

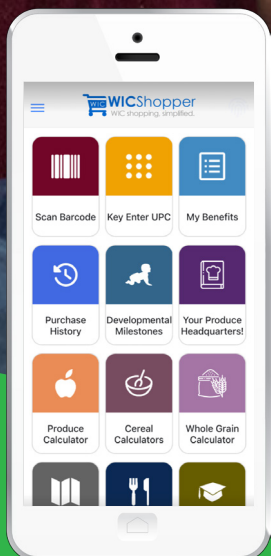
KU TUKAAMAYSIGA KAARKAAGA eWIC



KORITAAN CAAFIMAAD QABA

www.healthoregon.org/wic





ISTICMAAL APP-KA WICSHOPPER



Isticmaal app-ka WICShopper si aad:

- U hubiso baaqiga dheefahaaga.
- U hesho xasuusin kahor inta dheefooyinkaagu aysan dhicin.
- U iskaan garayso baarkoodhada si aad u hesho cuntooyinka WIC.
- U isticmaasho Liiska Cuntada si uu kaaga caawiyo inaad hesho noocyada iyo xajmiyada saxda ah.
- U hesho tukaano qaata WIC.
- U raadiso fikrado cunto-samayn.
- U gasho **WICHealth.org** si aad u hesho casharro nafaqada ka hadlaya oo onlayn ah.

**Soo dejiso App-ka
WICShopper oo
diiwaangeli kaarkaaga
eWIC maanta!**

**Iagu heli karo iPhone iyo Android.*

Sideen ku helaa dheefahayga WIC?

- WIC waxay ku siisaa dheefooyin cunto caafimaad leh bil kasta ood ku jirto Barnaamijka WIC.
- Waxa dhici kara in lagu siiyo dheefooyin cunto oo kugu filan ilaa 3 bilood markiiba.
- Dheefooyinka xiga si otomaatig ah looguma shubo. Ula xiriir xafiiska WIC sida laguu tilmaamay si aad u hesho dheefooyin kale.
- Wax kaga gato dheefooyinkaaga cuntada WIC tukaan raashin oo kasta oo Oregon WIC oggoshahay. Waxaad isticmaali kartaa App-ka WICShopper iyo websaytka Oregon WIC si aad u hesho tukaan.

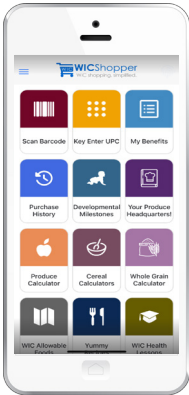
Masuuliyadaha ku saaran

- Marnaba ha gadin, wax ku beddelan ama bixin cuntooyinkaaga, caanaha carruurta ama kaarkaaga eWIC ee WIC.
- Ha ku beddelan cuntooyinka WIC ama caanaha carruurta lacag cad, daynta tukaanka ama waxyaalo kale.
- Ula dhaqan shaqaalaha WIC iyo tukaanka si ixtiraam leh.

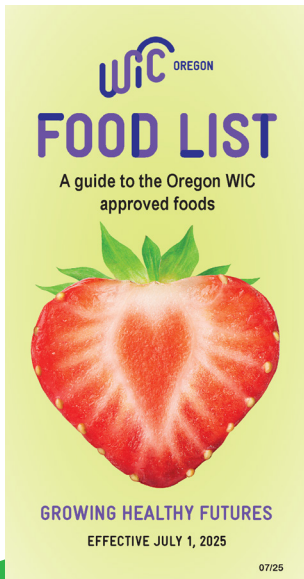


Kahor inta aadan tukaamaysan

- Ogow baaqigaaga dheefaha cuntada ee wakhtigan:



- Isticmaal App-ka WICShopper
- Ka eeg baaqiga ku soo haray waraaqdaada risiitka tukaamaysiga WIC ee ugu dambeeyey
- Wac taleefanka bilaashka ah ee adeegga macmiilka: **1-844-234-4946**
- Ka hubi baaqigaaga cuntada websaytka **www.ebtedge.com**
- Dib u eeg Liiska Cuntada oo qorshee cuntooyinka aad iibsana rabto.



