

Cuntada WIC Hooyada Nuujineysa iyo ilmaha*

Habka cusub ee cunno bixinta WIC waxa uu adiga iyo ilmaha aad nuujineysaba kaa caawinayaa inaad heshaan nafaqada aad u baahan tihiin maalin kasta ee ay ku taliyeen adeegayaasha caafimaadku. **Marka uu lix bilood gaaro** ilmahaaga waxa uu qaadan karaa cuntaa caruurta loogu tala galay ee khudaarta, fawaakihda iyo siiriyaalka.



Cuntada Cusub ee WIC



Duxdu ku yar tahay. Kuna badantahay maaddada laga helo digirta iyo sareenka oo dheefshiidka cuntada u sahasha



Aad ka helayso noocyo kala duwan



Kaa Caawineysa in miisaanku si caafimaad qaba u kordho



Raacdo tilmaamaha quudashada wanaagsan ee MyPyramid, iyo habka lagu taliyey ee quudinta caruurta!

MIRAHA	KHUDAARTA IYO FAWAAKIHADA	CAANAHA IYO WAX YAALAHA LAGA SAMEEYO	NAFAQO
<p>Hooyada</p> <ul style="list-style-type: none"> - Siiriyaal ay birtu ku badan tahay Rootiga ka samaysan Sareenka. Dhamaan cunnooyinka kale ee ka samaysan miraha (sareenka,) <p>Ilmaha</p> <ul style="list-style-type: none"> - Siiriyaal ay birtu ku badan tahay 	<p>Hooyada</p> <ul style="list-style-type: none"> - Jeeg \$8 ah oo loogu talagalay inaad ku iibsato khudrad iyo - Cabitaan uu Fiitamiin Cgu ku badan yahay <p>Ilmaha</p> <ul style="list-style-type: none"> - Cuntada caruurta oo leh khudaar iyo fawaakih 	<p>Hooyada</p> <ul style="list-style-type: none"> - Caano - Waxyaalaha kale ee laga soo saaro caanaha iyo Cuntooyinka kale ee laga sameeyo Digirta <p>Ilmaha</p> <ul style="list-style-type: none"> - Caanaha Naaska! - Caanaha gasaca 	<p>Hooyada</p> <ul style="list-style-type: none"> - Ukun - Digirta gasacadaha ku jirta ama mida Qalalan - Lawska shiidan ee dhalooyinka ku jira

Cun cuntada WIC si ay kuu siiso quwad isla markaana aad u sii jeclaato una fidiso xanaanada uu u baahan yahay ilmaahaga koraya!

*Sida uu dhigayo sharciga dawladda dhexe iyo nidaamka sharciga beeraha ee dawladda Mareykanka, hay'addan waxaa ka reeban in ay sameeyso midabtakoor ku dhisan qowmiyad, midab, asalka qofka, nooca jinsiga uu yahay, da'da, ama naafanimo. Haddii aad diiwaangelineysyo cabasho u soo qor USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 ama soo wac (800) 795-3272 ama (202) 720-6382 (TTY). USDA waa hay'ada dadka si caddaalad ah ugu adeegta una shaqaaleysa.

*Caanaha naaska iyo kuwa gasaca

*breast milk & formula