# BARNAAMIJKA WIC EE GOBOLKA WASHINGTON
# CUNTOOYINKA WIC

Wasaaradda Caafimaadka ee Gobolka WA
Xafiiska Barnaamijka WIC ee Gobolka
1-800-841-1410

Washington State Department of Health

Marwalba waxa aanu ka shaqeynayaa in la helo Washington sii amaan iyo caafimaad badan

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**Laga bilaabo**
**1-da Bisha Afraad 2006–31-ka Bisha Saddexaad 2009**

*Barnaamijka WIC ee Gobolka Washington waa fursad iyo shaqo bixiye loo simaan yahay.*

## IIBSO

**Mid ka dooro siriyaalkan ama xabuubleydan:**

**Dooro isku-dar kasta oo ah siriyaal WIC ilaa isu-geynta miisaan ah 36 wiqiyadood (oz) ama ka yar.**

| | |
|---|---|
| 21 wiqiyadood | 18 wiqiyadood |
| + 13 wiqiyadood | + 18 wiqiyadood |
| 34 wiqiyadood | 36 wiqiyadood |

*21 wiqiyadood*

*13 wiqiyadood*

*18 wiqiyadood*

*18 wiqiyadood*







## IIBSO

**Ka dooro siriyaalkan ilmaha yar oo ku jira sanduuqyo ah 8 wiqiyadood ama 16 wiqiyadood:**

## HA IIBSAN

- Lagu daray khudaar ama caanaha qasaca ee ilmaha (formula)
- Qasac ama jalxad/ashuun
- Qaadashooyin hal mar ah ama baakado gooni ah

## Ilmaha waxay u dhasheen inay naas jaqaan!

### KAROOTO/DABA-CASE *loogu talogalay Haweenka Naas-nuujiya*

**IIBSO**

Iibso karooto ama daba-case weynaaday ama dhal ah, shirkad kasta ha ahaado.
Ka dabiiciga ah (organic) waa la oggol yahay.

**Ka dooro:**
- Daray
- Barafeysan
- Qasaceysan

**HA IIBSAN**

- Lagu daray cagaar, suugo, ama dhadhan
- Karooto ama daba-case casaan ama hurdi ah
- Karooto ah 'Parisienne'
- Baco ah karooto la jarjaray
- Karooto qaydhin/caydhin oo la sii jarjaray

### TUUNA *Loogu Talogalay Haweenka Naas-nuujiya*

**IIBSO**

Iibso tuuna lakabyo ah oo khafiif ah oo ku jira biyo, shirkad kasta.

**HA IIBSAN**

- Tuuna 'Albacore'
- Tuuna malaasan ama lakabyo ah oo cad
- Tuuna ku jira saliid
- Ku jira kiish ama xidhmo cunto fudud
- Tuuna gaar ah





# CAANO



**IIBSO**

Iibso nooca iyo qadarka caano lo'aad ee ku qoran jeegga. Ka dooro shirkad kasta iyo isku-dar ah cabiro kala duwan.
Caano-boodhaha iyo caanaha la uumi bixiyay ama biyaha laga saaray waa la oggol marka ay ku qoran yihiin jeegga.

**Ka dooro noocyada caano:**

- Reduced Fat (2%) (Dufan la yareeyay)
- Low Fat (1%) (Dufan yar)
- Fat Free (Aan lahayn dufan)
- Non-Fat (Ma leh dufan)
- Skim (Laga saaray subag)
- Lactose Free (Aan lahayn Laktoos)
- Lactaid
- Organic (Dabiici)
- Acidophilus
- Kosher
- Skim Deluxe
- Trim Deluxe
- Skim Royal
- Skim Supreme
- Whole* (Aan subag laga saarin)

**Caana aan subag laga saarin (whole milk) lama oggala haddii ay jeegga ku qoran tahay '* **Fluid Milk,' leh dufan ah 2% ama ka yar.**

*1 galaan* *1/2 galaan* *1/2 galaan*

*1 galaan =*

*1 qt (rubuc)* *1 qt (rubuc)* *1 qt (rubuc)* *1 qt (rubuc)*

Caanaha leh dufan ah 1% ama ka yar waxay u fiican haweenka iyo caruurta ka weyn 24 bilood oo da' ah.