Markaad tukaamaysiga samaynayso

- Waxaad iibsaa kartaa cuntooyinka WIC kuu ansixisay oo kaliya kana tirsan dheefooyinkaaga wakhtigan.
- Isticmaal App-ka WICShopper si aad u iskaan garayso cuntooyinka. Iskaan ha ku samayn khudaarta darayga ah. Taas beddelkeeda, keen khudaarta darayga ah halka lagu diiwaangeliyo oo isku day inaad iibsato.
- Isticmaal Liiska cuntada, App-ka WICShopper iyo baaqiga dheefahaaga si ay kaaga caawiyaan inaad doorato noocyada iyo xajmiyada cuntada ee saxda ah.

Markaad adeeganayso

Haddii wax aad lacagta WIC ku bixisay kuu socon waayo, waxaad ka codsan kartaa qasnajiga inuu kuu soo saaro ama waxaad lacagta uga bixin kartaa qaab kale.

HADDAAD KU CUSUB TAHAY WIC:

Markaad lacagta bixinayso, waa inaad kala saarto cuntooyinka WIC iyo raashinkaaga kale. Markaa bixi lacagta cuntooyinka WIC marka hore. Marka aadan wax dhib ah ku qabin tukaamaysiga WIC, markaa waad isdhexgalin kartaa cuntooyinkaaga WIC iyo raashinka kale markaad lacagta bixinayso.

Kaydso risiitkaaga si aad u ogaato cuntooyinka kuu haray marka xiga ee aad samaynayso tukaamaysiga WIC, ama haddayba dhacaan dhibaatooyin muddada socdaalkaaga tukaamaysiga.

SIDA LOO AKHRIYO RISIITKAAGA

Risiityadu waxay u muuqan karaan qaar kala duwan tukaan kasta. Risiityada intooda badan waxay leeyihiin qaybahan.

Baaqiga bilawga dheefaha WIC

Kadib markaad mariso kaarkaaga, tukaanada badankoodu waxay daabacaan risiit ku tusinaya dheefooyinka diyaarka ahaa bilawga socdaalkaaga tukaamaysiga. Haddaad kala kulanto dhibaato cunto aad isku dayeyso inaad iibsato, isticmaal qaybtan si aad u ogaato haddii dheefahaas cunto ay kuugu jirto.

Isticmaalidda dheefaha WIC

Kuwani waa cuntooyinka WIC ee aad qorshaynayso inaad iibsato. Qasnajigu waa inuu ku waydiiyo inaad hubiso qaybtan kahor intuuusan ansixin. Hubi in dhammaan cuntooyinka WIC ee aad rabto inaad iibsato ay qoran yihiin.

Baaqiga dhammaadka dheefaha WIC

Baaqida dheefaha eWIC ee soo haray kadib iibsashada.

Taariikhda dhicitaanka dheefaha WIC

Risiit kastaa wuxuu leeyahay xasuuin goorta dheefaha bisha lagu jiro ay dhacayaan. Bil kasta, iibso cuntooyinkaaga WIC ugu dambayn saqbarka maalinta ugu dambaysa ee bisha.

SIDA LOO AKHRIYO RISIITKAAGA

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

libsashada Miro iyo khudaar

WIC waxay ku siisaa lacag aad ku gadato miro iyo khudaar daray ah, la barafeeyey ama la gasaacadeeyey.

Waxaad isticmaali kartaa Kalkuleetarka Khudaarta Daraysiga ah ee App-ka WICShopper si aad u raadraacdo iibsashooyinka adigoo ku daraya miisaanka ama tirada.

