




# GID MANJE

## CONNECTICUT WIC

Premye Janvye 2019.







# TAB DÈ MATYÈ

POU PLIS ENFÒMASYON, VIZITE  
[WWW.CT.GOV/DPH/WIC](http://WWW.CT.GOV/DPH/WIC)

*Se pat tout manje ke WIC apwouve ki ka parèt  
nan ti liv la.*

3	Konsèy pou w kapab achte avès sikse.
4-7	Sereyal fret yo
7	Sereyal cho yo
8-9	Pen
10-11	Tortillas
12	Pat ki fèt antyèman ak ble
13	Diri Mawon
14-15	Ji likid
16	Ji Konsantrè
17	Legim: pwa, pwa (grenn) ak lentil.
17	Manba
18-19	Lèt, fwomaj, ze ak Tofu
20	Yogou
20	Pwason nan bwat.
21	Manje pou ti moun
22-23	Fwi yo ak legim yo
24-25	Konsèy pou yon Eksperyans Acha Pozitif
26	Dwa ak Responsabilite
27	Kesyon

## KONSÈY POU ACHE AK SIKSÈ

### AVAN OU ACHE:

- Revize list benefis fanmi ou oswa yon resi ki tou nèf pou w kapab tcheke balans benefis ou ki disponib.
- Konnen ki valè benefis lajan kach sou fwi ak legim ou kapab genyen.
- Tcheke dat peryòd ki gen benefis yo
- Telechaje aplikasyon Smartpne nan pou w kapab idantifye pwodwi WIC apwouve yo.

### PANDAN OU AP ACHE:

- Chèche nan etikèt etajè ke Connecticut apwouve yo pou yo kapab ede w chèche atik yo (pwodwi yo).
- Chwazi sèlman atik (pwodwi) ki soti Gid Pou Manje sa, e asire w ke w gen kantite korèk selon sa ki endike nan lis benefis fanmi ou oswa resi tou nèf ou a.

### TCHEKE :

- Fè yon demand e revize resi mwaye tranzaksyon an avan ou chwazi Yes (wi).
- Itilize kat ekonomi magazen w lan.
- Di kesye a ou genyen kupon avan w avan menm ke fè tranzaksyon an.





# SEREYAL FRE YO

**ACHTE SÈLMAN**  
12 ons oswa pi plis

## GRENN AN GENERAL



Cheerios



Multi Grain  
Cheerios



Corn Chex

**g\*** oswa # = Gluten gratis  
Tout sereyal ki nan lis mov yo se gwo grenn.



Rice Chex



Wheat Chex



Vanilla  
Chex



Cinnamon  
Chex



Blueberry  
Chex



Berry Berry Kix



Kix



Honey Kix



Total

## POST



Fiber One  
Clusters



Wheaties



Grape Nut  
Flakes



Grape Nuts



Bran Flakes



Whole Grain  
Honey Crunch



Vanilla  
Bunches

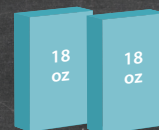


Honey  
Roasted



Cinnamon  
Bunches

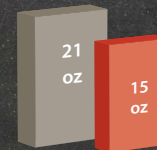
FASON OU KAPAB  
ACHTE JISKA 36  
ONS SEREYAL



Totals 36 ons



Totals 36 ons



Totals 36 ons

Achte nenpòt konbinezon  
sereyal cho oubyen sereyal  
fre WIC yo, pou yon total  
36 ons

## MOM BRANDS



Vanilla  
Multigrain



Crispy Rice



Frosted Mini  
Spooners



Crispix



All-Bran  
Complete Wheat  
Flakes



Corn  
Flakes



Frosted  
Shredded  
Wheat



Special K



Rice Krispies

## SUNBELT BAKERY



Low Fat  
Granola



Simple Grain  
Granola

## MAK MAGAZEN YO

### QUAKER



Oat Bran



Life



### BEST YET

Bran Flakes  
Corn Flakes  
Crispy Rice  
Frosted Shredded  
Wheat  
Shredded Wheat  
Nutty Nuggets  
Oat Wise  
Honey Oats & Flakes  
Toasted Oats



### BIG Y

Bran Flakes  
Corn Flakes  
Crispy Corn Squares  
Shredded Wheat  
Toasted Oats



### CLEAR VALUE

Frosted  
Shredded Wheat  
Toasted Oats  
Corn Flakes



### FOOD CLUB

Bran Flakes  
Corn Flakes  
Shredded Wheat  
Toasted Oats



### GREAT VALUE

Corn Flakes  
Crisp Rice  
Crunchy Oats  
Frosted Shredded Wheat



# SEREYAL FRE YO

**ACHTE SELMAN**  
12 ons oubyen pi plis



## GREAT VALUE

Toasted Oats  
Toasted Corn  
Toasted Wheat  
Crunchy Honey Oats  
Toasted Rice#  
Bran Flakes  
Crunchy Nuggets  
Nutty Nuggets



