

BUOKRAAM EO AN
WIC ILO ARKANSAS

LAAJRAKIN ETAN MŌÑĀ KO EMŌJ KŌMELIM



Jejjet kutien Oktoba 1, 2021

Ñan bōk melele ko relablok, kebaak Opij eo an WIC ilo State ilo (501) 661-2508, 1-800-235-0002, jikin taktō eo am ilo jukjukinbed ñe ejab www.healthy.arkansas.gov/programs-services/topics/wic.

Jelā Kōbban Jāān eo Am

Wāween eo emmontata ñan lale mōttan jete kwōmaron wia kake ilo akkoun in jāān in WIC eo am ej ñan am jelā kōbban eo.

Wāween eo emmontata ñan jelā kōbban jāān eo am ej ñan **KEJBAROK RIJIT KO AM.**

Kōjerbal kaat in eWIC eo am:

- Ilo jikin kolla eo, kebooj kaat in eWIC eo am, im ba ñan cashier eo kwōj kōjerbal kaat in eWIC.
- Cashier eo enaj ba waj ñaat eo kwōn kadeloñ kaat in eWIC eo am ilolan kein riit kaat eo. Loor kōmelele ko jen cashier eo im kein riit kaat eo.
- Alikin an dedelok aer scan ae aoleb mweui ko, kein riit kaat eo enaj kajitok am kamooli mōñā in WIC ko mokta jen an kankan wonen WIC ko jen kōbban eo ilo kaat eo am.
- Kwōnaj loe rijit eo am enaj kwalok kōbban eo ilo jāān in mōñā in WIC eo am.
- Jabdewōt jāān in mōñā ko am ñan allōñ eo kiō ilo kaat eo enaj jemlok kutien ilo lukwonboñ in raan eo aliktata ilo allōñ eo.
- Kwōmaron bar lale kōbban eo ilo kaat in eWIC eo am ilo am download ae app eo My AR WIC.

Musick Grocery
EWÖR JUON MEN ÑAN AOLEB
1974 Grocery Avenue
Imōn Wia: 100

Ri-Cashier: Foreman
11/23/23 16:36:52

Kōbban Jāān eo ilo WIC EBT
Raan in Jinoo 11/01/2023

| | | |
|------|------------|--|
| 2 | PAUN | Jij 16 aunij -Aoleb Remelim |
| 1 | TÖJIN | Lep-Aoleb Remelim |
| 36 | AUNIJ | Jiriel-Aoleb Remelim |
| 1 | Bato Pakij | Peanut Bōta/Piin-Aoleb |
| 1 | PAUN | Whole Grains-Aoleb Remelim |
| 5.04 | \$\$\$\$\$ | Leen Wōjke im Bejetebōl |
| 5 | KUWAT | GERBER GOOD START Gentle pwd (paua) |
| 3 | KALLÖN | Lowfat/Nonfat Milik-Aoleb |
| 1 | CBL | Juice 64 aunij-Aoleb Remelim |

Mweui in WIC ko ñan Wia

11/23/23 04:36:52 Awa Raelap
PAN: xxxxxxxxxxxx7599
ID in KomadmD: 23

| | | |
|------|------------|--|
| 18 | Aunij | KIX Jiriel |
| 1 | PAUN | Blawe Sara Lee Whole Wheat |
| 0.5 | Paun | American Jij Ät eo an Imōn Wia-8 aunij |
| 1 | Töjin | Lep Killap |
| 1 | Kallön | Lowfat Milik Ät eo an Imōn Wia eo |
| 1.64 | \$\$\$\$\$ | Binana |
| 1.32 | \$\$\$\$\$ | Romaine |
| 2 | Kuwat ko | GERBER GOOD START Gentle pwd (paua) |

