



# Liiska Cunada La Ansixiyey

Dhaqan-galayaa Oktoobar 2022



## Qoraalada Muhiimka ah

## Ogoow Kahor Intaadan Bixin

**Ogoow faaiidooyinka aad ku leedahay kaadhkaada. Faaiidooyinkaada waxaad ku arki kartaa midwalbo oo kamida qaababka soo socda:**

- Liiska dukaameysiga oo ey bixisey hay'adaada maxaliga ah ee WIC.
- Bakhaarka waydii warqad ku daabacantahay hadhaaga faaiidooyinkaada.
- Isticmaal aalada WICShopper si aad u aragtid faaiidooyinka kaadhkaada kujira.
- Dib u eeg risiidhka hadhaagii ugu dambeeyey wax-ka-iibsigaadii ugu dhawaa ee WIC.



**Authorized Retailer**

800-835-5465

This institution is an equal opportunity provider.



- Ka dukaameyso keliya tafaariqleyda ansixisey WIC oo lagu garto astaanta.
- Cuntooyinka la heli karo waxey ukala duwanyihiin tafaariqle kasta.
- Risiidhyadaada hayso wax-iibsigaada kadib.
- Cuntooyinka iyo qaacidada WIC lama celin karo ama laguma bedelan karo kaash, deyn ama alaabyo kale.
- Waligaa ha iibin, ku ganacsan ama siin cuntooyinka WIC. Waxaa tani loo qadarin khiyaano.

# Caano

## Caano

- Nooc walba (noocyada bakhaarka ayaa lagu talin)
- Rubuc, galaan-badh, galaan
- Caddiin-lahayn (laqalajiyey), caddiin-hoose (½%, 1%)
- Caddiin la yareeyey (2%), dhamestiran



## Caano Qalalan oo Caddiin-lahayn

- Nooca bakhaarka
- 1 lb 9.6 oz ama xirmo 25.6 oz (ka kooban 8 rubcood)
- Xirmo 9.6 oz (ka kooban 3 rubcood)



## Subag-caano La Karkariyey

- Nooc walba
- Rubuc ama galaan badhkiis

## Caanaha lahayn Maadada Laktos

- Nooc walba
- Galaan badh
- Caddiin-lahayn (laqalajiyey), caddiin-hoose (½%, 1%)
- Caddiin la yareeyey (2%), dhamestiran
- Madhan ama aan wax lagu qasin

## Caano la uumiyey

- Nooca bakhaarka
- Caaga 12 oz
- Caddiin lahayn (laqalajiyey), dhamestiran



## Caano Cari

- Nooca Meyenberg
- Cunto la warshadeyn (dhamestiran) la uumiyey (caaga 12 oz)
- Budada caddiinta lahayn (kiishka 12 oz)



## Aan la oggoleyn:

- Qalajin dheeri ah
- Caano buuxda
- Wax lagu darey
- Dhallooyinka dhalada ah
- Cabitaan caano oo laga sameeyey loos, qumbe, bariis, digir iyo xabuubyada kale
- Walxaha caanaha bedela
- Dabiici
- Ceyrin ama aan la karkarin
- lagu qaboojiyey macaaneeyey

8 oz = 1 koob  
16 oz = 1 bownd  
32 dareere oz = 1 rubuc  
64 dareere oz = 1/2 galaan  
128 dareere oz = 1 galaan

# Caanaha Soya, Burcad, Digir-la-ridqan

## Caanaha Soya

### La oggolyahay:

- Galaan badh



Dabiici



Dabiici



Dabiici, Faniila

### Aan la oggoleyn:

- Macaaneeyaasha gacan-ku-sameyska ah
- Dhadhamada aan ka ahayn Faniila
- Khafiif
- Dabiici

## Burcad maxali ah

### La oggolyahay:

- Nooca bakhaarka
- Gabal, jarjaran, go'go'an, dhudhuuban ama xidhma-xidhma
- Xidhmooyinka 8, 16 iyo 32 oz
- Caadi ah, caddiin lahayn ama caddiin ku yartahay
- Marmara ma isku-qaska noocyo burcad oo la ansixiyey
- Burcad maxali ah oo qura:
  - Mareykan
  - Dhagax
  - Burcad cagaaran – dhammaan noocyada
  - Colby, Colby Jack, Monterey Jack
  - Burcadka mosareela (qeyb-ahaan la qalajiyey ama aan la warshadeyn)
  - Burcadka Muenster
  - Burcadka Provolone
  - Burcadka Swiss



### Aan la oggoleyn:

- Dhadhamada lagu daray (basbaas, khamro, dhadhan qiiq ah, iwm.)
- Walxaha burcadka lagu daro
- Alaabyada cunada burcadka, walxaha lagu daadiyo
- Lisku-dhex-daadiyey, saddex-gees laga dhigay ama la shabageyey
- Kolestarol-laga yareeyey
- Burcadka bakhaarka ama burcad gabal-gabal ah
- Dabiici
- Queso blanco, Queso fresco
- Lasoo dhoofiyey

## Digir-la-ridqan

### La oggolyahay:



• Digir-la-ridqan oo adag (16 oz)



• Digir-la-ridqan oo leh adkaan dheeri ah, Dhexdhexaad iyo jilicsan (16 oz)



• Digir-la-ridqan oo jilicsan Dabiici (16 oz)

# Garoor

## La oggolyahay:

- libso keliya nooca caddiinta lagu sheegey faaiidada
- Caddiin-la'a, Caddiin-yar, caddiin-lawarshadeyn
- Weelalka 32 oz (Rubuc)
- Xidhmooyin dhowr ah (wadartoodu tahay 16 ama 32 oz)
- Keliya dhadhamada la ansixiyey

\*Qaabka-Greega ayaa loo ansixiyey noocyo la xushey



## Aan la oggoleyn:

- Lagu daray walxo mushakal ah
- La cabi karo
- Dabiici

## Ukumo

### La oggolyahay:

- Nooc walbo
- Casa ma buni
- 1 dersin oo ukun ah
- Weyn ama dhexdhexaad, darajada A ama AA



### Aan la oggoleyn:

- Kuwa digaagdu xor tahay ama banaanka yara socoto
- Ukumaha leh xeerarka la kordhiyey ee leh aashitada caddiinta ee omega 3, fitamiinada ama macdanta
- Madhan
- Kolestarol ku yartahay
- Dabiici
- Noocyada kale

## Subagga Looska

### La oggolyahay:

- Nooc walba
- Weelka 16-18 oz
- Caddiinta caadiga ah ama mid-la-dhimey
- Dabacsan ama adag
- Cusbo leh ama aan lahayn



### Aan la oggoleyn:

- Lagu dhex qasay shukulaato, malab, jaam, macmacaan, miro-macaan ama walxo lamid ah
- Dabiici

## Digir Gasacdeysan

### La oggolyahay:

- Nooc walba oo nooca digirta madhan ah
- Nooc walba oo digirta dib-loo-kululeeyey oo caddiinta-lahayn ah
- Weel 15-16 oz
- Soodiyam caadi ah ama hooseeya



### Aan la oggoleyn:

- La-dubey
- Maraq ama mashakal
- Dabiici
- Wax-lagu-dardaray

## Digir qalalan, Digir, Cadas

### La oggolyahay:

- Nooca bakhaarka
- Xidhmada 16 iyo 32 oz
- Noo walbo oo ah bacrin

### Aan la oggoleyn:

- Dabiici
- Walxaha lagu dardaro ama dhadhamada

# Badar Qabow

## Badar Qabow

### La oggolyahay:

Bokisyada ama bacaha 12 ilaa 36 oz



- Galley la dubey
- Bariis la-warshadeeyey
- Qamadi la-jajabiyey  
Lana-qaboojiyey\*
- Badar La-dubey\*



- Buunsho la-dubey\*
- Galley la dubey
- Qamadi la-jajabiyey  
Lana-qaboojiyey\*
- Badar La-dubey\*



- Buunsho la-dubey\*
- Galley la dubey
- Qamadi la-jajabiyey  
Lana-qaboojiyey\*
- Badar La-dubey\*



