



WICShopper ni porogaramu yo muri telefoni ituma ubasha gusikana ibicuruzwa kugira ngo ugenzure niba byemewe na WIC, kureba Urutonde rw'Ibiribwa byemewe, kubona ibitekerezo by'uburyo bwo guteka, kubara umusaruro, n'ibindi!

yishyiremo uyu munsu!

- Jya ugenzura "Ikarita yawe ya EBT y'ibyo wemerewe" bika inyandiko na/cyangwa inyemezabwishyu kugira ngo ubashe gusuzuma ibicuruzwa ufite wemerewe kugura ku ikarita yawe ya WIC Nutrition.
- Niba uri guhura n'imbogamizi mu kugura ibicuruzwa ukoresheje ikarita yawe y'imirire ya WIC cyangwa gusikana igicuruzwa, nyamuneka kanda kuri "sinabashije kugura iki gicuruzwa" muri porogaramu ya WICShopper kugirango itange ikibazo.



I couldn't buy this!



Department of Health

Abagore, Impinja, na Abana izwi nka (WIC)

Iki kigo gitanga amahirwe angana kuri bose.



Urutonde rw'Ibiribwa Byemewe

Ubwoko bw'ibicuruzwa bidahenze ukunda



Department of Health

Gahunda y'Abagore, Impinja, na Abana (WIC)



AMATA Y'INKA

- Amata yera, shokora, atetse, ayongerewemo vitamine D gusa.
- ibyo gushyiramo bya Gallon gusa (keretse igice cya gallon cyerekanwe).
- Amavuta make (1% cyangwa ½ %) cyangwa urukoko keretse Amata asanzwe cyangwa yagabanyijwemo amavuta(2%) nk'uko byerekanwe.
- * Gallon = amagarama 3628,7, igice cya Gallon = amagarama 1814,3.

IBITEMEWE: yongerewemo ibiryohera, iby'umwimerere, ayayungururwemo amavuta cyane, ibidafite amavuta na make.



Amata Yumye atarimo amavuta.

- Igihe byasobanuwe gusa.
- Ingano ya garama 725,5 gusa.



Amata arimo isukari ya Lagitoze nke cyangwa itarimo namba.

- Igihe byasobanuwe gusa.
- ibyo kubikamo bya gallon n'igice cya gallon.



Amata ya soya

- Igihe byasobanuwe gusa.
- Umwimerere n'ayongerewemo uburyohe bwa vanilla gusa.
- Umwimerere n'ayongerewemo uburyohe bwa Shokola gusa.



Yahurute

- amavuta make cyangwa nta mavuta namba keretse amavuta yose yagaragajwe.
- ibibikwamo amagarama 907.1 gusa.

	Yahurute itavangiye ya kigiriki itarimo amavuta.
	Amata atavangiye, amata arimo vanilla, amata arimo maple.
	Ya kigiriki itavangiye itarimo amavuta, peach ya kigiriki itarimo amavuta, inkeri za kigiriki zitarimo amavuta, vanilla ya kigiriki itarimo amavuta, ya kirigiki itavangiye irimo amavuta make. Amata masa atavangiye inkeri zitarimo amavuta hatarimo isukari Vanila itarimo amavuta hatarimo isukari, vanilla na cinamoni bya kigiriki madagascar bitarimo amavuta harimo isukari nke.
	Itavangiye harimo amavuta make, vanilla irimo amavuta make.
	Nsa itarimo amavuta, Inkeri zirimo amavuta make, Vanilla y'amavuta make, Amata masa atavangiye, amata arimo vanilla.
	Inkeri zitarimo amavuta, Vanilla itarimo amavuta.
	Itarimo amavuta, Vanilla itarimo amavuta.
	Irimo amavuta make, Vanilla irimo amavuta make, peach irimo amavuta make, inkeri za rasp zirimo amavuta make, inkeri zirimo amavuta make, inkeri z'ubururu zirimo amavuta make.
	Inkeri zirimo amavuta make, Vanilla itarimo amavuta, hatarimo amavuta, Vanilla irimo amavuta make.
	Amata ya kigiriki atavangiye, ingiriki itavangiye itarimo amavuta, Vanilla yingiriki ivanze itarimo amavuta, ivanze isa icyatsi inkeri zitarimo amavuta, vanilla irimo amavuta make, itavangiye itarimo amavuta.