**HA IIBSAN**

- Caano soy ama bariis
- Caano riyo
- Caano dhadhan lagu daray
- Caano qaydhin ama aan la karin
- Weel qarsho ah

# MIIRKA KHUDAARKA/JUUS



**IIBSO**

**Ka dooro mid ah miirkan khudaarta, ilaa qadarka ku qoran jeegga:**

Laguma talin in miirka ama juuska lagu xoojiyay kaalshiyam la siiyo ilmaha yaryar.

**QASAC BARAFEYSAN OO AH 10 WIQIYADOOD, 11.5 WIQIYADOOD AMA 12 WIQIYADOOD**

## Liinta iyo Bambeelmada ah Minute Maid ee 100% ah Miir Khudaar

Grapefruit with Calcium (Bambeelmo leh Kaalshiyam)

Original Orange (Liin Asal ah)

Country Style Orange (Liin ah Nooc Miyi)

Pulp-Free Orange (Liin Aan Duf Lahayn)

Original with Calcium (Asal leh Kaalshiyam)

Reduced Acid Orange (Liin Laga Yareeyay Asiidhka/Aashitada)

Orange with Extra Vitamins C & E, Plus Zinc (Liin leh Fitamiin Dheeraad ah oo ah C & E, iyo Waliba Zinc)

Orange Passion with Calcium (Liin 'Passion' oo leh Kaalshiyam)

Orange Tangerine with Calcium (Liin 'Tangerine' oo leh Kaalshiyam)

## Miir Tufaax ah 'Tree Top' oo ah 100%

***Sumad Cagaaran.***

# SUBAGGA LAWSKA

**IIBSO**

Iibso subag laws oo ku jira weel ah 16 wiqiyadood ama 18 wiqiyadood, shirkad kasta.

**Ka dooro:**

- **Creamy** (Nooc labeen ah), **chunky** (kuuskuus leh) **crunchy** (ama qararamsi leh)
- **Plain** (Aan wax lagu darin)
- **Roasted Honey Nut** (Laws la Dubay oo Malab leh)

**HA IIBSAN**

- Subag laws oo laga sameeyay laws daray lagu ridxay ama heer sare ah
- Subag laws oo la miisayo ama la miisaamayo
- Lagu daray malmalaado ama jaam, buluqbuluq, ama shokolaato
- Maris laws
- Maris laws oo dufanka laga yareeyay
- Subag laws oo dabiici ah

# UKUN

**IIBSO**

Iibso ukun digaag oo cad, shirkad kasta, oo ku jira kartoon ah darsin (12 xabo).

**Ka dooro:**

- **Small** (Yar)
- **Medium** (Dhexdhexaad)
- **Large** (Weyn)

**HA IIBSAN**

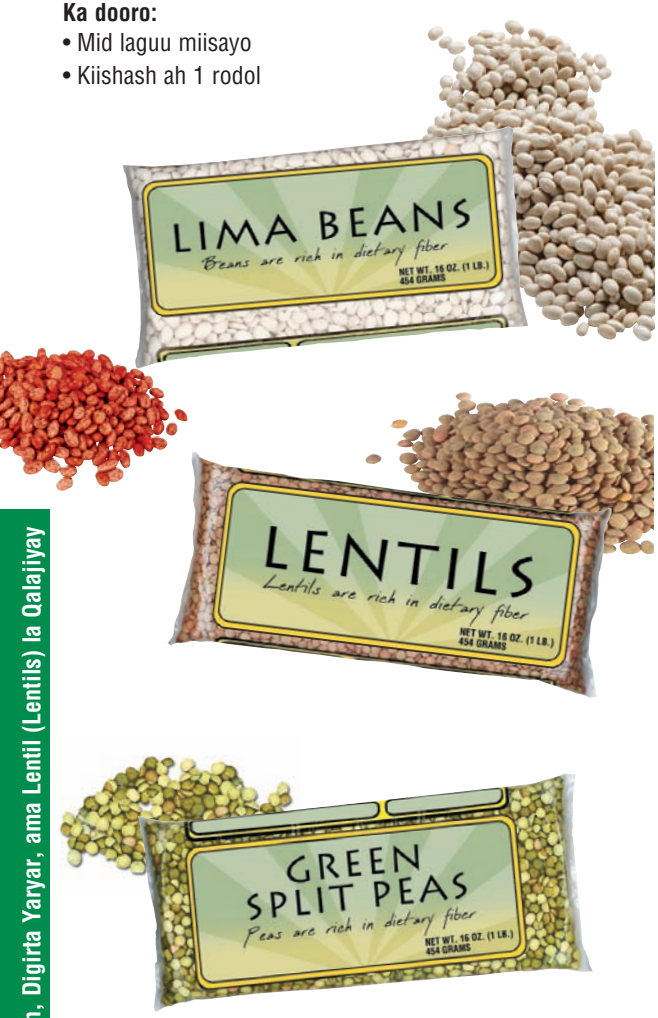
- Eggland's Best Ukunta Ugu Fiican Iglan
- Ukunta dabiiciga ah
- Ukunta gaarka ah
- Ukunta cawlan
- Ukunta Siyaado u Weyn

