



Si aad u hesho liiskii ugu danbeeyay ee cuntooyinka ay ogoshahay WIC, fadlan booqo <https://nyswicvendors.com/upc-resources/>

Caano

Waxaad iibsana kartaa:

- Liiskaaga dukaamaysiga ee WIC ayaa muujinaaya cadadka dufanka iyo nooca caanaha ay qasab tahay inaad iibsato
- Sumad kasta
- **CAANAHA LO'DA:** libso qasaca ugu weyn oo la heli karo (galaano, 96 wiiqiyadood, nus galaano, ama tumminno)
- **CAANO AAN LAKTOOS LAHAYN:** libso qasaca ugu wayn ee la heli karo markay maqquul tahay
- **KOSHER (Cholov Yisroel):** Haddii ay ku qorantahay liiskaaga dukaamaysiga ee WIC
- **CAANAHA RIYAHA:** Qasaca Meyenberg 12 wiiqiyadood keliya
- **CAANAHA LA UUMABIXIYAY/QASACADAYSAN:** qasac12 wiiqiyadood ah keliya
- **CAANAHA QALALAN/CAANO BOORE:** qasac 25.6 wiiqiyadood ah keliya

MA IIBSAN KARO:

- La maceeyay
- Cusub
- La maceeyay ama la qaboojiyay
- Burcad
- Lagu daray kaalshyaam
- Caanaha dufanta laga yareeyay (2%)

Ukunta

Waxaad iibsana kartaa:

- Sumad kasta
- 1 darsin (12 xabo) qasacyada keliya
- Dhexdhexaad ama mid wayn
- Cadaan ama Baroon

MA IIBSAN KARO:

- Jumbo iyo mid aad u weyn
- Cusub
- Ukumaha gaar ahaan aad u qiimo sareeyo (dufanta la yareeyay, qafis aan laheyn/kala duwanaa laheyn, Khudaarta lagu daray Omega-3)

Subaga Lawska

Waxaad iibsana kartaa:

- Sumad kasta
- Qasac 16-18 wiiqiyadood ah
- Jajabsan, burbur, shiidan, jilicsan
- Dabiici
- Dufanku ku yar yahay

MA IIBSAN KARO:

- Subaga lawska
- Dhulka cusub ama subaga looska la shiiday
- Looska la maceeyay
- Looska dabiiciga ah
- Subaga Lawska oo lagu daray saliida balka ama lagu daray maadooyin sida feetamiino, macaadinta, Omega 3, DHA, ama EPA

Cabbitaanka Soyga

Waxaad iibsana kartaa:

Sumadaha soo socda iyo noocyada:

- **8TH CONTINENT:**
Caanaha digirta – Asalka iyo Faniila (64 wiiqiyadood oo la qaboojiyay)
- **PACIFIC NATURAL FOODS:**
Caanaha Sooyada – Asalka iyo Faniila (32 wiiqiyadood oo caanada la gelin karo)
- **SILK:**
Canaha Soyga - Asal (32 ama 64-wiiqiyadood la qaboojiyay)
Canaha Soyga - Asal (128-wiiqiyadood oo ku jirta baakado badan)
Caanaha Soyga – Asal ah oo qaanada lagu xarayn karo kana kooban 32 wiiqiyadood
- **WESTSOY:**
Caanaha Sooya oo Asal ah - Caadi (32 ama 64-wiiqiyadood oon talaagad la gelinayn)
Caanaha Sooya oo– Vanilla (32 ama 64-wiiqiyadood oon talaagad la gelinayn)

Jiista/Farmaajada/Burcada

Waxaad iibsana kartaa:

- Baakado 8, 16, 24, ama 32 wiiqiyadood ah keliya
- Sumad kasta
- Habka Karkarinta Amerikan ah , Monterey Jack, Mozzarella, Jiista Adag, Colby, Swiss, Muenster, Provolone, ama iskudarka wax ka mid jiisaskaan
- Cadad ama jeexyo
- **JIIISKA KOSHER (Cholov Yisroel)** Haddii uu ku qoran yahay liiskaaga dukaamaysiga ee WIC

MA IIBSAN KARO:

- Jiiska lasoo diray
- Cuntooyinka jiiska, waxyaabaha ama ku faafo
- Gabalada buskudka
- La jarjaray, la shiiday, gabaleysan, xarig ah, ama jiiska usha
- Jiiska la maceeyay
- Jiis cusub
- Jeexyada gaarka loo duubay
- Jiiska Deli

Kaluunka qasacadaysan

Waxaad iibsana kartaa:

- Sumad kasta
- Kaluun lagu daray cusbo iyo maraq khudaar ah
- Kaluun lagu baakadeeyay biyo ama saliid
- Kaluun leh lafo iyo maqaar
- **Noocyada iyo xajmiyada soo socda:**
 - **Tuna Fudud:** Summad Walba (qasacyo ka kooban 5 iyo 6- wiiqiyadood)
 - **Salmon midabka Basaliga:** Sumad kasta (qasacyada 5, 6, iyo 7.5 wiiqiyadood ka kooban)
 - **Sardiinka:** Nooc kasta (qasacyo ka kooban 3.75 wiiqiyadood)

MA IIBSAN KARO:

- Tunnaha Albacore
- Salmon-ka baakida baluuga
- Salmon-ka Gaduudan
- Macmacaanka lagu daray
- Maadooyinka lagu daray

Si gaar ah ayay naasnuujinta dumarka cunto dheeraad u helaan ee ku caawiya dhisida soo saarka caanaha u baahan canugooda koraya.

Yooqad/Garoor/Caano fadhiya.

Waxaad iibsana kartaa:

- **Qaybaha dufanka ee ku qoran liiskaaga dukaamaysiga**
- **Qasacyada 32 wiiqiyadood ah**
- **Sumadaha iyo noocyada soo socda:**
 - **Annie's:** Yooqadka Guriga lagu sameeyo ee Cusub ee Guud
 - **Arz:** Yooqadka Khaliga ah ee Dufanka Guud ee Cusub
 - **Avenue A:** Yooqad Giriig aan Dufan lahayn, Yooqadka Giriiga Vanilla oon dufan lahayn
 - **Axelrod:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah, Yooqad Guud oo Khali ah
 - **Baroody:** Yooqad Khali ah
 - **Best Yet:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Guud oo Khali ah oon Dufan lahayn
 - **Brown Cow:** Kareem la saaray dusha Yooqadka Khaliga ah ee Dufanka Guud, Yooqad Khali ah oo dufanku Ku yar yahay, Yooqad Khali ah oon Dufan lahayn, Yooqadka Caanaha guud ee Vanilla
 - **Butterworks Farm:** Yooqad Khali ah oon Dufan lahayn, Yooqad Khali ah oo Dufanka Guud ah
 - **Byrne Hollow:** Yooqadka Dufanku ku yar yahay ee Giriiga Khaliga ah
 - **Cabot:** 2% Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah, Yooqad Dufanka Guud oo Khali ah
 - **Chobani:** 2% Yooqad Giriig aan Dufan lahayn, Yooqadka Giriiga kahliga ah oon dufan lahayn, Yooqad giriiga Vanilla oon dufan lahayn, Yooqadka Giriiga Dufanka Guud oo Khali ah
 - **Coburn Farms:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah ee Giriiga
 - **Cowbella:** Yooqadka Khaliga ah ee aan Dufanka lahayn
 - **Cream O'Land:** Yooqadka Dufanku ku yar yahay ee Khaliga ah
 - **Crowley:** Yooqadka Dufanku ku yar yahay ee Khaliga ah
 - **Dannon:** 1.5% Yooqad Giriig aan Dufan lahayn, Yooqadka Giriiga kahliga ah oon dufan lahayn, Yooqad khaliga ah oon dufan lahayn, Yooqadka Dufanka Guud oo Khali ah
 - **Desi Natural Dahi:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah, Yooqad Dufanka Guud oo Khali ah
 - **Essential Everyday:** Yooqad Dufanku ku yar yahay oo khaali ah Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oo aan Dufan lahayn, Yooqadka Giriiga Istaroowbeeriga leh, Yooqad Giriiga Vanilla oon Dufan lahayn, Yooqadka Giriiga Guud oo Khali ah, Yooqadka Khaliga ah ee Guud
 - **Esti:** Yooqadka Guud ee Giriiga Khaliga ah
 - **Farmland:** Yooqadka Khaliga ah ee Dufanka Guud ee Dahi
 - **Fit and Active:** Yooqadka Khaliga ah ee aan Dufanka lahayn
 - **Food Club:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Guud oo Khali ah oon Dufan lahayn
 - **Food Lion:** Yooqadka Khaliga ah ee aan Dufanka lahayn
 - **Foodtown:** Yooqad Dufanku ku yar yahay oo khaali ah, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oon Dufan lahayn, Yooqad Giriiga Vanilla oo aan Dufan lahayn, Yooqadka Khaliga ah ee Guud
 - **Freedom Hill Farm:** Yooqad Khali ah
 - **Fresh Made:** Yooqadka Dufanku ku yar yahay ee Khaliga ah
 - **Friendship:** Yooqadka Dufanku ku yar yahay ee Khaliga ah
 - **Gopi:** Yooqadka Nooca Hindida oo Dufanku ku yar yahay oo khali ah, Yooqadka aan Dufanka lahayn ee Nooca Hindida oo Khali ah, Yooqadka Dufanka Guud ee Noocada Hindida oo Khali ah
 - **Great Value:** Yooqad Giriig aan Dufan lahayn, Yooqadka kahliga ah oon dufan lahayn, Yooqad cusub oo Dufanku Ku yar yahay, Yooqadka Giriiga Dufanka Guud oo Khali ah
 - **Greek Gods:** Yooqadka Dufanku ku yar yahay ee Giriiga Khaliga ah
 - **Green Mountain Creamery:** Yooqad Giriig aan Dufan lahayn, Yooqadka kahliga ah oon dufan lahayn, Yooqad Giriiga Khaliga ah oo Dufanku Ku yar yahay, Yooqadka Guud oo Khali ah
 - **Greenway:** Yooqadka Khaliga ah ee Dufanka Guud ee
 - **Guru:** Yooqadka Khaliga ah ee Caanaha Guud
 - **Hammond Dairy:** Yooqadka Khaliga ah ee Dufanka Guud ee
 - **Hannaford:** Yooqad Dufanku ku yar yahay oo khaali ah, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oon Dufan lahayn, Yooqadka Giriiga Istaroowbeeriga leh ee aa Dufanka lahayn, Yooqad Giriiga Vanilla oo aan Dufan lahayn, Yooqadka Giriiga Guud oo Khali ah, Yooqadka Vanilla Giriig ee Guud
 - **Hawthorne Valley:** Yooqadka Khaliga ah ee Dufanka Guud ee
