

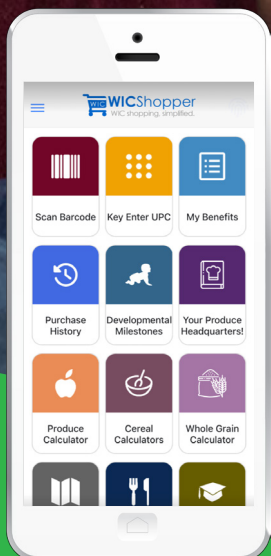
SAPPING WON NOUMW EWE eWIC CARD



AMARATA NONOMWOCHUN
NESOR ME PONON

www.healthoregon.org/wic





NOUNOUEWE WICSHOPPER APP



NOUNOU ewe WICShopper App ne:

- Jeki ukukun omw benefit.
- Angei achechem ren inet noumw benefit epwe expire.
- Skanei barcode ne kuta mwongon WIC.
- Aia ewe Food List ren aninis ne kuta meni brand me keuk a och ngonuk.
- Kuta ekewe stiowa mi etiwa WIC.
- Katon okooten apwungun mwongo.
- Tiker **WICHealth.org** omw kopwe kaieo asukoonen ngunun mwongo.

**Downloadini ewe
WICShopper App iwe
ka rechisterini omw
ewe eWIC card ikenai!**

**mi kawor won iPhone me Android.*

Ifa usun ai upwe angei ai WIC benefit?

- WIC mi awora aninisin mwongo mi och ren iteiten maram omw nomw non ewe WIC Prokram.
- En mi tongeni angei tori 3 maramen mwongo non ew atun.
- Iwe omw benefit murin epapw pusin automatik ne tonong. Kekeru omw ewe ofesin WIC usun mi mak omw kopwe angei sopwosopwen benefit.
- Nouni noumw aninisin WIC benefit me non ekewe sitowa mi mwumuta seni Oregon WIC. En mi tongeni aia ewe WICShopper App me ewe Oregon WIC website omw kopwe kuta ew sitowa.

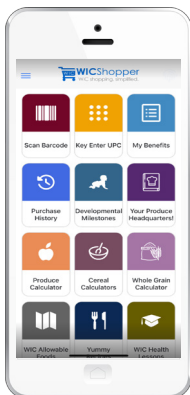
Wisomw:

- Kosapw amomo, ekesiwini ika fangono noumw mwongon WIC, formula ika eWIC card.
- Kosapw aniwini noumw mwongon WIC ika formula ne siwini ngeni moni, creditin sitowa ika pwan och pisek.
- Kopwe sufoniti ekewe chon angangen WIC me chon angangen sitowa.

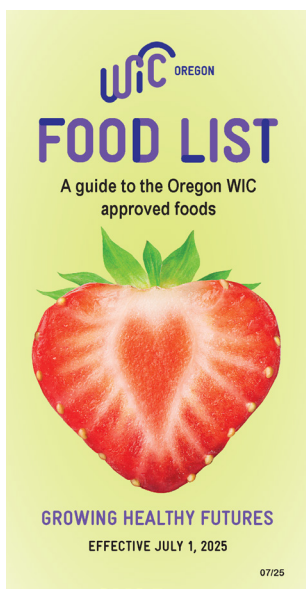


Me mwen kopwe sap

- Katon fite ukukun noumw benefitin mwongo



- Aia ewe WICShopper App
- Katon fite nusun omw aninis mi mak won noumw ena saingon risit won WIC sapping
- Kekeru ewe pekin aninisin kastemer ese kamo **1-844-234-4946**
- Jeki omw nusun aninisin mwongo won ewe website **www.ebtedge.com**
- Rifiuwini ewe Food List ka okootu meni mwongo kopwe kamo.



Nupwen omw sap

- Ka tongeni chok kamo ekewe mwongo mi mwumuta meren WIC me non omw ewe benefitin aninis.
- Aia ewe WICShopper App ne skanei mwongo. Kosapw skanei produce (wan ira me fituk) Kopwe fen, nukei ewe produce ngeni ewe rechister iwe ka sotuni ne meeni.
- Aia ewe Food List, ewe WICShopper App me omw nusun benefit ne fini meni brand, tapin me keukun mwongo.

Nupwen omw jekout

Ika och metoch ese maketa pwe mi meeno fan WIC, en mi tongeni tingorei ewe cashier epwe wawu ika aimwuno momon.

