

Codsashada WIC

Wac 207-553-5800 si aad balan uga dhigato Portland, South Portland, Westbrook, Windham, Bridgton, Standish ama Brunswick.

La imow balantaada:

Aqoonsiga codsadayaaasha iyo waalidka

Kaarka caafimaadka, laysanka darawalka, SSID, aqoonsiga dugsiga ama kan shaqadaschool, aqoonsiga gobolka, baasaboora, shahaadada dhalasho, karaka sariirta cusbitaalka, ama diwaanka talaalada.

Cadayn dhaqaale

Kaararka Caafimaad ama warqada cadaynta u-qalmashada, warqada SNAP ama TANF, jeega qeebtisa danbe, cadaynta dhaqalaha laga helo militiraga, cadaynta bixinnada lacageed ee loo shaqeeyaha, masruufka carrurta ama heshiiska masruufka, cadaynta SSI/SSD. Habraaca dhaqaalaha **maine.gov/wic**.

Cadaynta Ciwanaka wadada

Biilka korantada ama warqad leh magac iyo ciwaanka, laysanka darawalka leh ciwaan, warqadaha ijaarka / denyn qaadashada leh magaca iyo ciwaanka, TANF, SNAP ama dukumiintiga Kaar Caafimaadka leh ciwaanka wadada.

WIC ayaa caafimad leh

WIC wuu shaqeeya

Ka qeybgalka barnaamijka WIC ayaa muujiyey horumar nafaqa qaadashada Participation, koror aqoon caafimaad, kororka birta dhiga, yareenta dhimashada dhalaanka, kororka heerka naas nuujinta iyo dhimida kharashaadka daryeelka caafimaad ee dheer.

Nala soo xiriir

Talefoon: 207-553-5800

Toll Free: 1-877-429-6884

Xaruntaan waa mid sinaan ku bixiso fursadaha.

“WIC aad ayey ii caawisay markii aan naas nuujinayey. Macluumaad badan ayan helay oganshaha kororka miisanka wiilkaydana kalsooni badan ayey igu siisay inaan naas nuujinta sii wado.”

- TOA WIC waalid



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



TOA WIC

**U Adeegidda Degmada
Cumberland
207-553-5800**



WIC waxay bixisaa

- Bixinnada cunnoyin caafimad leh
- Talabixinta gadashada iyo sameynta cunnoyin caafimad leh iyo cunnada fudud
- Baaritaanka dhiig yarida
- Cabbirka dherarka iyo miisanka
- Caawimaada naas nuujinta
- Talooyinka uurka
- Isku xirka kheyraadyada deeganka

WIC waxay u adeegta

- Dadka uurka leh
- Dadka naas nuujinaya dhalaanka da'dooda ka hooseysa 1 sano
- Dadka 6 bilood umusha kadib
- Dhalaanka
- Carrurta ilaa 5 sano jira

"WIC ayaa i caawisay markuu ilmahaygu khudrada necbanaa. Hadda khudrad waa jecelyihiin!"

- TOA WIC Waalid

Cunnoyinka WIC

- Miro & khudrad: cusub, la barafeeysan ama gasacadeysan
- Caano ama cabbitan digir
- Farmaajo, ciir iyo/digir jelacsan
- Ukun
- Cereal
- Subagga looska
- Rootiga haruurka, mushaari, bariis buuni ah, *tortillas* baasto qamadhi
- Digir: qalalan ama gasacadaysan
- Kaluun gasacadeysan, *salmon* ama *sardines*
- 100% casiir, dhaleysan am gor ah
- Cunnada ilmaha
- Caanaha dhalaanka

Macaamisha WIC

Carruurta helaya WIC ayaa ka qeybgali karo inta ay ku jiraan xanaada hooyoyinka, aabayasha, awooweyaasha, waalidinta koriya, *stepparents* ama mas'uuliyinta sharciga ah.



Targeerida Nuujinta

- Baridda faaidooyinka caafimad naasnuujinta u leedahay waalidka iyo cannuga
- Caawimada telefoon, fariin, iyo balan shaqsi ah uu qofka kaga qeybgalayo la talinta asxaabta, CLCs iyo IBCLCs
- Deensashada qalabka naaska lagu liso si lacag la'aan
- Jawaabaha su'aalaha la xiriiira ka welwelka arimaha ka mid yihiin xeranka mareenada iyo dhibaatooyinka xerista

Kooxda WIC

Lataliyaasha WIC ayaa ku tababaran nafaqada iyo caafimadka bulshada, iyaga oo ay gargaarayan Nafaqo yaqaano Diwaangalsan iyo Latiliya yaal Naas nuujin oo la Xaqiijiyey.