## HY-TOP

Bran Flakes  
Corn Flakes  
Crispy Rice  
Shredded Wheat  
Honey Oat Flakes  
Toasted Oats



## IGA

Bran Flakes  
Corn Flakes#  
Corn Squares#  
Crispy Rice#  
Rice Squares  
Frosted Shredded Wheat  
Unfrosted Shredded Wheat  
Honey Oats & Flakes  
Tasteos  
Toasted Oats  
Shredded Wheat  
Rollin Oats



## KIGGINS

Crispy Rice



## KRSDALE

Corn Flakes  
Crispy Rice  
Toasted Oats



## MARKET PANTRY

Frosted Shredded Wheat  
Honey & Oat Mixers  
Toasted Oats



## MY ESSENTIALS

Toasted Oats  
Frosted Shredded Wheat



## PARADE

Bran Flakes  
Corn Flakes  
Frosted Shredded Wheat  
Toasted Oats



## PIGS/PRICE CHOPPER

Wheat Bran Flakes  
Corn Flakes  
Good Choice  
Oat Squares  
Good Choice  
Oat Crunch  
Toasted Corn Crisps  
Frosted Shredded  
Wheat  
Nutty Nuggets  
Toasted Oats



## PRICERITE

Corn Squares  
Toasted Oats  
Bite Size Frosted  
Shredded Wheat  
Bran Flakes



## SHOPRITE

Bran Flakes  
Crispy Rice  
Corn Flakes  
Crispy Corn Squares  
Honey Oat Clusters  
Oats & More with Honey  
Frosted Shredded Wheat  
Natural Wheat & Barley Nuggets  
Shredded Wheat  
Toasted Oats



## SHURFINE

Bran Flakes  
Corn Flakes  
Corn Squares  
Frosted Shredded Wheat  
Oats & More  
Toasted Oats  
Wheat Bran Flakes  
Wheat Squares



## SIGNATURE KITCHENS

Bran Flakes  
Corn Flakes  
Crispy Rice

Frosted Shredded  
Wheat  
Toasted Oats



## STOP & SHOP

Bran Flakes  
Crispy Rice  
Corn Flakes  
Corn Squares  
Honey Crunchin' Oats

Frosted Shredded  
Wheat  
Nutty Nuggets  
Oat Squares  
Oats & O's



## VALU TIME

Corn Flakes  
Fat Free Corn Flakes  
Frosted Shredded Wheat  
Toasted Oats



## WHITE ROSE

Corn Flakes  
Crispy Rice  
Toasted Oats

# SEREYAL CHO YO

**PA ACHTE** //  
Yon moman



Cream of  
Rice



Cream of  
Wheat



Cream of  
Wheat  
Whole Grain



Hot Wheat  
Cereal



Quaker  
Oat Bran Hot  
Cereal



Malt-O-Meal  
Farina Original



Maple Vermont  
Style Maple  
Oatmeal



MOM Original  
Hot Wheat  
Cereal



Ralston Creamy  
Wheat



# PEN

## ACHTE SÈLMAN

- 100% Ble antye/Pen grenn\* antye
- Gwosè 16 oz= 1 liv sèlman.

### ALVARADO STREET-BAKERY



Ble antye

### ARNOLD STONEGROUND



Ble antye

### BIMBO



Ble antye

### COUNTRY KITCHEN



Ble antye

### GEISSLER'S



Ble antye

### GOLD MEDAL BAKERY



Ble antye



Ble fèt ak grenn len

### HOLSUM



Ble antye

### KRASDALE



100% Ble antye

### PAS YISROEL



Ble antye

### PENN STREET



Ble antye

### PEPPERIDGE FARM



100% ble antye trè mens



Ble moulèn



Ble Light Style



Grenn antye ak semans / Jewish Rye\* san semans



Light Style 7 Grain\*

### SARA LEE



100% Ble Antye

### STERN'S



Ble Antye

### SUNBEAM



Ble antye

### WEIGHT WATCHERS



Ble antye



Multi-Grain\*

### WINDMILL FARMS



Stone Ground Menzanos



Stone Ground Hamotze

### WONDER



Ble antye

### BEST YET



Ble antye

### BIG Y



Ble antye

### CENTRAL MARKET CLASSICS



Ble antye

### GREAT VALUE



100% Ble antye

### KEY FOODS



Ble antye

### NATURE'S HARVEST



Ble antye

### SHOPRITE



Ble antye

### SIMPLY BALANCED



Ble antye

### STOP & SHOP



Ble antye



Ble antye avèk lwil



Ble antye San sèl

### URBAN MEADOW



Ble antye

## PA ACHTE

Bagels, pen deli, pen blan, magazen boulanjri pen



# TORTILLAS

## ACHTE SELMAN

- Mayi Mou oswa tortillas ble antye.
- 1 liv oswa yon chase 16 ons.