Kōbban Jāān eo ilo WIC
Raan in Jinoo 11/01/2023

| | | |
|------|------------|--|
| 1.5 | PAUN | Jij 16 aunij -Aoleb Remelim |
| 0 | TÖJIN | Lep-Aoleb Remelim |
| 18 | AUNIJ | Jiriel-Aoleb Remelim |
| 1 | Bato Pakij | Peanut Bōta/Piin-Aoleb |
| 0 | PAUN | Whole Grains-Aoleb Remelim |
| 2.08 | \$\$\$\$\$ | Leen Wōjke im Bejetebōl |
| 3 | KUWAT | GERBER GOOD START Gentle pwd (paua) |
| 2 | KALLÖN | Lowfat/Nonfat Milik-Aoleb |
| 1 | CBL | Juice 64 aunij-Aoleb Remelim |

Renaj Jemlok len Kōjerbal Jāān ko
ilo Lukwonboñ in 11/30/2023

WIC Kelet: 1 11/23/23 04:36:53 Awa Raelap
Trx: 23 len: 6 Imōn Wia: 100





App Store



my WIC App in Arkansas WIC Mobile



Google Play



Ewōr ñan download jen App Store im Google Play!
Bukōte ilo am kōjberbal *“My Arkansas WIC”*

Melele ko an app eo:

- Kōbban Jāān eo Ilo Tōrein
- Jāān ko ilo Jeklaj
- Kein Kabōk Mōñā
- Majej im Kōjella ko jen Burokraam eo an WIC
- Link eo ñan Katak ko kin Ōn
- Kein Lale Ebed la Imōn Wia ko



Wāween kadeloñ etam ñan lale Jāān ko alikin am download ae App eo:

- Kelet “Kein Jerbal ko kobban”.
- Iomwin Jikin Kadeloñ āt, kelet “Kadeloñ āt.” Elañe elōñ iaan ro ilo baamle, renaj aoleb bed ilo juon akkoun ilo ien kadeloñ āt.
- Likūt nomba in ID eo an Rimweo ewōr 8-nomba

- Likūt nomba ko 10 aliktata in Nomba in Kaat eo am.
- Likūt āt eo kwōkōnaan etan akkoun eo. Emaron etan baamle eo ak armij ro rej ebōk WIC.
- Kelet “Kadeloñ āt.”
- Ñe etōbrak am kadeloñ āt, enaj walok majej eo laajrak: Kwōmaron kiō kelet “Jāān ko” ñan lale jāān ko an Tōrre In im Jeklaj ñan Rimweo.
- Kwōmaron kadeloñ elōñ jen juon em ilo app eo.



Laajrakin melele ko jet rekoba ilo App eo:

- **Kein Kabōk Mōñā** - ej kōmelim am scan ae kakōlle in UPC ko, likūt kakōlle in UPC ko, im lale Laajrakin Etan Mōñā ko Remelim ibben WIC.
- **Majej ko** - Juon Kein Kōkememej Kōbban Jāān renaj jilkinwaj ilo ien ebojak in maat raan ko an jāān ko.
- **Ōn** - Ej kobalok ñan www.arwiconline.org ñan Katak ko kin Ōn.
- **Kein Lale Ebed la Imōn Wia ko** - ej lewaj Etan, Atorej, Nomba in Talebon, im Kōmelele ko ñan am Etal ñan imōn wia ko rej ebōk Arkansas WIC.

Milik in Ninnin Elōñlok Ta eo Niñniñ ko rej Aikuji

Milik in Ninnin



**JINEN
KÖMMAN**

Ej Bōnōbōn Aoleb Aunij

Ebidodo kaninnin!

Aoleb ien ebojak, ejab
aikuj bato ak karre.

Ewōr an jinen ajiri ro maron
in kaninnini ajiri ro nejeir
jabdewōt ien, jabdewōt jikin.
Ej kakien eo an Arkansas.

Formula

**Ejab ilo aoleb
formula ko*



**JIKIN
KÖMADMÖD
EO ELAB
KÖMMAN**

**Mama im niñniñ
ro nejeir rej ninnin
wōt ibben
jineir renaj böke
LABLOK
ilo jāän in mōñā.**

Ewōr an Arkansas WIC Armij ro remaron Jibañ ikijen Kaninnin im Koonjelor ro rej Joñan Wōt kwe im rej bar Kaninnin ñan aer lewaj jibañ ikijen kaninnin ilo an ejellok wonnen WIC emaron jibañ kin jabdewōt kajitök ak abnōnō ko ibbam.