IBINYAMPEKE BYUZUYE



Spageti y'ingano, capellini y'ingano, penne rigate y'ingano, na rotini y'ingano.



penne y'ingano 100%, Rotini y'ingano 100%, Spageti y'ingano 100%,



spageti y'ingano, spageti yoroshye y'ingano, whole wheat penne rigate y'ingano, rotini y'ingano.



capellini y'ingano, inkokora zingano, farfale y'ingano, linguine y'ingano, penne rigate y'ingano, rigatoni y'ingano, rotini y'ingano, spageti y'ingano.



pene rigate y'ibinyampeke 100%, spageti y'ibinyampeke 100%, spageti yoroshye y'ibinyampeke 100%, rotini y'ibinyampeke 100%, linguine y'ibinyampeke 100%.



Pene rigate y'ingano, Rotini y'ingano, Spageti y'ingano, Spageti yoroshye y'ingano.



Capeline y'ingano, Spageti y'ingano.

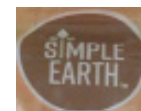


Umuceri w'ikigina

amagarama 453,5; utavangiye; ubwoko ubwo ari bwo bwose.



- Umuceri w'ikigina wabanje gutekwa.
- Umuceri w'ikigina watogosherejwe mu ishashi yawo.
- Ibinyampeke by'ikigina amagarama 453,5.



IBITEMEWE: Umuceri w'umweru.



Umutsima w'ingano

amagarama 453,5, ubwoko ubwo ari bwo bwose.

IBITEMEWE: Ibintu byongewemo imbuto, ubunyobwa, ibirungo, utwuma.



- ifu y'ingano-byihuse umunota-1 ifu y'ingano amagarama 510.
- ifu y'ingano-byihuse umunota-1 igiti cya gluten amagarama 510.

IBINYAMPEKE BYUZUYE



amakaroni akoze mungano

amagara 453,5..



	Spageti zikoze mungano.
	Rotini zikoze mu binyampeke, ibinyampeke by'ibishishwa biringaniye. pene zikoze mubinyampeke, inkokora zo mubinyampeke, spageti zoroheje zikoze mubinyampeke, linguine zikoze mubinyampeke, amakaroni ya angel hair akoze mungano, spageti zikoze mungano.
	Rotini zikoze mungano, Spageti zikoze mu ngano,
	Spageti zikoze mungano, amakaroni akoze mungano, amakaroni y'inkokora akoze mungano, rotini ikoze mungano, pene rigate y'ingano, spageti zoroheje zikoze mungano, vermiceli zikoze mungano.
	Penne rigate ikozwe mungano 100%, Rotini ikozwe mungano 100%, Spageti ikozwe mungano 100%,
	Spageti zikozwe mu ngano 100%, Amakaroni y'inkokora akozwe mungano 100%, Pene rigate ikozwe mungano 100%, Rotini ikozwe mungano 100%.
	Inkokora zingano, linguine ikozwe mungano, pene ikozwe mungano, rotini ikozwe mungano, spageti ikozwe mungano, spageti yoroshye ikozwe mungano.
	Penne rigate ikozwe mungano, rotini ifashe ikozwe mungano, spageti yoroshye ikozwe mungano, spageti ikozwe mungano.

IKARAGIRO

	Itavangiye itarimo amavuta, vanilla itarimo amavuta, inkeri zirimo amavuta make, vanilla irimo amavuta make, peach irimo amavuta make, inkeri imineke zirimo amavuta make.
	Amata atavangiye ya kigiriki, amata ya kigiriki arimo vanilla, ya kigiriki itarimo amavuta itavangiye, vanilla ya kigiriki itarimo amavuta, amata arimo vanilla, amata atavangiye, bitavangiye harimo amavuta make vanilla irimo amavuta make, vanilla irimo amavuta make n'ibinyasukari bike, peach irimo amavuta make n'ibinyasukari bike, inkeri zirimo amavuta make n'ibinyasukari bike, bitavangiye hatarimo amavuta.
	Inkeri zirimo amavuta make, bitavangiye harimo amavuta make, umwembe urimo amavuta make, vanilla irimo amavuta make.
	Yahurute y'inkeri itarimo amavuta, Yahurute itavangiye irimo amavuta make, Yahurute ya kigiriki ya vanilla itarimo amavuta, Yahurute ya kigiriki itavangiye itarimo amavuta.
	Inkeri zirimo amavuta make, inkeri imineke zirimo amavuta make, inkeri z'ubururu zirimo amavuta make, zitavangiye zirimo amavuta make, vanilla yoroheje, vanilla irimo amavuta make, amata masa atavangiye.
	Amata masa atavangiye, amata arimo vanilla, amata ariko inkeri, vanilla irimo amavuta make, itavangiye harimo amavuta make.
	Vanila itarimo amavuta, itavangiye hatarimo amavuta amata masa atavangiye, aya kigiriki atavangiye hatarimo amavuta, vanilla y'ibishyimbo ya kigiriki itarimo amavuta.
	Itavangiye hatarimo amavuta, Inkeri zitarimo amavuta, Vanilla itarimo amavuta.
	Inkeri z'ubururu zirimo amavuta make, peach irimo amavuta make, vanilla irimo amavuta make, ya kigiriki itavangiye itarimo amavuta. vanilla ya kigiriki itarimo amavuta, inkeri zitarimo amavuta, vanilla itarimo amavuta, itavangiye itarimo amavuta.
	Yahurute itarimo amavuta Itavangiye ikomoka kubimera, Yahurute ya vanilla itarimo amavuta ikomoka kubimera, Yahurute itarimo amavuta itavangiye ikomoka kubimera, Yahurute ya vanilla irimo amavuta make ikomoka kubimera, itavangiye ikomoka kubimera amata masa yahurute irimo mikorobe zifitiye umubiri akamaro, Vanilla ikomoka kubimera amata masa, yahurute irimo mikorobe zifitiye umubiri akamaro, inkeri karemano amata masayahurute irimo mikorobe zifite umubiri akamaro, karemano amata masayahurute ya vanilla irimo mikorobe zifite umubiri akamaro.
	Itavangiye harimo amavuta make, vanilla irimo amavuta make.
	Peach yasaruwe irimo amavuta make, inkeri zirimo amavuta make, inkeri imineke zirimo amavuta make, Vanilla irimo amavuta make, inkeri z'ubururu zirimo amavuta make, itavangiye hatarimo amavuta.

