

Furuut iyo khudaar badan oo aad cuntid maalin kasta

- ✔ waxay fiicneysaa caafimaadkaaga
- ✔ kaa caawisaa inaad lahaatid miisaan caafimad leh
- ✔ yareysaa halista cuduro badan, sida kaansar, sonkorow ama macaan, cudur wadne, iyo dhiig-kar ama cadaadis dhiig oo sareeya
- ✔ ka dhigtaa maqaarkaaga iyo timahaaga kuwo leh muuqaal caafimaad

Ma is weydiisay inta uu dhabtii yahay qadarka qaadasho ee furuutka ama khudaarta?

Cabirada qaadasho ee caruurta ka yar 5 sanno:

- Furuut/khudaar la kariyay: 1/4 illaa 1/2 koob
- Furuut/khudaar aan la karin oo dhexdhexaad ah: 1/4 illaa 1/2 qayb

Cabirada qaadashada ee qaangaadhka iyo caruurta jirta 6 sanno iyo kuwa ka weyn:

- 1 furuut ama khudaar oo leh cabir dhexdhexaad ah
- 1/2 koob ah khudaar ama furuut la kariyay
- 1 koob oo ah khudaar caleen leh oo aan la karin

Waa maxay WIC iyo FMNP-yada Waayeelka?

Barnaamijka Haweenka, Caruurta, Ilmaha Yaryar (Women, Infants and Children, WIC) wuxu nafaqo siiyaa qoysaska dakhligoodu hooseeyo. Si uu ugu banaanaado FMNP, waa in qoysku yahay mid ka qaybgala barnaamijka WIC.

Barnaamijka Nafaqada Suuqa Beeralayda ee Waayeelka (Senior Farmers Market Nutrition Program, SFMNP) wuxu nafaqo siiyaa qaangaadhka dakhligoodu hooseeyo ee ka weyn 60 sanno. Si uu ugu banaanaado, waa in waayeelku leeyhiin dakhli sannadle oo ka hooseeya boqolkiiba 185 Heerka Fakhriiga ee Federalka.

Barnaamijyada waxa qabanqaabiya Wasaaradda Beeraha ee Maraykanka; Wasaaradda Caafimaadka ee Gobolka Washington, Xafiiska Adeegyada Nafaqada; Wasaaradda Adeegyada Bulsho iyo Caafimaadka ee Gobolka Washington, Maamulka Gabowga iyo Taageerada Mudo Dheer.

Macluumaadka La-xidhiidhista:

Rugta Internetka ee FMNP Waayeelka:

www.adsa.dshs.wa.gov/professional/AAAInfo.htm

Teleefonka FMNP Waayeelka: 1-800-422-3263

Rugta Internetka ee WIC FMNP:

www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket.aspx

Teleefonka WIC FMNP: 1-800-841-1410

Iimaylka WIC FMNP: FMNPteam@doh.wa.gov

Iyada oo waafaqsan xeerka Federalka iyo siyaasadda Wasaaradda Beeraha ee Maraykanka (USDA), waxa hay'addahan mamnuuc ka ah takooris ama kala-soocid ku saleysan sinji, midab, wadan asalnimo, cayn lab iyo dhedig, da', ama naafo. Si aad u xereysato cabasho, warqad ku soo hagaaji: USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 ama wac lacag la'aan 866-632-9992 (Cod). Dadka ka dhibaateysan maqalka ama qaba naafo ah hadalka waxay USDA kala soo xidhiidhi karaan Adeegga Gudbinta Federalka (Federal Relay Service) oo lambarkiisu yahay 800-877-8339, ama 800-845-6136 (Isbaanish). USDA waa fursad iyo shaqo bixiye loo siman yahay.

Washington State Senior FMNP iyo WIC FMNP ma sameeyaan takooris.

Dadka qaba naafooyin, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii ay codsadaan. Si aad codsi u sameysatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 711).



