



*Qof kasta ayaa Wax Ka
iibsan Kara Suuqa
Beerelayda!*

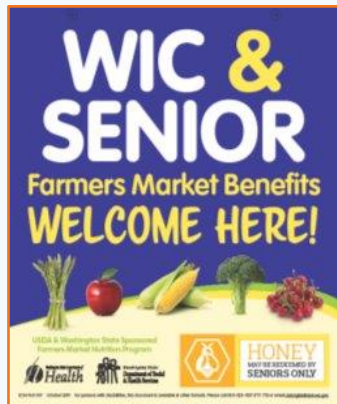
Adigoo isticmaalaya Suuqa Beeralayda iyo
Dheefahaaga Miraha iyo Khudaarta Billaha Ah
Kagana Dukaameysanaya Suuqyada
Beeralayda iyo Bakhaarada Beeraha

Dulmar Degdeg Ah: Laba Nooc oo ah Dheefaha Miraha iyo Khudaarta WIC



Nooca Gunnada	Goorta la Isticmaalayo	Halka lagu Isticmaalayo
Dheefaha Miraha iyo Khudaarta ee Bilaha Ah	<ul style="list-style-type: none"> • Inta u dhaxaysa "Taariikhda u horreysa ee la isticmaalayo" iyo "Taariikhda u dambaysa ee la isticmaalayo". • Sanadka oo dhan ayaa laga isticmaali karaa suuq kasta oo beeralayda ama dukaanka beeraha ah oo la ogolyahay. 	<ul style="list-style-type: none"> • Dukaannada cuntada • Dukaanka farmashiyaha Walgreens • Suuqa Beeraleyda iyo Dukaamada Beerta ee La Oggol Yahay
Gunnooyinka Suuqa Beeralayda	Juun 1 – Oktoobar 31.	<ul style="list-style-type: none"> • Suuqa Beeraleyda iyo Dukaamada Beerta ee La Oggol Yahay

Dulmar Degdeg Ah: Laba Nooc oo ah Dheefaha Miraha iyo Khudaarta WIC



Nooca Gunnada	Inta La Qaato	Inta Jeer ee La Qaato
Dheefaha Miraha iyo Khudaarta ee Bilaha Ah	Haweenka Xaamilada ah- \$47 Haweenka Naas-nuujinaya- \$52 Umusha- \$47 Dhallaanka 9-11 billood- \$4-8 Carruurta- \$26	Loo bixiyaa bille.
Gunnooyinka Suuqa Beeralayda	\$30 kaqeybqaate kasta oo uqalma Ugu badnaan \$90 qoyskiiba	Halmar la bixiyaa xilliga suuqa beeralayda.


Kaga Dukaameysiga WIC ee Suuqa Beeralayda iyo Bakhaarada Beeraha

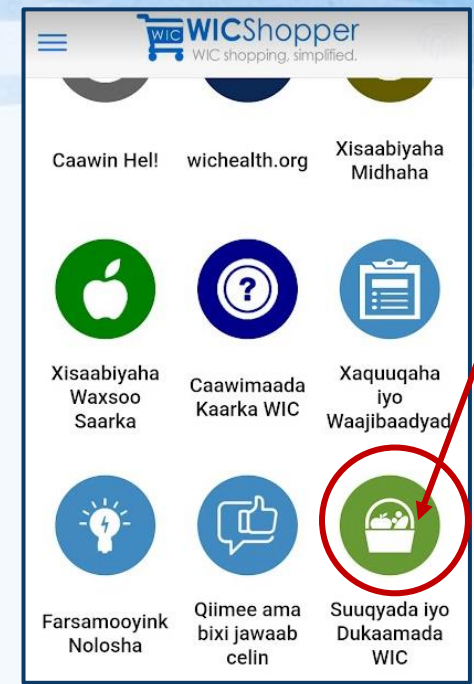
- Sida loogu diyaargarobo:
 - Halka aad wax ka iibsanaayo
 - Sida loo helo koodhkaaga QR-ka
 - Waxa la iibsanaayo iyo inta aad heli karto
 - Sida dheefahaaga loogu isticmaalo suuqyada beeraleeyda iyo dukaannada beeraha
 - Goorta aad isticmaalayso dheefahaaga
 - Sida caawimaad loo helo



Ogoow Meesha wax Laga libsado

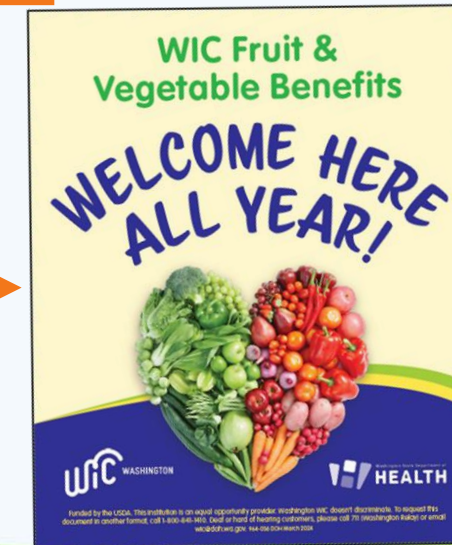
1. Hel suuqa beeralayda iyo dukaamada beerta ee la oggol yahay:

- Gudaha Ablikeeshinka WICShopper  adiga oo gujinaya badhanka WIC Stores & Markets (Dukaamada & Suuqyada WIC).
- Adiga oo eegaya websaydka suuqa beeralayda (wicfmnp.com) si aad uga hesho liiska Bariga iyo Galbeedka Washington.



2. Raadi calaamadahaan si aad u hesho beeralayda la oggol yahay ee aqbali kara suuqa beeralayda iyo dheefaha miraha iyo khudaarta billaha ah:

- WIC & Senior Farmers Market Benefits WELCOME HERE! (Dheefaha Suuqa Beeralayda ee WIC & Waayeelka HALKAN KU SOO DHAWAADA!)
- WIC Fruit & Vegetable Benefits WELCOME HERE ALL YEAR! (Dheefaha Miraha & Khudaarta WIC HALKAN KU SOO DHAWAADA SANADKA OO DHAN!)



Beeralaydaan waxay bixiyaan miro, khudaar iyo dhir cusub, oo ka soo go'ay gudaha Washington ama degmooyinka xadka ku yaala ee Oregon iyo Idaho.

Ogow Sida Loo Helo Koodhkaaga QR-ka

Siyaabo badan ku hel oo ku keydi sawirka QR koodhkaaga WIC si aad u xaqiijiso in aad haysato marka ay tahay wakhtiga aad ku dukaameysanayso:

- Ablikeeshinka WICShopper
 - Kaarkaaga WIC ka diiwaangeli ablikeeshinka
 - Isticmaal badhanka koodhka QR-ka
- Kaarka WIC
 - Rugtaada WIC ayaa hayn doonta kaararka WIC oo leh sawirka QR oo daabacan
- Weydii shaqaalahaaga WIC
 - Shaqaalaha ayaa kaa caawin kara in aad hesho koobiga sawirka QR koodhkaaga
 - Sawirka QR koodhkaagaaga ku keydso taleefankaaga



Ogoow Inta Aad Kharash Garayn Karto

- Kaqeybgale kasta oo u qalma waxa uu helayaa \$30 oo ah **Dheefaha Suuqa Beeralayda** iyadoo ugu badnaan 3 qof ay kaqeybqaadan karaan qoyskiiba (\$90 ugu badnaan).
- **Dheefaha Miraha iyo Khudaarta ee Billaha Ah** ayaa kala duwan iyada oo ay ku xiran tahay haddii kaqeybgaluhu yahay:
 - Haweenka Xaamilada ah- \$47
 - Haweenka Naas-nuujinaya- \$52
 - Umusha- \$47
 - Dhallaan 9-11 bilood- \$4-8
 - Canug- \$26
- Fiiri Ablikeeshinka WIC Shopper hoosta “My Benefits (Dheefahayga)” si aad u aragto inta dheefaha miraha iyo khudaarta ee la heli karo.



Ogoow Waxa Aad Iibsanayso

- Isticmaal dheefahaaga suuqa beeralayda iyo dheefahaaga miraha & khudaarta si aad wax soosaar gudaha lagu soosaaray uga hesho suuqyada beeralayda iyo dukaamada beeraha.
- Dooro:
 - Miro cusub
 - Khudaar cusub
 - Dhirta la jarjaray oo cusub



Ogoow Waxa Aad Iibsanaayo

Ka Hel Kalandarka Miraha
iyo khudaarta

Xilliyeedyada ah dhabarka

Buugyaraha Sida Loo

Adeegsado Sawirka QR-ka

Koodhkaaga WIC.

KALAANDARKA MIRAHA IYO KHUDAARTA XILIGA GAARKA AH BAXA

Janaayo

Khuddaarta: Betaraati (beetroot), Digir Cagaar, Koosto, Basal-baar, Basal, Bataati, Bocor

Miraha: Midna kuwa xiliyeedka

Daawo dhaqameedka: Reexaan, Roos-meeri

Maayo

Khuddaarta: Asparagus, Betaati, Kabsar, Bataati, Goosto, Zucchini

Miraha: Istarowbeeri

Daawo dhaqameedka: Kabsar-caleen, Roos-meeri

Sibteembar

Khuddaarta: Betaati, Barakooli, Kaarood, Gabal, Basal, Koosto, Leeks, Kabsar, Basal, Bataati, Bocor, Koosto, Zucchini

Miraha: Tufaaxda, Buluu beeriga, Geed malabka, Tiinka, Pears

Daawo dhaqameedka: Basil, Kabsar-caleen, Reexaan, Roos-meeri

Febraayo

Khuddaarta: Betaraati (beetroot), Digir Cagaaran, Koosto, Basal-baar, Basal, Baradhada

Miraha: Midna kuwa xiliyeedka

Daawo dhaqameedka: Roos-meeri

Juun

Khuddaarta: Asparagus, Betaati, Barakooli, Kaarood, Ansalaato, Basal, Koosto, Zucchini

Miraha: Jeeriga, Geed malabeedka, Tiinka, Rasbeeriga, Istarowbeeriga

Daawo dhaqameedka: Cilantro, Roos-meeri

Oktoobar

Khuddaarta: Betaati, Barakooli, Digir cagaar, Kaarood, Gabal, Basal, Koosto, Leeks, Ansalaato, Basal, Bataati, Bocor, Koosto, Boqashaaga Qaboobaha, Yams

Miraha: Tufaaxda, Pears

Daawo dhaqameedka: Kabsar-caleen, Reexaan, Roos-meeri

Maarso

Khuddaarta: Asparagus, Betaraati, Digir Cagaar, Koosto, Basal-baar, Basal, Bataati

Miraha: Midna kuwa xiliyeedka

Daawo dhaqameedka: Roos-meeri

Luuliyo

Khuddaarta: Betaati, Barakooli, Kaarood, Gabal, Basal, Koosto, Zucchini

Miraha: Buluu beeri, Geed malabeedka, Tiinka, Rasbeeriga, Istarowbeeriga

Daawo dhaqameedka: Basil, Kabsar-caleen, Reexaan, Roos-meeri

Nufeembar

Khuddaarta: Betaati, Barakooli, Digir cagaar, Gabal, Basal, Koosto, Leeks, Ansalaato, Basal, Bataati, Bocor, Koosto, Boqashaaga Qaboobaha, Yams

Miraha: Tufaaxda, Pears

Daawo dhaqameedka: Kabsar-caleen, Reexaan, Roos-meeri

Abril

Khuddaarta: Asparagus, Betaati, Kale, Leeks, Bataati, Koosto

Miraha: Midna kuwa xiliyeedka

Daawo dhaqameedka: Roos-meeri

Agoosto

Khuddaarta: Betaati, Barakooli, Kaarood, Gabal, Basal, Bataati, Koosto, Zucchini

Miraha: Tufaaxda, Buluu beeri, Geed malabeedka, Tiinka, Rasbeeriga, Istarowbeeriga

Daawo dhaqameedka: Basil, Kabsar-caleen, Reexaan, Roos-meeri

Diseembar

Khuddaarta: Betaati, Barakooli, Digir cagaar, Basal, Koosto, Leeks, Basal, Bataati, Koosto, Boqashaaga Qaboobaha, Yams

Miraha: Midna kuwa xiliyeedka

Daawo dhaqameedka: Reexaan, Roos-meeri

Ogow Waxa Aan Lagu Iibsanayn

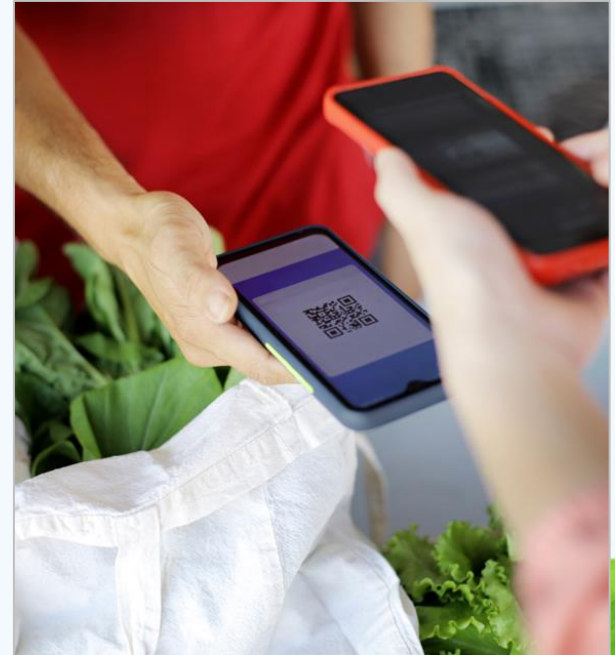
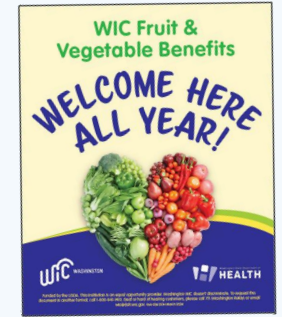
Dheefahaaga suuqa beeralayda iyo miraha iyo khudaarta billaha ah **loom** isticmaali karo in lagu iibsado waxyaabaha soo socdo:

Malab	Cuntada badda
Miraha la qalajiyay	Lawska ama abuurka
Khudaarta la qalajiyay	Macmacaanka
Ukunta	Ubaxyada
Caanaha	Geedaha dheriga lagu aburo
Hilibka	Alaabaha la dubay
Cuntada diyaarsan	Geedaha la qalajiyay

Ogoow Sida Dheefahaaga Loogu Isticmaalo Suuqyada Beeraleeyda iyo Dukaannada Beeraha

- Suuqa uqaado sawirka QR koodhkaaga.
- Marka aad joogto suuqa beeralayda ama dukaanka beeraha, ka dooro mirahaaga iyo khudaartaada beeralayda la ogolyahay.
- Beeraalaha wuxuu iskaan garayn doonaa koodhkaaga QR-ka wuxuuna aalada moobeelka casriga ah gelin doonaa cadadka iibka.
- Beeraleygu wuxuu ku tusi doonaa qiimaha lagu iibsado miraha iyo khudaarta.
 - **Xaqiiji in aad qiimaha ka hubiso beeraalaha kahor intaan la dhammeystirin wax iibsiga.**

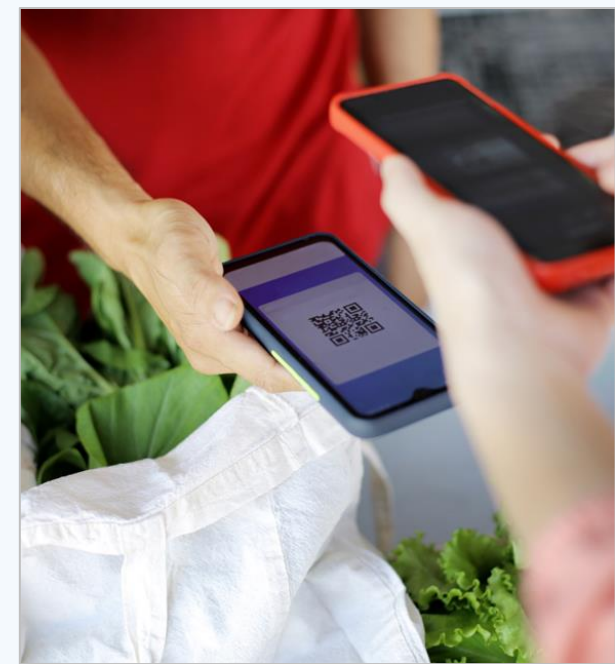
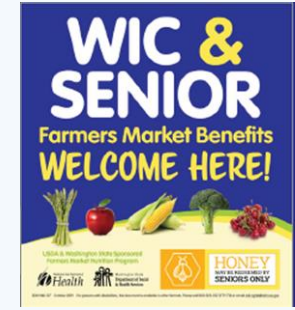
Calaamadahaan = Beeraale la oggol yahay