### CHI CHI'S



Mayi blan



Ble Antye

### DON PANCHO



Mayi blan



Ble antye

### LA FE



Mayi

### LA BANDERITA



Mayi



Ble antye

### LA POBLANITA



Mayi

### MAYAN FARMS



Ble Antye

### MISSION



Mayi



Ble antye

### ORTEGA



Ble antye

### PEPITO



Ble antye



Mayi

### TROPICAL



Ble antye



## TOFOU\* TAKO FASIL

### ENGREDYAN

- |                         |                       |
|-------------------------|-----------------------|
| 8 Corn tortillas        | 1 piman wouj          |
| 1 liv anlplis firm tofu | 1 piman jon           |
| 1 zonyon gwose mwayen   | cilantro (fakiltatif) |

### DEMACH

1. Sizonnen tofu a ak sèl, piman e asezonnman ak tako ( si ou dezire sa) e kwit li nan yon pwalon(Kaswol) jiskale li lejè.
2. Pandan lap kwit la, koupe zonyon ak piman yo.
3. Ajoute zonyon ak piman yon an tofu a. Sote li pandan 15 minit.
4. Chofe tortillas la nan yon lot pwalon nan nivo ke w dezire.
5. Melanje yon kiyè legim ak tofu a nan tortillas la. Fini li ak cilantro a.

\* Ou ka ranplase tofu a pa lòt pwoteyin rich tankou pwa, fwomaj, poul griye rache, tuna fich (pwason tuna), somon, kodenn moulen kwit

### BIG Y

Ble antye

### FOOD CLUB

Ble antye

### IGA

Ble antye

### KEY FOODS

Ble antye

### MY ESSENTIALS

Ble antye

### NATURE'S PROMISE

Ble antye  
Whole Grain Corn

### SHOPRITE

Ble antye

### STOP & SHOP

Mayi blan  
Ble antye  
Mayi Jòn



# PAT BLE ANTYE

## ACHTE SELMAN

- 1 liv oswa yon pake 16 ons
- 100% Ble antye/ Pat grenn an antye

### BARILLA →



Ble antye  
grenn antye

### GIA RUSSA →



Ble antye

### HODGSON MILL →



Ble antye

### RONZONI HEALTHY HARVEST →



Ble antye



### DELALLO →



Ble  
antye òganik

### FULL CIRCLE →



Ble  
antye òganik

### LUIGI VITELLI →



Ble antye

### RACCONTO →



Ble antye

### SHOPRITE →



100% Ble  
antye

### SHURFINE →



Ble antye

### SIMPLY BALANCED →



Ble antye

### URBAN MEADOW →



Ble antye

# DIRI MAWON

## ACHTE SELMAN

- 1 liv oswa yon pake/bwat 14-16 ons
- brown rice Plain (Diri mawon òdinè)

## PA ACHTE

Diri blan, diri avèk  
asezonman, san  
anbale, diri òganik.



### C&F

Boil in Bag  
Long/Short Grain  
Instant

### CAROLINA

Brown Rice

### GOYA

Brown Rice

### MAHATMA

Brown Rice

### MINUTE

Brown Rice

### RICELAND

Natural

### SUCCESS

Brown Rice

### UNCLE BEN'S

Fast & Natural Whole Grain Instant  
Natural Whole Grain  
Whole Grain Boil-In-Bag

### BEST YET

Instant  
Long Grain

### BIG Y

Instant

### FOOD CLUB

Boil-in-Bag

### GREAT VALUE

Brown Rice

### IGA

Instant  
Long Grain

### MARKET PANTRY

Brown Rice

### MY ESSENTIALS

Brown Rice

### PARADE

Brown Rice

### PICS/PRICE CHOPPER

Boil-in-Bag

### SIGNATURE KITCHENS

Brown Rice

### SHURFINE

Brown Rice  
Instant Brown Rice

### STOP & SHOP

Boil-in-Bag  
Instant

### WHITE ROSE

Brown Rice

# TOMAT & DIRI PARMESAN



## ENGREDYAN

- 1 tas diri mawon long grenn
- 1 - 14 ons tomat rache
- ½ tas fwomaj Parmesan griye
- ¼ tas bazilik rache (fakiltatif)

## DEMACH

1. Nan yon pwalon ki laj, melanje 1 ½ tas dlo, diri ak ½ kiyè sèl e bouyi yo.
2. Apre w fini bouyi yo, bwase li yon fwa, redwi chalè a ba, kouvri l kite l bouyi tou piti pandan 18 minit jiskaske dlo a absobe.
3. Ajoute tomat yo ak fwomaj la nan diri a.
4. Retire li nan chalè a, kouvri l e tann pandan 5 minit.
5. Pliye bazilik la avan w sèvi.

## ACHTE SELMAN

Boutèy 64 ons, 100% ji, o mwen 120% Vitamin C

## FASON POU W ACHTE

128 ons = 2 boutèy

### PÒM

Juicy Juice  
Old Orchard  
Mott's  
Welch's

### SERIZ

Juicy Juice  
Welch's

### JI MELANJ

Juicy Juice  
Old Orchard  
Welch's

### MANGO

Juicy Juice  
Welch's

### ZORANJ

64 oubyen 128 ons  
Kalsyòm fòtifyan

### ANANA

Langers  
Libby's  
Welch's

### REZEN MOV

Juicy Juice  
Old Orchard  
Welch's

### REZEN BLAN

Ji juicy  
Old Orchard  
Welch's

### JI TOMAT

Sèlman sodyòm ba  
Campbell's

### JI LEGIM

Sèlman sodyòm ba  
PICS/Price  
Chopper  
V8

### BEST YET



Pòm  
Rezen blan  
Rezen mov  
Ji chadèk / melanje  
Anana

### BIG Y



Pòm  
Rezen blan  
Rezen mov  
Juice a Lot  
Melanj tout Ji

### FOOD CLUB



Pòm  
Rezen blan  
Ji chadèk / melanje  
Anana  
Rezen move

### SHURFINE



Pòm  
Rezen blan  
Ji chadèk / melanje  
Rezen mov

### SIGNATURE KITCHENS



Pòm

### STOP & SHOP



Pòm  
Rezen blan  
Rezen mov  
Ji chadèk / melanje  
Melanj tout ji

### GREAT VALUE



Pòm  
Rezen blan  
Rezen mov  
Melanj tout Ji

### HARVEST CLASSIC



Pòm

### HY-TOP



Pòm  
Rezen blan  
Rezen mov

### IGA



Pòm  
Rezen blan  
Ji chadèk / melanje  
Rezen mov  
Melanj tout Ji

### TIPTON GROVE



Pòm  
Rezen blan  
Rezen mov

### VALU TIME



Rezen blan  
Rezen mov

### WHITE HOUSE



Pòm

### WHITE ROSE



Pòm  
Rezen blan  
Ji chadèk / melanje  
Rezen mov



### KRASDALE

Pòm  
Rezen blan  
Rezen mov



### MARKET PANTRY

Pòm  
Rezen blan  
Rezen mov  
Melanj tout ji



### NATURE'S NECTAR

Pòm  
Rezen



### PARADE

Pòm  
Rezen blan  
Rezen mov  
Ji chadèk / melanje



### PICS/PRICE CHOPPER

Pòm  
Rezen blan  
Rezen mov  
Ji chadèk / melanje  
Anana  
Melanj tout ji



### SAVE-A-LOT/RUBY KIST

Pòm  
Anana



### SHOP RITE

Pòm  
Rezen blan  
Ji chadèk / melanje  
Rezen mov



# JI KONSANTRE

## ACHTE SELMAN

Yon bwat 11.5-12 ons, 100% ji, o mwen 120% Vitamin C

## FASON POU W KAPAB ACHTE

48 oz. = yon bwat

96 oz. = 2 bwat

144 oz. = 3 bwat

Store	CHADEK	ZORANJ KALSIYOM FOTIFYAN	POM	REZEN	MELANJ	ANANA	NON-GELE
Best Yet	✓	✓	✓	✓			
Dole	✓	✓			✓	✓	
Clear Value	✓	✓	✓				
Food Club	✓	✓	✓				
Great Value	✓	✓	✓	✓	✓		
HY-TOP	✓	✓	✓				
IGA	✓	✓	✓				
Langers	✓	✓	✓	✓	✓	✓	
Market Pantry	✓	✓	✓	✓	✓	✓	
Old Orchard	✓	✓	✓	✓	✓	✓	
Parade	✓	✓	✓				
Price Chopper	✓	✓	✓				
Seneca	✓	✓	✓	✓			
ShopRite	✓	✓	✓				
Shurfine	✓		✓				
Stop & Shop	✓	✓	✓	✓			
Tipton Grove	✓	✓	✓				
Tree Top	✓	✓	✓				
Valu Time	✓	✓	✓				
Welch's (yellow cap)				✓	✓		✓

