

POROGARAMU YA WIC MURI ARKANSAS

URUTONDE RW'IBIRIBWA RWEMEWE



Ruzatangira kubahirizwa tariki ya 1 Ukwakira 2021

Ukeneye ibisobanuro birambuye, hamagara Ku Biro bya Leta bya WIC kuri (501) 661-2508, 1-800-235-0002, ishami ry'ubuzima ry'aho utuye cyangwa www.healthy.arkansas.gov/programs-services/topics/wic.

Menya amafaranga usigaranye

Uburyo bwiza bwo kumenya amafaranga yo guhahisha usigaranye kuri konti yawe ya WIC ni ukumenya amafaranga ufitte.

Uburyo bwiza bwo kumenya amafaranga usigaranye ni **KUGUMANA INYEMEZABUGUZI Zawe.**

Gukoresha ikarita yawe ya eWIC:

- Ugeze aho bishyurira, tegura ikarita yawe ya eWIC, ubundi ubwire umukozi wakira amafaranga ko ukoresha ikarita ya eWIC.
- Umukozi wakira amafaranga akubwira igihe unyuriza ikarita yawe ya eWIC mu cyuma. Kurikiza amabwiriza uhabwa n'umukozi wakira amafaranga n'ari ku cyuma unyuzamo ikarika.
- Ibiri bwa wamaze guhaha byose nibimara kubarwa, imashini isoma ikarita izagusaba kwemeza ibiri bwa bya WIC mbere yo gukura ku ikarita amafaranga y'ibyo waguze muri gahunda ya WIC.
- Uzahabwa inyemezabuguzi nshya igaragaza amafaranga usigaranye y'ibiri bwa ugenerwa na WIC.
- Ibyo ugenerwa by'ibiri bwa mu kwezi turimo bikiri ku ikarita bizatakaza agaciro saa sita z'ijoro ku muni wa nyuma w'ukwezi.
- Ushobora kandi kureba ibyo usigaranye ku ikarita yawe ya eWIC umanura (download) apulikiyisiyo (app) ya My AR WIC.

Musick Grocery

IKINTU KURI BURI WESE
1974 Grocery Avenue
Iduka: 100

Uwakira amafaranga: Foreman
23/11/23

saa 16:36:52

Amafaranga y'ibyo wemerewe na WIC EBT
Itariki bizatangiraho 01/11/2023

2	POUND	Foromaje 16oz -byemewe byose
1	DUZENI	Amagi-byemewe byose
36	OUNCE	ibinyampeke-byemewe byose
1	JarBag	Umutsima ukoze mu banyobwa basiga ku mugati/ibinyamisogwe-byose
1	POUND	ibinyampeke bitakuweho igishishwa-byemewe byose
5.04	\$\$\$\$\$	Imbuto n'imboga
5	KANETI	GERBER GOOD START Gentle pwd
3	GALLON	Amata arimo amavuta make/Atarimo amavuta-Yose
1	CEB	Umutoke 64oz-byemewe byose

Ibyo WIC izishyura

23/11/23	saa 04:36:52	z'umugoroba
PAIN:	xxxxxxxxxxxx7599	
Numero y'igikorwa:	23	
18	OUNCE	ibinyampeke bya KIX
1	POUND	Umugati wa Sara Lee ukozwe mu ngano
0.5	Pound	Foromaje yo mu ruganda rwo muri Amerika ruzwi-8oz
1	Duzeni	Amagi manini
1	Gallon	Amata arimo amavuta make yo mu ruganda ruzwi
1.64	\$\$\$\$\$	Umunuke
1.32	\$\$\$\$\$	Romaine
2	Amakaneti	GERBER GOOD START Gentle pwd

Amafaranga y'ibyo wemerewe na WIC
Itariki bizatangiraho 01/11/2023

1.5	POUND	Foromaje 16oz -byemewe byose
0	DUZENI	Amagi-byemewe byose
18	OUNCE	ibinyampeke-byemewe byose
1	JarBag	Umutsima ukoze mu banyobwa basiga ku mugati/ibinyamisogwe-byose
0	POUND	ibinyampeke bitakuweho igishishwa-byemewe byose
2.08	\$\$\$\$\$	Imbuto n'imboga
3	KANETI	GERBER GOOD START Gentle pwd
2	GALLON	Amata arimo amavuta make/Atarimo amavuta-Yose
1	CEB	Umutoke 64oz-byemewe byose