- Buunsho la-dubey\*
- Galley la dubey
- Galley loo-dubey qaab  
afar-gees ah
- Lix-geesoodka qalalan
- Bariis la-warshadeeyey
- Badar isku-Dhexqasan\*
- Qamadi isku-dhexqasan oo  
Afar-geesood ah\*
- Qamadi la-jajabiyey  
Lana-qaboojiyey\*



- Buunsho la-dubey\*
- Galley Qallalan
- Galley la dubey
- Bariis la-warshadeeyey
- Lix-geesoodka qalalan
- Qamadi la-jajabiyey  
Lana-qaboojiyey\*
- Carmoon Qamadi oo  
jajabisan & Sonkor Bunni ah\*
- Miraha-guduudan oo Jilicsan  
ee Qamadiga la-jajabiyey ee  
La-qaboojiyey\*
- Happy O's\*
- Bariis La-qalajiyey
- Qamadi La-qalajiyey\*
- Qamadi la-Qolfoofiyeey\*

- Qamadi La-jajabiyey  
Lana-qaboojiyey oo  
leh Miro-guduud ah oo  
Labeen ah\*
- Rucubyo Malab iyo  
Badar ah
- Badar Dhowr-xabuub  
la-dubey ah\*
- Qamadi/badar Jajabisan\*
- Xidhmooyinka Badarka\*
- Bariiska Afar-geesoodka  
loo-Warshadeeyey
- Badar La-dubey\*

\*Xabuub La-warshadeeyn



# Badar Qabow



- Buunsho la-dubey\*
- Galley la dubey
- Galley loo-dubey qaab afar-gees ah
- Bariis la-warshadeeyey
- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Malab iyo Badar oo leh Rucubyo Malab iyo Badar ah
- Cunto-badar oo Afar-geesood ah\*
- Bariiska Afar-geesoodka loo-Warshadeeyey
- Badar La-dubey\*
- Xabuub-lamaaley ah qalalan
- Qamadi Afar-geesood ah\*



- Buunsho la-dubey\*
- Galley la dubey
- Galley loo-dubey qaab afar-gees ah
- Qamadi/badar Jajabisan\*
- Badarka Jajabisan oo Afar-geesoodka\*
- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Xabuub-Dhawr ah ee O's\*
- Badarka O's\*
- Bariiska Afar-geesoodka loo-Warshadeeyey
- Qamadi Afar-geesood ah\*



- Nolol Dheelitrian\*
- Buunsho la-dubey\*
- Galley la dubey
- Qolofka Looska\*
- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Tasteos oo Dhowr-xabuubley ah\*
- Tasteos\*
- Galley La-dubey
- Bariis La-dubey
- Qamadi La-dubey\*



- Cheerios Dhowr-xabuubley ah\*
- Cheerios Dabiici ah\*
- Galley Dhowr walxo lagu-dhex-daray
- Khudaar yaryar ee Kix\*
- Malab Kix\*
- Kix Dabiici ah\*
- Bariis Dhowr walxo lagu-dhex-daray
- Wadarta Miraha La-warshadeyn\*
- Qamadi ah\*
- Qamadi Dhowr walxo lagu-dhex-daray\*



- Buunsho la-dubey\*
- Galley la dubey
- Badar La-dubey\*



- Buunsho la-dubey\*
- Galley la dubey
- Galley loo-dubey qaab afar-gees ah
- Bariis Qalalan
- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Qamadi/badar Jajabisan\*
- Bariiska Afar-geesoodka loo-Warshadeeyey
- Tasteos\*

**\*Xabuub La-warshadeyn**

## Badar Qabow

*Kellogg's*

- Buunsho-Dhammanteed ee Qamadi Dhamestiran Buunsho La-dubey\*
- Galley la dubey
- Qorfaha Galley duban
- Qalalan
- Qamadi-yar oo La-qaboojiyey Miro-guduudan\*
- Qorfe duuban ee Qamadi-yar oo La-qaboojiyey \*
- Ududkoonka Bocorka ee Qamadi-yar oo La-qaboojiyey \*
- Qamadi-yar oo La-qaboojiyey Miro-guduudan\*
- Gabalo-yaryar ee Qamadi-yar oo La-qaboojiyey \*
- Qamadi-yar oo La-qaboojiyey Dabiici\*
- Bariis qalaln
- Special K Dabiici ah



