WIC Cov Khoom Noj Rau Cov Yuav Los Ua Ib Leej Niam

WIC cov khoom noj pab zoo heev rau koj txoj kev loj hlob thiab kom muaj zog thaum uas koj tu koj tus me nyuam uas tab tom loj hlob.

Koj Yuav Tau Txais

Txhuv (Grains)

- 36 ooj cov khaub noom ntse mis uas muaj iron
- 1 phaus cov nplem whole wheat, mov txho liab tseb (brown rice), **los yog** whole wheat **los yog** soft corn tortillas

Txiv Hmab Txiv Ntoo thiab Zaub

- Peb poom cov 46 ooj **los yog** peb poom cov 12 ooj kua txiv khov dej uas muaj vitamin C ntau
- Daim tshev $8 mus yuav txiv hmab txiv ntoo thiab zaub

Khoom Uas Yog Mis (Dairy)

- 4 1/2 nkas loos mis nyuj (skim txog 2%)*
- Ib poom kua mis nyeem nyeem 12 ooj uas muaj rog tsawg
- 1 phaus tshij

*Tej zaum yuav muab tau mis kua taum (soymilk) los yog taum fwv los hloov cov mis nyuj

Protein

- 1 teb qe
- 18 ooj txiv laum huab xeeb
- 1 phaus cov taum qhuav los yog plaub poom cov 16 ooj taum (kidney, pinto, garbanzo los yog taum liab)

WIC Cov Khoom Noj rau Cov Me Nyuam Yaus

WIC cov khoom noj pab zoo heev rau koj tus me nyuam txoj kev loj hlob thiab kom muaj zog.

Koj Tus Me Nyuam Yuav Tau Txais

Txhuv (Grains)

- 36 ooj cov khaub noom ntse mis uas muaj iron
- 2 phaus cov nplem whole wheat, mov txho liab tseb (brown rice), **los yog** whole wheat **los yog** soft corn tortillas

Txiv Hmab Txiv Ntoo thiab Zaub

- Ob taub cov 64 ooj kua txiv uas muaj vitamin C ntau
- Daim tshev $8 mus yuav txiv hmab txiv ntoo thiab zaub

Khoom Uas Yog Mis (Dairy)

- 3 nkas loos mis nyuj*
  - Cov me nyuam yaus muaj 2 xyoos rov hauv tau cov mis nyuj whole
  - Cov me nyuam yaus muaj 2 xyoos rov saud tau cov mis nyuj muaj rog tsawg (skim txog 2%)
- Ib poom kua mis nyeem nyeem 12 ooj uas muaj rog tsawg
- 1 phaus tshij

*Tej zaum yuav muab tau mis kua taum (soymilk) los yog taum fwv los hloov cov mis nyuj yog tias tau kev tso cai los ntawm tus kws kho mob

Protein

- 1 teb qe
- 18 ooj cov txiv luam huab xeeb **los yog** 1 phaus taum qhuav **los yog** plaub poom cov 16 ooj taum (kidney, pinto, garbanzo los yog taum liab)

Missouri WIC

Ib tug tsw hauj lwm muaj vaj huam sib luab kev saib taus lwm haiv neeg (affirmative action). Muab cov kev pab tsis cais tshwj leej twg li. Yog xav tau daim ntawv no ua lwm hom ntawv rau cov neeg uas ib ce tsis meej xeeb hu rau Missouri Lub Caj Meem Fai Muab Kev Pab Rau Txoj Kev Kaj Huv Ntawm Cev thiab Cov Kev Pab Rau Cov Neeg Laus ntawm 573-751-6204. Tus xov toj rau cov pej xeem uas tsis hnov lus zoo thiab hais lus tsis tshua meej 1-800-735-2966. SUAB 1-800-735-2466. WIC-1067 Hmong (09-09)