

## Cuntada WIC ee C aruurta

Habka cusub ee WIC waxa uu caruurtaada siinayaa cunto isu dheelitiran sida ay ku taliyeen adeegayaasha caafimaadka.



### 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
<ul style="list-style-type: none"><li>- Siiriyaal ay birtu ku badan tahay</li><li>- Rootiga ka samaysan Sareenka. Cunnooyinka kale ee ka samaysan sareenka ama galayda</li><li>- Dhamaan cunnooyinka kale ee ka samaysan miraha (sareenka,)</li></ul>	<ul style="list-style-type: none"><li>- Cabitaan uu Fiitamiin Cgu ku badan yahay</li><li>- Jeeg \$6 ah oo loogu talagalay inaad ku iibsato khudrad iyo fawaakih</li></ul>	<ul style="list-style-type: none"><li>- Caano</li><li>- Waxyaalaha kale ee laga soo saaro caanaha iyo Cuntooyinka kale ee laga sameeyo Digirta</li></ul>	<ul style="list-style-type: none"><li>- Ukun</li><li>- Digirta gasacadaha ku jirta ama mida Qalalan</li><li>- Lawska shiidan ee dhalooyinka ku jira</li></ul>

### Dareel Caafimaadka Ubadkaaga hana ku yeeshaan quwad cuntada WIC!

"Sida uu dhigayo sharciga dawladda dhexe iyo nidaamka sharciga beeraha ee dawladda Mareykanka, hay'addan waxaa ka reeban in ay sameeyso midabta koor ku dhisan qowmiyad, midab, asalka qofka, nooca jinsiga uu yahay, da'da, ama naafanimu. Haddii aad diiwaangelineyso 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.