- Buunsho la-dubey\*
- Galley la dubey
- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Badar Duuban\*



- Qamadi-yar oo La-qaboojiyey Miro-guduudan\*
- Gabalo galley ah
- Galley la dubey
- Bariis Qalalan
- Qamadi/badar Jajabisan\*
- Badar Afar-geesood ah\*
- Gabalo Bariis ah
- Badar La-dubey\*



- Bariis Qalalan
- Spooners-yar oo La-qaboojiyey\*
- Spooners-yar ee Miro-guduudan oo Labeen ah\*

**meijer**

- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Badar La-dubey\*
- Buunsho Qamadi oo Duban\*

**\*Xabuub La-warshadeyn**

## Badar Qabow



- Loos Canab oo Duban\*
- Loos Canab oo Dabiici ah\*
- Xidhmooyin Malab ah ee Badar-malab oo La-shiiley ah\*
- Xidhmooyin Malab ah ee Badar leh Xidhmooyin Qorfe ah\*
- Xidhmooyin Malab ah ee Badar leh Xidhmooyin Fanila ah\*



- Buskut Galley ah
- Galley la dubey
- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Buskut Bariis ah
- Tasteos\*
- Buunsho Qamadi oo Duban\*



- Galley la dubey



- Buunsho la-dubey\*
- Galley la dubey
- Bariis la-warshadeeyey
- Badar La-dubey\*



- Dhowr Xabuub ah – Dabiici\*
- Dhowr Xabuub ah – Fanila\*
- Badar Afar-geesood ah – Sonkor Bunni ah\*
- Badar Afar-geesood ah – Qorfe\*
- Badar Afar-geesood ah – Malab Loos\*



- Buunsho la-dubey\*
- Galley la dubey
- Galley loo-dubey qaab afar-gees ah
- Bariis la-warshadeeyey
- Dooq Muhiim ah ee Qamadi iyo Wax-isku-Jajabsan\*
- Qamadi la-jajabiyey Lana-qaboojiyey\*
- Badar Afar-geesood ah\*
- Badar ahaan\*
- Bariiska Afar-geesoodka loo-Warshadeeyey
- Badar La-dubey\*
- Xabuub-lamaaley ah qalalan
- Qamadi Afar-geesood ah\*

\*Xabuub La-warshadeeyn

# Badar Kulul

## Badarka Kulul ee

### La-ogolyahay:

Bokisyada ama bacaha 12 ilaa 36 oz



- Qamadi Labeen ah oo leh Cunto-bureed
- Boorish Degdeg ah oo Dabiici ah
- Badar Degdeg ah oo Dabiici ah\*



- Badar Degdeg ah oo Dabiici ah\*



- Labeen Bariis ah
- Labeen Bariis Degdeg ah



- Labeen Qamadi Dabiici ah ee 1 Daqiiqo
- Labeen Qamadi Dabiici ah ee 2 1/2 Daqiiqadood
- Labeen Qamadi ah ee Degdeg Dabiici ah leh
- Labeen Xabuub Dabiici ah ee Qamadi\*
- Labeen Xabuub Dabiici ah ee Qamadi Degdeg ah\*



- Boorish Dhadhan Dabiici ah leh
- Badar Degdeg ah oo Caadi ah\*



- Qamadi Labeen leh oo Cunto-bureed ah
- Boorish Degdeg ah oo Dabiici ah
- Badar Degdeg ah oo Caadi ah\*



