Ogow Xarunta caafimaadka WIC ee Adiga kuu Dhaw

VBooqo: **health.ny.gov/prevention/nutrition/wic/how_to_apply.htm**

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

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Wixii macluumaad dheeraad ah ee barnaamijyada kale:

1-800-342-3009 ee:

- Supplemental Nutrition Assistance Program (Nafaqada la Kordhiyay Barnaamijka Caawinta, SNAP)
- Temporary Assistance to Needy Families (Caawinta Kumeel gaarka Qoysaska U baahan, TANF)
- Home Energy Assistance Program (Barnaamijka Caawinta Tamarta Guriga, HEAP)

518-486-1086 ee:
School Food Service Program
(Barnaamijka Adeega Cuntadda Dugsiga)

518-473-8781 ee:
Summer Food Service Program
(Barnaamijka Adeega Cuntadda Xagaaga)

1-800-548-6479 ee:

- National Hunger Hotline (Khadka Baahida Qaranka)
- Whyhunger.org/find food

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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

Sida waafaqsan sharciga xaquuqda rayidka federaalka iyo U.S. Department of Agriculture (Waaxda U.S. ee Beeraha, USDA) xaquuqda rayidka sharciyada iyo xeerarka, USDA, wakaaladaheeda, xafiisyada, iyo shaqaalaha, iyo hay'adaha ka qeybqaadanaya ama maamulaya barnaamijyada USDA waa laga mamnuucay takoorida ku saleysan qowmiyada, midibka, asalka dhalashada, jinsiga, naafadda, da'da, ama ciqaabida ama ka aarsiga ee howsha xaquuqaha rayidka oo barnaamij walba ama howsha la qabtay ama ay maalgelisay USDA.

Dadka naafada ah ee u baahan qaabab kale oo xiriirka ee macluumaadka barnaamijka (Qoraalka-indhoolaha, qoraal weyn, cajalada-maqalka, Aastaanta Mareykanka Luqadda, iwm.), waa in uu la xiriiraa hay'ada (gobolka ama deegaanka) halka ay quseyso faa'idooyinka. Shakhsiyaadka dhagoolaha ah, maqalku ku adag yahay ama leh naafanimo hadalka ah waxay kula soo xiriiri karaan USDA Adeega Isgaadhsiinta Federaaliga ah ee 1-800-877-8339. Inta waxaa dheer, macluumaadka barnaamijka waxaa lagu diyaarinayaa luqaddaha aan ka aheyn Ingiriis.

Si loo gudbiyo barnaamijka cabashada ee takoorida, buuxi Foomka Barnaamijka Cabashada Takoorka Barnaamijka USDA, (AD-3027) ee laga helo: www.ascr.usda.gov/complaint_filing_cust.html, iyo xafiis walba ee USDA, ama qor warqad ku socoto USDA oo ku sheeg warqada ee dhammaan macluumaadka lagu codsaday foomka. Si aad u codsatid koobiga foomka cabashada, soo wac 1-866-632-9992. Soo gudbi foomkaaga buuxo ama warqadda ee USDA adiga oo:

(1) Boosto ahaan: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue,
SW Washington, D.C. 20250-9410;

(2) Fakis: 1-202-690-7442; ama

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

Mu'asasadan waa adeeg bixiye fursad loo simanyahay.

Wixii cabashooyin kale la xiriir:

(1) Boosto: WIC Program Director
NYSDOH, Riverview Center Room 650,
150 Broadway, Albany NY 12204

(2) Taleefon: Growing Up Healthy Hotline ee 1-800-522-5006; ama

(3) Iimayl: NYSWIC@health.ny.gov

NEW YORK STATE | WIC Program

4088 (Somali) 3/16

Diyaar, Hagaaji, Kori...
iyo WIC

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

Ogow 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 caawinyaan cuntooyinka caafimaadka ah
- La hadal waaladiinta kale oo wixii taageero ah

Taageerada Naasnuujinta

- Khubrada 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 wax badan

Gudbinta adeegyada kale

- Khubarada naasnuujinta
- Canuga wanaagsan iyo daryeelka canuga
- Medicaid
- Temporary Assistance for Needy Families (TANF)
- Supplemental Nutrition Assistance Program (SNAP)
- Qorsheynta Qoyska
- Head Start (Bilowga Madaxa)
- Rabshada qoyska
- Jooji sigaar cabista
- Tallaalada
- Daryeelka Dhalmada
- Isticmaalka maandooriyaha
- Ka hortagga kansarka

Si aad ugu Qalanto WIC Waa in Aad:

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

Tayada Qoysaska Shaqeynaya

- Gudaha 2015, qoyska shaqeynaya ee afar oo ay la jiraan dakhliga sannadlaha ee $44,863 wuxuu u qalmayaa WIC
- 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 cuntadda WIC waxaa loo qorsheeyay in ay sare u qaado miisaanka caafimaadan
- Daraasdaha waxay muujiyaan in carruurta ku jirta WIC ay wanaag ka sameeyaan dugsiga
- Hooyooyinka ku jira WIC waxay inta badan u badanyihiin in ay lahaadaan carruur leh miisaan dhalasho oo caafimaad leh