Ibyo ugenerwa bizatakaza agaciro saa sita z'ijoro ku wa
30/11/2023

WIC	Op: 1	23/11/23	saa 04:36:53	z'umugoroba
	Trx: 23	kyiciro:6	Iduka: 100	





App Store



Google Play



Apulikasiyo yo kuri Telefoni ya Arkansas WIC

Irahari kugira ngo uyimanure kuri App Store na Google Play!
Shakisha ukoresheje *"My Arkansas WIC"*

Ibyo ubona kuri apulikasiyo:

- Amafaranga y'ibyo ugenerwa ufite ubu
- Ibyo uzagenerwa mu gihe kizaza
- Food Finder
- Ubutumwa butangwa na Gahunda ya WIC
- Link y'inyigisho z'imirire
- Ahaherereye iduka



Uburyo bwo kwiandikisha kugira ngo ugenzure ibyo Ugenerwa nyuma yo kumanura Apulikasiyo:

- Hitamo "Settings".
- Mu kwiandikisha, hitamo "Register."
Niba hari abantu benshi mu murungu, bese bazajya kuri konti imwe numara kubandikisha.
- Injizamo imibare 8 ya numero iranga urugo
- _____
- Injizamo imibare 10 ya nyuma ya Numero y'ikarita.
- Injizamo izina ushaka ko konti yawe izitwa. Rishobora kuba izina ry'umuryango cyangwa abantu bahabwa WIC.
- Hitamo "Register."
- Igihe kwiandikisha bigenze neza, ubutumwa bukurikira buzagaragaza: Ushobora noneho guhitamo "Benefits" kugira ngo urebe ibyo Urugo rwawe rugenewe kuri ubu no mu gihe kizaza.
- Ushobora kwandikisha urugo rurenze rumwe muri apulikasiyo.



Ibindi wasanga kuri Apulikasiyo:

- **Food Finder** - igufasha gusikana kode za UPC, kwandika kode za UPC no kugenura Urutonde rw'ibiribwa byemewe na WIC.
- **Ubutumwa** - Ubutumwa bwibutsa amafaranga y'ibyo wemerewe buzoherezwa igihe ibyo ugenerwa bizaba bigiye gutakaza agaciro.
- **Imiriro** - Ikugeza kuri www.arwiconline.org ku Nyigisho z'imirire.
- **Ahaherereye Iduka** - iguha izina, aderesi, numero ya telefoni, n'ibyerekezo bikugeza ku maduka yemera Arkansas WIC.

Amashereka afite byinshi abana bakenera

Amashereka



IBYATUNGANYIWE N'UMUBYEYI



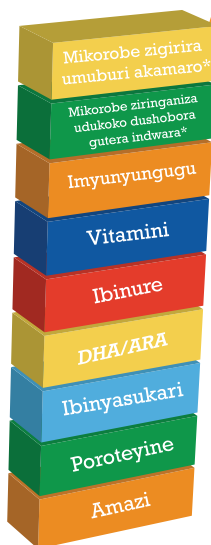
Buri garama rigira umumaro

Konsa biroroha!
Buri gihe uba witeguye, ntihakenewe amacupa cyangwa kuvanga.

Ababyeyi bafite uburenganzira bwo konsa abana babo igihe icyo ari cyo cyose, ahantu hose.
Ni itegeko rya Arkansas.

Imfashabere

*Si mu mfashabere zose



IBYATUNGANYIWE N'URUGANDA

By'umwihariko ababyeyi bonsa hamwe nabana babo bahabwa **IBINDI** biribwa birengaho.

WIC ya Arkansas ifite Inzobere mu bijyanye no kwikora kw'amashereka hamwe n'Abajyanama mu konsa batanga ubufasha nta kiguzi ku birebana no konsa.
WIC ishobora kugufasha ku kibazo icyo ari cyo cyose wafa ufite cyangwa impungenge.

Umurongo utangirwaho ubufasha mu byo konsa ni 1-800-445-6175

www.facebook.com/arwicbreastfeeding

Ibiribwa bigenewe abana

IBI
BIRANGO
GUSA

Beech-Nut®

EARTH'S BEST
TOYOTA

Gerber®

tippy
toes
by TopCare™

Imbuton'imboga bigenewe abana

Ku bana bafite kuva ku mezi 6kugeza kuri 11

ibifunywamo bingana na 4 oz

8 OZ = 2 4 OZ
IBIBIKWAMO

Buri duka ntirigira ibiribwa/ubwoko
bwose bwemewe na WIC.



