

Isbadelada Dheefaha Cuntada WIC

Laga bilaabo Oktoobar 1, 2025

USDA waxay badeshay dheefaha WIC si ay qoysaska u siiso dabacsanaan iyo doorashooyin badan.

Miro iyo Khudaar

Khudaarta cagaarka ah ahna fireeshka ayaa la oggol yahay.



Caano iyo Waxyaabaha caanaha leh

- Waxaad cabi kartaa yooqad badan badelka caanaha.
- Carruurta jira 12 ilaa 24 bilood waxay cabi karaan yooqad dufanka buuxa leh ama kan dufanka ku yar yahay badelka yooqad caanaha dufanka ku badan yahay.
- Waxaad qaadan kartaa tofu badan badelka caanaha.
- Cadadka caanaha ayaa la yareeyay.



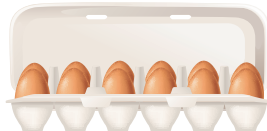
Dufanka lowska, digirta/misirta qalalan, iyo digirta qasacadaysan.

Xubnaha qoyska ee xasaasiyad ku qaba lawska/miraha waxay dooran karaan miraha iyo dufanka iniinada kale.



Ukun

Badelka ukunta, waxaad cuni kartaa dufanka lowska oo badan, digirta qalalan, iyo digirta qasacadeysan.



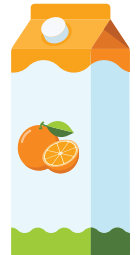
Hudhuudh Baalka Wata

- Dookhyada rootiga ee cusub waxaa ka mid ah qamadiga baalkiisa leh muffin-ka Ingiriisiga iyo rootiga sareenka baalkiisa wata.
- Dookhyada sareenka baalkiisa wata waxaa kamid ah quinoa, bariista, iyo galeyda.
- Cadadka sareenka baalkiisa leh ayaa kordha marka ay cunayaan dadka waawayn
- Cadadka sareenka baalkiisa leh ayaa hoos u dhaca marka ay cunayaan carruurta.



Cabitaan

- Badelka cabitaanka juuska, waxaad heli kartaa dheefaha khaashka \$3 ee khudaarta iyo khudradaha.
- Cadadka juuska ayaa la yareeyay.



Kalluunka Qasacadaysan

Kalluunka qasacadaysan ayaa loo heli karaa qof walba gaar ahaan kuwa jira 12 bilood iyo kuwa kasii wayn.



Si aad u hesho xog dheeraad ah
HealthVermont.gov/WICFoodChanges

WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH