyo dhalmada, iyo sidoo kale dhallaanka iyo carruurta ka yar 5 sano jir.

Missouri WIC
Eat Healthy. Stay Well.