BIREMEWE

- Bisanzwe, bitongewemo ibindi bintu cyangwa by'umwimerere
- icyiciro cya 2 cyangwa ibiribwa bya 2
- Amajagi y'ibirahuri cyangwa udukopo twa purasitiki cyangwa udufuka dukoresheya rimwe
- Ubwoko ubwo ari bwo bwose bw'urubuto rumwe cyangwa urubogga
- Ubwoko ubwo ari bwo bwose bw'imbutu zivanze na / cyangwa imboga
- Amapaki atandukanye n'ibyo gufunyikamo bingana na 4 oz

✱ NTIBYEMWE

- Hongewemo ibinyampeke, ifu cyangwa amido
- Byongewemo inyama, isukari, umunyu cyangwa DHA
- Deseri (urugero: umutobe n'imbutu ziseye, zisekuye cyangwa imbuto zitwikirije ibisuguti)
- Amafunguro ya nimugoroba
- Udukopo dukandika
- Uruvange rwa yawurute n'imbutu

Inyama zigenewe impinja

Ku Bana Bonka Gusa bafite amezi kuva kuri 6 kugeza kuri 11,
badahabwa imfashabere itangwa na WIC

ibipfunywamo bingana na 2.5 oz

BIREMEWE

- Bisanzwe cyangwa by'umwimerere
- icyiciro cya 1 cyangwa 2
- Ibikombe by'ibirahuri **GUSA**
- Ubwoko bumwe bw'inyama zoroshye hamwe zitogosheje cyangwa zirimo isosi
- Amapaki atandukanye n'ibyo gufunyikamo bingana na 2,5 oz



✱ NTIBYEMWE

- Hongewemo isukari, umunyu cyangwa DHA
- Hongewemo imbuto, imboga, umuceri, cyangwa makaroni (urugero: amafunguro ya nimugoroba, uruvange rw'ibiribwa, amasosi avangavanze)
- Uduti tw'inyama

Ibiribwa bigenewe abana

Ibinyampeke bigenewe abana

Ku bana bafite kuva ku mezi 6 kugeza kuri 11
Ibyo gufunyikamo bingana na 8 oz cyangwa 16 oz
biyamo ibinyampeke bigenewe abana byumishijwe.



BIREMEWE

$$8\text{oz} + 16\text{oz} = 24\text{oz}$$

- Bisanzwe cyangwa by'umwimerere
- icyiciro cya 1 cyangwa 2
- Hitamo:
Umuceri, Barley, Oatmeal,
MultiGrain cyangwa Ibinyampeke

✖ NTIBYEMEWE

- Ibinyampeke birimo imbuto, imfashabere cyangwa DHA/ARA
- Poroteyine nyinshi cyangwa hongewemo ibindi bintu

Imfashabere igenerwa abana

Ubwoko n'ingano y'ibyo ugenerwa na WIC. Nta kuguranura cyangwa gusimbuza.

✖ NTIBYEMEWE

- Imfashabere irimo ubutare buke cyangwa ubwoko bundi butari ku rutonde rw'ibyo ugenerwa na WIC

Ibikomoka ku mata

FOROMAJE

Ibiciro biri hasi biboneka mu gihe cyo kugura mu bwoko bwatoranijwe
Ipaki ingana na 8 oz cyangwa 16 oz

BIREMEWE

- Inyamerika (y'umuhondo gusa),
Cheddar, Colby, Colby Jack,
Monterey Jack, Mozzarella,
Muenster, Provolone cyangwa Swiss
- Foromaje icyiyemo ibice



✖ NTIBYEMEWE

- Ibikomoka kuri foromaje, kereme cyangwa shokora isigwa mu mugati
- Foromaje bongeyemo inyama, urusenda cyangwa ibindi birungo.
- Foromaje icyiyemo twa kare, barapye, ivungaguye, iy'uduce duto cyangwa iy'ibice binini
- Foromaje yo muri deli
- Mozzarella y'umwimerere
- Foromaje yo mu mahenehene cyangwa soya
- Foromaje yakuwe hanze
- Foromaje yatunganyirijwe mu nganda zo muri Amerika
- Ibiribwa birimo foromaje (urugero: Veveeta)
- Amata adatetse

Ibikomoka ku mata

AMATA

Ibiciro biri hasi biboneka mu gihe cyo kugura mu bwoko bwatoranijwe
Ibibikwamo bingana na gallon, kimwe cya kabiri cya gallon cyangwa kimwe cya kane