- Badar Degdeg ah oo Dabiici ah\*



- Qamadi Labeen ah oo leh Cunto-bureed



- Badar Degdeg ah oo Dabiici ah\*

## Badar Kulul



- Badar Qamadi Kulul oo Dabiici ah



- Boorish Degdeg ah oo Dabiici ah
- Badar Degdeg ah oo Dabiici ah\*



- Qamadi Labeen ah oo leh Cunto-bureed
- Badar Degdeg ah oo Caadi ah\*



- Badar Degdeg ah oo Dabiici ah\*



- Qamadi Labeen ah oo leh Cunto-bureed
- Badar Degdeg ah oo Dabiici ah\*

## Rooti

### La oggolyahay:

- Xidhmooyinka 12, 16, 20 iyo 24 oz
- 100% qamadi ama Xabuub Dabiici ah ee madhan ee jeex rooti, hambeegar iyo rootida hilibka la dhexgaliyo ah



## Sabaayad ka samaysan Qamadi Dabiici ah

### La oggolyahay:

- Xidhmo 16 oz



## Sabaayad Galley ah

### La oggolyahay:

- Xidhmo 16 oz
- Galley casa ama Jaale ah



## Baasto Qamadi Dabiici ah

### La oggolyahay:

- Xidhmo 16 oz
- Qaab walba

### Aan la oggoleyn:

- Sonkor, caddiin, saliid, cusbo lagu daray
- Dabiici



## Bariis Bunni ah

### La oggolyahay:

- Nooca Bakhaarka
- Xidhmo 14 oz (degdeg)
- Xidhmo 16 iyo 32 oz (caadi)
- Xabuub dheer, dhexdhexaad, gaaban

### Aan la oggoleyn:

- Dabiici



## Badar

### La oggolyahay:

- Nooca Bakhaarka
- Degdeg madhan, caadi iyo qaab-horey ah
- Xidhmo 18 oz

### Aan la oggoleyn:

- Bir-ahaan loo jarjaray
- Dabiici



# 100% Casiir – Dumar Loogu-talagalay

## La oggolyahay:

- Isku-ururin qabowday ee 11.5-12 oz



Tufaax, Oranji



Tufaax, Oranji



Tufaax, Canab, Oranji



Tufaax, Canab, Oranji



Tufaax, Canab, Oranji



Tufaax, Canab, Oranji



Tufaax, Oranji



Tufaax, Oranji



Tufaax, Canab, Oranji, Cananaas



Tufaax, Tufaax Guduudan, Tufaaxa Karambeeriga ah, Tufaaxa miraha Guduudan leh ee Kiwi, Tufaax Cambaha lagu darey, Tufaaxa miraha Guduudan, Tufaaxa Miraha Guduudan iyo Mooska leh, Isku-qaska Khudro yaryar, Miraha Canabka u eg ee Bomegranate, Miraha guduudan ee Bomegranate, Isku-qaska Liinta, Isku-qaska Karanbeeriga ah, Karambeerig Bomegranate, Miraha guduudan ee Karanbeeriga ah, Canab, Oranji, Cananaas, Cananaas Oranji ah, Cananaas Oranji Moos ah, Canab Cas



Tufaax



Tufaax, Oranji



Oranji



# 100% Casiir – Caruurta Loogutalagalay

## La oggolyahay:

- Weel 64 oz (Galoon badhkiis)

## Aan la oggoleyn:

- Dabiici
- Mashakal casiid ah ama cabitaan casiid ah



Tufaax, Canab, Oranji



Tufaax, Khudaar yaryar, miro Guduudan, Canab, Canab-miro ah, Cananaas, Dhowr qudaar, yaanyo, Khudaar, Canab Cas



Tufaax, Oranji



Tufaax, Canab, Oranji, Cananaas, yaanyo, Khudaar, Canab Cas



Tufaax, Karambeeri, Tufaax Karambeeri, Canab Karambeeri, Karambeeri Bomegranate, Miro guduudan ee Karambeeri ah, Dhowr-khudaar, Canab Cas



Tufaax, Canab, Oranji, Cananaas, yaanyo, Khudaar, Canab Cas



Tufaax, Tufaax liin ah, Karambeeri, Canab, Canab isku-qas ah, Oranji, Cananaas, Yaanyo, Khudaar, Canab Cas



Tufaax, Canab Karambeeri ah, Karambeeri Bomegranate ah, Canab, Cambo, Oranji, Cambaruud, Cananaas, Yaanyo, Khudaar, Canab Cas, Canab Xeebeed Cas



