

# Ivyahindutse ku turusho tw'imfungurwa za WIC

Guhera mu kw'igenekerezo rya 1 Gitugutu 2025

Ishami rya Amerika Rijejwe Uburimyi (United States Department of Agriculture, USDA) ryahinduye uturusho twa WIC kugira imiryango ironke uburyo bwo kwihitiramwo no guhindagura.

## Ivyamwa n'imboga

Ibinyamboga bikimeze neza - biremewe.



## Amata n'ibihingurwa mu mata

- Murashobora kuronka yawurute nyinshi aho guhabwa amata.
- Abana kuva ku mezi 12 gushika ku mezi 24 barashobora kuronka vyose - yawurute irimwo amavuta make n'iyisanzwe aho guhabwa yawurute y'amata gusa.
- Murashobora kuronka tofu nyinshi mu kibanza c'amata.
- Igitigiri c'amata caragabanijwe.



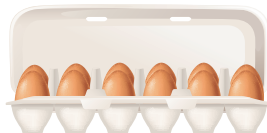
## Ifu y'ibiyoba, ibiharage vyumye/ubushaza, hamwe n'ibiharage vyo mu makopo.

Ingo zirimwo abantu bafise areriji ku bikoze mu biyoba/ ibiyoba barashobora guhitamwo ibindi binyantete.



## Amagi

Aho guhabwa amagi, murashobora ahubwo guhabwa ifu y'ibiyoba, ibiharage vyumye, canke ibiharage vyo mu makopo.



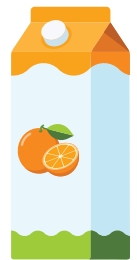
## Ibinyantete

- Mu mikate mishasha mushobora guhitamwo harimwo imikate y'ingano gusa igato zo mu bwongereza n'amandazi y'ingano gusa.
- Mu binyantete bishasha mushobora guhitamwo harimwo intete za Kinowa, umuceri kama, hamwe n'ifunguro rigizwe n'ifu y'ibigori.
- Igitigiri c'ibinyantete gusa bihabwa abakuze vyarongerejwe
- Igitigiri c'ibinyantete gusa bihabwa abana vyaragabanijwe.



## Umutobe

- Aho guhabwa umutobe, murashobora kuronka - \$3 yo kugura ivyamwa - hamwe n'imboga.
- Igitigiri c'imitobe caragabanyijwe.



## Amafi yo mu dukopo

Amafi yo mu makopo yarashiriweko bose - abafise amezi 12 no kuduga.



Kugira mumenye vyinshi  
[HealthVermont.gov/WICFoodChanges](https://HealthVermont.gov/WICFoodChanges)

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