BIREMEWE

- Amata atagira amavuta, amata atarimo amavuta cyangwa amata yakuwemo amavuta
- Amata arimo amavuta make cyangwa 1%
- Amata arimo amavuta make cyangwa amacunda
- Amata atarimo lagitoze (1% cyangwa yakuwemo amavuta)
- Amata yakuwemo amazi (atarimo amavuta cyangwa yakuwemo amavuta)
- Amata y'ifu (atarimo ibinure yumishije) ari mu kintu kingana na 25,6 oz

BYEMEWE GUSA IGIHE BIRI KU BYO UGENERWA M URI GAHUNDA YA WIC

- Amata atakuwemo amavuta
- Amata atarimo lagitoze
- Amata yakuwemo amazi (amata atakuwemo amavuta)
- Amata yagabanyijwemo amavuta (2%)
- Amata atarimo lagitoze yagabanyijwemo amavuta (2%)

1 Kaneti 1 + 1 Kaneti 1 + 1 Kaneti 1 + 1 Kaneti 1 + 1 Kaneti 1 = 1 Gallon

1 Quart + 1 Quart = 1/2 Gallon

1 Quart + 1 Quart + 1 Quart + 1 Quart = 1 Gallon

Agakarito
1
Ibitarimo
ibinure
Amata
y'ifu

= 2 Gallons

* NTIBYEMEWE

- Amata yashyizwemo imvuzo
- Amata yongewemo itungamubiri na kalisiyumu
- Amata yongewemo ibindi bintu (urugero: shokora)
- Amahenehene
- Amata arimo poroteyine nyinshi
- Ibigakomoka ku mata
- Amata arimo ubunyobwa cyangwa intete z'ibinyampeke (urugero: arumondi, kokonati cyangwa umuceri)
- Amata yongewemo isukari
- Tetra-Pack cyangwa Tetra-Brik
- Amata atagabanyijwemo amavuta
- Vitamite



IBINYOBWA BISHINGIYE KURI SOYA

Ibibikwamo bingana na 1/2 cyangwa 1/4 cya Gallon

BIREMEWE

- 8th Continent – Umwimerere na Vanira
- Pacific – Umwimerere
- Silk – Umwimerere
- Ikirango cy'uruganda – Umwimerere

ABANA
BAFITE IMYAKA
2 NO HEJURU
YAYO
N'ABAGORE

* NTIBYEMEWE

- Ibindi



Ibikomoka ku mata

YAWURUTE

iri mu kintu kingana na 32 oz, ubwoko bwose
amapaki 4 angana na 4 oz (32 oz muri rusange), ubwoko bwose
Byemewe igihe biri mu byo ugenerwa na gahunda ya WIC

ABANA BAFITE UMWAKA 1

Yawurute ikoze mu mata
atakuwemo amavuta

BIREMEWE

- Itongewemo ikindi kintu icyo ari cyo cyose, yo mu Bugereki



32 oz

CYANGWA



Amapaki angana
na 2 - 16 oz

ABANA BAFITE IMYAKA 2 NO HEJURU YAYO N'ABAGORE

Yawurute ikoze mu mata atarimo
amavuta n'irimo amavuta make

* NTIBYEMEWE

- Yongewemo isukari cyangwa soya
- Irimo ibindi bituma iryohera bitari iby'umwimerere (urugero: aspartame, saccharine cyangwa sucralose)
- Imbuto munsu
- Yowurute ivanze irimo (urugero: uduce twa bombo, ubuki cyangwa ubunyobwa)
- Yawurute zo mu macupa (zinyobwa)

Poroteyine

AMAGI

Ibiciro biri hasi biboneka mu gihe cyo kugura mu bwoko bwatoranijwe
Amakarito y'iduzeni **GUSA**

BIREMEWE

- Ingano yose y'igi
- Umweru **GUSA**



* NTIBYEMEWE

- Ikigina
- Amagi y'inkoko zitora ku gasozi cyangwa itaba mu kiraro
- Amagi y'inkoko zatewe intanga
- Amagi y'inkoko arimo Omega-3 cyangwa yongewemo izindi vitamine cyangwa imyunyungugu (urugero: Eggland's Best)

Poroteyine

IFI

KU BAGORE BONSA NEZA

- Yo mu bikombe cyangwa uduhago
 - Agomba kuba arimo amagufa n'uruhu
- Uruvange rwose rw'amako y'amafi **rutarengeje** umubare w'amagarama ari mu byo ugenerwa na WIC

BIREMEWE

Ubwoko bwose, hitamo:

- Iziri mu mazi cyangwa mu mavuta
- Chunk Light Tuna
- Mackerel
- Sarumoni y'iroza (Pink Salmon)
- Sardines (ubwoko bwose)