## IIBSO

Iibso digir weyn, digir yar, ama lentil, shirkad kasta iyo nooc kasta.

Dabiiciga waa la oggol yahay.

**Ka dooro:**
- Mid laguu miisayo
- Kiishash ah 1 rodol




## HA IIBSAN

- Qasaceysan
- Maraq ku jirta







### Juuska Old Orchard 100%

***Dabool cagaar madow iyo carab la jiidayo.***

Apple (Tufaax)

Grape (Canab)

White Grape
(Canab Cad)

Ruby Red Grapefruit (Bambeelmo Cas)

Orange (Liin)

Orange Calcium Fortified
(Liin Lagu Xoojiyay Kaalshiyam)

Pineapple (Caananaas)

Apple Kiwi Strawberry (Tufaax Kiwi Istaroobeeri)

Apple Passion Mango (Tufaax Bashan Cambe)

Apple Cranberry (Tufaax Karaanbeeri)

Apple Cherry (Tufaax Karaanbeeri)

Apple Raspberry (Tufaax Raasbeeri)

Apple Strawberry Banana
(Tufaax Istaroobeeri Muus ama Moos)

Cranberry Blend (Isku-dar Karaanbeeri)

Cranberry Raspberry (Karaanbeeri Raasbeeri)

Pineapple Orange (Caananaas Liin)

Pineapple Orange Banana (Caananaas Liin Muus)

Fruit Punch, 100% juice (Isku-dar Khudaar, miir ah 100%)

## HA IIBSAN

- Qarshooyin caag ah
- Juuska barafeysan ee Dole
- Juuska barafeysan ee Welch

## IIBSO

**Mid ka dooro miirkan ama juuskan, ilaa qadarka ku qoran jeegga:**

**QASACYO AH 46 WIQIYADOOD**

## HA IIBSAN

- Qarshooyin caag ah
- Juuska barafeysan ee Dole
- Juuska barafeysan ee Welch







## IIBSO

Iibso jiiska ama faramaajada ay WIC oggoshahay, oo shirkad kasta ah, ilaa qadarka ku qoran jeegga.

**Ka dooro noocyada jiis/faramaao, oo leh cabir ah 8 wiqiyadood ama ka weyn:**

- **Cheddar** (khafiif, dhexdhexaad, ama kulul, hurdi/jaale ama cadaan)
- **Kraft Deluxe American** (aan jeex-jeex ahayn, sanduuqa buluugga ah)
- **Monterey Jack** (aan waxba lagu darin)
- **Mozzarella** (laga sameeyay caano subag aan laga saarin ama badh ahaan laga saaray subaggii)
- **String Cheese** (kaliya mozzarella cad, oo ku jirta kiishash ah 8 wiqiyadood ama ka badan)

Waxa la oggol yahay jiiska/faramaajada aan dufan lahayn, laga yareeyay dufanka, “khafiifka” ah iyo kuwa ah ‘kosher.’

**8 wiqiyadood + 8 wiqiyadood = 16 wiqiyadood = 1 lb = 1 rodol**

## HA IIBSAN

- Ulaha ah jiis/faramaajo ee gaar u duuban ama gobolo ah jiis/faramaajo
- Jiis aan miisaan sugnayn
- Jiiska la jeexjeexay, la jarjaray, la xaquuqay, ama leh qaab saddex-jibaarane
- Jiiska dabiiciga ah
- Jiiska qaydhin/caydhin ama aan la karkarin