

# Barnaamijka Nafaqada WIC

Reeroo Maine May Ku Koraayana Fiyaawang WIC Ieta

## May eta WIC?

WIC may waa barnaamij nafaqy ilaaliyow oo lin ki talagali reeroo oo siyaaso:

- Ta'liinta Nafaqatha kaalmada
- Naasnuujhiyow ii hepednuujhiyow ii hunguri
- Baaris fiyaawaang ii gudbiyow
- Hunguri fiyaawaang le nithaam waltarka kaarka eWIC

## Ay warsydo kore WIC?

- Waalidiinta haamily, ariingno hananeyaa sy ii umuly.
- Dhaloo ii ilmoo jirang ilaa shan siny
- Dhaloo haayaa awshoo, awoowashoo, waalid koo korsadi, waalid li dhaladi ama qof owlaad usy ing dhalny masuul ku eh (ilaaliye)
- Qofkast ki nool Maine, oo ki jerang muhaajiriinta ki shaqeeyayang Maine.

## Sidi lin warsadaw:

Ku hel hafiiska degmydi oo ki yaalo [maine.gov/WIC](http://maine.gov/WIC) si balang in dhigato.

## Hoo su'aal qabto... WIC may kiin haytee jiwaab!

WIC may kiin haytee lataliyayaal nafaqo oo filkaa eh oo koo kaalmeeyayaan oo kiina hiriyaan adeegoo kaleet hoo lin baahado!

Dadky kasoo qeebgalaayan WIC ini soo buuyaawu tilmaamoo dakhly waana ahaadan dad halis inki jiraan nafaqathy.

Qofkast oo halaw SNAP, TANF, ama

MaineCare may si otomaatik eh in qalamee WIC, iithoo lin fiiriyaane dakhly.

Wal badan ka baro tilmaamoo dakhly ii halista nafaqo ki jerta [maine.gov/WIC](http://maine.gov/WIC).



Sawir ku qaad QR si kiinki hiriirido shaqaalee WIC ee kiin dhow waan dhiko balantaa unku horreyti.

## Intee ku hala kore wal badan oo ki saabsan Barnaamijka nafaqada Maine CDC WIC?

Inweer 1-80037-9300 ama 207-287-3991  
Booqo websaydkaano [maine.gov/WIC](http://maine.gov/WIC)



Hay'adan may waa adeeg biye fursadiyoo lin simanye.



# Hay'adoo Degmada ee Maine

## Barnaamijka Tallaabada Degmada Aroostook

U qidmeeyowa Degmada Aroostook  
Presque Isle 1-800-432-7881 ama 768-3026

## Fiyaawaanta Dadweynaga & Adeegyada Bulshada

In qidmooyowka Degmayaalka Piscataquis ii Penobscot  
Bangor 1-800-470-3769 ama 992-4570

## Qorshaga Reerka Maine

In qidmooyowka Degmayaalka Hancock ii Washington  
Ellsworth 1-800-492-5550 Calais 454-3634 Machias 255-8280

## Harunta Fiyaawaanta Guud ee Maine

In qidmadooyowka Degmayaalka Kennebec ii Somereset  
Augusta 626-6350 Waterville 861-3580 Skowhegan 1-888-942-6333

## Tallaabada Bulshada MidCoast Maine

In qidmooyowka Degmayaalka Knox, Lincoln, Sagadahoc ii Waldo  
Bath 1-800-221-2221 Belfast 338-1267 Rockland 594-4329

## Isbahaysadowka Fursadood

U qidmeeyowa Degmada Cumberland  
Portland 1-800-698-4959 Windham 553-5800

## Tallaabada Beesha Western Maine In

qidmooyowka Degmayaalka Franklin, Oxford ii Androscoggin  
East Wilton 1-800-645-9636 Auburn 1-877-512-8856

## Shirkada Tallaabada Bulshada Degmada York.

U qidmeeyowa Degmada York  
Sanford 1-800-965-5762 Biddeford 1-800-644-4202

## Faa'iidada naasnuujhiyowka ii Hopednuujhiyowka

- Min baahan diyaargarow gaar eh
- May sababa kortee inii minka shuuqho abbirkii marhoraataba lahaayi, may ku kaalmooyee waalidka naasnuujhiyaw inii ku nagado jirshee qaabkii uurka hordhaantiisba haayi.
- May ka hortaga kortee kaankarada naaska ii ukumo haayayaalka
- May iniski hireeye hiriirka waalidka ii ilmooshe

## See waalidiinta hanaaneeyaw ilmoo WIC in kaalmeeyaase?

Hafiidhee WIC ee degmada ku yaalin may siyaase waalidiinta ilmoosho hanaaneeyaw, bam ga'ameed naasoo laka maalaw, tirada inky wiin ii shal duwanaanta faa'idada huguryga ee baarnaamijka WIC, kabiirada taladiyoo ka kooyaaso CLCs/IBCLCs, iyo wang badan!

## Hungury noo'ma iye ka hala kore WIC?

Faa'iidooyinka hunguryga may ki sha duwan yiinaa de'y, baahida nafaqada, ii heerka dhinanka in quuthidaw.  
Faa'iidada hunguryga may iniski jery koree:

- Wang, Ukun, bur'ad, ii wang fidhy
- Mirrooley ii khudaar
- Loos shiidan ii burud
- Dhee'aan
- Bathar
- Dighir
- Enjehg/koobydaysan
- Tofu & wang geed
- Malay koobydaysan
- Rootiga oo laha abuurkiis in dhamaystiran, fal, Baasta ama bariis kafee ii ah.
- Hungury unug yer
- Wang dhinaanka



si in baratowal badan,  
siyaaro maine.gov/WIC