ALTA Aging and Long-Term Support Administration

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

DSHS 22-1064 July 2013

DOH 961-275 July 2013 Somali

WIC & Senior



FARMERS MARKET

Checks Welcome Here

USDA and Washington State Sponsored Farmers Market Nutrition Program

Barnaamijka WIC iyo Nafaqada Suuqa Beeralayda ee Waayeelka

Oo kuu fududeeyay inaad furuut iyo khudaar cusub ku dartid cuntaada, oo isla markaana taageertid beeralayda degmada!

Isticmaalidda Jeegagaaga Suuqa Beeralayda

- Jeegaga WIC FMNP looma isticmaali karo in lagu iibsado casiirka tufaaxa, malab, ukun, yicib, cunto duban, jaam iyo jeeliyo, ubaxyo, ama dhir weel ku jirta.
- Jeegaga FMNP ee Waayeelka waxa loo isticmaali karaa in lagu iibsado malab.
- Wax baaqi ama lacag ah lagaagama soo celin doono jeegagaaga.
- Jeegaga lumay ama la xaday u soo sheeg hay'adda ku siisay jeegaga. Jeegagaas laguuma beddeli doono.
- Waa inaad jeegagaaga isticmashid inta u dhexeysa 1-da bisha Juun iyo 31-ka bisha Oktoobar.
- Jeegaga wax kaga iibso kaliya beeralayda leh calaamaddan:



Kaalay suuqa goor hore si aad u heshid xulka ugu fiican.

Siyaabo fudud oo lagu cuno furuut iyo khudaar dheeraad ah

- Jarjar khudaar aan la karin sida dabacasaha ama karootada, borokooli, digirta 'snap', ama koolifolloor oo u diyaarso cuntooyin fudud.
- Wakhtiga cuntada miiska saar saxan ah khudaar ama furuut la jarjaray.
- Midho ama furuut la jeexjeexay oo cusub dusha ka saar baaquli ama madiibad ah caano-fadhi, siriyaal ama jalaato dufan yar.
- Qadada ama cashada ku dar saladh/ansalaato cagaar ah ama maraq ah khudaar.
- Miiska ha kuu saarnaado baaquli ama madiibab ah furuut oo diyaar u ah in la cuno.
- Cashada, samee saladh leh khudaar badan oo la jarjaray. Ku dar digaag la kariyay ama digir, jiis/faramaajo la jarjaray, ama yicib la jarjaray si loo helo borootiin.
- Furuutku sidoo kale wuu ku macaan yahay saladhka. Isu day inaad ku dartid jeexyo ah tufaax ama sabiiib saladhkaaga ku xiga.
- Samee cabitaano inta aad khudaar cusub ama barafeysan ku walaaqdid caano, iyo/ama casiir furuut oo ah boqolkiiba 100. Sidoo kale, ku tijaabi jalaato ama caano-fadhi.

Tamaree Nolashaada – Cun Cunto Caafimaad Leh, Noqo Qof Firfircoon!

Kaydinta iyo diyaarinta furuutka iyo khudaarta cusub

- Ku kaydi khudaarta iyo furuutka qaybta aan wax barafeyn ee qaboojiyahaaga, marka laga reebo: Khudaarta ah xidid sida basasha iyo bataatiga/baradhada waa in lagu kaydiyo kabadh/aramaajo ama goob madow oo aan kulayl lahayn. Yaanyada ama tamaandhada iyo furuutka aan bislayn waa in lagu kaydiyo heerkulka qolka illaa wakhtiga cunista.
- Furuutka iyo khudaarta kaydi iyada oo aan la dhaqin laakiin markasta furuutka iyo khudaarta ku dhaq biyo socda ka hor cunista.
- Cagaarka waxa lagu dhaqi karaa baaquli ama madiibad weyn ama waxa lagu dhaqi karaa goobta weelka lagu dhaqo iyada oo biyo qabow la isticmaalayo. Illaa laba jeer ka beddel biyaha.
- Si nafaqada ugu badan ugu soo hadho furuutka iyo khudaarta, uumi ku kari ama dhakhso u kari. Kari illaa ay ka jilcaan.

Weydiiso in qayb tijaabin ah lagaa siiyo furuutka iyo khudaarta aanad aqoonin.