

DUKAAMAYSIGA WIC AYAA HADDA SII FUDUDAADAY!



U ADEEGSO APPKA SI:



Aad ula socoto **My Benefits (Gunooyinkayga)**.



Iskaanka mari cuntada adoo adeegsanaaya **Scan Barcode (Baar koodhka Iskaanka)** si aad u aragto haddii cunto tahay mid Women, Infact and Children (WIC, Caruurta, Dhallaanka iyo Dumarka) ogoshahay.



Akhri liiska **WIC Allowable Food (Liiska Cuntada ay WIC oggoshahay)** si aad u aragto waxa aad Buy or Don't Buy (Gadan karto iyo waxa aadan Gadan Karin).



Adeegso qaybta **I couldn't buy this (Ma iibsan karo tan)!** si aad usoo sheegto cunto aad isleedahay WIC waa kuu oggoshahay.



Raadi **Yummy Recipes (Maaddooyinka Yummy)**.



Hel tilmaamo fudud oo ku jira **Life Hacks (Siraha Nolasha)!**



Raadso **Xafiiska WIC** ama **Dukaan WIC**.



Adeegso aaladda **Produce Calculator (Xisaabiyaha Cuntada)** iyo **Cereal Calculator (Xisaabiyaha Seeriyaaalka)** intaad cuntada iibsanaysa.

SIDA LOOSOO DEGSADO APPKA:



Kasoo degso **WICShopper (Aalada WICShopper)** app store kaaga.





DIIWAN GELI KAARKAAGA WIC MAANTA.

Marka aad isdiwaan geliso, waxaad awooddaa:

- Inaad aragto gunnooyinkaagii ugu danbeeyay ee WIC.
- Inaad aragto bilowga iyo dhammaadka gunnooyinkaaga.
- Inaad iskaan garayso cuntooyinka si aad u ogaato inay kuwo WIC u oggoshahay qoyskaaga.
- Inaad hesho ogaysiisyada marka waqtiga isticmaalka gunnooyinkaagu sii dhammaanaayo.

Inaad hesho xogtii ugu danbaysay ee gunnooyinkaaga WIC.

- Inaad hesho cuntooyin macaan si ay kaaga caawiyaan inaad adeegsato dhammaan cuntooyinkaaga WIC.
- Ogaysiisyada ayaa kuu sheegaaya noocyada gunnooyinka aad heli karto iyo marka gunnooyinku dhammaadaan.

Ma taqaanaa noocyada miraha iyo khudaarta aad heli karto?

Daray ah

- Ha iskaan garayn miraha iyo khudaarta darayga ah waayo waxay iskaanka uga muuqanayaan "Not WIC Allowed (Maaha cunto WIC oggoshahay)".
- Adeegso qaybta "WIC Allowable Foods (Cuntooyinka WIC Oggoshahay)" ee appka dhexdiisa si aad u aragto nooca cuntooyinka darayga ah ee lagu ogolyahay.
- Inta badan cuntooyinka darayga ah waa kuwo WIC oggoshahay.

La qalijiyay

- Waxaad iskaanka marin kartaa baarkoodhka ama waxaad gelin kartaa UPC ga appka.
- Adeegso qaybta "WIC Allowable Foods (Cuntooyinka WIC Oggoshahay)" si aad u aragto liiska cuntooyinka lagu ogolyahay.



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Si aad u codsato dukumiintigaan oo qaab kale ku qoran, wac 1-800-841-1410. ama macaamiisha dhagoolka ah, fadlan wac 711 (Washington Relay) ama iimeel u dir WIC@doh.wa.gov.