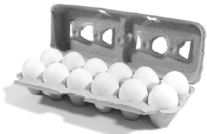
Foromaje

- Isanzwe cyangwa harimo amavuta make, ingano garama 453,5 gusa.
- ikorerwa mu rugo cyangwa uduce tw'amoko akurikira gusa: Inyamerika; cheddar; iya Colby; iya Colby; iya Jack; iya Monterey Jack; iya mozzarella; Muenster; provolone; cyangwa Swiss.



IBITEMEWE: ibikomoka ku bimera; ibicikaguritse; ibice bya cracker; izikoze nka kibe; deli; imanyaguye; itarimo sodiyumu; inyanyagijeho Foromaje; foromaje ifashe; foromaje izinze; Foromaje y'aborozi; amavuta; ibiryo bya foromaje cyangwa ibikomoka kuri foromaje nka Velveeta; iyo umuntu yakatiye; ihene; intama cyangwa foromaje ya yahurute.

AMAGI



- Manini, yo mu rwego A cyangwa AA,
- Amagi y'inkoko y'umweru, zitari mukiraro.
- Ingano ya duzenzi imwe y'ikarito

IBITEMWE: Ibikomoka ku bimera; ibyatekeshejwe umwuka; ibyinitse; ibyatogoshwe cyane; koresterole nke; byongewemo cyangwa byakungahishijwe omega 3; byongewemo vitamini cyangwa imyunyu ngugu; igipimo cyose; ibisimbura amagi.

TOFU



Ingano ya garama 453,5 gusa, ishobora kuvangwa kugeza ku gipimo rusange cy'amagarama yatanze.

Azumaya Tofu

Yoroshye.

House Foods

Ifashe cyane; Ifashe cyane birushijeho; ifashe biringaniye.

Franklin FARMS

Ikomeye cyane; Ikomeye biringaniye; yoroshye

vitaso

Ifashe by'umwimerere, ifashe birushijeho ariko ifunitse mu kintu gitose.

AMAVUTA Y'UBUNYOBWA



- ibyo kubikamo bipima hagati ya garama 453,5 na garama 510 gusa.
- Bisanze cyangwa by'umwimerere; byoroshye; by'amavuta; bihekenyeka cyangwa bitapfuka; bigabanyije amavuta; sodiyumu nke; isukari nke.

IBITEMWE: ibyo gusiga; ibinoze; ibyongewemo amavuta; marshmalo; ubuki cyangwa ibindi biryo; amako atandukanye y'ibyonerwamo cyangwa ibikungahaza; amavuta y'amamesa.

AMAFI



Amafi ya tuna Afunze mudukopo
amafi ya chunk light apfunitse mumazi gusa. Garama 141,7 cyangwa garama 170 y'agakopo gusa.



Amafi ya salmon
salmon zisa n'iroza gusa; Garama 418,1 ingano y'agakopo gusa.

IBITEMWE: Amafi ya salmon y'umutuku; Amafi ya tuna ari mu mifuka.

IBISHYIMBO



Ibishyimbo byumye cyangwa Amashaza
Ibifunze mu magarama 453,5 gusa.

Ibishyimbo bifunze mudukopo

ibishyimbo bifunze mudukopo bishobora gushyirwa hamwe kugeza kumubare wa ounces zatanzwe.

