

## Qalabka Jinsiyadda iyo Isirka

### WIC waxay nooga baahan tahay inaan ku wargelino macluumaadka jinsiyadda iyo isirka.

Waxaan u isticmaalnaa macluumaadka si aan wax ugu ogaano cidda Special Supplemental Nutrition Program for Women, Infants and Children (WIC, Barnaamijka Nafaqada Dheeraadka ah ahna Gaarka ee Haweenka, Dhallaanka, iyo Carruurta) u adeegto. Ma saamaynayso u qalmitaankaaga ama xaaladaada socdaalka.

Shaqaalaha WIC ayaa ku weydiin doona labada su'aalood ee soo socda:

#### 1. Ma u tixgelisaa naftaada/ilmahaaga inuu yahay Isbaanish ama Latiin?

Isbaanish ama Latiin waxaa loola jeedaa qof ah reer Cuban, Mexican, Puerto Rican, Koonfurta ama Bartamaha Maraykanka, ama dhaqanka Isbaanishka kale ama asalka, iyadoo aan loo eegin jinsiyadda.

Isbaanish

Aan Isbaanish ahayn

#### 2. Sidee ayaad u qeexdaa jinsiyaddaada/jinsiga ilmahaaga?

Dooro dhammaan kuwa khuseeya adiga/ilmahaaga.

<b>Hindida Maraykanka ama Dhaladka Alaska</b>	Lahaanshaha asalka dadyowga asalka ah ee Alaska, Kanada, Maraykanka, Mexico, Bartamaha ama Koonfurta Maraykanka iyo ilaalinta abtirsiiinta qabiilka ama ku xirnaanta bulshada.
<b>Aasiyaan</b>	Lahaanshaha asalka dadyowga asalka ah ee Bariga Fog, Koonfur-bari Aasiya, ama qaarad-hoosaadka Hindiya oo ay ku jiraan tusaale ahaan, Cambodia, Shiinaha, Hindiya, Japan, Kuuriya, Malaysia, Pakistan, Jasiiradaha Filibiin, Thailand iyo Fiyatnaam.
<b>Madaw ama Afrikaan Maraykanka ah</b>	Lahaanshaha asal ka soo jeeda kooxaha jinsiyadaha madaw ee Afrika.
<b>Caddaan</b>	Lahaanshaha asal kasoo jeeda dadyowga asalka ah ee Yurub, Bariga Dhexe, ama Waqooyiga Maraykanka.
<b>Dhaladka Hawaiian ama Jasiirada Baasifiga</b>	Lahaanshaha asal ka soo jeeda dadyowga asalka ah ee Hawaii, Guam, Samoa, ama jasiiradaha kale ee Baasifiga.

### Washington WIC cidna ma takoorto.

Iyadoo la raacayo sharciga xuquuqda madaniga ah ee federaalka iyo U.S. Department of Agriculture (USDA, Waaxda Beeraha ee Maraykanka) xeerarka iyo siyaasadaha xuquuqaha madaniga ah, machadka waxaa ka mamnuuc ah takoorida ku salaysan isirka, midabka, asalka qaranka, jinsiga (ay ku jirto aqoonsiga jinsiga iyo jihaynta galmada), naafanimada, da'da, ama aar-gudashada ama aargoosiga hawlihii hore ee xuquuqda madaniga ah.

Macluumaadka barnaamijka waxaad ku heli kartaa luuqado ka baxsan af Ingiriisiga. Dadka leh naafanimada ee u baahan hab kale oo isgaarsiineed si ay u helaan macluumaadka barnaamijka (tusaale, farta indhoolayaasha, far waaweyn, cajalad maqal ah, Luuqadda Calaamadaha Maraykanka), waa inay la xiriiraan gobolka mas'uul ka ah ama hay'adda maxalliga ah ee maamusha barnaamijka ama Technology & Accessible Resources Give Employment Today Center (TARGET, Xarunta Siin Shaqaalaha Teknoolajiyada iyo Ilaha La Heli karo Maanta) USDA ee (202) 720-2600 (cod iyo TTY) ama kala xiriir USDA iyada oo loo marayo Federal Relay Service (800) 877-8339.

Si aad u xaraysato cabashada midab takoorka barnaamijka, Dacwoodaha waa in uu buuxiyaa Form AD-3027, USDA Program Discrimination Complaint Form (Foomka AD-3027, Foomka Cabashada Midabtakoorka ee Barnaamijka USDA) kaas oo loogu heli karo onlayn halkan: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf> (in English), laga helo xafiis kasta oo USDA, adigoo wacaya (866) 632-9992, ama adigoo warqad u qoraya USDA. Warqada waa inay ka koobnaataa magaca dacwoodaha, cinwaanka, taleefan lambarka, iyo sharraxaad qoraal ah oo ku saabsan falka takoorka ah ee lagu eedeeyay oo faahfaahsan si loogu wargaliyo Assistant Secretary for Civil Rights (ASCR, Kaaliyaha Xoghayaha Xuquuqda Madaniga) wax ku saabsan nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee lagu eedeeyay. Foomka AD-3027 ama warqadda la buuxiyay waa in loo gudbiyaa USDA iyadoo lagu diraaqo:

#### 1. boostada:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; ama

#### 2. fakiska:

(833) 256-1665 ama (202) 690-7442; ama

#### 3. iimeelka:

[program.intake@usda.gov](mailto:program.intake@usda.gov)

Hay'addaan waa adeeg bixiye ku shaqeeya fursad loo wada siman yahay.  
Washington WIC cidna ma takoorto.