IKA EN MI MINAFO NGENI WIC:

Me non ewe jekout lane, ekieki ika kopwe aimwuno mwongon WIC seni ekewe pwan ekoch mwongo me nukun. Iwe ka akomw ne meeni ekewe mwongon WIC. Nupwen ka mefi pwe ka erano omw kopwe sapping won IWC, iwe ka tongeni nofiti onomw mwongon WIC me ekoch mwongon non sitowa nupwen omw jekout.

Iseni noumw risit pwe kopwe sinei met tapin mwongokesan mwo kamo nupwen omw niwin sefan ne kamo won WIC, ika ren fisefisen epwe wor osukosuk ren omw feino sappingr.

Ekoch risit ra sokono me non ekoch sitowa.
Napengeni meininis risit a wor ekei
kinikinin won

WIC aewin nunun omw benefit

Murin omw swipini noumw ewe card, chomong sitowa repwe printini noumw risit mi pwari fite nunun noumw benefit mi wor me mwen omw poputa ne sapping. Ika epwe wor osukosuk ren och mwongo ke sotuni ne kamo, aia ei kinikinin omw kopwe katon ika ei mwongo mi kawor ngonuk.

Kamon WIC benefit

Ikei ekewe mwongon WIC kopwe meeni. Ewe cashier epwe eisinuk kopwe nengeni ei kinikinin me mwen kopwe mwutata. Fori fichi pwe meininis ekewe mwongon WIC ka mochen meeni mi maketi.

Fite nusun noumw WIC benefit

Nusun noumw eWIC benefit murin omw kamo.

WIC benefit ranin expire

Meininis risit mi wor ew achechem ren inet noumw anininis ewe maram epwe expire. Iteiten maram, meeni onomw mwongon WIC me mwen nukenipwinin ewe saingon ranin ewe maram.

WIC Beginning Balance

1.00	lb	Cheese
2.00	doz	Eggs
36.00	oz	Cereal - hot/cold
1.00	ctr	Nut, seed butter/ beans
48.00	oz	Whole grains
29.00	\$\$\$	Fruit and vegetables
1.00	can	Sim Adv PWD 12.4 oz
1.00	ctr	Low or nonfat yogurt
3.00	gal	Fat free or 1% milk
12.00	oz	Fish - can or pouch

WIC Benefits Used

18.00	oz	G/MILLS CEREAL
16.00	oz	JIF PEANUT BUTTER
48.00	oz	MAHATMA RICE
1.18	\$\$\$	ORANGES, NAVEL
1.98	\$\$\$	SPRING MIX

WIC Ending Balance

1.00	lb	Cheese
2.00	doz	Eggs
18.00	oz	Cereal - hot/cold
25.84	\$\$\$	Fruit and vegetables
1.00	can	Sim Adv PWD 12.4 oz
1.00	ctr	Low or nonfat yogurt
3.00	gal	Fat free or 1% milk
12.00	oz	Fish - can or pouch

WIC Benefits Expire on 7-31-2025

Kamon Fruit me Vechetepon

WIC mi ngonuk fite non chana ka tongeni nouni ne kamo mwongo mi minafu, frose ika fruit me vechetpon non poch.

En mi tongeni nounou ewe Produce Calculator me non ewe WICShopper App ne katon epwe fite momon omw kamo ne wanong fite chowun ika nunun.

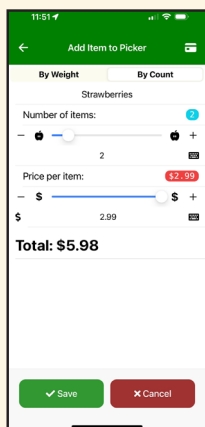
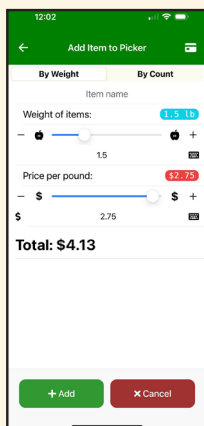
Ren chowun

Ka mochen kamo apen
Momon apen nge \$2.75/lb

Aia ewe skale me non ewe
sitowa, ka kuna pwe omw
ew chotan apen nge 1.5lb

Nounou ewe WICShopper App
ka makeinong 1.5 fan chowun
iwe 2.75 fan momon =

**Momon onomw kewe apen
epwe \$4.13**



Ren Nunun

Ka mochen meeni ruu sepien
strawberry.

Momon ekewe strawberry
nge \$2.99 ew sepi.