✳ NTIBYEMEWE

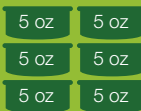
- Arubakore cyangwa tuna yumukije
- Umuhore wa tuna
- Ibyo ufatiraho ibya saa sita hamwe n'uruvange rwa tuna
- Tuna ishonga basiga ku migati
- Tuna yongewemo ibindi cyangwa irimo ibirungo
- Sarumoni y'umutuku, yongewemo ibindi cyangwa irimo ibirungo
- Imihore y'ifi



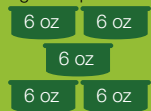
Urugero rw'uruvange rw'amafi:

Urugero rw'uruvange rutarengeje 30 ounces.

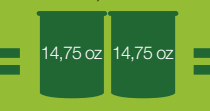
ikaneti 6 zingana na 5oz



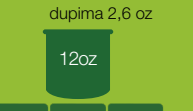
ikanetieshanu zigendazipima 6oz



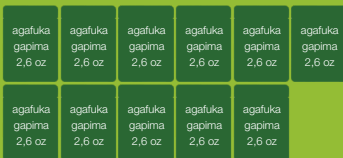
ikanetiebyirizigendazipima 14,75 oz



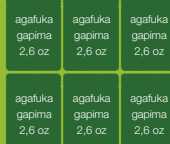
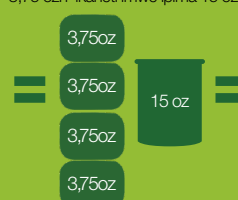
ikanetimwepima 12oz n'udufuka dutandatu dupima 2,6 oz



uduhago 11 tungana na 2,6 oz



ikanetienyезigendazipima 3,75 oz n'ikaneti imwe ipima 15 oz



Poroteyine

Amahitamo y'ibishyimbo n'umutsima ukoze mu bunyobwa basiga ku mugati:



CYANGWA

Ibinyamisogwe/ibishyimbo byumishijwe bipima 16 oz (1 lb)



ibishyimbo byo mu bikombe bipima 14-16 oz



CYANGWA

Umutsima ukoze mu bunyobwa basiga ku mugati 1 jar, 16-18 oz

IBISHYIMBO, RANTIYE N'AMASHAZA (IBINYAMISOGWE)

BYUMYE

agakapu kangana na 16 oz cyangwa 32 oz



IBYUMISHIJWEBYEMWE

- Ubwoko ubwo ari bwo bwose, ibishyimbo ibyo ari byo byose
- Bitogoshije, byumye, bitongewemo ikindi kintu gituma biryoha kurushaho

✱ IBYUMISHIJWE BITEMEWE

- Byongewemo ibindi bintu bituma biryoha kurushaho
- Ibishyimbo bivanze
- Ibitonore
- Amashaza aryohera
- Imiteja
- Ibishyimbo by'umuhondo

BYO MU BIKOMBE

Ibiciro biri hasi biboneka mu gihe cyo kugura mu bwoko bwatoranijwe

Byongewemo cyangwa bitongewemo umunyu ikaneti ingana na 14-16 oz

IBYO MU BIKOMBEBYEMWE

Ubwoko:

- Ubwoko ubwo ari bwo bwose, ibishyimbo ibyo ari byo byose



✱ IBYO MU BIKOMBEBITEMEWE

- Ibishyimbo biteste mu ifuru
- Ibishyimbo bititse byongewemo ibirungo
- Ibishyimbo by'icyatsi
- Amashaza y'icyatsi/amashaza aryohera
- Inkori
- Ibitonore
- Imiteja
- Ibishyimbo by'umuhondo
- Byongewemo ibirungo, indyoshyandyo cyangwa inyama

Poroteyine

UMUTSIMA UKOZE MU BUNYOBWA BASIGA KU MUGATI

Ijagi ingana na 16-18 oz



BIREMEWE

- Ikirango icyo ari cyo cyose
- Ibyoroshye, ibirimo kereme, ibikocoka, ibikomeye cyangwa ibikomeye cyane
- Ibisanzwe, ibirimo ibinure bike, cyangwa iby'umwimerere

✱ NTIBYEMEWE

- Indi mitsima ikoze mu bunyobwa basiga ku mugati
- Peanut spread
- Harimo DHA cyangwa Omega-3
- Uvanze n'ibindi bintu (urugero: shokora, ubuki, jelly, marshmallow, cyangwa ibindi byongera uburyohe)

Ibinyampeke bitakuweho igishishwa



Amahitamo y'ibinyampeke bitakuweho igishishwa ni: Umuceri w'ikigina, porici, makaroni, ingano zidashishuye cyangwa kerepe zikoze mu ifarini y'ibigori, umugati wo mu ngano zidashishyuye cyangwa ibinyampeke bitakuweho igishishwa.