## 100% Casiir – Caruurta Loogutalagalay



Tufaax, Canab, Oranji,  
Cananaas, yaanyo, Khudaar,  
Canab Cas



Tufaax, Canab, Oranji,  
Cananaas, yaanyo,  
Khudaar, Canab Cas



Tufaax, Canab, Oranji,  
Cananaas, Khudaar,  
Canab Cas, Canab  
Xeebeed Cas



Cananaas



Tufaax, Canab,  
Cananaas, Canab Cas



Tufaax, Tufaax  
Guduudan, Tufaax  
Cambo, Tufaax Canab  
oo Cas



Tufaax, Tufaax Karambeeri,  
Miro guduudan oo Karambeeri,  
Casiir Tufaax ah, Casiir Miro  
Guduudan ah, Casiir Canab  
ah, Oranji, Cananaas, Yaanyo,  
Khudaar, Canab Cas



Tufaax, Tufaax Guduudan, Khudaar  
yaryar, Miro Guduudan, Tufaax  
Karambeeri ah, Dhowr-miro, Canab,  
Miraha guduudan ee Kiwi, Cambo,  
Oranji, Oranji Tangerayn, Tufaax  
Xeebeed, Moos cas, Qari Guduudan,  
Kuleyle, Canab Cas



LANGERS It's in the Juice

Tufaax, Tufaax Miro Guduudan  
leh, Tufaax Karambeeri ah, Fufaax  
Canab ah, Tufaax Oranji Cananaas,  
Cambaha Tufaax Xeebeed, Canab,  
Oranji, Canab Cas, Cananaas,  
Cananaas Oranji ah, Yaanyo,  
Khudaar, Canab cas



Tufaax, Canab Karambeeri ah,  
Canab, Canab Cas



Miraha Guduudan Madoow,  
Karambeeri, Miraha Madow  
Karambeeri, Canab Karambeeri,  
Karambeeri Bomegranate, Miro  
guduudan ee Karambeeri, Miro  
gudan Bomegranate ah

# 100% Casiir – Caruurta Loogutalagalay



Tufaax, Karambeeri, Miro Madow Karambeeri ah, Miro Guduudan Karambeeri ah, Karambeeri Eldarbeeri, Canab Karambeeri, Cambe Karambeeri ah, Cananaas Karambeeri ah, Karambeeri Bomegranate ah, Miro Guduudan Karambeeri ah, Qare Karameeri ah, Canab



Tufaax, Tufaax Karambeeri ah, Isku-qas Khudaar, Miro Madow ee Karambeeri ah, Miro guduudan ee Bomegranate, Miro guduudan, Miro Guduudan Bomegranate, Isku-qas liin, Karambeeri Bomegranate ah, Canab, Miro Guduudan Kiwi ah, Oranji, Oranji Tangarayn, Cambe Xeebeed, Qare Gudududan, Miro, Kuleyle, Canab Cas



Tufaax, Canab, Oranji, Khudaar, Canab Cas



Tufaax



Tufaax, Canab, Oranji, Cananaas, yaanyo, Khudaar, Canab Cas



Tufaax



Oranji



Canab



Tufaax, Canab, Oranji, Khudaar



Canab, Oranji Cananaas Tufaax Canab Guduudan, Canab Cas, Miro Canab Cas, Canab Xeebeed Cas



## Miro

### La oggolyahay:

- Nooc walba iyo qaab walba ee dabiici ama la jaray, fareesh ama miro qabowday ah
- Miro Isku-qas ah
- Miro lagu baakadeeyey casiir ama lagu daray casiir miro oo qab ah, macaaneeye gacan ku samays ama biyo
- Dabiici

### Aan la oggoleyn:

- Saxan saladh ama saxan dhadhamada ah
- Miro qalalan ama gasaceysan ama duuduubka miraha
- Sonkor\*, cusbo, karamell, shukulaato ama garoor lagu daray
- Saledaha miraha ama saxaaradaha xafladaha
- Lagu daray aashitada aanu jirka keydin (si dheeri ku ah isku-qaska dhadhamada) lagu gado bacda la talaajeeeyey
- Loos ama isku-qaska loos-miro
- Durraaxadyo ama miro qurxin ah
- Isku-qasyada jilicsan ee la qaboojiyey

\*Sonkorta lagu daray waxaa kujira include: sharoobad galley, dekistros, galley leh sonko-sare ee sharoobad, malab, maltos, sharoobad carmoon iyo sukrees.