Nōmba in Jibañ kin Kaninnin 1-800-445-6175
www.facebook.com/arwicbreastfeeding



Mōñā ko Kijen Niñniñ

ÄT
KEIN
WÖT



Leen wōjke & Bejetebōl ko ñan Niñniñ

Ñan ninnin ro 6 ñan 11 allōñ

Nien ko rej 4 aunij

 =  = **2** 4 AUNIJ
NIEN KO
8 AUNIJ

Ejab aaleb imōn wia ko emaron wōr mōñā/ät ko emōj an WIC kōmelim.



EMELIM

- Regular, Natural, ak Organic
- Mōñā ko an Stage 2 ak 2nd
- Bato kilaaj ak tab bulajtik ko, kajojo ak pakij ko
- Jabdewōt oktak ko jen juon leen wōjke ak bejetebōl
- Jabdewōt oktak ko jen karre in leen wōjke im/ak bejetebōl ko
- Pakij ko roktak iloan nien ko rej 4 aunij

✘ EJAB MELIM

- Ekoba jirial, bilawe, ak makmök
- Ekoba jalele, jukwa, jool, ak DHA
- Kōmaolal (waan joñak: karre in juice in leen wōjke, pudding, ak cobbler)
- Mōñā in Jota ko
- Pakij in ekeen ko
- Karre in Yogurt

Jalele Kijen Niñniñ

An Niñniñ ko Wōt rej Ninnin ibben Jineir im ewōr 6 ñan 11 aer allōñ, im rejab ebök formula jen WIC

2.5 aunij nien ko

EMELIM

- Regular ak Organic
- Stage 1 ak 2
- Bato kilaaj **WÖT**
- Oktak in jalele ko rejenolok ewōr broth ak kuraebe
- Pakij ko roktak ewōr 2.5 aunij nien ko



✘ EJAB MELIM

- Ekoba jukwa, jool, ak DHA
- Ekoba leen wōjke, bejetebōl ko, raj, ak pasta (waan joñak: mōñā in jota, casserole ko, juub ak taktake)
- Mōttan jalele ko redik

Mōñā ko Kijen Niñniñ

Jirial kijen Niñniñ

Nān niñniñ ro 6 ñan 11 allōñ

8 aunij ak 16 aunij nien ko jirial mōrā ko kijen niñniñ.

EMELIM



- Regular ak Organic
- Stage 1 ak 2
- Kelet jen: Raji, Barley, Oatmeal, MultiGrain, ak Whole Wheat



✖ EJAB MELIM

- Jirial ewōr leen wōjke, formula, ak DHA/ARA ilowaan
- Elab protein ak karre ko jet emōj kakobaba

Formula Limen Niñniñ

Kain im joñan eo emōj laajrak ilo jāān eo jen WIC. Ejellok jañij ak binej jenkwan ko.

✖ EJAB MELIM

- Formula eo edik aen ak jabdewōt āt eo ejab laajrak etan ilo jāān eo an WIC

Dairy (Milik im kain kein)

JIJ

Āt eo ediktata wonnen ewōr ilo ien wia im edeloñ ilo oktak ko emōj kelet

8 aunij ak 16 aunij pakij

EMELIM

- American (ialo wōt), Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster, Provolone, ak Swiss
- Bulak likiio, shredded, sliced, ak string cheese



✖ EJAB MELIM

- Mōñā ko ewōr jij kobban, kein karre, ak kein kaajeeded ko
- Jij ekoba jalele, pepa, pimento ko, ine ko, im bar juon
- Cubed, grated, crumbles, curds, ak annañ
- Mwijmwij jen jikin Deli
- Mozzarella kāāl
- Koot, farmer, ak soy
- Itok jen Aelon ko Ilikin
- Jij ko ejenolok an kajojo lemlem (kajojo)
- Mōñā in jij ko emōj kōmadmōd (waan joñak: Velveeta)
- Milik amej ak kōmat kin baat