IBITEMWE: ibishyimbo byokejwe mu ifuru; ibishyimbo byongewemo ibirungo, amasosi, amavuta cyangwa inyama.

IBINYAMPEKE BYUZUYE



Ibigori,
Ingano za fajita,
Ibigori by'umuhondo,
Ifu y'ingano.



Ibigori.

meijer

Ibigori,
Ibigori by'umweru,
ingano zuzuye.



Ingano zuzuye.



Ibigori,
ingano zuzuye,
ibigori by'umuhondo birushijeho kuba bito



Ingano zuzuye.



Ingano zuzuye.



Taco yoroshye ikozwe mu ifu y'ingano,
Ibigori by'umuhondo,
Ibigori by'umweru.



Ibigori,
ifu y'ingano mugipimo cya taco yoroshye.



Ibigori bikoze mu buryo bw'ingano za fajita zasanze bikoreshejwe intoki.



Uburyo butunganyije neza bw'ingano za fajita zisanze.



Ibigori by'umuhondo.

IBINYAMPEKE BYUZUYE



imigati ya sandwich.



imigati ya hot dog.

IBITEMEWE: Ibintu byongewemo imbuto, ubunyobwa, ibirungo, cyangwa byasizwe urubura.



- Umugati ukozwe mu ngano 100%.
- umugati wa hot dog dog ukozwe mu ngano 100%.



- Ibizingo bya hoagie bikoze mu ngano 100%.
- Umugati wa hot dog dog ukozwe mu ngano 100%.
- Umugati wa slider sandwich ukozwe mungano 100%.



- Umugati ukozwe mungano 100% upima garama



Capati:

garama 453,5.



Ibigori,
Ingano 100%.



Ibigori by'umweru,
Ibigori by'umuhondo,
Ifu y'ingano.



Ibigori by'umweru muburyo bwa taco zoroshye,
ingano muburyo bwa fajita.



Ibigori by'umweru,
ingano zuzuye.



Ibigori by'umweru byoroshye,
ingano zuzuye.



Ingano zuzuye.



Ingano zuzuye.



Ingano zuzuye.



Ibigori by'umweru bya cm 15,
ingano zuzuye.



Ingano zuzuye,
Ibigori by'umuhondo bitarimo gluten.



Ibigori by'umuhondo bya cm 15.

IMBUTO N'IMBOGA

Abagenerwabikorwa bashobora kwihitiramo imvange iyo ari yo yose mbisi, imbuto n'imboga byakongeshejwe cyane cyangwa bifunze mu dukopo kugeza ku mubare w'amadolari bemerewe kutarenza. Abagenerwabikorwa ntibashobora guhabwa cash cyangwa gusubizwa amafaranga k'umubare wose utarakongeshejwe.



Mbisi

Ubwoko ubwo aribwo bwose bw'imbuto n'imboga mbisi. Zikiri zose, zikase, ziri mugikapu, cyangwa zapfunyitswe.

IBITEMEWE: Ibyo gushyiraho imbuto n'imboga bicitse cyangwa byakaswe kugipimo cy'umuntu kugiti cye hamwe n'isosi cyangwa byinitswe; ibitebo by'imbuto; imboga n'imbuto by'umutako cyangwa zo gushushanya; tungurusumu iri kukagozi; ibyo gukatiraho bya salade; imbuto zongewemo ubunyobwa; ibiryo byakanzwe byongewemo imbuto; imbuto zumukije; indabyo ziribwa; ibirungo biva kubimera n'ibikorano.



Zakongeshejwe

Ubwoko ubwo aribwo bwose bw'imbuto n'imboga.

IBITEMEWE: Imbuto: Harimo siro, hongewemo isukari, ibyo gukatiraho imbuto, ibyokeje hamwe n'imbuto (urugero: imbuto zokeye)

Imboga: hongewemo isukari, amavuta y'inka, amavuta, isosi cyangwa glaze; hamwe nibyakoze mu ifarini, nodozi, ubunyobwa, umuceri, foromaje, cyangwa inyama; ifiriti y'ibijumba, ifiriti, cyangwa ibirayi biconze.



Udukopo, amajagi, ibyo kubikamo bya plastic

Imbuto mumutobe;

Umutobe udafunguye.

Imbuto mumazi hamwe n'ibinyasukari bitari karemano.

IBITEMEWE: Imbuto: muri gelatin, sorbet, ibyo guhekenya bikoze mumbuto, imbuto za parfais, imbuto zongewemo isukari cyangwa ubunyobwa, imbuto zirimo siro nyinshi, nkeya cyangwa nkeya cyane, ibisizwe n'imbuto.