**Talo:** Geey miraha iyo khudaarta fareeshka ah qeybta diiwaanka si aad u baadhid haddey tahay mid WIC ansixiyey. Aalada WIC Shopper ma qabaneyso dhammaan dalaga la ansixiyey.



# Khudaarta

## Khudaarta

### La oggolyahay:

- Nooc walba iyo qaab walba oo dabiici ah ama la jaray, fareesh ama khudaar la qaboojiyey ah
- Salaar baceysan, salaarka qeybta madaxa ah iyo salaar cagaaran
- Toon fareesh ah iyo sinjabiil fareesh ah
- Digir la qalajiyey/qaboojiyey
- Kudaar madhan iyo mid iksu-qas ah
- Khudaar caadi ah ama khudaar la qaboojiyey oo soodiyam ku yartahay
- Dabiici

### Aan la oggoleyn:

- La qalajiyey ama la gasacdeeyey
- Saxan saladh ama saxan dhadhamada ah
- Geedaha yaryar ama kuwa wax carfiya aan ka ahayn toon iyo sinjabiil fareesha ah
- Dambiilo khudar ama saxaaradyada xafladaha
- Sonkorta lagu daray\*
- Lagu daray walxaha saladhka, burcad ama rooti far-sameysan
- Walxo lagu daray, labeenada, maraqqada
- Walxaha dhadhanka u yeela ee lagu daray, caddiin ama saliid
- Baastada, bariis, kalluun, hilib ama hilib dooro logu daray
- Durraaxado ama khudaarta wax (qurxisa ama toon, ubbo, galley Hindi, ama wax la jecelyahay bocor)
- Baradho la jarjaray, jibis ferench, hilib bur la dhex galiyey bataati wareegsan, hilib bur la dhexgaliyey ee la ridqey hilib leh caddii lagu daray, saliid, walxo dhadhan u yeela ama sonkor\*

\*Sonkorta lagu daray waxaa kujira include: sharoobad galley, dekistros, galley leh sonko-sare ee sharoobad, malab, maltos, sharoobad carmoon iyo sukrees.



## Raashiin degdeg ah

### Badar degdeg ah

#### La oggolyahay:

- Weel 8 ama 16 oz, qalalan, madhan
- Dabiici



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Galley dahabi,  
Dhowr-xabuub,  
Badan

Dhowr-xabuub,  
badar, Bariis

Shaciir, Dhowr-xabuub,  
Badar, Qamadir badar ah,  
Bariis, Qamadi Dabiici ah

#### Aan la oggoleyn:

- DHA/ARA lagu daray
- Lagu daray qorfe, miro la qalajiyey, loos, garoor

### Miro iyo Khudaar Degdeg ah

#### La oggolyahay:

- Cabir kasta oo kujira xidhmaha noocyada ah
- Miro kasta ama miro iskuqas ah
- Miro kasta ee isku-qas ah ama khudaar
- Khudaar walba ama khudaar iskuqas ah
- Dabiici

#### Aan La Oggoleyn:

- Lagu daray badar, qorfe, DHA iyo/ ama borobiyootik, bur, xabuub, baasta, bariis, cusbo, dhadhan u yeele ama sonkor
- Casho ama xilibyo lagu daray
- Bacaha



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### Miro iyo Khudaar Fareesh ah

- Miro iyo khudaar fareesh ah waa loo oggolyahay ilmaha yar haddii bixisey.

### Qaacida ilmaha yar

- Cadadka, nooca, iyo cabirka sida la baxshey.

## Hilibka ilmaha yar

### La oggolyahay:

- Weel 2.5 oz
- Nooca iyo xidhmaha dhowrka ah (2.5 oz)
- Dabiici

### Aan la oggoleyn:

- DHA/ARA lagu daray
- Cashada
- Isku-dhafka hilib iyo miro
- Isku-dhafka hilib iyo khudaar



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Hilibka ilmaha yar waa faaiido dheeri u ah ilmaha sida buuxda loo naas nuujiyo.

## Loogu talagalay Hooyooyinka Sida Buuxda wax u Naas-nuujiya

## Tuuna khafiif ah

### La oggolyahay:

- Weel 5 oz kujira hal ama dhowr xidhmo
- Nooc walba
- Kula xidhmeysan biyo
- Soodiyam caadi ama yar

### Aan la oggoleyn:

- Lagu daray dhadhan, dhadhan u yeele, basbaas
- Kiishashka birta ah
- Weelalka halka cunto ah
- Tuunaha casa ma albakooraha

## Kalluunka Salmon

### La oggolyahay:

- Weel 5 or 6 oz hal habo ah ama dhowr xidhmo
- Weel 14.75 ama 15 oz
- Nooc walba
- Kula xidhmeysan biyo

### Aan la oggoleyn:

- Lagu daray dhadhan, dhadhan u yeele, basbaas
- Kiishashka birta ah
- Weelalka halka cunto ah
- La qiiqiyeey

## Kalluun

### La oggolyahay:

- Weel 3.75 oz hal habo ama dhowr xidhmooyin ah
- Nooc walba
- Yaanyo ama basbaaska mastadka
- Kula xidhmeysan biyo

### Aan la oggoleyn:

- Dhadhamada ama dhadhan u yeelayaasha lagu daray, aan ka ahayn yaanyo ama basbaaska mastadka
- Jeexyada kalluunka
- Kiishashka birta ah
- Weelalka halka cunto ah
- La qiiqiyeey

## Lasoo dag aalada WICShopper maanta!

### Waxaad awoodi doontaa inaad:

- Eegtid faaiidooyinka lagu soo xawilley kaarkaada eWIC.
- Iskaan garaysid UPC (baaq-sireedka) alaab si aad u aqoonsato sheyaasha cunto ee WIC ansixiyey kahor intaadan la bixin.
- Xisasibisid faaiidooyinkaada badar si aad u aragto isku-dhafka badar ee aad iibsano karto.
- Fariin u dirto hayada dawlada Missouri WIC haddi aadan iibsano karin shey WIC ansixiyey.
- Heshid ogeysiismada waxyaabaha cusub ee WIC Missouri.
- Raadraacdid wax-iibsigaada WIC.



### Waxey u fudadahay sida...

1. Kala soo dag aalada bilaashka ah WICShopper Google Play ama Apple Store.
2. U door Missouri sida adeeg-bixiyahaaga WIC.
3. Ku diiwaangeli kaadhkaada adigoo isticmaalaya 16-lambar ee ku qoran qeybta hore ee kaadhkaada.

**Su'aalo?** Kala hadal shaqaalaha hayadaada maxaliga ah WIC wixii faahfaahin ah.



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

**Waaxda Caafimaadka iyo Adeegyada Sare ee Missouri  
(Missouri Department of Health and Senior Services)**

**Adeegyada Nafaqo iyo WIC**

**Sanduuqa Boostada 570**

**Magaalada Jefferson, MO 65102-0570**

**800-TEL-LINK**

**wic.mo.gov**

**Facebook nagu soo raac: @MissouriWIC**

FURSADO SIMAN/SHAQAALEYSIYE FICIL TOGAN

Adeegyada waxaa lagu bixiyaa si ku salaysan midab-kala-sooc la'aan. Foomamka daabacaadan bedelkeed ah oo loogu talagalay dadaka naafada ah ayaa laga heli karaa iyadoo lagala xiriira Waaxda Caafimaadka iyo Adeegyada Sare ee Missouri 573-751-6204.

Shakhsiyaadka ah dhagool, maqalku-ku-adagyahay, ama qaba naafanimada hadalka ah waxey garaaci karaan 711 ama 800-735-2966.

Machadkan waa mid si sima u bixiya fursad.