Dairy (Milik im kain kein)

MILIK

Ät eo ediktata wonnen ewōr ilo ien wia eo
Kallōn, jimettan kallōn, ak nien ko rej Quart

EMELIM

- Ejjelok kirij, Nonfat, ak Skim milik
- Edik kirij, Diklok an Kakilebleb, ak 1% milik
- Edik kirij ak Skim bōta milik
- Ejjelok lactose milik (1% ak skim)
- Evaporated milik (fat free ak skim)
- Milik pauda (nonfat mōrā) nien eo ej 25.6 aunij

EMELIM WŌT ÑE EBED ILO JĀĀN IN WIC EO A M

- Whole milik
- Ejjelok lactose whole milik
- Evaporated milik (whole kirij)
- Ediklok kirij milik (2%)
- Ejjelok lactose ediklokkirij milik (2%)

1 Kuwat + 1 Kuwat + 1 Kuwat + 1 Kuwat + 1 Kuwat = 1 Kallōn

1 Quart + 1 Quart = 1/2 Kallōn

1 Quart + 1 Quart + 1 Quart + 1 Quart = 1 Kallōn

1 Bok
Nonfat
Milik
Pauda
= 2 Kallōn

* EJAB MELIM

- Bulgarian bōta milik
- Calcium-fortified milik
- Ewōr neman milik (waan joñak: jokleej)
- Milik in goat
- Milik elab protein
- Ejjelok-dairy
- Milik jen nut ak grain (waan joñak: almond, waini, ak rajij)
- Sweetened-condensed
- Tetra-Pack ak Tetra-Brik
- Unhomogenized
- Vitamite



DĀN IN IDAAK KŌMMAN JEN SOY

Jimettan Kallōn ak nien ko rej Quart

EMELIM

- 8th Continent – Original im Vanilla
- Pacific – Original
- Silk – Original
- An Imōn Wia eo – Original

AJIRI RO 2 AER IIŌ IM RŪTTOLOK IM KORA

* EJAB MELIM

- Neman ko jet



Dairy (Milik im kain kein)

YOGURT

32 aunij nien, jabdewöt otkak
4 aunij 4-möttan (32 aunij aoleben joñan), jabdewöt otkak
Emelim ñe ebed ilo jään in WIC eo am

AJIRI RO 1 AER IIÖ
Whole milik/Whole fat Yogurt ko

**AJIRI RO 2 AER IIÖ IM RÜTTOLOK
IM KORA**
Yoghurt ko Edik kirij im Ejjelok kirij

EMELIM

- Plain, Greek, ak Ewör Neman ko



32 aunij

AK



2 - 16 aunij pakij

* EJAB MELIM

- French style ak Soy
- Riabin jukwa ko (waan joñak ko: aspartame, saccharine, ak sucralose)
- Ewör leen wōjke kabin
- Kein karre ko kwōj make karre (waan joñak: lole, granola, ak nut ko)
- Yogurt ilo bato (ñan idaak), tube ak pakij ko

Protein

LEP

Ät eo ediktata wonnen ewör ilo ien wia eo
Nien ko rej tōjin **WÖT**

EMELIM

- Jabdewöt joñan lep
- Mouj **WÖT**

* EJAB MELIM

- Burawun
- Rejab kar bed ilo oror ak rekkar anemkwōj ilo aer maron ito tak
- Emaron Neji llowaan
- Omega-3 ak ewör koba in vitamin ak mineral ko (waan joñak: Eggländ's Best)



Protein

EK

ÑAN KORA RO REJ KANINNIN WŌT

- Kuwat ak Pakij
 - Emaron wōr di im kil kobban
- Jabdewōt kakobaba in kain ek **ejab lablok jen** joñan aunij eo ilo jāān eo an WIC

EMELIM

Jabdewōt āt, kelet jen:

- Ilo aeboj ak woil
- Mōttan Bwebwe eo Ediiklok an Kakilebleb
- Mackerel (pāti ak tōū)
- Salmon Pink
- Jatiin (jabdewōt neman)