Imboga: n'amavuta ayo ari yo yose cyangwa iy'umunyu, vinegre, imboga zinitswe, imboga zasizwe amavuta, ibishyimbo, amashaza, lentils, ibishyimbo byokeje, inyama y'ingurube cyangwa ibishyimbo, ibishyimbo byongeye kotswa, isosi y'inyanya, ibirungo bya relish, imyelayo, pizza, lasagna, isosi ya spageti, cyangwa salisa.

UMUTOBE

Umutobe Udateraganwa aho Ubitse

- Imitobe yose iri kuri uru rutonde igomba kuba yujuje ibi bikurikira: Umutobe w'umwimerere 100% utongewemo ibiryohera; Amacupa ya pulasitiki ya garama 1814,3 gusa; Umutobe w'amaronji w'ubwoko ubwo ari bwo bwose.

IBITEMEWE: ibyo ibyo kunywa bikozwe mu mbuto; imitobe yongewemo ibiryohera; izivanze cyangwa amafu.

	<u>Jya ohera ubika</u> Pome, umuzabibu, ironji.
	<u>Pome na eva</u> Pome, inkeri z'umuzabibu, inkeri za peach y'ironji, inkeri za pomegranate, inkeri z'umukara n'inkeri z'icyatsi, inkeri z'umukara n'inkeri zo mugasozi, inkeri z'umukara za karemano.
	<u>Amahitamo meza</u> Pome, inkeri zivanze, cherry zivanze, umuzabibu, imizabibu ivanze, inanasi y'imbutu z'umuzabibu, ironji, punch zivanze, umuzabibu w'umweru, inyanya, imboga.
	<u>Ibindi byiza</u> Pome, inkeri z'umukara, umuzabibu w'inkeri z'umukara, umuzabibu, imbuto z'umuzabibu, umuzabibu w'umweru.
	<u>Za campbell</u> Inyanya zisanzwe, inyanya zirimo sodiyumu nke, V-8 isanzwe, V-8 ishyushye iriho ibirungo, V-8 ifite sodiyumu nke.
	<u>Akarima k'igikoni</u> Imboga.
	<u>Iby'ingenzi buri munsu</u> umutobe wa Pome, inkeri zivanze, cherry zivanze, inkeri z'umukara zivanze, umuzabibu uvanze, punch ivanze, umuzabibu w'umweru, inanasi, imbuto z'imizabibu y'umweru.
	<u>Bihora bitoshye</u> Pome.
	<u>itsinda ry'ibiryo</u> Pome, inanasi, inkeri z'umukara, inkeri z'umukara imizabibu, inkeri z'umukara inkeri z'icyatsi, umuzabibu, imboga, umuzabibu w'umweru, imbuto z'umuzabibu w'umweru.

IBINYAMPEKE BYUZUYE

	Umugati wa farmhouse ukoze mu ngano 100%, Umugati wa kiyahudi ukoze muburo, umugati ukoze mu ngano 100% muburyo bworoheje. umugati woroshye w'ingano muburyo bworoheje, umugati w'ingano zo kurusyo 100%, umugati w'ingano 100% w'ibinyampeke bikasemo uduce, umugati w'ibinyampeke bikasemo uduce duto 15, umugati w'ibinyampeke bikasemo uduce tw'umutsima w'ingano, ingano 100% zikasemo uduce duto cyane, ibinyampeke byuzuye 100% umugati w'ingano, ibinyampeke byuzuye imigati y'ibinyampeke 15, ibinyampeke byuzuye ubuki umugati w'ingano, ibinyampeke byuzuye umugati w'ingano z'umukara za kidage, ibinyampeke byuzuye umugati w'umutsima w'ingano, ibinyampeke byuzuye imbuto z'uburo, cinamon y'ingano 100% hamwe n'umugati w'umuzabibu wumye.
	Umugati w'ingano za sungrain 100%
	Umugati w'ingano 100%, ingano nziza 100%
	Umugati wa sungrain ya kiromani w'ingano 100%, ingano 100%
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.
	Crepe z'ingano 100%, umugati w'ingano 100%.
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.

IBINYAMPEKE BYUZUYE

	Umugati ukozwe mungano 100% umugati ufite ibigozigozi y'uburyo bubiri
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.
	Ingano z'ibinyampeke 100% zitarimo isukari, 100% ibinyampeke ingano.
	Ingano zuzuye 100%.
	ingano zo m'uburyo bwo murugo 100%
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.
	Ingano 100%, ibinyampeke by'umweru.
	Ingano zuzuye 100%.
	Ingano 100%, ibinyampeke 100% bitarimo isukari, Umugati ukozwe mungano 100% hamwe n'ubuki.
	Ingano zuzuye 100%.
	Ingano zuzuye 100%.

