

# Caddeymaha loo keeno barnaamijka WIC



Markasta la baaro in aad ku jirto WIC, waa in aad muujiso wax caddeynaya dakhligaada, aqoonsigaada iyo goobta aad deggan tahay. Wixii macluumaad kale ee caddeymo ah ee ay WIC oggolaan karaan, waxaad fadlan wacdaa xarunta WIC. Caddeyn la'aan waxaa suuragal ah in aad hesho boonooyin bil ah. Waxaad qabtaa muddo 30 cisho ah aad ku keeni karto caddeyn si aad u hesho boonooyinka xiga.

## Caddeynta dakhliga

Waa inaad keentaa cadaynta dakhliga soo gala dhamaan gurigaaga.

*Waa inaad keentaa cadayn ah codsiga isku diiwaan galinta mid kasta oo ka mid ah barnaamijyadani:*

- Qorshaha Caafimaadka Oregon (OHP)— Shaqaale ka tirsan WIC ayaa codsiga isku diiwaan galinta OHP ka fiirin kara internet-ka
- Warqada siinta SNAP (Kaararka Cuntada)
- Barnaamijka Cunto Qaybinta ee Xarumaha Dadka Hindida Asalka ah (FDPIR)

*AMA waxaad keeni kartaa:*

- Qaybta dambe ee jeega lacagta ee hada
- Foomamka W-2 ama warqada cashuurta celinta
- Gargaarka ku Meel Gaarka ah ee Qoysaska Baahan (TANF) “Ogaysiinta Ogolaanshaha” ama warqadii u dambaysay ee “Ogaysiintii Isbadalka”
- Warqada meelaynta ilmaha la korsanayo/ waalidka
- Warqad saxiixan oo ka socota shirkada loo shaqeeyo oo cadaynaysa lacagta la sameeyo

## Caddeynta Aqoonsiga

Waa in aad soo bandhiga caddeynta dakhliga **markasta** aad boonooyinka soo doonato.

*Tusaalooyinka caddeynta haweenka:*

- Waxaad aqoonsi ahaan u keeni kartaa laysanka darawalka, baasaboorka ama kaarka aqoonsiga gobolka
- Kaarka haatan ee aqoonsiga WIC
- Aqoonsiga dugsiga ama shaqada
- Kaarka aqoonsiga caafimaadka ee OHP
- Jeegagga shaqada
- Kaarka diiwaangelinta codbixiyaha

*Tusaalooyinka caddeynta dhallaanka iyo carruurta:*

- Dhalashada carruurta
- Kaarka haatan ee aqoonsiga WIC
- Kaarka aqoonsiga caafimaadka ee OHP
- Galka tallaalka
- Shahaadada dhalashada isbitaalka
- Dukumeentiga SNAP (Barnaamijka Gargaarka Cuntada)

## Caddeynta deegaanka

Deegaanka waa goobta aad caadi ahaan jiifato habeenkii ee **LAMA MID AHA** jinsiyadda.

*Tusaalooyinka caddeynta degaanka*

- Kaarka aqoonsiga ee Oregon ama laysanka darawalka
- Biilasha ugu dambeeyay ee korontada iyo gaaska
- Warbixinta bangiga/jeegagga bangiga
- Rasidyada kirada

Sida waafaqsan sharciga xuquuqaha madaniga ah ee federaalka iyo sharciyada iyo qaynuunada xuquuqaha madaniga ah ee Waaxda Beeraha ee Mareykanka (USDA), hay'adan waxaa ka mamnuuc ah takoorida ku salysan isirka, midabka, asalka qaran, jinsiga, (oo ay ku jiraan, aqoonsiga jinsiga iyo nooca jinsiga), naafonimada, da'da, ama aargoosiga ama aargudashada hawlo hore oo xuquuqaha madaniga ah.

Macluumaadka barnaamijka waxaa lagu heli karaa luuqado aan ahayn Ingiriisiga. Shaqsiyaadka naafada ah ee u baahan qaab kale oo wada xidhiidh si ay u helaan macluumaadka barnaamijka (tusaale, Hab qoraaleedka camoolaha, daabicidda farta waaweyn, cajalada maqalka, Luuqadda Dhagoolka ee Maraykanka), waa inay kala xidhiidhaan Hay'adda Gobalka ama deegaanka ee mas'uulka ka ah maamulka barnaamijka ama xarunta TARGET ee USDA lambarka (202) 720-2600 (cod iyo TTY) ama waa inay la xidhiidhaan USDA iyaga oo u maraya Federal Relay Service (Adeegga Dadka Dhagaha la' ee Federaalka) ee lambarka (800) 877-8339.

Si loo gudbiyo dacwada takoorka ee barnaamijka, Dacwad-qabaha waa inuu buuxiyo Foomka AD-3027, Foomka Dacwada Takoorka Barnaamijka ee USDA kaas oo onleen ahaan looga heli karo barta: <https://www.fns.usda.gov/sites/default/files/resource-files/ad3027-somali.pdf>, xafiis kasta oo USDA ay leedahay , iyada oo la wacayo (866) 632-9992, ama la qorayo warqad ku socota USDA. Warqadda waa inay leedahay magaca, ciwaanka, lambarka taleefanka ee dacwad-qabaha, iyo sharraxaad qoraal ah oo ku saabsan falka takoorka ah ee la soo eedeeyay oo faahfaahsan si loogu wargaliyo Kaaliyaha Xoghayaha ee Xuquuqaha Madaniga (ASCR) nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee la soo eedeeyay. Foomka AD-3027 ee la buuxiyay ama warqadda waa in loogu diraa USDA;

- (1) **boostada:**  
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1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; ama
- (2) **fakiska:**  
(833) 256-1665 ama (202) 690-7442; ama
- (3) **iimaylka:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

Hay'addan waa hay'ad bixisa fursad loo wada siman yahay.