 - **Horizon:** Yooqad Dufanka aan lahayn, Yooqad aan Dufan lahayn oo khali ah, Yooqad Cusub ee Dufanka Guud oo Khali ah
 - **Ithaca:** Yooqadka Khaliga ah ee Dufanka Guud ee
 - **Key Foods:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah
 - **Kingdom Creamery:** Yooqadka Khaliga ah ee Dufanka Guud ee
 - **Kirkland:** Yooqadka Aan dufanka lahayn ee Giriiga Khaliga ah
 - **La Yogurt:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah, Yooqad Dufanka Guud oo Khali ah
 - **Lacto:** Yooqad Khali ah
 - **Lala:** Yooqadka Dufanku ku yar yahay ee Khaliga ah
 - **Lucerne Dairy:** Yooqad Khali ah oo aan Dufan lahayn, Yooqad Istaroowbeeriga aan Dufan lahayn, Yooqadka Giriiga kahliga ah oon dufan lahayn, Yooqad khaliga ah oon dufan lahayn, Yooqadka Caanaha Guud
 - **Maple Hill:** Yooqadka Khaliga Cusub ee Guud
 - **Market Pantry:** Yooqadka Khaliga ah ee aan Dufanka lahayn
 - **Merve:** Yooqad Khali ah
 - **Mountain High:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah, Yooqad Dufanka Guud oo Khali ah ee cusub
 - **My Essentials:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah
 - **Nancy's:** Yooqad Dufanka aan lahayn, Yooqad Dufanku ku yar yahay oo khali ah, Yooqad Cusub ee aan Dufanka lahayn ee khaliga ah, Yooqadka Guud oo Khali ah
 - **Nature's Place:** Yooqadka Aan Dufanka lahayn ee Vanilla Giriig, Yooqadka Guud ee CUSub ee Khaliga ah ee Giriiga, Yooqadka Cusub ee Guud ee Khaliga ah
 - **Nature's Promise:** Yooqadka aan Dufanka lahayn ee Giriiga Khaliga ah, Yooqadka aan dufanka lahayn ee Giriiga Khaliga ah ee cusub, Yooqadka Khaliga ah Cusub aan Dufanka lahayn, Yooqadka Cusub ee Giriiga Khaliga ah, Yooqadka Cusub ee Giriiga Guud ee khaliga ah, Yooqadka Guud ee cusub ee Khaliga ah
 - **North Country Creamery:** Yooqadka Guud oo khali, Yooqadka Guud ee Vanilla
 - **Nowtime:** Yooqadka Aan dufanka lahayn ee Giriiga Khaliga ah
 - **O Organics:** Yooqad Giriig aan Dufan lahayn, Yooqadka kahliga ah oon dufan lahayn, Yooqad Vanilla een Dufanka lahayn, Yooqadka Guud oo Khali ah
 - **Oikos:** Yooqad aan Dufan lahayn ee Giriig, Yooqadka Giriiga kahliga ah oo aan dufan lahayn, Yooqad Vanilla oon dufan lahayn, Yooqadka Giriiga Dufanka Guud oo Khali ah
 - **Open Nature:** 2% Yooqad Giriig khaliga ah, Yooqadka kahliga ah oo aan dufan lahayn ee Giriiga, Yooqad cusub oo Dufanku Ku yar yahay, Yooqadka Giriiga Dufanka Guud oo Khali ah
 - **Our Family:** Yooqad Giriig aan Dufan lahayn, Yooqadka khaliga ah oon dufan lahayn
 - **Penn Maid:** Yooqadka Khaliga ah ee aan Dufanka lahayn
 - **PICS:** Yooqad Dufanku ku yar yahay oo khali ah, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oo aan Dufan lahayn, Yooqadka Giriiga Vanilla leh ee aa Dufanka lahayn, Yooqad Giriiga khaliga ah oon Dufan lahayn, Yooqadka dufanka Guud oo Khali ah, Yooqadka Vanilla Giriig ee Guud
 - **Powerful:** Nonfat Plain Greek Yogurt, Whole Fat Plain Yooqad Giriiga Khali ah oon Dufan lahayn, Yooqad Giriiga Khali ah oo Dufanka Guud ah
 - **Price Rite:** Yooqadka Dufanku ku yar yahay ee Khaliga ah
 - **Redwood Hill:** Yooqad Khali ah
 - **Romis:** Yooqad Khali ah oo Dufanku ku yar yahay, Yooqad Khali ah oo Dufanka Guud ah
 - **Ronnybrook Farm Dairy:** Yooqadka Khaliga ah ee Dufanka Guud ee
 - **Seven Stars:** Yooqad Khali ah oo Dufanku ku yar yahay, Yooqad Khali ah oo Dufanka Guud ah oo Cusub
 - **ShopRite:** Yooqad Dufanku ku yar yahay oo khaali ah, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oon Dufan lahayn, Yooqad Guud oo Khali ah, Yooqadka Khaliga ah Giriiga ah ee Guud
 - **Shurfine:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah
 - **Simply Balanced:** Yooqadka Aan dufanka lahayn ee Giriiga Khaliga ah
 - **Stonyfield Organic:** Yooqad Kareem leh oo Dufanku ku yar yahay oo khali ah Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oo aan Dufan lahayn, Yooqad Guud ee caanaha French Vanilla, Yooqadka Khaliga ah ee caanaha Guud