# GELE

Store	CHADEK	ZORANJ KALSIYOM FOTIFYAN	POM	REZEN	MELANJ	ANANA	NON-GELE
Best Yet	✓	✓	✓	✓			
Dole	✓	✓			✓	✓	
Clear Value	✓	✓	✓				
Food Club	✓	✓	✓				
Great Value	✓	✓	✓	✓	✓		
HY-TOP	✓	✓	✓				
IGA	✓	✓	✓				
Langers	✓	✓	✓	✓	✓	✓	
Market Pantry	✓	✓	✓	✓	✓	✓	
Old Orchard	✓	✓	✓	✓	✓	✓	
Parade	✓	✓	✓				
Price Chopper	✓	✓	✓				
Seneca	✓	✓	✓	✓			
ShopRite	✓	✓	✓				
Shurfine	✓		✓				
Stop & Shop	✓	✓	✓	✓			
Tipton Grove	✓	✓	✓				
Tree Top	✓	✓	✓				
Valu Time	✓	✓	✓				
Welch's (yellow cap)				✓	✓		✓

## ALL JUICES PA ACHTE

Ji kòtèl, bwason gazez, bwason oubyen ji ki gen sik oubyen sik atifisyèl

# LEGIM: PETIPWA, PWA & LANTIY

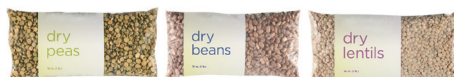
## PA ACHTE

Atik ki gen ogmantasyon sik, gres, lwil, legim, fwi oubyen vyann, pwa ki kwit nan fou

## PETIPWA SECHE, PWA, LANTIY

### ACHTE SELMAN

1 liv (sache 16 ons)



### OU KA ACHTE:

Nenpòt varyete inik petipwa, pwa oubyen lantiy

## PWA NAN BWAT, PETIPWA

1 bwat = .25 liv  
4 bwat = 1 liv

### ACHTE SELMAN

15-16 bwat

### OU KA ACHTE:

Senp ou Vegetaryen



# MAMBA

### OU KA ACHTE:

Yon bokal 16-18. Ons, san

savè, fen, kwokan, ekreme, epès ou natirèl

## PA ACHTE

Awomatize, òganik

# LÈT, FWOMAJ, ZE & TOFU

## LET

Achte gwsò ak kalite yo montre ou sou WIC List Benefis Fanmi

### OU KA ACHTE:

- Lèt ekreme/kaye (san grès)
- 1% (grès ba)
- 2% (grès redwi)
- An antye (Pou ti moun ki gen 12-23 mwa)

### PA ACHTE

Ma lèt, òganik, lèt aromatize, lèt kri

## OU KA ACHTE:

### SOY MILK

64 ons/ demi galon, refrijere



### SILK

Original

### 8TH CONTINENT

Original

### PACIFIC ULTRA SOY

Original (shelf stable, 32 oz)

### LÈT EVAPORE

Yon bwat 12 ons, san grès, 2%, Antye ( Vitamin D ajoute)

### FASON POU OU ACHTE

1 bwat likid = .18 nan yon gallon  
5 bwat = 1 gallon

## FWOMAJ

### ACHTE SELMAN

Yon pake 8 oubyen 16 ons

### OU KA ACHTE:

- American
- Colby/ColbyJack
- Cheddar
- Monterey Jack
- Mozzarella
- Muenster
- Fat Free Mozzarella, prepackaged: Calabro, Polly-O

### PA ACHTE

Deli, moso ki anbale endividyèlman, Fwomaj rape oubyen baton fromaj, aliman fwomaj, pwodwi ki fèt a baz de fwomaj. Krèm fwomaj, enpote, awomatize, òganik

## ZE

### NENPOT MAK

### OU KA ACHTE:

Laj. 1 douzèn, katon blan oubyen mawon

### PA ACHTE

Oganik



## CHWA LET ADISYONEL

- Lactose Reduced/Lactose Free Milk, 64 oz/ demi galon
- Ekreme (kaye), 1%, 2%, Antye
- Kosher Milk
- Ekreme, 2%, antye
- Nonfat Dry Milk
- Goat's Milk (Lèt kabrik)
- Meyenberg (nan bwat- likid oubyen an poud)

### FASON OU KA ACHTE

1 bwat likid = .18 nan yon gallon  
5 bwat = 1 gallon  
4 bwat an poud = 3 gallon

### UHT MILK

- Konsève nan etajè, san savè
- 1%, 2%, antye

*Konsilte nitrisyonis ou pou w kapab asire w*

## TOFU

### OU KA ACHTE:

Yon pake 8-16 ons, senp

Pou w kapab resevwa benefis konplè sou tofu a, achte yon pake 8 oubyen 16 ons.