Nounou ewe WICShopper
App ka makeinong 2 fan
pisek iwe 2.99 fan momon =

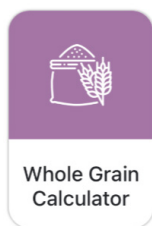
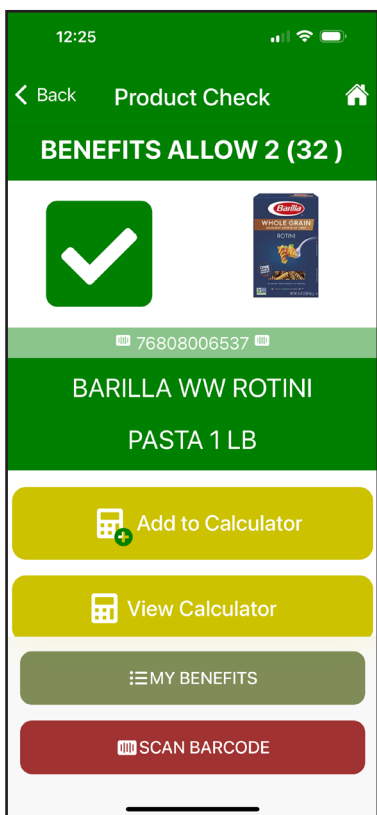
**Momon onomw kewe
strawberry epwe \$5.98**

Kamon Unusen Grains

WIC mi Awora:

- 100% pinawan mi unus wheat
- Ese fiti gluten, pinawan unus grain.
- Corn tortillas mi pwetete
- Tortilla mi feito seni unusen wheat
- Mwongon corn me pinawan corn masa
- Oat
- 100% pasta minen unusen wheat
- Chotan unusen grain

Katon ena Food List ren sopwosopwen porous.



Nounou ewe
Whole Grain
Calculator
me non ewe
WICShopper
App non
ewe sitowa
ne katon
fite noumw
benefit!

Kamon Minik ika Chonun Soy me Ira

Remaining Balance (exp date 7-31-2025)

3.50	gal	Fat free or 1% milk
.75	gal	Whole milk
2.00	ctr	Nut, seed butter/beans
40.00	oz	Whole grains
16.00	###	Fruit and vegetables
1.00	lb	Cheese

Awewe:

1.00 GAL nge



gallon

0.75 GAL nge



Esopw gallon



quart

0.50 GAL nge



Esopw gallon

0.25 GAL nge



quart

Kamon Yogurt

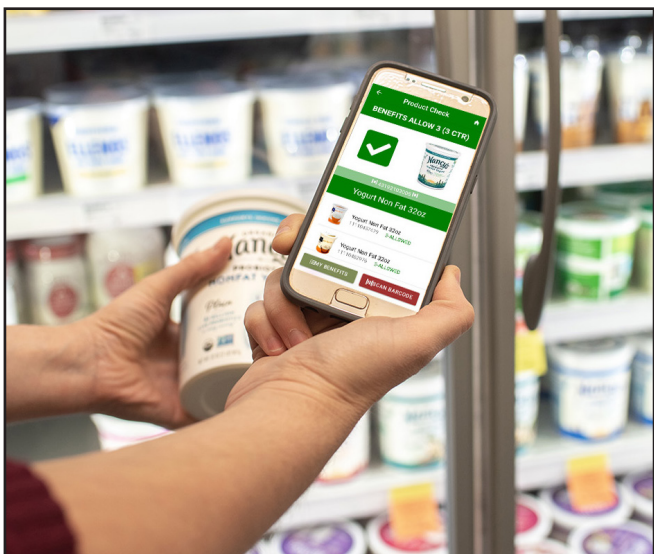
1 CTR Yogurt nge 32 oz.
(2 lb.).

Meeni 32 oz. (ika 2 lb.)

Sepien chok.

- Aramas me semirit ra nuseni ier 2 repwe angei **KEKITIW FAT** ika **NOESE WOR FAT** yogurt.
- Aramas me semirit ra nuseni ier 2 repwe angei **UNUSEN MINIK** yogurt, ika en mi tongeni tingor kopwe siwini ngeni ew yogurt mi kekitw ika ese wor fat non omw ena appointment murin.

Nounou ewe Food List ika WICShopper app ne fini meni brand ne aneen mwongo a och ngonuk. Met tapin yogurt mi mak won omw ewe lisin benefit?



Kamon Peanut, Pwikil me Foun Ira Butter me Bean

Remaining Balance (exp date 7-31-2025)		
3.50	gal	Fat free or 1% milk
1.00	gal	Whole milk
2.00	ctr	Nut, seed butter/beans
40.00	oz	Whole grains
16.00	\$\$\$	Fruit and vegetables
1.00	lb	Cheese

Ren 1.00 CTR ka tongeni kamo



16-18 oz.



