# DAIM NTAWV QHIA YUAV TXIV HMAB TXIV NTOO THIAB ZAUB

Daim ntawv qhia yuav khoom no yog los pab koj kom koj yuav tau khoom ntau thaum siv koj daim WIC tshev yuav txiv hmab txiv ntoo thiab zaub. Siv daim ntawv qhia yuav khoom no los xyuas txog cov txiv hmab txiv ntoo thiab zaub uas koj yuav. Thaum xaiv txiv hmab txiv ntoo los sis zaub uas muag raws phaus, thov ua raws li cov theem nram qab no:

- Muab qhov khoom tso rau ntawm rab teev luj hauv seem muag zaub.
- Muab qhov uas nyhav ntawd kwv yees mus rau qhov phaus los sis ib nrab phaus ze tshaj.
- Kws yees seb qhov khoom yuav raug nqi li cas raws li daim duab qhia hauv qab no.
- Sau qhov khoom thiab tus nqi rau hauv daim ntawv yuav khoom no.

Thaum uas koj mus txog rau ntawm qhov chaw luj khoom, txheeb koj cov khoom. Ua ntej, muab cov txiv hmab txiv ntoo thiab zaub tshiab tso rau ntawm txoj hlu los sis rau ntawm txee, ces mam li muab cov txiv hmab txiv ntoo thiab zaub uas khov dej.

## NCO NTSOOV:

1. Muab tau ntau tshaj WIC ib daim tshev yuav txiv hmab txiv ntoo thiab zaub los sib ntxiv ua ke rau kev yuav WIC li khoom. Lwm cov WIC tshev yuav khoom noj yuav tsum tau luj rau ib qho.
2. Koj cov txiv hmab txiv ntoo thiab zaub yuav tsum tau yog li tus nqi hauv WIC daim tshev ($6, $8, los sis $10) los sis tsawg dua. Koj yuav them TSIS TAU qhov tshaj yog hais tias koj cov khoom nws tshaj tus nqi hauv WIC daim tshev. Koj yuav tau tshem ib co khoom tawm kom tus nqi txo mus rau tus nqi nyob hauv WIC daim tshev los sis tsawg dua ntawd.

| Tus nqi raws phaus | 1 phaus | 1 ½ phaus | 2 phaus | 2 ½ phaus | 3 phaus | 3 ½ phaus | 4 phaus | 4 ½ phaus |
|---|---|---|---|---|---|---|---|---|
| 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 |

### DAIM NTAWV YUAV KHOOM

**Cov Zaub Tshiab Tus Nqi Raws Phaus (Yuav tau muab luj)**

| Yam khoom | Tus nqi raws Phaus |
|---|---|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Tag nrho kwv yees: _____

**Tus Nqi Muag – Txiv Hmab Txiv Ntoo & Zaub**

| Yam khoom | Tus nqi | | Pes tsawg | | Tag nrho |
|---|---|---|---|---|---|
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |

Tag nrho kwv yees: _____

**Txiv Hmab Txiv Ntoo & Zaub Khov Dej**

| Yam khoom | Tus nqi | | Pes tsawg | | Tag nrho |
|---|---|---|---|---|---|
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |
| _____ | _____ | x | _____ | = | _____ |

Tag nrho kwv yees: _____

**Tag Nrho Cov Khoom Kwv Yees:**

_____

**WIC YOG IB QHO CHAW MUAB KEV PAB VAJ HUAM SIB LUAG.**

# Noj cov txiv hmab txiv ntoo thiab zaub uas muaj ntau hom kob txhua hnub!
# Nco ntsoov tias qhov ntau tseem ceeb!

*Txhua lub txiv hmab txiv ntoo thiab zaub muab ib co nutrients tshwj xeeb li no peb yuav tsum tau xaiv ntau hom txhua hnub.*

**Ntxiv Txiv Hmab Txiv Ntoo thiab Zaub Kom Ntau rau Koj Pluas Noj**

- Muab cov txiv ev paum los sis txiv pos tso rau saum toj ntawm koj cov yogurt uas muaj rog tsawg.
- Ua ib qho txiv hmab txiv ntoo sib tov uas muab ntau hom txiv hmab txiv ntoo tshiab thiab khov dej coj los sib tov thaum pib hauv lub lim piam es ntim mus noj sus.
- Noj ib lub txiv kab ntxwv txom ncaij thaum sawv ntxov yuav mus tav su ntawd.
- Ntxiv txiv hmab txiv ntoo rau cov hmoov nplej pancake, cov hmoov tov ua muffin, los sis cereal.
- Ua ib qho smoothie uas siv txiv hmab txiv ntoo los ntawm kev muag yogurt, txiv hmab txiv ntoo kheej thiab dej khov coj los zom ua ke.
- Noj tej daim txiv ev paum thiab txiv laum huab xeeb ua ib qho khoom noj txom ncauj uas tsau.
- Muab txiv laum huab xeeb thiab txiv tsawb tso rau saum toj ntawm ib daim nplem uas yog whole grain.
- Nqa tej thawv raisins nrog koj ua khoom noj txom ncauj thaum mus ub no.
- Koj ua koj cov khoom noj txom ncauj sib tov uas siv ntau cov txiv hmab txiv ntoo qhuav.
- Yuav zaub ntau tso saum toj ntawm ib daim phiv xam (pizza).
- Ntxiv taum rau koj cov xam lav. Pob kws los sis raisins los qab kawg thiab.
- Muab zaub ntxiv rau kua dia, kua nqaij thiab nqaij ci.
- Muab zaub qhwv, txiv lws suav thiab dib ntxiv rau cov nplem uas muab nqaij tais rau hauv nruab nrab (sandwiches).
- Yuav xam lav es txhob yuav qos kib thaum uas tawm mus noj sab nraud.
- Muab txiv hmab txiv ntoo thiab zaub ua ib nrab ntawm koj lub phaj.
- Noj tej daim kua txob ntsuab (bell pepper strips), txiv lws suav me los sis tej daim dib ntsw cov kua uas muaj rog tsawg ua khoom noj txom ncauj.
- Ntxiv zaub xws li kua txob ntsuab, zaub spinach, nceb los sis txiv lws suav rau hauv koj cov qe.
- Muab cov khaub cij tortilla ci ntsw cov salsa uas siv pob kws thiab taum dub ua.
- Muab cov txiv hmab txiv ntoo thiab zaub tso kom pom ntawm txee los sis hauv lub tub rau khoom txias.

**Tswv yim rau Kev Yuav Txiv Hmab Txiv Ntoo thiab Zaub**

- Xyuas ua ntej koj yuav-Tuav lub hnab los sis lub taub rau sab sauv thiab saib sab hauv qab seb puas tsoog los sis cov zaub puas tuaj pwm.
- Siv cov khoom tshiab ua ntej, tshwj xeeb yog cov txiv pos berries thiab cov txiv cherries vim cov no yuav lwj sai heev.
- Muab cov txiv hmab txiv ntoo thiab zaub tsaug dej ua ntej npaj los sis noj. Hauv cov dej sov so, muab koj txhais tes los txhuam cov zaub kom cov av tawm mus kom tas. Muab ntawv so tes los so kom qhuav.
- Cov txiv hmab txiv ntoo feem ntau yuav tso tau rau hauv lub tub rau khoom txias mus ib lim piam.
- Muab cov dos loj, qos, taub dag thiab taub xwb kuab tso rau hauv ib qho chaw txias thiab qhuav.
- Cov txiv lws suav yuav qab mus ntev yog tias muab tso rau ib qho chaw kom sov li hauv chav uas muab tus ko tso tig rau sab hauv.
- Muab cov txiv hmab txiv ntoo uas piam los sis puas lawm coj mus ua xam lav los sis ua khoom noj txom ncauj hauv khob.
- Muab cov txiv hmab txiv ntoo uas tsis noj tam sim ntawd coj mus tso kom khov dej.
- Cov khoom noj uas khov dej feem ntau nws khov dej li ntawm ob peb teev tom qab de los thiab feem ntau nws qab dua. Lawv muaj ntsev tsawg dua cov uas ntim hauv kaus poom.