

Ogoow Xarunta caafimaadka WIC ee Adiga kuu Dhaw

Booqo: health.ny.gov/prevention/nutrition/wic/how_to_apply.htm

Soo wac: 1-800-522-5006
Khadka Caafimaadka Koraya
(Growing Up Healthy Hotline)

Wixii macluumaad dheeraad ah ee barnaamijyada kale:

1-800-342-3009 ee:

- Nafaqada la Kordhiyay Barnaamijka Caawinta (SNAP)
- Caawinta Kumeelgaarka ah ee Qoysaska u Baahan (TANF)
- Barnaamijka Caawinta Tamarta Guriga (HEAP)

518-486-1086 ee:

Barnaamijka Adeega Cuntadda Dugsiga
(School Food Service Program)

518-473-8781 ee:

Barnaamijka Adeega Cuntadda Xagaaga (Summer Food Service Program)

1-800-548-6479 ee:

- Khadka Baahida Qaranka (National Hunger Hotline)
- [Whyhunger.org/find food](https://www.whyyunger.org/find-food)

health.ny.gov/wic
mybenefits.ny.gov/mybenefits/begin
facebook.com/NYSDOH
twitter.com/HealthNYGov
youtube.com/nysdoh
nystateofhealth.ny.gov
text4baby.org
wicstrong.com

Si waafaqsan sharciga xuquuqda aadamaha ee Federaalka iyo Maraykanka. Waaxda Beeraha (USDA) shuruucda iyo xuquuqda madaniga ah, USDA, Wakaaladaheeda, xafiisyada, iyo shaqaalaha, iyo hay'adaha ka qayb galaaya gudaha ama maamulka barnaamijyada USDA waxaa ka mamnuuc ah takoorka ku salaysan isirka, midabka, asalka qaranka, galmadda, naafada, da'da, ama aarsiga ama aargoosiga wixii hawl madani oo ka horaysa ee barnaamij kasta ama hawsha la qabtay ama ay maalgelisay USDA.

Dadka naafada ah ee u baahan qaabab kale oo ay ku helaan xogta barnaamijka (tusaale, Farta indhoolka, far waawayn, cajalad cod ah, Luuqada Dhagoolayaasha ee Maraykanka, iwm.), waa inay la xidhiidhaan wakaalada (heer gobal ama deegaan) halka ay ka codsadeen gunooyinkooda. Shakhsiyaadka dhegoolayaasha ah, maqalku ku adag yahay ama leh naafanimada hadalku waxay kala xidhiidhi karaan USDA dhexda Adeega Baahinta Federaalka Lambarka (800) 877-8339. Waxaa intaas dheer, xogta barnaamijka ayaa lagu fasiri karaa luuqado aan ahayn af Ingiriisiga.

Si aad u gudbisoo cabashada barnaamijka ee ka dhanka ah takoorka, Buuxi [Foomka Cabashada Takoorka ee Barnaamijka USDA](#), (AD-3027) oo aad oonleen ahaan uga helayso: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, iyo xafiiskaad doonto USDA ay leedahay, ama waraaq qoraal ah u dir ciwaanka USDA kuna sheeg waraaqda dhammaan macluumaadka lagu codsaday foomka. Si aad u codsato koobiga foomka cabashada, wac (866) 632-9992. U dir foomkaaga ama waraaqda aad buuxisay USDA adoo ugu diraaq:

(1) Boostada: Waaxda Beeraha ee Maraykanka Xafiiska Caawiyaha Hayaha Xaquuqda Aaadanaha, (U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights)
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fakiska: (202) 690-7442; ama

(3) iimeelka: program.intake@usda.gov.

Mu'asadan waa adeeg bixiye fursad loo simanyahay.

Wixii cabashooyinka ah ama in la codsato Dhegaysi xaq ah la xidhiidh:

(1) iimeel: Agaasimaha Barnaamijka WIC
NYSDOH, Riverview Center
150 Broadway, 6th Floor
Albany, NY 12204; or

