

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.whyhunger.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 madaniga federaalka iyo Waaxda Beeraha Maraykanka (USDE) shuruuca iyo xeerarka xuquuqda madaniga ah, hayadan waxaa ka mamnuuc ah inay ku takooro iyadoo lagu salaynayo isir, midab, wadanka uu kasoo jeedo, jinsiyada (ay ku jiraan aqoonsiga sinjiga iyo qaabka galmada), naafanimi, da'da, ama aargoosiga ama aarsiga hawsha xuquuqda madaniga ah oo hore.

Macluumaadka barnaamijka waxaa lagu heli karaa luqado aan Ingiriisiga ahayn Dadka naafada ah ee u baahan qaab kale oo xidhiidh ah si ay u helaan macluumaadka indhoolaha (tusaale Farta qoraalka indhoolaha, daabacaada wayn, cajalada maqalka ah, Luqadda Ishaarada Maraykanka), waa inay la xidhiidhaan gobolka ka masuulka ah ama wakaalada maxaliga ah ee maamusha barnaamijka ama USDA Xarunteeda TARGET lambarka (202) 720-2600 (codka iyo TTY) ama kala xidhiidh USDA dhexda Adeega Xidhiidhka Federaalka Lambarka (800) 877-8339.

Si loo xareeyo cabashada ku saabsan takoorka, Dacwoodaha waa inuu buuxiyaa Foomka AD-3027, USDA Barnaamijka Foomka Cabashada Takoorka oo laga heli karo: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, oo ka soo baxay xafiis kasta oo USDA ah, addoo soo wacaya (866) 632-9992, ama addoo warqad qoraya loo dirayo USDA. Warqadu waa inay ka koobnaataa magaca qofka cabanaya, cinwaanka, lambarka telefoonka, iyo faahfaahinta qoran ee tallaabada takoorka lagu andacoonayo faahfaahinta ku filan si loogu wargeliyo Kaaliyaha Xoghayaha Xuquuqda Madaniga ah (ASCR) waxa ku saabsan sifada iyo taariikhda xad gudubka lagu andacoonayo ee xuquuqda madaniga ah. Foomka la buuxiyay ee AD-3027 ama warqadda waa in loogu gudbiyaaa USDA:

(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: (833) 256-1665 ama (202) 690-7442; ama

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

Hayadan waa bixiyaha fursadda loo siman yahay

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

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

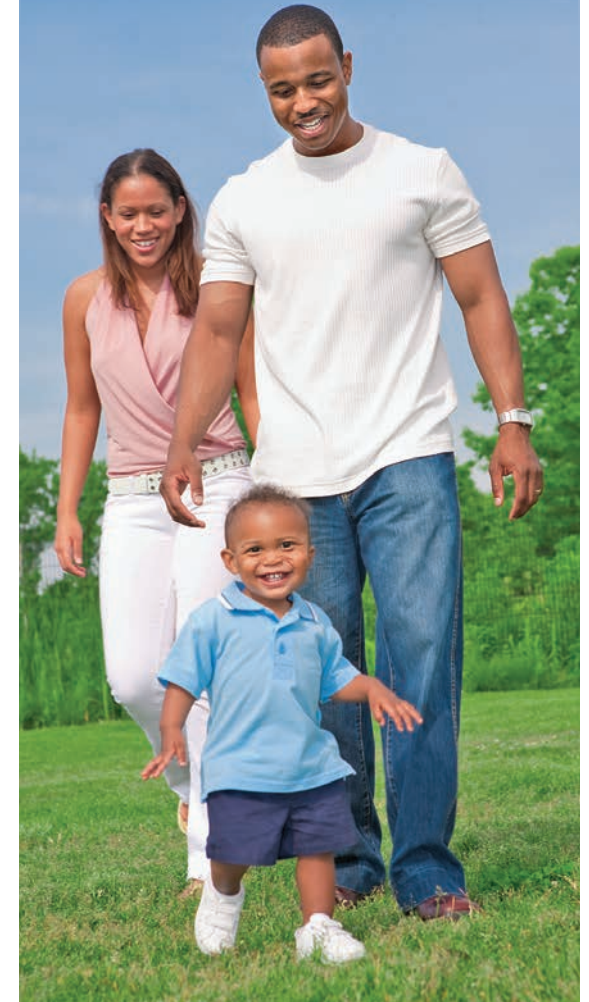
(2) taleefanka: (518) 402-7093; fakiska (518) 402-7348; ama

(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