Ihuriro ryose ry'ubunini bw'icyo ikintu kibitsemu, ntiburenza umubare **w'amagarana** cyangwa **ibirobiri** ku byo ugenerwa na WIC

URUGERO RW'URUVANGE RW'IBINYAMPEKE BITAKUWEHO IGISHISHWA:

$$\text{Kerepe zipima 8 oz} + \text{Makaroni zipima 8 oz} = 1\text{lb}$$

$$\text{Umugati upima 16 oz} = 1\text{lb}$$

$$\text{Umuceri upima 14 oz} = 1\text{lb}$$

$$\text{Makaroni zipima 8 oz} + \text{Umugati upima 24 oz} = 2\text{lbs}$$

$$\text{Makaroni zipima 12 oz} + \text{Umugati upima 20 oz} = 2\text{lbs}$$

$$\text{Kerepe zipima 16 oz} + \text{Umuceri upima 14 oz} = 2\text{lbs}$$

$$\text{Ifu y'ingano ipima 18 oz} + \text{Makaroni zipima 12 oz} = 2\text{lbs}$$

Ibinyampeke bitakuweho igishishwa

UMUGATI

ipaki ingana na 16-24 oz

BIREMEWE

- Ikirango icyo ari cyo cyose
- Ibigizwe n'ingano 100%
- Ibigizwe n'ibinyampeke bitakuweho igishishwa 100%



* NTIBYEMEWE

- Umugati wo mu nganda
- Umugati unanutse, y'ikizera cyangwa mufini zo mu Bwongereza
- Umugati wakonjeshejwe
- Umugati ukoze mu binyampeke bitakuweho igishishwa by'umweru

Kerepe

ipaki ingana na 8-32 oz



BIREMEWE

- Ikirango icyo ari cyo cyose
- Intete z'umuhondo cyangwa z'umweru
- Ibigizwe n'ingano 100%



* NTIBYEMEWE

- Ibyatsi cyangwa ibyongera uburyohe
- Ibyo gupfunyakamo kerepe

MAKARONI

ipaki ingana na 8-32 oz



BIREMEWE

- Ikirango icyo ari cyo cyose
- Ibigizwe n'ingano 100%
- Ibigizwe n'ibinyampeke bitakuweho igishishwa 100%

* NTIBYEMEWE

- Ibyongewemo isukari, ibinure, amavuta, umunyu cyangwa ibirungo ndyoshyandyo
- Makaroni zikozwe mu muceri, quinoa, flax, ibigori cyangwa imboga

Ibinyampeke bitakuweho igishishwa

PORICI

ipaki ingana na 16-32 oz

Izi porici ni amahitamo y'ibinyampeke bitakuweho igishishwa, **SI** amahitamo y'ibinyampeke.

BIREMEWE

- Ubwoko ubwo ari bwo bwose
- Ushya vuba cyangwa utekwa bisanzwe



Ibinyampeke bitakuweho igishishwa ni isoko nziza ya Folate (Aside Foliike), igabanya ibyago bishobora kubaho bigatuma umwana atirema neza.

UMUCERI W'IKIGINA

ipaki ingana na 14-16 oz (1 lb)

ipaki ingana na 28-32 oz (2 lbs)



BIREMEWE

- Ikirango icyo ari cyo cyose
- Hatongewemo ikindi kintu icyo ari cyo cyose, umuceri w'ikigina wumishijwe
- Utekwa bisanzwe, utekwa ako kanya, ushya vuba cyangwa uwo batekera mu ishashi

* NTIBYEMWE

- Umuceri washyizwemo ibishyimbo, ibyatsi cyangwa ibirungo
- Uri mu dufuka dushyirwa mu cyuma gishyushya ibiryo
- Umuceri urimo indyoshyandyo, umuceri uvangavanze cyangwa umuceri udasanzwe w'umukara
- Umuceri w'ikigina wokonjeshejwe

Ibinyampeke

Uruvange rw'ibinyampeke, ntiburenza umubare w'amagarana ku byo ugenerwa na WIC.

Amaduka yose ntabwo agira ibiribwa/ubwoko byemewe bya WIC.