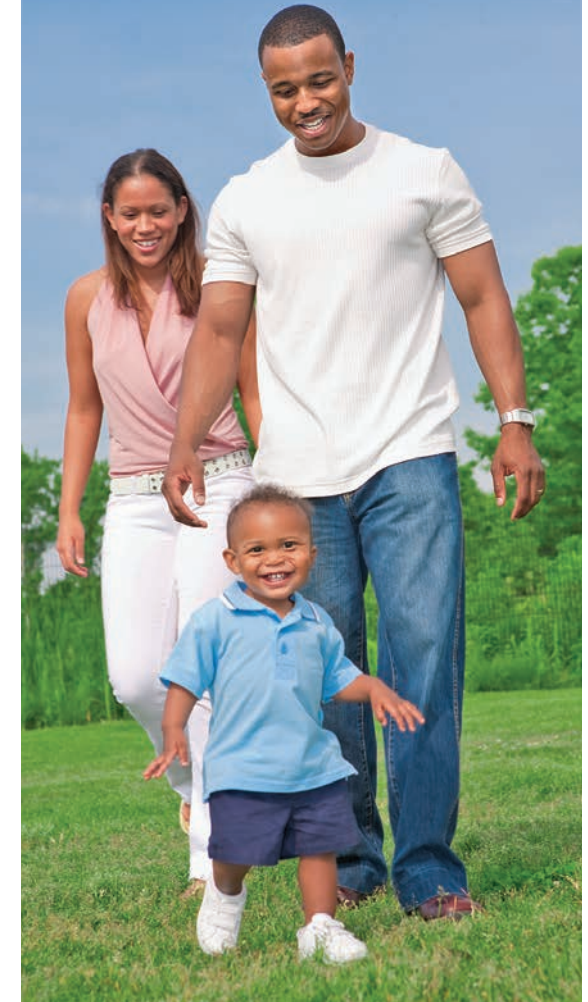
(2) taleefanka: (518) 402-7093; fakiska (518) 402-7348; ama

(3) iimayl: NYSWIC@HEALTH.NY.GOV



Ku diyaar garoow, Ku Hagaag, Kuna Kobac...

WIC



Barnaamijka Nafaqada Gaarka ee Dheeraadka
ah ee Haweenka, Ilmaha iyo Carruurta

Ogoow haddii qoyskaaga uu u qalmo!

Yaa xaq uleh?

- Haweenayda uurka leh
- Hooyooyinka carruurta ilaa 6 bilood jir ah
- Hooyooyinka naasnuujinaya carruurta jirta ilaa 12 bilood jir ah
- Ilmaha iyo carruurta oo ah ilaa dhalashadooda 5aad
- Aabbayaasha iyo daryeelayaasha way u codsan karaan carruurtooda

WIC Waxay bixisaa

Tallada Nafaqadda

- Baro sida loo sameeyo doorasahda cuntadda caafimaadka leh oo noqo mid aad un firfircooni
- Khabiirada nafaqadda waxay kugu caawiyaaan cuntooyinka caafimaadka ah
- La hadal waaladiinta kale oo wixii taageero ah

Taageerada Naasnuujinta

- Khubarada naasnuujinta tababaran
- Hooyooyinka kale ee loo tababaray taageerada naasnuujinta
- Bambka naaska ee hooyooyinka u baahan
- Cuntooyinka gaar u ah hooyooyinka naasnuujiya
- Booqo: breastfeedingpartners.org

Cuntooyinka Nafaqadda

- Caanaha, jiiska, caana fadhiga, qudaarta cusub iyo miraha, juuska 100%, baastada qamadiga, rootiga bariiska, badarka, caanaha gasacada, ukunta, cuntadda ilmaha iyo waxyaabo kale

Gubinta adeegyada kale

- Khubarada naasnuujinta
- Canuga wanaagsan iyo daryeelka canuga
- Medicaid
- Caawinta Kumeelgaarka ah ee Qoysaska u Baahan (TANF)
- Barnaamijka Caawinta Nafaqada la Kordhiyay (SNAP)
- Qorshaynta dhalmada
- Head Start
- Rabshada qoyska
- Jooji sigaar cabista
- Talaallo
- Daryeelka Dhalmada
- Isticmaalka maandooriyaha
- Ka hortagga kansarka

Si aad ugu qalnto WIC Waa in Aad:

- Ku nooshahay Gobolka New York
- Buuxisaa sharciyada xadeynta dakhliga ama heshid faa'idooyinka ka imaanaya Medicaid, SNAP, ama TANF
- Lahaato baahida cuntadda



Qoysaska shaqeeya ayaa u qalma

- Qoysaska shaqeeya iyo shaqsiyaadka ayaa u qalmi kara WIC haddii ay buuxiyaan shuruudaha dakhliga ama haddii ay si rasmi ah uga qaybgalayaan Medicaid, SNAP ana TANF
- Xadadka dakhliga laga yaabo in ay korodho sannad walba
- Booqo: www.health.ny.gov/prevention/nutrition/wic/income_guidelines.htm si aad u aragtid haddii qoyskaaga u qalmi karo

Waxaad heli kartaa WIC Xitaa Haddii:

- Aadan aheyn muwaadin Mareykan ah
- Adiga ama xubnaha qoyska kale waxaad la shaqeyneysaa

WIC iyo Carruurta

- Bushqada cuntada WIC waxaa loo qorsheeyay in ay sare u qaado miisaanka caafimaadan
- Daraasadaha waxay muujiyaan in carruurta ku jirta WIC ay wanaag ka sameeyaan dugsigu
- Hooyooyinka ku jira WIC waxay inta badan u badanyihiin in ay lahaadaan carruur leh miisaan dhalasho oo caafimaad leh