Ogoow Sida Dheefahaaga Loogu Isticmaalo Suuqyada Beeraleeyda iyo Dukaannada Beeraha

*Calaamadahaan =
Beeraale la oggol yahay*

- Beeraalaha ayaa ku weydiin doona inaad geliso lambar-sireedkaaga 4-ta god ah ee Kaarkaaga WIC si aad u aqbasho qiimaha iibka.
 - Af ahaan ha u siin beeraalaha lambar-sireedkaaga.
- Haddii aad qaadato labadaba dheefaha suuqa beeralayda iyo dheefaha miraha & khudaarta billaha ah, **dheefaha suuqa beeralayda ayaa marka hore la isticmaalaa kahor dheefahaaga miraha & khudaarta billaha ah.**
- Haddii aadan haysan dheefo kugu filan oo daboolaaya iibkaaga, waxaad ku bixin kartaa qaab kale ama waxaad dooran kartaa in aadan iibsan wax aad u badan.



Ka eeg Buugyaraha Sida Loo Adeegsado Sawirka Koodhkaaga QR-ka WIC



SIDA LOO ADEEGSADO KOODHKAAGA QR-KA EE WIC OO AAD KU ISTICMAALAYSO SUUQYADA BERALEEYDA SHARCIGA AH IYO DUKAANADA BEERAHA

Gunnooyinka bilaha ah ee miraha iyo khudaarta iyo gunnooyinka Farmers Market Nutrition Program (FMNP, Barnaamijka Nafaqada ee Suuqa Beeraleyda) ayaa loo adeegsan karaa koodhka QR-ka ee WIC. Fadlan booqo webseedyada [Miraha WIC](#) iyo [Farmers Market Nutrition Program](#).

Raac tallaabooyinka soo socda si aad u adeegsato koodhkaaga QR ee WIC:



TALLAABADA 1AAD

Hel suuqa beeraleyda sharciga ah ee WIC ama dukaanka beeraha.

TILMAAN Booqo abka WICShopper ama arag liiska ku qoran [webseedka FMNP](#).



TALLAABADA 2AAD

Xaqiiji inaad haysato koodhkaaga QR ee WIC

TILMAAN Ka fiiri koodhkaaga QR Abka WICShopper ama Kaarkaaga WIC. Haddii aad ku hesho koodhkaaga QR iimeelka, waxaad ka qaadan kartaa sawir kadibna waxaad ku seef gareysan kartaa taleefankaaga.



TALLAABADA 3AAD

Dooro mirahaaga iyo khudaartaada. Ka fiiri dharka danbe Kalaandarka Miraha iyo Khudaarta Xiliga gaarka ah baxa.

TILMAAN Raadi baareley muujinaaya astaamahaan.



TALLAABADA 4AAD

Qofka beereleyda ah ayaa iskaanka maraayada koodhkaaga QR asagoo adeegsanaaya aalada moobilka kadibna geli cadadka aad iibsanayso.

TILMAAN Beereleyda ayaa si caadi ah u gelin kara lambarka kaarkooda WIC haddii aad iloowdo koodhkaaga QR ama haddii koodhkaaga QR uusan iskaanka u marayn si sax ah.



TALLAABADA 5AAD

Xaqiiji cadadka iibkaaga kadibna geli BIIN-kaaga 4 god ah ee kaarka WIC.

TILMAAN Gunnooyinka FMNP ayaa la adeegsan doonaa marka koowaad kahor intaadan isticmaalin gunnooyinkaaga miraha iyo khudaarta WIC! Ogoow: Haddii aadan haysan gunnooyin idin ku filan oo daboolaya iibkaaga, waxaad ku dhiibi kartaa qaab kale ama waxaad dooran kartaa inaad iibsan wax aad u badan rabto.

CAAWIMAAD La xiriir Cascades Support oo aad ka helayso 1-800-841-1410, riix eber

QOF KASTA AYAA WAX KA IIBSAN KARA SUUQA BEERELAYDA IYO DUKAAMADA BEERTA!