16 oz.



EUREUR REN SAPPING

Ika mi wor remw 2 CTR ren ew me nein ekei, ka tongeni aia ne meeni ew 32 oz. Chotan bean mi pwas ika peas.



32 oz.

1.00	gal	Whole milk
2.00	ctr	Nut, seed butter/beans
2.00	ctr	Beans, dry or canned
40.00	oz	Whole grains



1.00	gal	Whole milk
2.00	ctr	Nut, seed butter/beans
2.00	ctr	Beans, dry or canned
40.00	oz	Whole grains

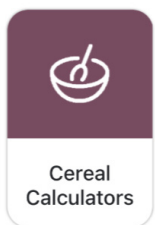
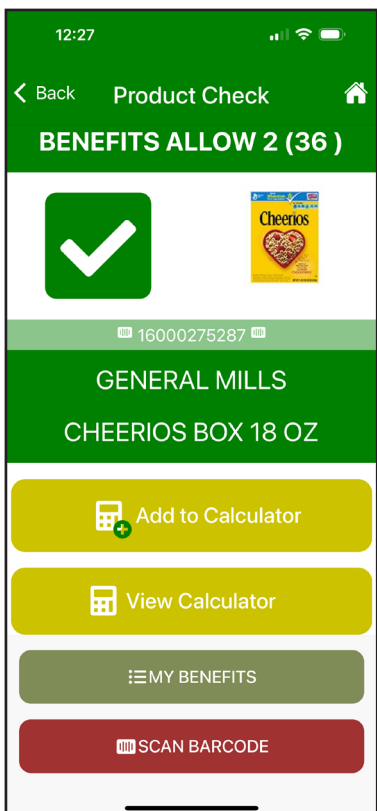
Kamon Cereal

WIC mi awora cereal mi kar ika pat

Ewe kukun chota ka tongeni kamo nge 12 oz. Ren cereal mi pat ika 9.8 oz.

Ren cereal mi kar. Kopwe nouni esapw kisitiw seni 9.8 oz. Me non omw aninisin mwongon cereal ika kopwe aia.

Jeki ewe Food List ren sopwosopwen porous.



Nounou ewe Cereal Calculator me non ewe WICShopper App me non ewe sitowa omw kopwe katon fite nunun noumw benefit!

Kamon Jus



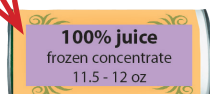
En mi tongeni finata ika kopwe siwini \$3 ren omw aninisin Fruit me Vechetepon ngeni ew rumen jus. Ika ke sani jus, fos ngeni chon ewe WIC ofes non omw ena appointment murin.

Jeki fite nunun omw aninis kopwe katon:

- Ika ke tongeni angei ew jus mi frose ika non rume
- Meni sasin jus ka tongeni kamo

1.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	1b	Cheese

1.00 CTR nge:



11.5 - 12 oz. frose

1.00	ctr	Frozen juice 11.5 - 12 oz
1.00	ctr	Bottle Juice 64 oz
1.00	1b	Cheese

1.00 CTR nge:



64 oz. Rumen plastik

EURUR REN NOUMW PIN

Fori noumw PIN Kekeru ewe namban fon me murn ewe card, iwe ka fiti met a mak me won omw kopwe fori noumw ena PIN.

- Aia chok pwan omw ewe ranin uputiw me atres ka ngeni ewe WIC clinic ren noumw ewe card (CHECHEMENI: esapw iei ranin uputiwen noumw ewe semirit).
- Ika mi pwan wor emon chon iseis nour card, nupwen ar fori nour PIN, repwe pusin aia ar ranin uputiw me atres.

Ika ke wanong noumw PIN nge ese pwung fan ruwanu, noumw ewe card epwe kesipino. Ekieki omw kopwe siwini noumw PIN ika ka amwani fan 2 ika 3.

Ika kopwe siwini noumw PIN, kekeru ewe namba me murin noumw ena card ika teta won ewe website.

Ika ke mochen suki noumw PIN, kekeru ena namba murin ena card.



Pwata use tongeni meeni ei metoch?

Ika ewe metoch ese pichita pwe och mwongon WIC:

- Manip ese naf nusun noumw benefit ren aninisin mwongo.
- Manip esapw ew mwongo mi mwumuta me afat non ewe WIC Food List.
- Iika ke ekieki pwe mi elichipon, aia ewe “Use tongeni meeni ei metoch” me won ewe WICShopper App omw kopwe repotini. Chon anganen WIC repwe rifiuwini me apachanong metochnon ewe Approved Products List (Lisin Met mi Mwumwuta).