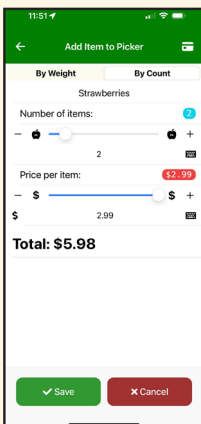
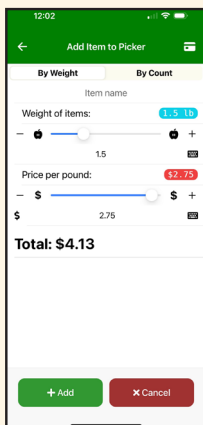
Dhanka Miisaanka

Waxaad jeclaan lahayd inaad iibsato tufaax. Qiimaha tufaaxu waa \$2.75/lb.

Adigoo isticmaalaya miisaanka tukaanka, waxaad arki kartaa in kiishkaaga tufaaxu yahay 1.5 lb.

Adigoo isticmaalaya App-ka WICShopper gali 1.5 miisaanka hoostiisa iyo 2.75 qiimaha hoostiisa =

Tufaaxaaga qiimihiisu wuxuu noqon \$4.13



Dhanka Tirada

Waxaad jeclaan lahayd inaad iibsato laba kartoon oo istaroobari ah.

Qiimaha istaroobarigu waa \$2.99 halkii kartoon.

Adigoo isticmaalaya App-ka WICShopper gali 2 shayga hoostiisa iyo 2.99 qiimaha hoostiisa =

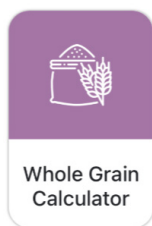
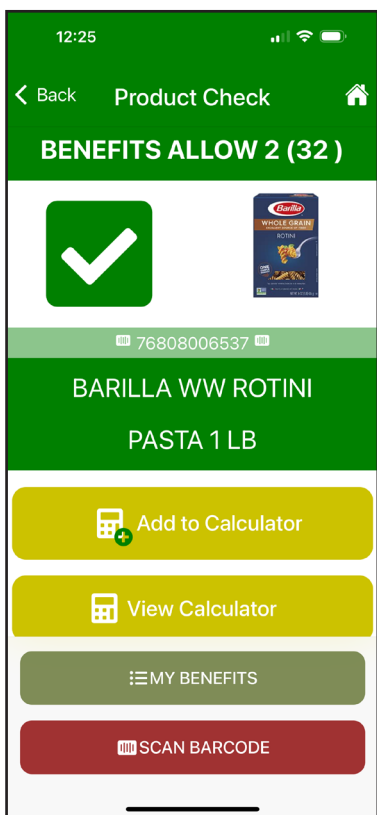
Qiimaha istaroobarigaagu wuxuu noqon \$5.98.

libsashada Badarka Balka Wata

Waxyaalaha WIC Soo Bandhigto:

- Rooti sarreen balka wata ah 100%
- Rooti bilaa Gluten ah oo balka wata
- Jibaatiga/sabaayadda gallayda jilicsan
- Jibaatiga sarreenka balka wata
- Budada gallayda ee buurbuuran iyo tan daqiiqda ah
- Boorash
- Cajiinka sarreenka ee balka wata 100%
- Badarka balka wata ee baakadaysan

Ka firi Liiska Cuntada macluumaad dheeraad ah.



Isticmaal
Kalkuleetarka
Badarka Balka
Wata ee App-ka
WICShopper ee
tukaanka si aad
u raadraacdo
dheefahaaga!

libsashada Caano ama Soy
ama Casiirka Dhirta

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

Tusaalooyinka:

1.00 GAL waa



gallon

0.75 GAL waa



gallon barkii



rubuc

0.50 GAL waa



gallon barkii

0.25 GAL waa



rubuc

libsashada Caano-fadhi

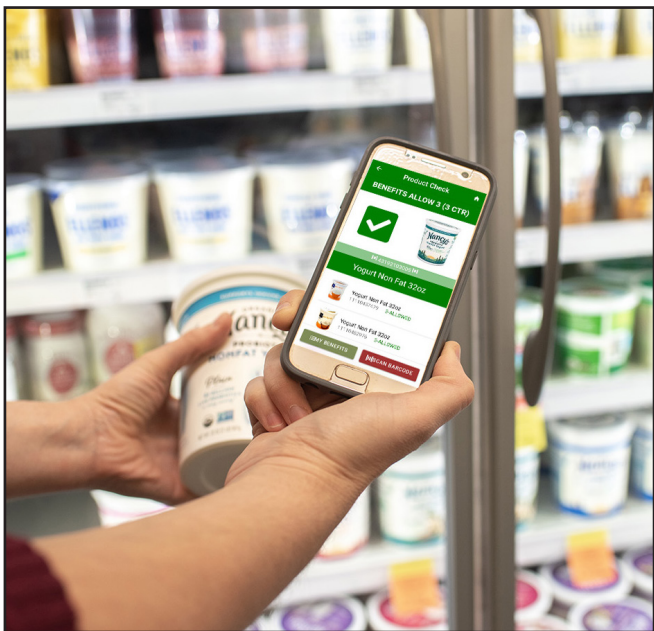
1 CTR oo Caano-fadhi ah waa 32 oz. (2 lb.).

Iibso 32 oz. (ama 2 lb.)
kartoon oo kaliya.



- Dadka waawayn iyo carruurta ka wayn 2 sano jir waxay helaan **CAANO-FADHI DUX YAR** ama **BILAA** dux ah.
- Carruurta u dhaxaysa 1-2 sano waxay helayaan **CAANO-FADHI CAANO DUXDA** wata, ama waxaad codsan kartaa inaad ku beddelato caano-fadhi duxdu ku yar tahay ama bilaa dux ah ballantaada xigta.

Isticmaal Liiska Cuntada ama app-ka WICShopper si aad u doorato nooca iyo dhadhanka saxda ah. Waa maxay nooca caano-fadhiga ee ku jira liiska dheefooyinkaaga?



TALOoyinka iibsashada cuntada

libsashada Badharka
Lawska, Nut-ka iyo
Iniinyaha iyo Biiniska

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

Adigoo 1.00 CTR ku iibsan kara



16-18 oz.

AMA



16 oz.

AMA



TALO TUKAAMAYSI

Haddaad haysato 2 CTR mid ka mid ah kuwan, waxaad u adeegsan kartaa inaad ku iibsato 32 oz. oo ah kiish biinis ama digir ah oo callalan.



32 oz.

AMA

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

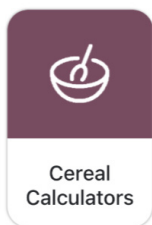
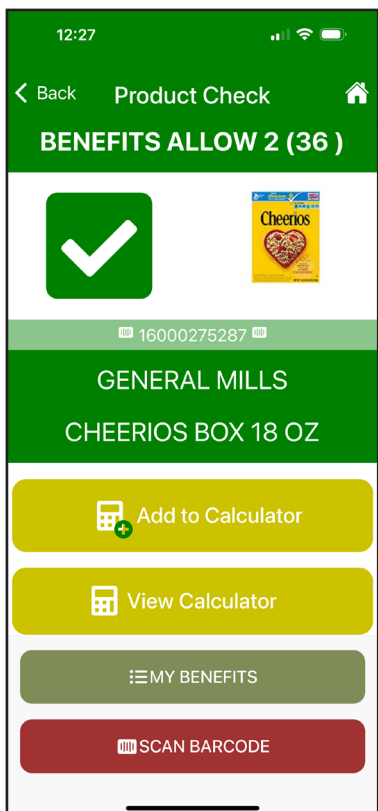
1.00	gal	Whole milk
2.00	ctr	Nut, seed butter/beans
2.00	ctr	Beans, dry or canned
40.00	oz	Whole grains

libsashada Siiriyaal

WIC waxay bixisaa siiriyaal kulul iyo qabow.