* EJAB MELIM

- Bwebwe Albacore ak attiti
- Ittin Bwebwe
- Mōttan pakij ak kein kōmman mōñā in raelap
- Bwebwe kein kaajeeded
- Bwebwe ewōr herb, neman ko, seasoning, ak jabdewōt mōttan ko rar karre ilon
- Ek blueback, chum, būrōrō, ak salmon eo ewōr neman
- Wūdin salmon prime ak attiti



Waan Joñak in Kakobaba in Ek ko:

Kelet juon kakobaba eo ejab lablok jen 30 aunij.

jiljino 5 aunij kuwat lalem 6 aunij kuwat ruo 14.75 aunij kuwat ko juon 12 aunij kuwat & jiljino 2.6 aunij pakij

| | | | | | | |
|---------|---------|-----------|---------|-------------|-------------|----------|
| 5 aunij | 5 aunij | 6 aunij | 6 aunij | 14.75 aunij | 14.75 aunij | 12 aunij |
| 5 aunij | 5 aunij | = 6 aunij | | = | = | = |
| 5 aunij | 5 aunij | 6 aunij | 6 aunij | | | |

joñoul juon 2.6 aunij pakij emen 3.75 aunij kuwat ko & juon 15 aunij kuwat

| | | | | | | | | | | | | | |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------|------------|------------|------------|----------|-----------------|-----------------|-----------------|
| 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | 3.75 aunij | 3.75 aunij | 3.75 aunij | 3.75 aunij | 15 aunij | 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij |
| 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | 2.6 aunij pakij | = | = | = | = | = | = | = | = |

Protein

Kelet ko ñan Piin im Peanut Bōta:



AK

16 aunij (1 paun)
legume/piin mōrā ko



14-16 aunij
kuwat in piin

AK



1 bato,
16-18 aunij
peanut bōta

PIIN, LENTIL, im PEA ko (LEGUMES)

MŌRĀ

16 aunij ak 32 aunij pakij



MELIMMŌRĀ

- Jabdewōt āt, jabdewōt piin
- Plain, ukood, ejellok karre

* EJAB MELIM MŌRĀ

- Piin ko ewōr neman ak ewōr pakij in seasoning
- Mixed piin
- Snap piin
- Sweet peas
- Wax piin
- Yellow piin

KUWAT

Āt eo ediktata wonnen ewōr ilo ien wia im edeloñ ilo oktak ko emōj kelet

Ewōr ak ejellok jool ekkar koba

14-16 aunij kuwat

EMELIMKUWAT

Oktak ko:

- Jabdewōt āt, jabdewōt piin



* EJAB MELIMKUWAT

- Baked piin
- Chili piin
- Green piin
- Green/Sweet peas
- Pigeon peas
- Snap piin
- Wax piin
- Yellow piin
- Emōj karre, ewōr neman, ak ekoba jalele

Protein

PEANUT BÖTA

16-18 aunij bato



EMELIM

- Jabdewöt ät
- Smooth, creamy, crunchy, ak extra crunchy
- Regular, reduced-fat, ak natural

✕ EJAB MELIM

- Nut böta ko jet
- Peanut kein kaajeeded
- Ewör DHA ak Omega-3
- Kakobaba ak whipped (waan joñak: karre kin jokleej, honey, jelly, marshmallow, ak neman ko jet)

Whole Grain ko



Kelet ko ñan whole grain ko rej: Raj Burawun, Oats, Pasta, Whole Wheat ak Corn Tortilla, Bilawe Whole Wheat ak Whole Grain.