IBINYAMPEKE BIKONJE

amapaki angana na 12-36 oz **GUSA**

GENERAL MILLS



Chex (Ibigori, umuceri, ingano, inkeri z'ubururu cyangwa sinamoni)



Cheerios (Ivanzemo impeke nyinshi cyangwa itavanzemo ikindi kintu icyo ari cyo cyose)



Kix (Inkeri, ubuki cyangwa itavanzemo ikindi kintu icyo ari cyo cyose)



Bigizwe n'ingano gusa

KELLOGG'S



Corn Flakes



Frosted Mini Wheats
Original (Bite Size
cyangwa Little Bites)



Rice Krispies
(Umwimerere)



Special K (Banana, Honey
Almond, Original cyangwa
Original Multi-Grain)

Ibinyampeke

MOM'S (MALT-O-MEAL)



Crispy Rice



Mini Spooners
(Frosted cyangwa
Strawberry Cream)



Oat Blenders
(harimo ubuki cyangwa
arumondi)

POST



Grape-Nut
Flakes



Grape-Nuts



Honey Bunches of Oats
(n'ubuki, vanira cyangwa arumondi)

QUAKER



Life
(Umwimerere)



Oatmeal Squares
(Hint of Brown Sugar, Cinnamon,
Golden Maple cyangwa Honey Nut)

Uburyo bwo kubona 36 oz z'ibinyampeke

Amagarama ntagomba
kurenza umubare rusange
w'amarama ugenerwa
na WIC

$$\begin{array}{r} 11,8 \text{ oz} \\ 12 \text{ oz} \\ 12 \text{ oz} \end{array} = 35,8$$

$$\begin{array}{r} 36 \text{ oz} \\ 18 \text{ oz} \\ 18 \text{ oz} \end{array} = 36$$

Ibinyampeke

IBINYAMPEKE BISHYUSHYE

Ibikarito bipima 11,8-36 oz **GUSA**

B & G FOODS



Cream of Wheat Original
(utekwa ako kanya,
umunota-1, cyangwa
iminota 2½)



Cream of Wheat
Whole Grain
iminota 2½



Cream of Rice

MOM'S (MALT-O-MEAL)



Quick Cooking Hot Wheat Cereal
(Umwimerere, shokora cyangwa Coco Wheats)

JIM DANDY



Quick cyangwa
Original Grits

QUAKER



Instant Oatmeal
(Icyongera uburyohe
cy'umwimerere **GUSA** –
individual packets)



Instant Grits (Ibyongera uburyohe
by'umwimerere **GUSA** –
ifunze ukwayo, ishya vuba cyangwa
itekwa bisanzwe)

Quaker **individual packets** ya instant oatmeal ni
amahitamo y'ibinyampeke, **SI** amahitamo y'ibinyampeke bitakuweho igishishwa.

Imbuto n'imboga

Igisata cya Cash Value Benefit (CVB) kigenewe guha abantu uburyo bwo kugura imboga n'imbutu by'umwimerere, byakonjeshejwe n'ibyo mu bikombe. Ibicurwa bishobora kuba biri hejuru y'amadolari ari kuri CVB, ariko ugomba kwishyura ibivamo.

Hitamo ikirango icyo ari cyo cyose

**BY'UMWIMERERE
CYANGWA BYAKONJESHEJWE**

BIREMEWE

- Bisanzwe cyangwa by'umwimerere
- Ikirango icyo ari cyo cyose, ubwoko cyangwa ingano



- Uruvange rwa sarade
- Zishobora kuba ari imbumbwe, zikaswemo uduce cyangwa zifunze mu ipaki

* NTIBYEMEWE

- Hongewemo ibinure, amavuta, isukari, siro, ibituma biryohera bitari umwimerere, inyama, makaroni, umuceri cyangwa izindi ngano
- Ibimera bibisi cyangwa byumye n'ibirungo (urugero: cilantro, mint cyangwa parsley)
- Udutebo tw'imbutu, amaparato manini y'ibirori hamwe n'imbutu zikoreshwa nk'imitako cyangwa imbuto zigurwa mu gukoreshwa kuri sarade
- Uruvange rw'imbutu n'ubunyobwa, imbuto n'imboga byumishijwe
- Imbutu n'imboga zikoreshwa nk'imitako (urugero: pipiri, tungurusumu, gourds cyangwa ibihaza biteye amarangi)
- Ibikoreshwa muri sarade
- Ibirimo keremu yangwa isosi cyangwa ibindi birungo bidasanzwe

