

Porogarama yo gufungura neza igenewe abakenyezi, inzoya n'abana (WIC Nutrition Program) Imiryango yo muri Maine ifise amagara meza kubera WIC

WIC ni iki?

WIC ni porogarama yikwije yo gufungura neza igenewe imiryango ikaba ifasha ibi:

- Inyigisho zo gufungura neza
- Ubufasha n'ibikoresho vyo kwonsa no kugaburirira umwana mu gikiriza
- Iyipimo vyo kwa muganga n'ukurangira umurwaye aho yokwivuriza
- Imfungurwa zizana amagara meza hakoreshejwe ikarata ya WIC yo mu buhinga bwa none

Basaba gute:

Raba ibiro vya WIC bikwegereye kuri maine.gov/WIC kugira usabe umubonano

Ufise ikibazo... WIC ifise inyishu!

WIC ifise abahanuzi mu vy'ingaburo bogufasha kuronka ibindi ukeneye gukorera

Ninde ashobora gusaba gukoresha WIC

- Abavyeyi bibungenze, abonsa n'abaheruka kwibaruka
- Inzoya n'abana batarenza imyaka itanu
- Abana barezwe na ba se, ba sekuru, abarezi canke abagabo ba ba nyina
- Umuntu wese aba muri Maine harimwo n'abimukira akora muri Maine

Abakoresha WIC bategerezwa kuba bafise uburyo buke kandi bageramiwe no gufungura nabi

Umuntu wese ari kuri porogarama y'ubufasha bw'inyongera mu vyo gufungura neza (NAF) canke ari ku bufasha bw'igihe gito bugenewe imiryango ikenye (TANF), canke umuntu afise bwishingizi bwa MaineCare barafise uburenganzira bwo kuronswa ibitangwa na WIC hatarinze kurabwa amahera binjizwa.

Menya vyinshi kubijanye n'ingingo zitegekanye ivy'uburyo buke n'ukubangamirwa no gufungura nabi kuri maine.gov/WIC.



Fotora kode irimwo akanyegezwabanga kugira ubonane n'umukozi wa WIC akwegereye kandi usabe umubonano wa mbere

Nomenya gute vyinshi kubijanye na porogarama yo gufungura neza ya WIC iri mu kigo co gusuzuma indwara ca Maine?

Hamagara kuri 1-800-437-9300 or 207-287-3991
Raba ku rubuga ngurukana bumenyi rwacu kuri maine.gov/WIC



Iki kigo gitanga amahirwe
angana



Amashami ya WIC muri Maine

Porogarama y'akarere ka Aroostook

Ubufasha bw'akarere ka Aroostook
Presque Isle 1-800-432-7881 or 768-3026

Ikigo c'amagara y'abantu n'ugufasha ikibano ca Bangor

Ubufasha bw'uburere bwa Piscataquis na Penobscot
Bangor 1-800-470-3769 or 992-4570

Ikigo ndoranizamuryango ca Maine

Ubufasha bw'uburere bwa Hancock na Washington
Ellsworth 1-800-492-5550 Calais 454-3634 Machias 255-8280

Ikigo Gikuru c'Amagara ca Maine

Ubufasha bw'uburere bwa Kennebec na Somerset
Augusta 626-6350 Waterville 861-3580 Skowhegan 1-888-942-6333

Igikorwa co mu kibano ca MidCoast Maine

Ubufasha bw'uburere bwa Knox, Lincoln, Sagadahoc na Waldo
Bath 1-800-221-2221 Belfast 338-1267 Rockland 594-4329

Opportunity Alliance

Ubufasha bw'akarere ka Cumberland
Portland 1-800-698-4959 Windham 553-5800

Igikorwa co mu kibano ca Western Maine Ubufasha
bw'uburere bwa Franklin, Oxford na Androscoggin East Wilton 1-
800-645-9636 Auburn 1-877-512-8856

Igikorwa co mu kibano c'akarere ka York

Ubufasha bw'akarere ka York
Sanford 1-800-965-5762 Biddeford 1-800-644-4202

Inyungu zo kwonsa n'ukugaburirira umwana mu gikiriza

- Nta myiteguro idasanzwe ikenewe
- Bishobora gutuma igitereko gisubira kwegerana uko cahora, bigafasha umuvyeyi yonsa gusubirana wa mubiri yari afise imbere yo gutwara imbanyi.
- Bishobora gukinga kanseri yo mw'ibere no mu bihimba vy'irondoka
- Bituma urukundo rw'umuvyeyi n'umwana rugwira

WIC ifasha gute abavyeyi bonsa?

Ibiro vya WIC biha abavyeyi bonsa udupompo tw'ibere dukoresha canke tudakoresha n'umuyagankuba, ibifungurwa vyinshi kandi bitandukanya biri muri porogarama ya WIC, impanuro z'abahinga muvuyo kwonsa, n'ibindi!

Ni ibihe bifungurwa noronswa na WIC?

Ibifungurwa uronswa bihinduka bivanye n'imyaka, ingaburo ikenewe, n'urugero rw'ingaburo uruyoya rukeneye.

Ivyo bifungurwa bigizwe:

- Amata, amagi, iforomaje, ikivuguto
- Ivyamwa n'imboga
- Amavuta y'ibiyoba
- Umutohe
- Ibiyantete
- Ibiharage vyumutse
- Umutsima n'amata y'isoya
- Ifi zo mu bigopo
- Imikate y'intete, icapati, inkarange, umuceri urunguriye
- Ibifungurwa vy'abana
- Ibifungurwa vy'inzoya



Kugira umenye vyinshi, raba
kuri maine.gov/WIC