UMUTOBE

	<u>Eagle nini</u> Pome, inkeri z'umukara, pome muburyo bwa gala, pome ya nyogokuru smith, umuzabibu, umuzabibu w'umweru, imbuto z'umuzabibu w'umweru.
	<u>Agaciro gahebuje</u> Pome, umuzabibu, umuzabibu w'umweru, peach y'umuzabibu w'umweru, inkeri z'umukara, inkeri z'umukara zivanze, inanasi.
	<u>Umusaruro usobanutse</u> Pome ironji inanasi, umuzabibu ufatanije, inkeri z'umukara, inkeri z'umukara pome, inanasi.
	<u>yo hejuru</u> pome, chery y'umukara umuzabibu ufatanije, umuzabibu, inanasi, inyanya, imboga, umuzabibu w'umweru, chery z'umuzabibu w'umweru.
	<u>IGA</u> Pome, pome itoshye, umuzabibu, imbuto z'umuzabibu, inanasi, umuzabibu w'umweru.
	<u>Umutobe uryoshye</u> Pome, pome inkeri z'icyatsi, inkeri, cheri, inkeri z'umukara pome, umuzabibu, inkeri za kiwi, umwembe, tangerine y'ironji, itunda imbuto za dragon, peach pome, punch, inkeri umuneke, inkeri watermelon, hashyushye, umuzabibu w'umweru.
	<u>Kroger</u> pome, inkeri, inkeri z'umukara, umuzabibu, imbuto z'umuzabibu, inanasi, imboga, imboga za sodiyumu nke, imboga zikorwamo ibirungo, umuzabibu, umuzabibu w'umweru, umuzabibu w'umweru peach.
	<u>ibiryo bya bose</u> Pome, pome inkeri z'umukara, pome umuzabibu, pome ironji, pome, umuzabibu, ironji, inanasi, umuzabibu w'umutuku, imbuto z'umuzabibu z'umutuku wa kabayonga, inyanya, imboga, imboga zirimo sodiyumu nke, umuzabibu w'umweru.
	<u>Bya libby</u> Inanasi.

UMUTOBE













	<u>Meijer</u> Pome, inkeri z'umukara, inkeri nyazo, cheri nyayo, imbuto ya punch nyayo, umuzabibu wa nyawo, umuzabibu, imbuto z'umuzabibu w'umutuku za ruby, inanasi, ibinyomoro, inkeri z'icyatsi inkeri z'umukara, imboga zikorwamo ibirungo, inyanya, inanasi zivanze zo mubushyuhe, imboga, imboga zirimo sodiyumu nke, umuzabibu w'umweru, umuzabibu w'umweru peach.
	<u>Iza mott</u> Pome.
	<u>Iza Musselman</u> Pome.
	<u>Umutobe uryoshye uva mubimera</u> pome, umuzabibu, umuzabibu w'umweru.
	<u>Ubutaka bw'amajyaruguru</u> inkeri z'umukara inkeri z'icyatsi, inkeri z'umukara, inkeri z'umukara, inkeri z'umukara cheri, inkeri z'umukara umuzabibu, inkeri z'umukara pomegranate, inkeri z'umukara inkeri z'ubururu.
	<u>Zo kunyanja</u> Pome., umuzabibu uvanze, inkeri z'umukara inkeri z'icyatsi, Inkeri z'umukara, inkeri z'umukara cheri, Inkeri z'umukara, inkeri z'umukara cheri, inkeri z'umukara umuzabibu uvanze, inkeri z'umukara umwembe, inkeri z'umukara inanasi, inkeri z'umukara pomegranate, inkeri z'umukara watermelon, inkeri z'umukara inkeri zishaje.
	<u>Orchard ishaje</u> pome, umuzabibu, inanasi, umuzabibu w'umweru, pome inkeri z'umukara, inkeri zivanze, cheri y'umukara inkeri z'umukara, inkeri z'ubururu pomegranate, cheri pomegranate, inkeri z'umukara pomegranate, umuzabibu, inkeri za kiwi, inkeri z'umukara watermelon, ironji tangerine, peach umwembe, inanasi, inkeri z'umutuku, umuzabibu w'umweru, cheri yo mugasozi, indimu zifasha ubudahangarwa, imbuto zihebuje zifasha ubudahangarwa, imbuto zo mubushyuhe zifasha ubudahangarwa.
	<u>Our Family</u> Pome, pome itoshye yo gusiga, umuzabibu, imbuto z'umuzabibu, imbuto z'umuzabibu w'iroza, umuzabibu w'umweru, umutobe wavanze 100%, imboga.
	<u>Seneca</u> Pome.
	<u>Shurfine</u> Pome, umuzabibu, inanasi, umuzabibu w'umweru.