Jabdewöt kakobaba in joñan nien ko, rejab lablok jen joñan **aunij** ak **paun** ilo jään eo jen WIC

WAAN JOÑAK IN KAKOBABA IN WHOLE GRAIN KO:

8 aunij Tortilla ko + 8 aunij Pasta = 1 paun

16 aunij Bilawe = 1 paun

14 aunij Raj = 1 paun

8 aunij Pasta + 24 aunij Bilawe = 2 paun

12 aunij Pasta + 20 aunij Bilawe = 2 paun

16 aunij Tortilla ko + 14 aunij Raj = 2 paun

18 aunij Oat ko + 12 aunij Pasta = 2 paun

Whole Grain ko

BILAWE

16-24 aunij pakij

EMELIM

- Jabdewöt ät
- 100% Whole Wheat
- 100% Whole Grain



✖ EJAB MELIM

- Bilawe jen bakery
- Bagels, buns, rolls, ak English muffins
- Bilawe aij bok ak kwōj
- Whole grain mouj

TORTILLA KO

8-32 aunij pakij

EMELIM

- Jabdewöt ät
- Koon lalo ak Mouj
- 100% Whole Wheat



✖ EJAB MELIM

- Herb ak ewör neman
- Tortilla wrap ko



PASTA

8-32 aunij pakij

EMELIM

- Jabdewöt ät
- 100% Whole Wheat
- 100% Whole Grain

✖ EJAB MELIM

- Ekoba jukwa, kirij, woil, jool, ak karre
- Pasta kōmman jen rajj, quinoa, flax, koon, ak bejeteböil ko



Whole Grain ko

OAT KO

16-32 aunij pakij

Oat kein rej juon kelet in whole grain, **EJAB** juon kelet in jirial.

EMELIM

- Jabdewöt ät
- Quick ak Old Fashioned



Whole grains rej juon mōñā eo emmon joñan Folate (Folic Acid), im ej kadiklok uwōta ñan jorrāñ im nañinmij ko rej walok ibben niñniñ ko rej lotak.

RAIJ BURAWUN

14-16 aunij pakij (1 paun)

28-32 aunij pakij (2 paun)



EMELIM

- Jabdewöt ät
- Raij burawun ejellok karre, amej
- Regular, instant, quick, ak boil ilo pakij

* EJAB MELIM

- Ekoba piin, herb, ak seasoning ko
- Kileb, tab ko, ak pakij ko rej microwave
- Raij ko ewōr neman, karre ko ilo raij, ak raij wild
- Raij burawun aij bok

Jirial

Jabdewöt kakobaba in jirial ko laajrak eban lablok jen
aunij ko ilo jään eo jen WIC.

Ejab aoleb imön wia ko enaj wör möñä/fät ko emöj an WIC kōmelim.

JIRIAL KO REJAB KÖMAT

12-36 aunij pakij **WÖT**

GENERAL MILLS



Chex (Corn, Raji, Wheat, Blueberry, ak Cinnamon)



Cheerios
(Multigrain ak Plain)

Kix (Berry, Honey,
ak Plain)

Total Whole
Grain Wheat

KELLOGG'S



Corn Flake ko

Rice Krispies
(Original)

Frosted Mini Wheats
Original (Bite Size ak
Little Bites)

Special K (Binana,
Honey Almond, Original,
ak Original Multi-Grain)

Jirial

MOM'S (MALT-O-MEAL)



Crispy Raij



Mini Spooners
(Frosted ak
Strawberry Cream)



Oat Blenders
(ewör Honey ak
ewör Almonds)

POST



Grape-Nut
Flakes



Grape-Nuts



Honey Bunches of Oats
(Honey Roasted, Vanilla,
ak ewör Almonds)

QUAKER



Life (Original)



Oatmeal Squares
(Jidik Burawun Jukwa, Cinnamon,
Golden Maple, ak Honey Nut)

Wāween Ebök 36 aunij in Jirial

Aunij ko ren jab lablok
jen aoleben joñan aunij
ko ilo jibañ eo jen WIC

$$\begin{array}{r} 11.8 \text{ aunij} \\ 12 \text{ aunij} \\ 12 \text{ aunij} \\ \hline = 35.8 \end{array}$$

$$\begin{array}{r} 36 \text{ aunij} \\ \hline = 36 \end{array} \quad \begin{array}{r} 18 \text{ aunij} \\ 18 \text{ aunij} \\ \hline = 36 \end{array}$$