### NASOYA

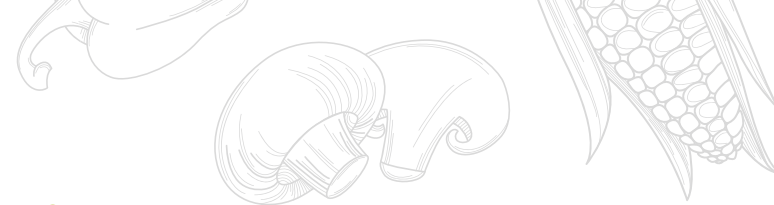
Cubed, Super Firm, Firm, Lite Firm, Silken, Super Firm Cubed

### AZUMAYA

Firm, Extra Firm

### NATURE'S PROMISE

Firm, Extra Firm





# YAWOUT

**OU KA ACHTE:** 1 ka oubyen yon po 32 ons selman

**WHOLE MILK YOGURT (LET YOWOUT ANTYE)  
(POU TI MOUN 12-23 MWA)**

**\*LI DISPONIB NAN WHOLE MILK YOGURT LA TOU**

## PA ACHTE

Greek yogurt (Yowout grek)  
Sik atifisyèl

**GRES BA/ SAN GRES** Senp, Vaniy oubyen frèz Sèlman

• Axelrod*	La Yogurt Probiotic*
• Best Yet	Lucerne Dairy Farms
• Big Y	Maple Hill*
• Brown Cow*	Market Pantry
• Butterworks Farm*	Mountain High*
• Cabot	My Essentials
• Coburn Farms	Nature's Promise*
• Cream O Land	PICS/Price Chopper
• Crowley	Price Rite
• Dannon*	Romis*
• Dannon All Natural*	Seven Stars Farm*
• Desi Natural Dahi*	ShopRite*
• Food Club	Shurfine
• Friendship	Stop & Shop
• Great Value	Stonyfield*
• Green Mountain Creamery*	Super A
• J & J Kosher	Yoplait
• La La	Yoplait Grande
• La Yogurt	

# PWASON NAN BWAT

**POU KEK KATEGORI FANM ANSENT AK FANM KAP BAY PITIT TETE**

Sa ki anbale nan dlo oubyen grès. Ki gen sòs ajoute sou yo oubyen awom, yo akseptab.

## TUNA FISH

Yon bwat 5 ons- Chunk Light Sèlman

## SARDINES

Yon bwat 3.75 ons

## PINK SALMON

Yon bwat 5-15 ons



# MANJE POU TI BEBE



## INFANT CEREAL

- Po gwo 8 ons Sèlman
- Chwazi nenpot mak

### PA ACHTE

- Varyete ki genyen DHA, fwi, fomila, ak/oswa yawout

## FWI AK LEGIM POU TI MOUN

- Veso gwo 4 oswa 8 ons Sèlman.
- Chwazi yon engredyan oswa melanj fwi ak legim (sa vle di pom-banann, pom-patat, elatriye)
- Chwazi nenpot mak.

### PA ACHTE

- Sik ajoute oubyen ti sak

## VYANN POU TI BEBE

**DISPONIB EN ESKLIZIVITE POU TI BEBE NAN TETE A PATI 6-11 MWA SELMAN**

### OU KA ACHTE:

- Veso gwo 2.5 ons Sèlman.
- Chwazi nenPòt ki mak
- Chwazi a pati de varyete sa yo:
  - Bèf & bouyon / sòs bèf
  - Poul & bouyon/sòs poul
  - Janbon & bouyon/sòs janbon
  - Kodenn & bouyon/sòs kodenn

### PA ACHTE

Ti sak, desè, dine, kaswòl, melanj ajoute ak DHA/ARA, sèl, sik, fwomaj, sereyal oubyen pat.

# FWI FRE YO & LEGIM YO

- Konnen balans benefis ou avan ou achte.
- Benefis sou fwi ak legim ou pral gen yon kantite dola maksimòm, ki pral parèt sou lis benefis fanmi WIC ou.
- Si fwi ak legim ke ou achte yo koute plis ke montan dola maksimòm nan, ou ka depoze yon bagay oubyen peye balans lan avek yon lòt fòm pèman (SNAP, Kach, oubyen kat kredi/debi).
- Si fwi ak legim ou achte yo koute mwens ke montan dola maksimòm nan, balans ou an ap rete sou kat eWIC ou a pou peryòd benefis la.

