

## Kofongola dossier na WIC

**Benga 207-553-5800** pona kozwa rendez-vous na Portland, South Portland, Westbrook, Windham, Bridgton, Standish to mpe na Brunswick.

### Nini esengeli omema na rendez-vous

#### Identité ya bana mpe na ya baboti na bango

Maine Care card, permit de conduire, Carte ya Social, Mukanda ya kelasi to mpe mukanda ya mosala, State ID, passport, attestation de naissance, mukanda ya hopital, to mpe carnet ya vaccination.

#### Preuve ya ndenge ozwelaka mbongo

carte ya maine care to mpe preuve oyo ezali kolakisa ke okozwa yango, SNAP to mpe mukanda ya TANF, pay check, mukanda oyo ezo lakisa ke ozwaka mbongo ya kisoda, ndenge ba futaka yo na mosala, pension alimentaire pona bana, pension. pona koyeba directive ya bozwi tala na [maine.gov/wic](http://maine.gov/wic).

#### Preuve ya esika ovandaka

facture ofutaka to mpe courier na kombo nayo likolo mpe adresse, permit de conduire na adresse nayo likolo, contrat ya ndaku ofutelaka / mukanda ya ndaku osomba esika kombo nayo na adresse emonani, TANF, SNAP or Mukanda ya MaineCare na kombo ya avenue ovandaka.

## WIC pona bokolongono bwa nzoto

### Misala ya WIC

Ko participer na programe ya WIC ezali kobongisa bolieleli, boyebi pona bokolongono bwa nzoto, komatisa niveau ya fer nakati ya makila, kokitisa kokufa ya bana, kolakisa ndenge ya komelisa mabele mingi, mpe kokitisa talo ya bokono bwa nzoto.

### Benga biso na

Phone: 207-553-5800  
Ya ofele: 1-877-429-6884

### Kozwa lisungi epayi nabiso eponi mutu te.

*"WIC esalisa nga mingi tangu nazalaki komelisa muana, nayekolaki mingi epayi na bango surtout tangu namonaki muana nanga akomaki komatisa kilos, epesaki nga confiance ya ko koba komelisa muana mabele."*

- TOA WIC Moboti



# TOA WIC

Lisungi pona etuka ya  
Cumberland li  
207-553-5800

the  
Opportunity  
Alliance



**TOA WIC**  
The Opportunity Alliance  
190 Lancaster Street  
Suite 310  
Portland, Maine 04101



“WIC esungaki nga tangu bana nanga bazalaki kolinga kolia ata muke te legumes na ba fruits, sikoyo bakoma kolinga yango!”  
- TOA WIC Moboti



## WIC apesaka

- Kolakisa ndenge nini esengeli kolia malamau
- Toli pona koyeba eloko nini ya kolia esengeli osomba oyo ekosalisa nzoto
- Koyeba na oyo etali bolembu bwa nzoto (anemie)
- Koyeba ko mesurer mulayi na kilos
- Lisungi na oyo etali komelisa muana
- Toli na tangu ya zemi
- Kolakisa nani esengeli oluka to mpe esika nini esengeli okende na tangu ozali na posa ya lisungi songolo mpakala

## WIC esungaka

- Basi oyo bazali na mokumba to mpe zemi
- Basi oyo bazali ko melisa bana oyo bazali nase ya mbula moko
- Basi oyo ba wuti ko bota na ngonga ya sanza sambo
- Bana
- Bana mbula mitano komata

## Biloko ya kolia ya WIC

- Ba fruits na legumes, ya mobesu, oyo ebombami na malili to mpe oyo ya lizanza
- Miliki to mpe jus ya soja
- Fromage, yaourt to mpe tofu
- Ba makis
- Ba céréales
- Mwamba
- Lipa ya avoine, loso, tortillas, pâte ya blé
- Madesu: yako kawuka to mpe ya lizanza
- Mbisi, saumon to mpe sardines oyo batia na lizanza
- 100% jus batia na molangi to mpe oyo ya concentré
- Biloko yakolia pona bana oyo ba botami sika
- Poto poto ya bana

## Ba clients ya WIC

Bana oyo bazali na biso, bakoki kozwa lisungi atako bazali na ba mamans na bango, ba tata na bango, ba koko na bango, na babokoli na bango to mpe oyo apesami ndingisa ya kobokola muana.

## Lisungi pona komelisa muana mabele

- Mateya pona koyeba eloko nini ya mutuya ezali pona moboti mpe pona muana sima ya komelisa muana mabele
- Okoki kosungama na appel telephonique, text, to mpe ozwi rendez-vous na moko na biso, CLCs na IBCLCs
- Pompe ya ofele pona kobendela muana mabele
- Kopesa biyano na mituna lokola nzela ya miliki ekangami to mpe soki muana azosimba libele malamau

## Basali ya WIC

Bapesi toli ya WIC bayekola makambu oyo etali kolia mpe bokolongono bwa nzoto, basungami lisusu na batu oyo bayebi makambu ya regime mpe na oyo eyibi makambu ya komelisa bana mabele.