



# Degmada Dakota WIC

## Waxaa Loogu Talagalay Qoysaska

WIC waxay u taagan tahay Haweenka, Dhallaanka, iyo Carruurta. WIC waa barnaamij nafaqeyn oo ka caawiya qoysaska inay si wanaagsan wax u cunaan oo ay caafimaad qabaan. Inta lagu guda jiro booqasho kasta oo WIC, waxaad kala hadli kartaa khabiir ku saabsan cunto caafimaad leh, nuujinta, iyo walaac kasta oo caafimaad. Qof kasta oo daryeelaya carruurta ka yar 5 sano ee u qalma wuu codsan karaa.

### WIC waxa ay ku siinaysa:

- Macluumaadka nafaqada
- Cuntooyin caafimaad qaba
- Taageerada nuujinta
- Macluumaadka caafimaadka iyo barnaamijyada jaaliyadda

### WIC waxaa loogu talagalay:

- Dadka uurka leh, naas nuujinaya ama laabta nuujinaya, ama dhawaan ilmo dhalay
- Dhallaanka
- Carruurta da'doodu tahay 5 jir

### Si aad ugu qalanto WIC:

- In aad iska diiwaan geliso barnaamij sida Caawimada Caafimaadka ama Barnaamijka Kaalmada Nafaqada ee Dheeraadka ah (SNAP) AMA
- Ka soo bax tilmaamaha dakhliga WIC

## 3 siyaabood oo loo codsado

- 1 Wac 952-891-7525**  
Khadka taleefanka WIC wuxuu furan yahay Isniinta ilaa Jimcaha, laga bilaabo 8:00 a.m. ilaa 4:00 p.m.
- 2 Ku qor "DakotaWIC" lambarka taleefanka 855-11**  
Qof shaqaale ah ayaa kula soo xiriiri doona
- 3 Buuxi codsiga khadka tooska ah**  
Booqo websaydka Degmada Dakota oo ka raadi WIC, ama iskaan koodka QR



Turjumaad ayaa diyaar ah.

Goobaha Apple Valley, West St. Paul, and Hastings.

Machadkani waa bixiye fursad loo siman yahay.

Dakota County Public Health Department 651.554.6100 [www.dakotacounty.us](http://www.dakotacounty.us)



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