IBINYAMPEKE BYUZUYE

Umugati:

Amagarama 453,5 aho yaboneka.
Bishobora kuvangwa kugeza ku mubare wa garama zatanze; hagendewe kubicuruzwa bihenze kurusha ibindi.



 Amagarama 453,5.		Ibinyampeke by'umweu bikungahaye ku ntungamubiri. Ingano 100% zikungahaye ku ntungamubiri.
		Ingano zuzuye 100%.
		Ingano zuzuye 100%.
		Ingano zuzuye 100%.
 Amagarama 510		Quaker Oats y'umutsima w'ibinyampeke 100%
 Amagarama 567		Umugati wa Bimbo w'ingano 100%.
		Umugati w'ingano zo kurusyo rwo ku isoko
		Ingano karemano 100%
		Ingano zuzuye 100%.
 Garama 680,3.		Umugati wa Sara Lee ukozwe mu ngano 100%.
		Umugati w'inkeri z'ikigina ukozwe mu ngano 100%. Umugati w'inkeri z'ikigina ufite ibigozigizi y'uburyo bubiri
		Umugati wa Kroger ukozwe mu ngano 100% urimo ubuki. Umugati wa Kroger ukozwe mu ngano 100% wiburungushuye hejuru.
		Umugati ukozwe mu ngano 100% wo m'uburyo bwa Our Family wa country.
 Amagarama 907,1		Umugati urambuye wa watoranyijwe m'uburyo bwihariye ukozwe mu ngano 100%. Umugati wa watoranyijwe m'uburyo bwihariye ukozwe mu ngano 100%.
		Umugati wa ribbon y'ubururu ukozwe mumuceri w'ikigina.
		Muceri w'ikigina muremure wa kroger.
		Umuceri w'ikigina wa Mahatma. Umuceri w'ikigina wa Mahatma Jasmine
 Amagarama 907,1		Umuceri karemano w'ikigina muremure wa meijer
		Umuceri w'ikigina wa Our Family.
		Umuceri w'ikigina wa shurfine.
		Umuceri w'ikigina muremure wa spartan
 Amagarama 907,1		Umuceri w'ikigina wa Success. Umuceri w'ikigina watogosherejwe mu ishashi yawo.

IBINYAMPEKE BISHYUSHYE



















Oats-instant oatmeal original, Amagarama 335,9 (pake z'umuntu kugiti cye); Oats-instant oatmeal original, amagarama 671.8 (pake z'umuntu kugiti cye); grits-original instant amagarama 283,4, amagarama 340, amagarama 1020,5.

















meijer Oats-Quick amagarama 510; Oats-Instant Oatmeal Original, Amagarama 335,9 . (pake z'umuntu kugiti cye).

IBINYAMPEKE BYUZUYE

Imbonerahamwe ikurikira iratanga ingero z'uburyo wacungura amagarama 907.1 z'ibinyampeke bisanzwe.

Ibinyampeke byuzuye

 Amagarama 22,7.	 Amagarama 340.	 +  Amagarama 907.1
 Amagarama 397	 Amagarama 453,5	 +  Amagarama 907,1
 Amagarama 510	 Amagarama 567	 +  Amagarama 907,1
 Amagarama 680	 Amagarama 907,1	 +  Amagarama 907,1

 Amagarama 22,7.		Capati ikozwe mu bigori by'umweru
 Garama 340,1		Umutsima w'ingano wako kanya wa IGA amapake 12 asanzwe.
		Igice cy'irobe ry'umugati w'ingano 100% wo mu iduka rya lewis bake shop.
		Itsinda ry'Ibiryu umuceri w'ikigina wako kanya.
		Umuceri w'ikigina wa Freedom/s Choice wako kanya.
		Umuceri w'ikigina wa Kroger utogoseje mu ishahi yawo mikorowonde. Umuceri w'ikigina wa Kroger washyirwa muri mikorowonde.
		Umuceri w'ikigina wa Minute.
		Umuceri w'ikigina wa Our Family wako kanya.
		Umuceri w'ikigina wa Success.
		Umugati wa ribon y'ubururu ukozwe mumuceri w'ikigina.
		Umugati wa Kroger ukozwe mu ngano 100%.
		Umuceri w'ikigina wa Mahatma.
Amagarama 453,5.		Capati ya Our Family ikozwe mu ngano ya fajita. Capati ya Our Family ikozwe mu bigori by'umuhondo. Capati ya Our Family ikozwe mu bigori by'umweru.
		Quaker Iminota 3 Ifunguro rya Poriji.

UMUTOBE



Tipton Grove
Pome, inkeri z'umukara, umuzabibu, umuzabibu w'umweru.



hejuru y'igiti
Pome, pome umuzabibu.