Xaddiga ugu yar ee aad iibsano karto waa 12 oz. oo siiriyaal qabow ah ama 9.8 oz. oo siiriyaal kulul ah. Waxaad u baahan tahay ugu yaraan 9.8 oz. dheefahaaga siiriyaalka si aad u isticmaasho.

Ka fiiri Liiska Cuntada macluumaad dheeraad ah.



Isticmaal
Kalkuleetarka
Siiriyaalka
ee App-ka
WICShopper ee
tukaanka si aad
u raadraacdo
dheefahaaga!

libsashada Juus

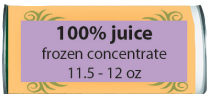


Waxaad dooran kartaa inaad ku beddelato \$3 oo ah Dheefooyinka Miraha iyo Khudaarta ilaa hal kartoon oo juus ah. Haddaad jeclaan lahayd juus, kala hadal xafiiska WIC ballantaada xigta.

- Hubi baaqigaaga si aad u aragto:
- Haddii aad bal heli karto juus la barafeeyey ama caagado ku jira
 - Xajmiga juuska aad iibsana karto

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

1.00 CTR waa:



11.5 - 12 oz. la barafeeyey

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

1.00 CTR waa:



Caagad ah 64 oz.

TALOONYINKA PIN-KA

Samayso PIN-kaaga kahor inta aadan tukaamaysi aadin. Wac lambarka taleefanka ee ku yaala gadaasha kaarka, kadib raac tilmaamaha si aad PIN u samaysato.

- Isticmaal isla taariikhda dhalashada iyo cinwaanka aad siisay rugta WIC ee kaarkaaga (OGOW: tani ma aha taariikhda dhalashada ilmahaaga).
- Haddaad kaarhayste labaad leedahay, markuu PIN u samaysanayo kaarkiisa, wuxuu isticmaali doonaa taariikhda dhalashadiisa iyo cinwaankiisa.

Haddaad PIN-kaaga afar jeer si qaldan u galiso, kaarkaagu waa is-xirayaa. Isku inaad samaysato PIN cusub kadib isku-dayga 2aad ama 3aad.

Si aad u samaysato PIN cusub, wac lambarka gadaasha kaarka ku yaala ama booqo websaytka. Si aad u furto PIN-kaaga, wac lambarka gadaasha kaarkaaga ku yaala.



Waa maxay sababta aanan kan u iibsan karin?

Haddii shay aadan u iibsan karin cuntada WIC ahaan:

- Waxa dhici karta inaad haysan dheefooyin kugu filan oo cuntadaas ah.
- Waxa dhici kara inuusan ahayn shay loo ansixiyey Liiska Cuntada WIC.
- H addaad u malaynayso inuu liiska ku jiro, isticmaal fiijarka App-ka WICShopper ee “I could not buy this (Ma iibsan karo kan)” si aad u soo sheegto. Shaqaalaha WIC ayaa eegi doona oo ku dari doona shayada mutaystay Liiska Alaabta la Ansixiyey.

Ma u dhigan karaa dheefooyinkayga bilaha soo socda?

Maya, dheefooyinka WIC waxa waajib ah in la isticmaalo ugu dambayn dhammaadka bisha. Haddii aadan isticmaalin, waad lumin doontaa.

Halkee ayaan ka tukaamaystaa?

Waxaad ka tukaamaysan kartaa tukaan raashin oo kasta oo ku yaala Oregon oo qaata WIC. Khariirad ah tukaanada raashinka ayaa laga heli karaa websaytka WIC ama App-ka WICShopper.

Ma isticmaali karaa kaarka taageerada tukaan?

Haa, waa lagu oggol yahay inaad isticmaasho kaararka taageerada tukaanka, kuuboonada, fursadaha mid iibso/mid hel iyo waxyaalaha kale ee gaarka ah markaad ku tukaamaysanayso WIC.

Maxaan samayn karaa haddii alaabtu ka dhammaatay tukaanka?

Waydii maamulaha tukaanka haddii in badan u taalo kaydka ama marka la heli karo si loo iibsado.