Nooca Gunnada	Waxa ay tahay Inaad Iisticmaasho	Hal ka lagu Iisticmaalayo	Goorta la Iisticmaalayo
Gunnooyinka Suuqa Beerelayda	Koodhka QR-ka: <ul style="list-style-type: none"> Abka WICShopper Ku qoran kaarka WIC Sawirka ku qoran taleefanka oo lagu dirayo farin qoraal/iimeel Ku qoran warqad 	Suuqa Beereleyda iyo Dukaamada Beerta ee La Aqoonsan yahay	Inta u dhaxaysa Juun 1 deeda iyo Oktoobar 31 deeda
Dheefaha Miraha iyo Khudaarta ee Bilaha ah	Koodhka QR-ka: <ul style="list-style-type: none"> Abka WICShopper Ku qoran kaarka WIC Sawirka ku qoran taleefanka oo lagu dirayo farin qoraal/iimeel Ku qoran warqad 	Suuqa Beereleyda iyo Dukaamada Beerta ee La Aqoonsan yahay	Sanadka oo dhan
	Kaarka WIC	Dukaannada adeegga iyo farmashiyaha Walgreen	

KALAANDARKA MIRAHA IYO KHUDAARTA XILIGA GAARKA AH BAXA

Janaayo

Khuddaarta: Betraati (beetroot), Digir Cagaar, Koosto, Basal-baar, Basal, Bataati, Bocer

Miraha: Midna kuwa xiliyeedka
Daawo dhaqameedka: Reexaan, Roos-meeri

Maayo

Khuddaarta: Asparagus, Betraati, Kabsar, Bataati, Goosto, Zucchini

Miraha: Istarowbeeri
Daawo dhaqameedka: Kabsar-caleen, Roos-meeri

Sibteembar

Khuddaarta: Betraati, Barakooli, Kaarood, Gabal, Basal, Koosto, Leeks, Kabsar, Basal, Bataati, Bocer, Koosto, Zucchini

Miraha: Tufaaxda, Buluu beeriga, Geed malabka, Tiinka, Pears
Daawo dhaqameedka: Basil, Kabsar-caleen, Reexaan, Roos-meeri

Febraayo

Khuddaarta: Betraati (beetroot), Digir Cagaar, Koosto, Basal-baar, Basal, Baradhada

Miraha: Midna kuwa xiliyeedka
Daawo dhaqameedka: Roos-meeri

Juun

Khuddaarta: Asparagus, Betraati, Barakooli, Kaarood, Ansalaato, Basal, Koosto, Zucchini

Miraha: Jeeriga, Geed malabeedka, Tiinka, Rasbeeriga, Istarowbeeriga
Daawo dhaqameedka: Cilantro, Roos-meeri

Oktoobar

Khuddaarta: Betraati, Barakooli, Digir cagaar, Kaarood, Gabal, Basal, Koosto, Leeks, Ansalaato, Basal, Bataati, Bocer, Koosto, Boqashaaga, Boqashaaga Qaboobaha, Yams

Miraha: Tufaaxda, Pears
Daawo dhaqameedka: Basil, Kabsar-caleen, Reexaan, Roos-meeri

Maarso

Khuddaarta: Asparagus, Betraati, Digir Cagaar, Koosto, Basal-baar, Basal, Bataati

Miraha: Midna kuwa xiliyeedka
Daawo dhaqameedka: Roos-meeri

Luuliyoo

Khuddaarta: Betraati, Barakooli, Kaarood, Gabal, Basal, Koosto, Zucchini

Miraha: Buluu beeri, Geed malabeedka, Tiinka, Rasbeeriga, Istarowbeeriga
Daawo dhaqameedka: Basil, Kabsar-caleen, Reexaan, Roos-meeri

Abril

Khuddaarta: Asparagus, Betraati, Kale, Leeks, Bataati, Koosto

Miraha: Midna kuwa xiliyeedka
Daawo dhaqameedka: Roos-meeri

Agosto

Khuddaarta: Betraati, Barakooli, Kaarood, Gabal, Basal, Bataati, Koosto, Zucchini

Miraha: Tufaaxda, Buluu beeri, Geed malabeedka, Tiinka, Rasbeeriga, Istarowbeeriga
Daawo dhaqameedka: Basil, Kabsar-caleen, Reexaan, Roos-meeri

Nufeembar

Khuddaarta: Betraati, Barakooli, Digir cagaar, Gabal, Basal, Koosto, Leeks, Ansalaato, Basal, Bataati, Bocer, Koosto, Boqashaaga, Qaboobaha, Yams

Miraha: Tufaaxda, Pears
Daawo dhaqameedka: Kabsar-caleen, Reexaan, Roos-meeri

Diseembar

Khuddaarta: Betraati, Barakooli, Digir cagaar, Basal, Koosto, Leeks, Basal, Bataati, Koosto, Boqashaaga, Qaboobaha, Yams

Miraha: Midna kuwa xiliyeedka
Daawo dhaqameedka: Reexaan, Roos-meeri



DOH 964-024 April 2024 Somali | Si aad dukumiintigan ugu heshid qaab kale, wac 1-800-841-1410. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama imayl udir WIC@doh.wa.gov.