V-8
Umutobe w'imboga 100% w'umwimerere.
Umutobe w'imboga 100% wa sodiyumu nke.
Umutobe w'imboga 100% ushyushye w'ibirungo.



Igihe cy'agaciro
Umuzabibu.













Za Welch
Umuzabibu uvanze hamwe na calisuyumu, umuzabibu, umuzabibu w'umweru, umuzabibu w'umweru peach, umuzabibu w'umutuku, umuzabibu uhebuje, inyabutatu yu mubushyuhe.

UMUTOBE -UKONJESHEJWE

Imitobe yose iri ku rutonde rukurikira igomba kuba yujuje ibi bikurikira:
Imitobe itongerewemo ibiryohera 100%; Mililitiro 414 cyangwa 354,8 gusa;
igomba kuba ifite litiro 1,3; ubwoko ubwo ari bwo bwose bw'Umutobe w'ironji.



	Igihe cyose jya ubika ironji.
	Amahitamo meza Pome, ironji.
	Ibindi byiza Pome, umuzabibu, ironji, imbuto z'umuzabibu.
	Igipupe Inanasi, pome ironji.
	Ingenzi buri muni Pome, ironji
	Itsinda ry'Ibiryu Pome, imbuto z'umuzabibu, ironji.
	Eagle nini ironji.
	Agaciro Gahebuje Pome, umuzabibu, ironji.
	Yohejuru pome, ironji.

UMUTOBE — IBIKONJESHEJWE

	IGA Pome, ironje.
	Kroger Pome, imizabibu, imbuto z'imizabibu, inanasi n'ironje.
	Ibiryoby bya bese Pome, pome inkeri z'umukara, pome ironji inanasi, umuzabibu, inanasi, umuzabibu w'umweru.
	PMeijer Pome, ironje.
	Orchard ishaje pome, pome cheri, pome inkeri z'umukara, pome inkeri za kiwi, pome itunda umwembe, pome inkeri z'icyatsi, pome inkeri umuneke, inkeri zivanze, cheri y'umukara, inkeri z'umukara, inkeri z'ubururu pomegranate, cheri pomegranate, inkeri z'umukara pomegranate, umuzabibu, inanasi, inanasi ironji, inanasi ironji umuneke, inkeri rhubarb, umuzabibu w'umweru.
	Our Family Pome, ironje.
	Seneca Pome, ironje.
	Shurfine Pome, ironje.
	Tipton Grove Pome, ironje.
	Welch's Pome, imizabibu, imizabibu y'umweru, inkeri, imizabibu y'umweru,

IMITOBE IDAFUNGUYE





Umutobe unyobwa uko uri Umutobe w'umwimerere 100% utongewemo ibiryohera; Amagarama 311,8 cyangwa Amagarama 340 gusa; ugomba kugezwa ku magarama 1360,7.

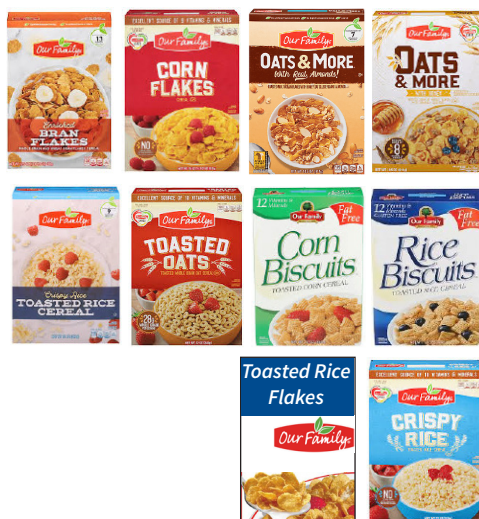
	Pome imbuto ziboneye, tropical marakuja.
	Giant Eagle Pome, imizabibu

IBINYAMPEKE



IBINYAMPEKE BISHYUSHYE

	Kereme yingano -Kereme yingano (Umunota 1) (amagarama 453,5). -Kereme yingano (Iminota 10) (Amagarama 453,5).
	Quaker -Oat Bran Hot Cereal (amagarama 453,5). - Instant Grits Original (amagarama 510,2). -Instant Grits Original 12(garama 28,3). -Instant Grits Original (amagarama 453,5). -Instant Grits Super Family Original Family (amapaki 24). -Instant Oatmeal amapaki (amagarama 453,5).
	Farina -Cream of Wheat (amagarama 453,5).
	Malt-o-Meal -Cream of Wheat Original (amagarama 510,2/793,7/1020,5).


Ubwoko bw'ibicuruzwa bihenze ukunda bishobora kuvangwa kugeza ku magarama yatanzwe.






IBINYAMPEKE



IBINYAMPEKE