Ma soo celin karaa cunto aan ku soo iibsaday kaarka eWIC?

Maya, cuntooyinka lagu soo iibsado kaarka eWIC lama soo celin karo si loogu beddesho lacag cad, kaar hadiyadeedka tukaanka ama alaab. Cuntooyinka WIC waxa la dhaafsan karaa cunto kale oo WIC ansixisay haddii dib loo soo ururiyo, ama hadday waxyeeloobeen ama ay dhaceen markaad iibsatay.

Waxaan ku bixiyey lacagta cuntooyinkayga WIC anigoon ku talogalin lacagtayda ama kaarkayga Oregon Trail. Ma soo celin karaa cuntada?

Haa. Haddii aadan lacagta ka bixin kaarkaaga eWIC, tukaanada intooda badan waa oggol yihiin soo celinta risiitka leh.



SU'AALO MA QABTAA?

Goorta la waco rugtaada WIC

- Waxaad qabtaa su'aalo ku saabsan dheefooyinkaaga WIC.
- Waxaad u baahan tahay inaad qabsato ballan si aad u hesho dheefooyin cusub oo la bixiyey.
- Waxaad awoodi wayday inaad iibsato cuntooyinka WIC.

Goorta la waco Adeegga Macmiilka eWIC

- Waxa la lumay, la xaday ama waxyeeloobay kaarkaaga.
- Waxaad u baahan tahay inaad samaysato PIN cusub ama furto.
- Haddaad u malaynayso risiitkaaga iyo waxaad iibsanaa tahay inay kala duwan yihiin.



Hay'addani waa mid bixisa fursado shaqo oo loo siman yahay. Iyadoo la raacayo sharciga xuquuqda madaniga ah ee fadaraalka iyo sharciga xuquuqda madaniga ah iyo siyaasadaha Waaxda Beeraha ee Maraykanka (USDA), hay'addan waxaa ka mamnuuc ah inay ku takoorto isir, midab, asal qaran, jinsi (oo ay ku jiraan aqoonsiga jinsiga iyo nooca galmoodka), naafanimada, da'da, ama aargoosiga ku aaddan hawlo hore ee xuquuqda madaniga. Macluumaadka barnaamijka waxa lagu diyaarin karaa luuqado aan Ingiriisi ahayn. Dadka naafada ah ee u baahan habab kale oo xiriir si ay u helaan macluumaadka barnaamijka (tus., Farta Dadka Aragga Beelay, farta waawayn, cod duuban, Luuqadda Ameerikaanka Maqalka Beelay), waa inay kala xiriiraan gobolka ama hay'adda deegaanka ee ka masuulka ah ee maamusha barnaamijka ama TARGET Center-ka USDA (202) 720-2600 (cod ama TTY) ama kala xiriiraan USDA iyagoo u marayo Adeegga Gudbinta Fadaraalka (800) 877-8339. Si uu u xeraysto cabasho takoorka barnaamijka ah, qofka cabanayaa waa inuu buuxiyo Foom AD-3027, Foomka Cabashada Takoorka Barnaamijka USDA oo lagaga heli karo onlayn <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, laga heli karo xafiisyada USDA, iyadoo la wacayo (866) 632-9992, ama iyadoo warqad lagu hagaajinayo USDA. Warqadda waa inay ku qornaadaan magaca qofka cabanaya, cinwaankiisa, taleefan nambarkiisa, iyo sharraxaad qoran oo ku saabsan ficilka eedda faquuqa katimid oo si fiican u faahfaahsan si loo wargaliyo Kaaliyaha Xoghayaha Xuquuqda Madaniga ah (ASCR) kuna saabsan nooca ay tahay eeddu iyo taariikhda uu dhacay xadgudubka xuquuqda madaniga ah ee eeddu ka timid. Foomka la buuxiyay ee AD-3027 ama warqadda waa in loogu gudbiyo USDA: (1) Boostada: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fakis: (833) 256-1665 ama (202) 690-7442; ama (3) iimeyl: program.intake@usda.gov