## OU KA ACHTE:

- Nenpòt varyete.
- An gwo, predekoupe, graje oswa nan pake – sa ki vann pa sachè, pa bwat, pa moso, pa liv oubyen pake
- Salad ak/oswa melanj vèt nan sachè

## FWI JELE & LEGIM

### OU KA ACHTE:

- Nenpòt mak/ varyete ak gwochè
- Fwi òdinè oubyen legim oubyen melanj

## PA ACHTE

Atik ki genyen sik atifisyèl, sik, siwo, ogmantasyon grès, lwil, friti pòm detè ki fwi jiskaslke l mawon. Tater tots (pòm detè rape fwi), lòt fòm pòm detè. **Ou pa dwe anbale li ak sòs, pat oubyen diri.**

## FWI NAN BWAT & LEGIM

### OU KA ACHTE:

- Nenpòt mak ak gwochè
- Li dwe anbale li nan dlo oubyen nan ji
- Petèt sodyòm nan ka regilye oubyen li ba.

## SOS TOMAT NAN BWAT

- Tomat nan bwat konsève natirèl / sòs pou Spageti



## PA ACHTE

Atik ba salad, plato fèt, panye pou fwi, fwi seche, fwi pou ti goute. Pake/kit salad ak vinèg ajoute, vyann, nwa, Kwouton, fwomaj, elatriye

## PA ACHTE

Atik ki genyen sik atifisyèl, sik, siwo, ogmantasyon grès, lwil, sèl (fwi), sòs seriz, ganiti tat, fwi koktèl, (Legim) marinèn, krèm legim oubyen sòs legim, oliv.



# KONSEY POU OU KAPAB FE YON EKSPERYANS POZITIF LE W AP ACHE



- Se Sèlman vandè otorize Connecticut yo ki aksepte kat eWIC ou a e li pa kapab itilize nan lòt eta.
- Pou w kapab genyen list vandè otorize yo, mande staf ajans lokal ou yo. vizite [www.ct.gov/dph/wic](http://www.ct.gov/dph/wic) anba tablo detayan yo, oubyen itilize yon Smartphone.
- Refere ak list benefiis fanmi ou an pou pwodwi Ki chwazi espesifikman pou bezwen chak patisipan. Se pa tout pwodwi kin nan lis Gid Manje a ki elijib pou ou achte.

*Pa egzanp: Kwake Gid Manje a genyen lèt antye antanke yon pwodwi ke WIC apwouve, si wgenyen yon ti moun dezan (2 ane) oubyen pi gran, ou pral kapab achte Sèlman 1% oswa lèt ekreme/ lèt san grès.*

- Pou w kapab asire w ke WIC apwouve yon pwodwi, itilize yon aplikasyon Smartphe e eskane pwodwi yo.
- Pou w kapab idantifye pwodwi ke WIC apwouve nan magazen, chèche etikèt atajè ke WIC Connecticut apwouve yo.
- Kesye a dwe eskane tout atik ou te chwazi yo. Magazen yo pa kapab limite chwa ou yo oubyen bandwol WIC apwouve yo.
- Lè w disponib, verifye resi mwatye tranzaksyon an avan ou konfime wi. Si ou peye pou yon pwodwi kit a sipoze soti nan kat eWIC ou a, ou kapab mande pou yo remet ou kob la nan biwo sèvis kliyantèl la avan ou kite magazen an.
- Pou nou ka byen sèvi ou si ou gen yon pwoblèm acha oswa achte yon atik, mande pou direktè magazen an. Si w bezwen plis èd, rele nan biwo WIC la nan **1-800-741-2142** pandan ou nan magazen an.



## APWOUVE



# DWA YO & RE- SPONSABILITE YO

## DWA OU YO:

- WIC bay edikasyon sou nitrisyon, enfòmasyon sou alètman ak sipò e manje ki an sante.
- WIC pral ede w konekte ak lot resous ki ka ede fanmi ou tankou HUSKY A/Medicaid, bank manje lokal ak sèvis sante.
- Tout enfòmasyon ke ou bay WIC, yo ap kenbe yo an prive.
- Si w santi yo fè diskriminasyon kont ou, ou kapab pote plent.
- Estanda pou w patisipe nan pwogram WIC la se menm pou tout moun, san gade sou ras, koulè, nasyon ou soti, laj, andikap oubyen sèks.
- Si w bezwen sèvis entèprèt /TTD, mande sfaf WIC yo souple

# KESYON

## Eske mwen ka chanje manje ki nan lis benefis fanmi mwen an?

Selman biwo lokay WIC ou a ki kapab chanje pake manje ou a. Si ou genyen kèk sousi oubyen bezwen espesyal, asire w ke ou pale ak nitrisyonis WIC ou a avan ke yo bay benefis ou a. Yo ka petèt disponib pou yo ranje pake manje ou a.

