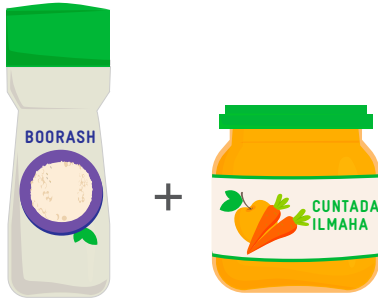


Isbadelada Cuntooyinka dhalaanka ee (WIC)

Dhaqangelaaya Janaayo 1, 2025

USDA waxay isbadelo ku sameysay cuntooyinka carruurta yaryar-waxayna yareysay cadadka seeriyoolka carruurta yaryar iyo hilibka carruurta yaryar waxayna sidoo kale kordhisay cadadka Dheefta Lacagta Kaashka ah (Cash Value Benefit (CVB)) ee loogu talagalay miraha iyo khudradaha.

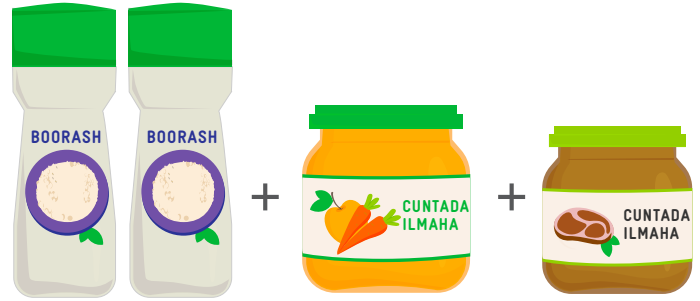
Caane booraha Carruurta yaryar



Seeriyoolka
Carruurta Yaryar
8 wiqiyadood

Miraha iyo khudaarta
Carruurta yaryar
128 wiqiyadood ama 32
qasacad (4 wiqiyadood/
qasacad)

Dhallaanka Si Buuxda Loo Naas-nuujiyo



Seeriyoolka
Carruurta Yaryar
16 ounces

Khudrada iyo
khudaarta
Carruurta yaryar
128 ounces
ama 32 qasacad
(4 oz/qasacad)

Hilibka
Carruurta
yaryar
40 ounces
ama 16 qasacad
(2.5 oz/qasacad)

Laga bilaabo Janaayo 1, 2025, qoysaska haysta carruurta ka wayn 6 billood waxay soo gadan karaan miraha iyo khudaarta qasacada ku jira ee carruurta oo lacagtoodu tahay \$11 (haaf) ama \$22 (dhammaan) ayagoo adeegsanaya Dheefta Lacagta Kaashka ah (CVB).

CVB waxaa loo adeegsan karaa in lagu gato miraha iyo khudaarta fireeshka ah, la barafeeyay, ama kuwa qasacadaha kujira. Waxaad isbadelkaan ku sameyn kartaa ballantaada WIC ama adoo la xariiraya [xafiiska WIC ee deegaankaaga](#).

Soo gado haaf ama guud ahaanba



Si aad u hesho xog dheeraad ah
FNS.USDA.gov/WIC/Food-Packages

WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH

Hay'adani waa fursad bixiye loo siman yahay.

Somali