Maxay WIC Ku Siisaa?

Kayd
Dheefaha WIC waxay kaa caawin karaan inaad bil kasta cuntada ka kaydsato ilaa $100 ama ka badan.

Fikrado
Waxaan kula wadaagi karnaa fikrado cunto oo fudud, caafimaad leh, oo ay aqbalaan carruurta cuntada xusha.

Caawimaad
Waxaan kugu xiri karnaa barnaamijyo kale oo laga yaabo inay ku caawiyaan adiga iyo qoyskaaga.



WIC oo Adiga Kuu Shaqaynaysa!

Ballamo telefoon ama fool-ka-fool ah

Wakhtiyo ku habboon jadwalkaaga

Caawimaad luuqadeed ayaa la heli karaa

Changanua msimbo wa QR ili uangalie kijitabu hiki katika lugha yako

Escanee el código QR para ver este folleto en su idioma

Iskaan garee koodhka QR si aad buug-yarahan ugu aragto luuqaddaada

امسح رمز الاستجابة السريعة (Quick Response, QR) لعرض هذا المنشور بلغتك

Scan the QR code to view this brochure in your language

WIC Way Ku Caawin Kartaa!

Uur ma leedahay ama dhawaan ilmo ma dhashay?

Ma waxaad tahay waalidka ama daryeelaha koowaad ee ilmo ka yar 5 sano?

Waxaa laga yaabaa inaad u qalanto WIC!



ongovhealth Onondaga County Health Department | Healthy Families Division WIC Program

Hay'addani waa bixiyaha fursadaha loo siman yahay.

Way Fududahay in la Codsado!

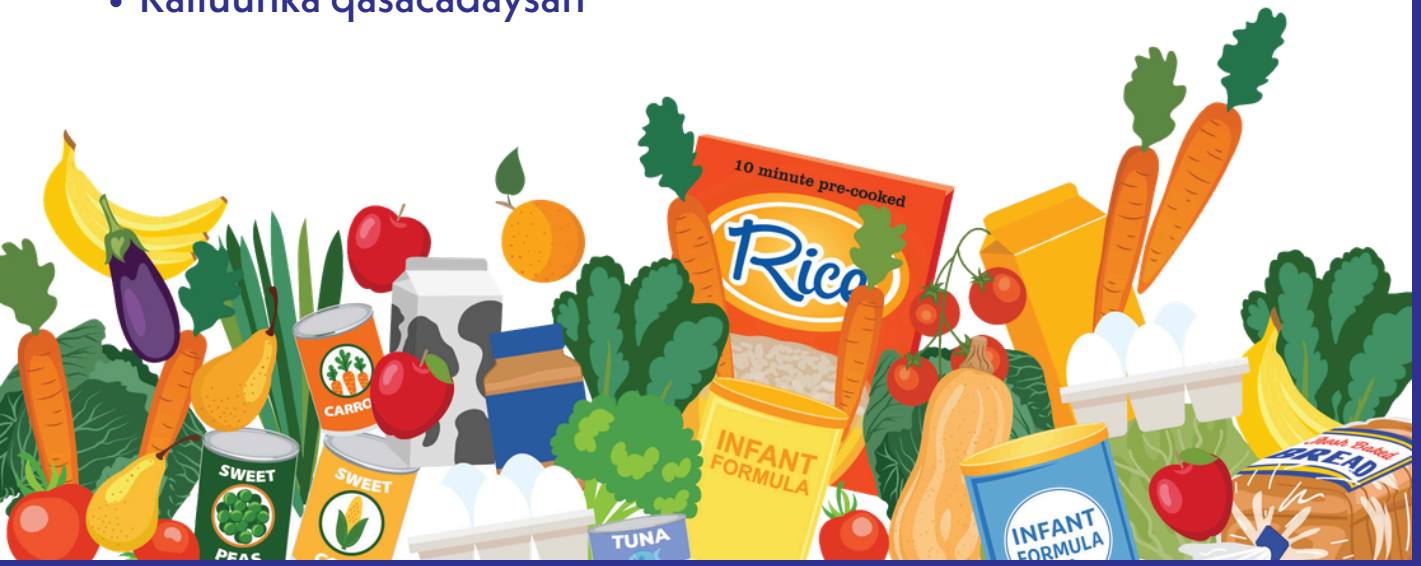
Fariin qoraal ah u dir ama wac 315-435-3304 ama iskaan garee Koodhka QR

WIC Waxay Bixisaa

Waxbarashada Nafaqada • Taageerada Naasnuujinta •
U Gudbinta Ilaha Bulshada • Cuntooyin Caafimaad Leh

Cuntooyinka WIC

- Miraha iyo khudaarta
- Caanaha iyo cabbitaannada dhirta laga sameeyo
- Farmaajo, yoogat, tofu
- Digirta iyo subagyada lawska
- Ukunta
- Kalluunka qasacadaysan
- Badar
- Cuntada dalaga laga sameeyo (rooti, muufo, bariis, baasto, boorash, quinoa)
- Badarka dhallaanka iyo cuntooyinka ilmaha
- Caanaha gasaca ilmaha





Tilmaamaha Dakhliga WIC

Haddii aad ka qaybqaadato SNAP, TANF, Medicaid, Essential Plan, ama Head Start/Early Head Start, waxaad si toos ah u buuxinaysaa shuruudaha dakhliga WIC.

Kama diiwaangashanid barnaamijyadan? Qoysas badan ayaa weli u qalma iyadoo lagu salaynayo dakhliga.

Iskaan garee koodhka QR si aad u hubiso tilmaamaha dakhligeenna