Ogow Goorta La Isticmaalo Dheefahaaga Miraha & Khudaarta

- Sawirka QR koodhka ku isticmaal suuqyada beeralayda iyo dukaamada beeraha:
 - Dheefaha suuqa beeralayda Juun 1- Oktoobar 31
 - Dheefaha miraha & khudaarta ee billaha ah waa sanadka oo dhan
- Haddii aadan dheefahaaga miraha & khudaarta ee billaha ah ku isticmaalin suuqa beeralayda ama dukaamada beeraha, dheefaha Kaarkaaga WIC ku isticmaal dukaanka raashinka ama farmashiga Walgreens si aad ugu iibsato:
 - Miro iyo khudaar cusub, la qaboojiyay ama gasacadaysan
 - Wax soosaarka gudaha aan lagu soosaarin sida liin-bambeelaha iyo cananaaska



Tusaalaha Isticmaalka

Bal aanu eegno tusaale:

Haddii aad haysato \$30 oo ah dheefaha suuqa beeralayda:

- Waxaad \$4.75 wax ooga iibsan kartaa beeraale halka \$12.50 aad wax ooga iibsan karto beeraale kale.
- Wali waxaad haysataa \$12.75 oo ah baaqiga dheefaha suuqa beeralayda oo kuugu jiro kaarkaaga WIC.
- Waxaad isticmaali kartaa baaqiga dheefahaaga suuqa beeralayda waqtiga xigga ee aad soo dukaameysanayso!



Ogsoonow: Ma u isticmaali kartid dheefahaaga suuqa beeralayda ama dheefahaaga miraha iyo khudaarta in aad ku iibsato tokenada suuqa, ku bixiso cuntooyinka aan la oggolayn, ama aad ku hesho lacag caddaan ah.

Helidda caawimaad

Si aad u hesho Caawimada Kaarka WIC ee leh koodhka QR:

- La xiriir Rugtaada WIC
- Haddii aad u baahan tahay caawimaad dheeraad ah, wac 1-800-841-1410
 - Riix eber
- Haddii kaadhkaaga WIC, ee leh sawirka koodhka QR-ka, uu lumo ama la xado, la xidhiidh rugtaada WIC isla markiiba.

Si aad u eegto baaqiga dheefahaaga:

- Isticmaal Ablikeeshinka WICShopper
- Dib u eeg liiska wax iibsiga ee daabacan
- Waydii shaqaalaha WIC wakhtiga ballanta
- Eeg rasiidka dukaanka raashinka
- Wac 1-844-359-3104 (dhabarka danbe ee Kaarka WIC)

Waxaan rabnaa in aan aragtidaada maqalno haddii...

Aad dareento in:

- Dheefo lagu diiday
- Laguula dhaqmay si cadaalad darro ah
- Waxaad buuxin kartaa foom cabasho ah ama ka codsan kartaa shaqaale in uu ku caawiyo. Foomka ka hel:
 - [Bogga webseedka Suuqa Beeralayda: wicfmnp.com](http://wicfmnp.com)
 - [Buugyaraha WIC & Senior Farmers Market Nutrition Program \(Barnaamijka Nafaqada Suuqa Beeralayda ee WIC & Waayeelka\)](#)
 - Ablikeeshinka WICShopper
- Foomka cabashada iimayl ugu dir Kooxda Suuqa Beeralayda iimaylka FMNPTeam@doh.wa.gov



Hadda waxa aad diyaar u tahay in
aad dukaameysato!

Waxaan rajaynaynaa adiga iyo
qoyskaagaba in aad dheefsataan
dhammaan wixi aad ka heshaan
suuqa beeralayda!



Machadkani waa bixiye fursad loo siman yahay.
WIC cidna ma takoorto.

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir doh.information@doh.wa.gov.

DOH 964-025 May 2024 Somali