Ngang mi tongeni iseni nei benefit ngeni ekan maram mwach?

Apw, kopwe nouni meininis noumw WIC benefit me non ewe maram. Ika kese neuni iwe epwe mitino sonuk.

Ia uwa tongeni sap ia?

En mi tongeni sap me non ekewe sitowa non Oregon mi etiwa WIC. En mi tongeni katon ena mapin ekei sitowa me won ewe WIC website ika won ewe WICShopper App.

Ngang mi tongeni nounou nei loyalty card non ekewe sitowa?

Ewer, en mi mwumuta omw kopwe aia ekewe loyalty card minen sitowa, coupon, anomwota ekewe nifangen kamo ika mi kawor ngonuk me pwan ekoch nupwen omw sapping won WIC.

Met uwa tongeni fori ika pwun a it och pisek me non ewe sitowa?

Eisini ewe manaicherun ewe sitowa ika mi chuen wor non iseis ika inet epwe kawor omw kopwe kamo.

Ngang mi tongeni aniwini och mwongo uwa meeni won eWIC card?

Apw, mwongo ka meeni won ewe eWIC card ese tongeni aniwini ngeni moni, ika cardin nifangen non ewe sitowa ika pwan och pisek. En mi tongeni siwini mwongon WIC ngeni pwan och mwongon WIC mi mwumuta ika pwe ewe mwongo epwe niwin sefan fan koko, ika ewe mwongo mi ta ika a fen expire nupwen omw meeni.

Uwa rukono ne meeni anei mwongon WIC won pusin nei moni ika nei ewe Oregon Trail card. Ngang mi tongeni aniwini ewe mwongo?

Ewer. Ika kese meeni won noumw eWIC card, napengeni sitowa meinisin mi mwutata omw kopwe aniwini fengen me risit.



KAPAS EIS?

Inet kopwe kekeri omw ewe WIC clinic

- Mi wor omw kapas eis ren omw WIC benefit.
- En mi nit ne skechonei ew appointment omw kopwe omw minafon aewin benefit.
- Kese tongeni meeni och mwongon WIC.

Inet kopwe kekeri ewe eWIC Pekin Aninisin Kastemer

- Noumw ewe card a potuno, emon a sonani ika a tano.
- En mi nit ne siwini ika suki noumw PIN.
- Ika ke ekieki pwe noumw ewe risit ese wewe ngeni met ka meeni.



Ei neeni mi awora anonopokun aninis non kaworen angang Fan oponuweta ewe onukun federal civil rights law me U.S. Department of Agriculture (USDA) otooten civil rights regulations me onukur, ei neeni is ese mwumuta an epwe nifinifin ngeni aramas ren pekin ir chon ia, onuwer, wesetan fonuwer, sex (mei pachonong memefin chender me sexual orientason), terir, ier, ika apenweuwen och ar forfor mi tumwun fan onukun civil rights. Mei tongeni kawor afaten porousen ei prokram non ekoch fosun fonu me nukun Fosun Merika. Ekewe aramas mi wor terir ika ir mi onongonong won pwan ekoch aneen katowun porous ar repwe angei me weweiti ei porous (e.g., Braille, watten mesen mak, kasetin kapas, American Sign Language), repwe kekeri ewe state ika achensi non neenier wiser repwe anganga ei prokram ika an USDA ewe TARGET Center ren (202) 720-2600 (fos me TTY) ika kekeri USDA won ewe Federal Relay Service ren (800) 877-8339. Ika kopwe filini och oturutur faniten angangen nifinifin mi fis non ei prokram, ewe chon Oturutur epwe amasowa ena cheon Form AD-3027, USDA Program Discrimination Complaint Form ka tongeni angei online ren: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, seni ekewe ofesin USDA ese nifinifin, ne kekeri (866) 632-9992, ika makei eche taropwe ka atresini ngeni USDA. Ei taropwe epwe pacheta iten ewe chon oturutur, an atres, namban fon, me mak mi aweweochu met fofforon nifinifin a meefi pwe a fis pwe ewe Assistant Secretari fan iten Pwungun Aramas (ASCR) epwe sinei ttichikin me ranin ewe atan annuk. Ewe taropwen AD-3027 a unusen wes ika taropwe epwe tikeri USDA meren: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (833) 256-1665 ika (202) 690-7442; ika; ika (3) email: program.intake@usda.gov