## Eske mwen bezwen achte tout sa ki nan lis benefis fanmi mwen an?

Non yo pa egzije w pou w achte tout sa kin an lis benefis fanmi ou an. Nou ankouraje w pou w achte selon responsabilite ou e achte Selman sa ou konnen ou pral bezwen.

## Sak pase si manje mwen fini e mwen deja itilize tout benefis WIC mwen yo?

Pwogram WIC la li la Selman pou likapab "sipleman" rejim ou. Manje ou resevwa nan WIC yo pa pa gen entansyon pou fè fas ak tout bezwen nitrisyonèl ou. Ou pral bezwen achte manje anplis pou ou menm. Biwo local ou a kapab ede w jwenn lòt pwogram asistans manje si w gen bezwen.

## RESPONSABILITE OU YO:

- Trete magazen ak staf WIC yo avèk koutwazi e respè. Si ou santi yon magazen, yon patisipan WIC oubyen yon moun nan staf ap fè yon bagay ki mal, rele yon ajans nan Eta WIC la nan 1-800-741-2142.
- Kenbe kat eWIC ou ak Gid Manje ou nan yon kote ki an sekirite.
- Fè yon rapò de chanjman adrès ak/oswa telefòn nan biwo WIC la pi vit ke posib.

## OU KONPRAN:

- Pou nou kapab ba ou lòt referans, nou kapab bezwen pataje non ou ak/oswa enfòmasyon sou kontak ou ak lòt òganizasyon deyò. Nou pral fè ou yon demand pou nou mande pèmisyon espesyal ou le nou bezwen pataje non ou ak enfòmasyon sou kontak ou avèk nenpòt moun andeyò pwogram WIC la.
- Si ou gen entansyon bay manti pou w kapab resevwa benefis WIC yo oswa si ou vyole prensip pwogram yo, yo pral sispann ou oubyen ou pap kalifye pou pwogram nan.
- Vann, fè tantativ pou w vann oubyen bay benefis WIC yo, manje ak fòmila inakseptab. Si w fè sa, yo pral mande ou pou peye sa pwodwi a vo e yo ka sispann ou oubyenn ou pa kalifye ankò pou pwogram nan.
- Si w poste pwodwi WIC yo sou nenpòt rezo sosyo, ki enkli, men ki limite ak Facebook, Craigslist, ak Ebay nou konsidere sa kòm yon tantativ pou w vann pwodwi a.

## Eske benefis mwen pa itilize yo mwen ka jwenn yo lòt mwa?

Non. Benefis yo ap ekspire a minwi nan dat ekspirasyon ki sou chak resi.

## Eske mwen ka patisipe nan plis ke yon Sel pwogram WIC an menm tan?

Non.

## Sak pase si mwen deplase?

Eseye kontakte biwo lokay ou a avan ou deplase. Yo kapab ba ou yon transfè ki gen enfòmasyon pou w pote nan biwo WIC kin an nouvo zòn ou prale a.





An akò ak lwa sou dwa Federal U.S ak depatman agrikilti (USDA) prensip ak politik sou dwa sivil. USDA, ak Ajans li yo, biwo li yo, anplwaye li yo ak enstitisyon k'ap patisipe oubyen administre nan pwogram USDA la, yo defann diskriminasyon ki baze sou ras, koulè, nasyonalite orijin, sèks, andikap, laj, reprezay oubyen vanjans pou aktivite dwa sivil kite rive avan nenpòt pwogram ou aktivite ke USDA ap Mennen ouyen ap finanse.

Moun ki gen andikap ki egzije kominikasyon altènatif pou enfòmasyon sou pwogram yo (egz Brèy, gwo ekriti, tep odyo, langaj siy Ameriken elatriye) yo dwe kontakte Ajans yo (nan Eta li ye a oubyen nan lokal li) kote yo ka aplike pou benefis yo. Moun ki soud yo, tandè di oubyen ki gen andikap pou li pale, yo ka kontakte USDA atrave Sèvis Relè Federal la nan (800) 877-8339. Adisyonèlman, enfòmasyon sou pwogram nan ka disponib nan lòt lang ke Anglè.

Pou w kapab ranpli yon pwogram plent kont diskriminasyon, konplete Fòm pou pote Plent pwogram USDA a, (AD-3027) wap jwenn li en liy nan: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), ak nan nenpòt biwo USDA, oubyen ekri USDA yon lèt e mete nan lèt la tout enfòmasyon ke yo mande nan fom nan. Pou kapab fè rekèt yon kopi fòm plent lan, rele nan (866)632-9992. Depoze fòm nan apre w fin konplete l oubyen ekri USDA yon lèt pa:

(1) mail: U.S biwo Depatman Agrikilti  
pou asistan sekrete pou dwa sivil nan  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; oubyen

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

Enstitisyon sa a se yon bay opòtinite egal.