Jirial

JIRIAL KO ÑAN KŌMAT

11.8-36 aunij pakij **WŌT**

B & G FOODS



Cream of Wheat
Original (Instant,
1-minit, ak 2½ minit)



Cream of Wheat
Whole Grain
2½ minit



Cream of Rice

MOM'S (MALT-O-MEAL)



Quick Cooking Hot Wheat Jirial
(Original, Jokleej, ak Coco Wheats)

JIM DANDY



Quick ak Original Grits

QUAKER



Instant Oatmeal
(Neman eo original **WŌT** –
pakij jidik ko rejenolok)



Instant Grits (Neman eo ej original
WŌT – kajojo mōttan pakij ko,
quick, ak regular)

Quaker **kajojo mōttan pakij ko** in instant oatmeal ej juon kelet in jirial,
EJAB juon kelet in whole grain.

Leen Wōjke im Bejetebōl

Jibañ eo an Joñan Jāān (Cash Value Benefit ak CVB) ej ñan via leen wōjke im bejetebōl kāāl, kwōj, ak kuwat.

Mennin via ko remaron lablok jen joñan jāān eo ilo CVB eo, bōtab kwōj aikuj kollaiki oktak eo.

Kelet Jabdewōt Āt

KĀĀL AK KWŌJ

EMELIM

- Regular ak Organic
- Jabdewōt āt, oktak ko relōñ, ak joñan



- Karre in salad ko
- Emaron likiio, mwijmwij, mwijmwij iloan pakij ak pakij kadede

* EJAB MELIM

- Emōj koba kirij, woil, jukwa, syrup, riabin jukwa, jalele, pasta, raj, ak grain ko jet
- Herb kāāl ak mōrā im spice ko (waan joñak: cilantro, mint, ak parsley)
- Bajket in leen wōjke ko, turae/platter in pade ko ewōr dressing/dip ko, ak baar in salad
- Nut, karre in leen wōjke im nut ko, leen wōjke im bejetebōl ko emōrā
- Leen wōjke ak bejetebōl ko kein alwōj ak kainōknōk (waan joñak: pepa chili ko, garlic ilo to, iōraj ak panke ko emōj wūno)
- Kein kōmman salad ewōr dān in karre ak mōñā ko jet emōj koba
- Ewōr bilawe, cream, sauce, ak seasoning ko rejenolok

KUWAT, BATO KILAAJ, IM NIEN KO REJ BULAJTIK

EMELIM

- Regular ak Organic
- Jabdewōt āt, oktak ko relōñ, ak joñan
- Kuwat in leen wōjke aikuj wōr wōt leen wōjke kobbaer, karre iloan aeboj ak juice in leen wōjke, im remaron kajojo kab in leen wōjke ko
- Kuwat in bejetebōl ko aikuj wōr wōt bejetebōl kobban, emaron wōr ak ejellok jool, im emaron koba kein karre einwōt herb, seasonings, ak spice ko
- Applesauce ejab koba jukwa im applesauce/karre in leen wōjke ko ejab koba jukwa
- Tomato sauce, tomato paste, tomato likiio ko, tomato opene ko, ak tomato mwijmwij ko
- Kuwat in piin im peas einwōt peas kuriin ko, piin kuriin ko, wax piin ko, snap piin ko, im snap peas ko

* EJAB MELIM

- Emōj koba kirij, woil, jukwa, syrup, riabin jukwa, jalele, pasta, raj, ak grain ko jet
- Leen wōjke ewōr kakobaba in jukwa ak jool
- Karre in bejetebōl ewōr legumes/piin ko
- Bejetebōl ko emōj pikōl (waan joñak: pikōl, olives, sauerkraut, binana pepa)
- Bejetebōl ko emōj aer cream (waan joñak: corn ko emōj cream ak spinach ko emōj cream)
- Salsa ak Ketchup

Piin kuwat ko rej kelet in legumes/pin ko im rejab kankan jen CVB eo am.

Juice ko

Ejab aoleb imōn wia ko enaj wōr mōñā/āt ko emōj an WIC kōmelim.