IBIBIKWAMO BY'IBIKOMBE, AMAJAGI Y'IBIRAHURI N'UDUKOPO TWA PURASITIKI

BIREMEWE

- Bisanzwe cyangwa by'umwimerere
- Ikirango icyo ari cyo cyose, ubwoko cyangwa ingano
- Imbuto zafunzwe mu bikombe zigomba kuba harimo imbuto gusa, ziri mu mazi cyangwa umutobe w'imbutu, kandi zishobora gutangwa mu bikombe by'imbutu
- Imboga zafunzwe mu bikombe zigomba kuba harimo imboga gusa, zishobora cyangwa ntizishobora kubamo umunyu, kandi zishobora kuba zongewemo ibyatsi, ibirungo byongeraga uburyohe
- Umutobe wa pome utongewemo isukari n'uruvange rw'imbutu zitongewemo isukari
- Umushongi w'inyanya, igifute cy'inyanya, inyanya zikiri zose, inyanya zasewe, cyangwa inyanya zkswemo uduce dute
- Ibishyimbo bibikwa mu bikombe n'amashaza nk'amashaza y'icyatsi, ibishyimbo by'icyatsi, imiteja, ibitonore n'urunyogwe

* NTIBYEMEWE

- Hongewemo ibinure, amavuta, isukari, siro, ibituma biryohera bitari umwimerere, inyama, makaroni, umuceri cyangwa izindi ngano
- Imbutu zongewemo isukari cyangwa umunyu
- Imboga zivanze n'ibinyamisogwe/ibishyimbo
- Imboga zatunganyijwe ku buryo zimara igihe kirekire (urugero: piko, erayo, sauerkraut, urusenda rw'umuhondo)
- Imboga zirimo keremu (urugero: ibigori birimo keremu, epinari zirimo keremu)
- Isosi cyangwa kecapu

Ibishyimbo byo mu bikombe ni amahitamo y'ibinyamigogwe/ibishyimbo kandi ntibikurwa kuri CVB yawe.

Imitobe

Amaduka yose ntabwo agira ibiribwa/ubwoko byemewe bya WIC.

Ubwoko buhendutse mu gihe cyo kugura

Health
Bite

Umutobe: ni mwiza cyangwa ni mubi?

Umubare muto w'umutobe wa WIC ni isoko nziza ya vitamini C. Abana bari muni y'imyaka 5 ntibagomba kunywa hejuru ya garama 4 z'umutobe ku muni.

BIREMEWE

- Ikirango icyo ari cyo cyose
- Ibigizwe n'umutobe w'imbuto 100%
- Ibigizwe n'umutobe w'inyanya cyangwaimboga 100%
- Ibyongewemo karisiyumu

* NTIBYEMEWE

- Wongewemo amasukari cyangwa ibindi bituma urushaho kuryohera
- Uruvange rw'imbuto n'imboga
- Amacupa yo gupfunyikamo y'ibirahuri
- Imitobe igenewe abana
- Umutobe uvanze
- Ibinyobwa by'umutobe w'imbuto, ibinyobwa byongera imbaraga cyangwa umutobe ufunguye

IMITOBE IGENEWE ABANA

Uruvange rw'ibyangera uburyohe muri 64 oz oz birahagije ku mutobe mwiza 100%.

Ushobora guhitamo imitobe idakonjeshejwe cyangwa ikonjeshejwe.



IDUKA
IKIRANGO

Icupa rya purasitiki
rifite 64 oz



IDUKA
IKIRANGO

Ikarito ifite
64 oz

IMITOBE IGENEWE ABAGORE

Uruvange rw'ibyangera uburyohe ubwo ari bwo bwose mu mutobe wakonjeshejwe cyangwa umutobe mwiza 100%.



IDUKA
IKIRANGO

11-12 oz
Yakonjeshejwe



IDUKA
IKIRANGO

46-48 oz
Ikaneti



IDUKA
IKIRANGO

Icupa rya
purasitiki ringana
na 46-48 oz

Uguhagarariye ubifitiye uburenganzira

Umubare w'abagize urugo

Izina

Nomero y'indangamuntu itangwa na Leta

Izina

Nomero y'indangamuntu itangwa na Leta

Izina

Nomero y'indangamuntu itangwa na Leta

Izina

Nomero y'indangamuntu itangwa na Leta

Izina

Nomero y'indangamuntu itangwa na Leta

Gahunda/Ibikwibutsa:



**Amakuru y'Ishami rya hafi
rishinzwe ubuzima:**

Iki kigo giha amahirwe angana abakigana.

