



**Department of
Health**

Barnaamijka Haweenka,
Dhallaanka iyo Carruurta
(Women Infants and
Children (WIC))

Hay'addaan waa bixiye fursado loo siman yahay.

10/2024

701.23

Liiska Cunnada Dhallaanka ee La oggolaaday



**Department of
Health**

Barnaamijka Haweenka,
Dhallaanka iyo
Carruurta (WIC)

MIRAHA LOOGU TALA GALAY DHALLAANKA

Cuntooyinka labaad ee sumadda Gerber oo keliya; Weelka balaastiga ah ee 4 ta-wiqiyadood ah oo keliya. Keliya noocyada gaarka ah ee hoos lagu taxay:



Tufaax



Tufaax Afakaado



Tufaax Buluubeeri



Tufaax Cherry



Tufaax Khuukh Isguwaash



Tufaax Istarawbari Muus



Khudaarta Isku Jirta ee Mashmashka



Muus



Muus Tufaax Cambaruud



Muus Balaakbeeri Buluubeeri



Muus Kaaroot Cambo



Muus Liinmacaan Medley



Muus balam Cinab



Canbe-laf



Khuukh



Cambaruud



Cambaruud Cananis



Cambaruud Sukini Xasiid



WICShopper waa ablikeeshin moobeel oo kuu oggolaanaya inaad iskaan gareyso alaabaha si aad u xaqiijiso inay yihiin kuwa WIC - ay oggolaatay, eegto Liiska Cuntada la oggolaaday, hesho fikradaha cuntada, xisaabiso alaabaha, iyo in ka badan!



Maanta soo dajiso!

- Mar walba eeg daabacaada "Dheefahaaga Kaarka EBT" iyo/ ama risiityada si aad u xaqiijiso alaabaha gaarka ah ee aad kuhaysato kaarkaaga Nafaqada WIC.
- Haddii dhibaato ka wajahayso inaad shay ku iibsadii Kaarkaaga Nafaqada ee WIC ama aad iskaan garayn la'adahay shay, fadlan booqo "Waan ka iibsan kari waayay shaygan!" gudaha ablikeeshinka WICShopper oo gudbi



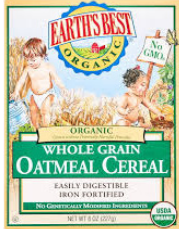
I couldn't buy this!

SIIRIYALKA DHALLAANKA



Keliya summada Earth's Best Organic;
Keliya weel ah 8-wiqiyadood; dhammaan
dhadhanada siiriyalka lagu xoojiyey xadiidka.

AAN LA OGOLEYN: Lagu daray miro; lagu
daray DHA/ARA; siiriyal ku jira quraarado;
xidhmooyin kala duwan.



Boorash



Bariis



Hadhuudh



Summada Gerber oo keliya;
Keliya weel ah 8-wiqiyadood; dhammaan
dhadhanada siiriyalka lagu xoojiyey xadiidka.

AAN LA OGOLEYN: Lagu daray miro; lagu
daray DHA/ARA; siiriyal ku jira quraarado;
xidhmooyin kala duwan.



Hadhuudh



Boorash



Bariis



Qamadi

Siriyaalka Orgaanigga ah ee Gerber®



Boorash



Bariis



Boorashka
Haduudh
Quinoa

KHUDAARTA LOOGU TALA GALAY DHALLAANKA



Cuntooyinka labaad ee sumadda Gerber oo keliya;
Weelka balaastiga ah ee 4 ta-wiqiyadood ah oo keliya.
Keliya noocyada gaarka ah ee hoos lagu taxay:



Bocorka
Cambaruud



Karoot
Balaakbeeri



Kaaroot



Kaaroot
Cambo
Canaaska



Kaaroot
Baradho Macaan
Digirta



Digir Cagaaran



Digirta



Kaaroot Digir
Isbinaaj



Bocorka



Bocorka
Muuska



Tufaaxa
Xasiid



Baradho Macaan



Bataatiga
Bocorka Tufaaxa



Baradho Macaan
Xasiid



Baradho Macaan
Cambo Kale

MIRAHA LOOGU TALA GALAY DHALLAANKA



Cuntooyinka labaad ee magaca Earth's Best Organic oo keliya; Weelka quruuradda ah ee 4-wiqiyadood ah oo keliya. Keliya noocyada gaarka ah ee hoos lagu taxay:



Miro Tufaax



Tufaax
Blueberries



Tufaax



Tufaax Plums



Muus Cambo



Muus



Cambaruud
Cambo



Cambaruud
Raspberries



Cambaruud



Buruunis

KHUDAARTA LOOGU TALA GALAY DHALLAANKA



Cuntooyinka labaad ee magaca Earth's Best Organic oo keliya; Weelka quruuradda ah ee 4-wiqiyadood ah oo keliya. Keliya noocyada gaarka ah ee hoos lagu taxay:



Kaarroot



Xasiid
Bocorka



Digir



Baradho Macaan



Isguwaashka
Jiilaalka

HILIBYADA LOOGU TALA GALAY DHALLAANKA



Waxaa kaliya loogu tala galay dhallaanka la naas nuujinaayo waaana kaliya kuwa leh summada Earth Best Organic; Quruuradaha galaaska ah ee 2.5 wiqiyadood ah oo keliya;

Keliya noocyada gaarka ah ee hoos lagu taxay:



Digaaga &
Maraqa Digaaga



Digaaga Turkey &
Maraqa Digaaga Turkey



U gaar ah ka qaybqaatayaasha naasnuujinaya oo keliya; Cuntooyinka labaad ee sumadda Gerber oo keliya; Quruuradaha galaaska ah ee 2.5 wiqiyadood ah oo keliya; Keliya noocyada gaarka ah ee hoos lagu taxay:



Hilibka Lo'da & Maraqa
Hilibka Lo'da



Digaaga & Maraqa
Digaaga



Hilbka Doofaarka & Maraqa



Turkey & Maraqa

KHUDAARTA IYO MIRAH DHALLAANKA



Cuntooyinka summada Meijer oo keliya;
Laba-xidhmood balaastig ah oo 2-4
wiqiyadood ah.
Keliya noocyada gaarka ah ee la taxay:



Tufaax
Istarawbari
Muus



Tufaax Berry
Isku qasan



Isku dhafan
Khudaar



Cuntooyinka magaca Tippy Toes oo keliya;
Laba-xidhmood balaastig ah oo 2-4
wiqiyadood ah.
Keliya noocyada gaarka ah ee hoos lagu taxay:



Tufaax



Tufaax Muus



Tufaax Muus
Istarawbari



Tufaax
Berry



Tufaax Kaaroot
Cambo



Tufaax
Cambo



Tufaax
Cambaruud Muus



Tufaax Baradho
Macaan



Muus



Isguwaash



Isguwaash
Tufaax
Cambaruud



Khudaarta
Isku Jirta



Kaaroot

KHUDAARTA IYO MIRAH DHALLAANKA



Cuntooyinka labaad ee sumadda
Gerber oo keliya;
Weelka quruuradda ah ee
4-wiqiyadood ah oo keliya.
Keliya noocyada gaarka ah ee hoos
lagu taxay:



Tufaaxa
Buruun



Tufaax Isbinaaj
Kaali



Tufaax
Istarawbari Muus



Tufaax Suukiini
Khuukh



Muus
Buluubeeri



Cambaruud
Kaaroot Digir



Cambaruud
Saytuun



Canbaruud
Suukiini



Isguwaash
Cambaruud
Cananaas



Baradho
Macaan Muus
Liinmacaan



Orgaaniga® Cuntooyinka 2-aad ee Gerber®;
Weelka quruuradda ah ee 4-wiqiyadood ah oo keliya.
Keliya noocyada gaarka ah ee hoos lagu taxay:



Tufaaxa
Buluubeeriga
Dabiiciga ah



Tufaax
Istarawbari
Betroot



Tufaax
Isbinaaj
Kaali



Cambe Tufaax
Muus



Cambaruud
Kaaroot
gaduudan
Raasbeeri



Baradho Macaan
Tufaax, Kaaroot
Qorfe

KHUDAARTA IYO MIRAHA DHALLAANKA



Cuntooyinka labaad ee Beachnut Naturals oo keliya;
Weelka quruuradda ah ee 4-wiqiyadood ah oo keliya.
Keliya noocyada gaarka ah ee hoos lagu taxay:



Tufaax



Tufaax
Blueberries



Tufaax Cambo
Kiwi



Tufaax Cambaruud
Muus



Muus



Muus
Istarawbari



Xasiid
Baradho macaan



Beerta
Khudaar



Cagaaran
Digir



Cambo



Isku jirta
Khudaar



Khuukh



Cambaruud
Cananaas



Cambaruud
Raspberries



Isguwaash



Kaaroot
Macaan



Digir
Macaan

KHUDAARTA IYO MIRAHA DHALLAANKA



Cuntooyinka labaad ee Beachnut Naturals oo keliya;
Weelka quruuradda ah ee 4-wiqiyadood ah oo keliya.
Keliya noocyada gaarka ah ee hoos lagu taxay:



Tufaax
Blackberries



Tufaax
Kale



Tufaax
Bocor
Qorfe



Muus
Blueberries
Cagaaran Digir



Muus
Liinmacaan
Cananaas



Kaaroot
Macaan Xasiid
Bocor



Zeituun
Cambaruud
Istarawbari



Cambo



Cambo
Tufaax
Avokado



Cambaruud
Blueberries



Digir
Digir Cagaaran
Asparagus



Isbinaaj
Qajaar
Digir



Xasiid Macaan
Digirta Cagaaran