Āt eo ediktata wonnen ilo ien wia

Ejmour
Ikkij

Juice: emmon ke nana? Joñan ko redik kin juice in WIC emmon ñan ebōk Vitamin C. Ajiri ro rediklok jen 5 aer iio rejab aikuj idaa lablok jen 4 aunij in juice ilo juon raan.

EMELIM

- Jabdewōt āt
- 100% Juice in Leen Wōjke
- 100% Tomato ak Bejetebōl Juice
- Ekoba calcium

✖ EJAB MELIM

- Ekoba jukwa ak fiber
- Karre in Leen Wōjke im Bejetebōl
- Bato kilaj ko
- Juice ko limen niñiñ
- Juice cocktail ko
- Juice in idaa in leen wōjke ko ewōr neman, sports drink ko, ak ades

JUICE KO LIMEN AJIRI

Jabdewōt kabobo in neman ko rej bed iloan 64 aunij in juice 100% kajur eo an. Emaron kelet juice ko rejab kamololo ak rej aij pok.



64 aunij
Bato Bulajtik



64 aunij
Katin

JUICE KO ÑAN KORA

Jabdewōt kakobaba in neman ko juice kwōj eo ekajur ak juon eo ejenolok 100% juice.



11-12
aunij Kwōj



46-48 aunij
Kuwat



46-48 aunij
Bato Bulajtik

Armij eo Emōj Kōmelim an Jutak ilo Etan

Nomba eo an Rimweo

Etan

ID Nomba eo jen State

Etan

ID Nomba eo jen State

Etan

ID Nomba eo jen State

Etan

ID Nomba eo jen State

Etan

ID Nomba eo jen State

Ien Taktō/Kein Kōkememej:



**Melele kin Jikin
Taktō ilo Jukjukinbed:**

Ilo ad loor kakien ko an Federal kin maron ko an armij im mennin aikuj im kakien ko kin maron ko an armij ibben Ra eo an Jikin Atake (USDA) an Amedka, USDA eo. Opij ko rej Kōmadmōd ikijen, opij ko im rijerbal ro, im jikin ko rej bōk kwōnaer ilo ak lelok burokraam ko an USDA, emo aer lelok mantin kalijeklok ñan jabdewōt kin an armij rria, kalor in kil, lal eo rar ejaak jene, elañe leddik ak laddik, joñan iō, mantin ukōt nana kin juon makūtüküt kin maron ko an armij ilo jabdewōt burokraam ak makūtüküt USDA ej kollaiki.

Armij ro ewōr aer utamwe im rej aikuj wāween ko jet ñan bōk melele ko jen burokraam (waan jonak, Braille, jeje killeb, teep in roñjak, Kajin Kakōlle eo an Amedka, bar juon), rej aikuj kebaak Opij eo (State ak jukjukinbed) ilo jikin eo rekkar kateruru ñan jibañ. Kajojo armij ro rejaroñroñ, ebin aer roñjak, ak ewōr aer utamwe ilo kenono remaron kebaak USDA ilo Kein Jibañ eo an ro Rejaroñroñ, Pilo, ak Rejab Kenono ilo (800) 877-8339. Im bareinwōt, melele ko kin burokraam eo remaron lewaj ilo kajin ko jet roktak jen kajin Pälle.

Ñan bael ae juon abnōñ in kalijeklok ibben burokraam eo, kadedelok Peba in Abnōñ kin Kalijeklok ibben Burokraam eo an USDA, (AD-3027) kwōmaron loe online ilo: http://www.ascr.usda.gov/complaint_filing_cust.html, im ilo jabdewōt opij an USDA, ñe ejab jeiki lok juon letā ej ator ej ñan USDA im lelok ilo leta eo aoleb melele ko emōj kajitoki ilo peba eo. Ñan kajitōke juon kabe in peba in abnōñ in, kall ae (866) 632-9992. Lelok peba ak letā eo emōj am kadedelok ñan USDA ilo:

(1) mael: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; ak(3) email: program.intake@usda.gov.

Jikin in ejab kalijeklok ilo wāween an lewaj jibañ.