Yooqadka, waa sii socotaa

Waxaad iibsana kartaa:

- **Qaybaha dufanka ee ku qoran liiskaaga dukaamaysiga**
- **Qasacyada 32 wiiqiyadood ah**
- **Sumadaha iyo noocyada soo socda:**
 - **Stop and Shop:** Yooqad Giriiga Dufanka aan lahayn oo khali ah ah, Yooqad dufanka Guud oo khali ah ee Giriiga, Yooqad Khali ah oon Dufan lahayn, Yooqadka Khaliga ah ee aa Dufanka lahayn, Yooqad Giriiga Vanilla oon Dufan lahayn, Yooqadka Guud ee Vanilla Giriig
 - **Super Associated:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah
 - **Taste of Inspirations:** Yooqad aan Dufan lahayn, Yooqadka khahliga ah ee Giriiga, Yooqadka Caanaha Guud oo Khali ah
 - **Tillamook:** Yooqadka Dufanku ku yar yahay ee Khaliga ah
 - **Tops:** Yooqad Dufanku ku yar yahay oo khali ah, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oon Dufan lahayn, Yooqad Giriiga Vanilla oon Dufan lahayn, Yooqadka Khaliga ah ee Caanaha Guud
 - **Traditional:** Dhammaan Yooqadka Dabiiciga ah ee Dahi
 - **Trimona:** Yooqadka Khaliga ah ee Dufanka Guud ee Bulgarian
 - **Two Good:** Yooqad Giriig aan Dufan lahayn ee Giriiga, Yooqadka Giriiga Vanilla oo dufanku ku yar yahay
 - **Upstate Farms:** Yooqadka Aan dufanka lahayn ee Giriiga Khaliga ah
 - **Urban Meadow:** Yooqad aan Dufan lahayn, Yooqadka khaliga ah oo dufanku ku yar yahay
 - **Voskos:** Yooqadka Aan dufanka lahayn ee Giriiga Khaliga ah
 - **Wallaby:** Yooqadka Caanaha Guud oo Cusub ee Giriiga, Yooqadka Cusub ee Dufanku Ku yar yahay ee Giriiga, Yooqadka Cusub ee aan Dufanka Lahayn ee Giriiga, Yooqadka Caanaha Guud ee Cusub
 - **Wegmans:** Yooqad Dufanku ku yar yahay oo khali ah, Yooqad aan Dufan lahayn oo khali ah ee Giriiga, Yooqad Khali ah oon Dufan lahayn, Yooqadka Isku dhafan ee Aan Dufanka Lahayn ee Cusub, Yooqad khaliga ah ee Dufanka Guud, Yooqadka dufanka Guud oo Khali ah, Yooqadka Vanilla Giriig ee Guud
 - **Weis:** Yooqad Giriiga Dufanka aan lahayn oo khali ah, Yooqad dufanka aan lahayn ee Vanilla Giriiga, Yooqad Khali ah oo aan Dufan lahayn, Yooqadka Khaliga ah ee aa Dufanka lahayn, Yooqad Giriiga Dufanka Guud, Yooqadka Guud ee lagu daray kobciyaasha
 - **White Mountain:** Yooqadka Khaliga ah ee aan Dufanka lahayn ee Bulgarian
 - **Wholesome Pantry:** Yooqad Khali ah ee Dufanku Guud, Yooqad Khali ah oon Dufan Lahayn oo Cusub
 - **Yoplait:** Istaroow beeri sonkor yar ku jirto iyo Yooqadka Mooska iyo Istaroow Beeriga oo ku jira baakada 4 xabo oo 8 wiiqiyadood ah (32 Wiiqiyadood guud ahaan), Yooqad Khali ah oon Dufanka lahayn

YOOQADKA KOSHER (Cholov Yisroel) Haddii uu ku qoran yahay liiskaaga dukaamaysiga.

Waxaad iibsana kartaa:

- **Qasacyada 32 wiiqiyadood ah**
- **Sumadaha iyo noocyada soo socda:**
 - **Gevina Farms:** Yooqadka Aan dufanka lahayn ee Giriiga Khaliga ah
 - **J and J:** Yooqadka Khaliga ah ee aan Dufanka lahayn
 - **Mehadrin:** Yooqad Dufanku ku yar yahay, Yooqad aan Dufan lahayn oo khali ah ee Giriiga
 - **Normans:** Yooqad Giriig aan Dufan lahayn ee Giriiga, Yooqadka Giriiga Vanilla oo dufanku ku yar yahay Greek, Giriig Khali ah oon lahayn Dufan

MA IIBSAN KARO:

- Isku darka waxyaabaha ka sameysantahay (gabalada boorishka, nanaca, iwm.)
- Yoogadka lacabikaro/la isku dhuujin karo
- Yoogadka qabooban
- Macaaneeye macmal ah lagu daray

Digirta, Shumburada, iyo Misirta Qaan gaaray

Waxaad iibsana kartaa kuwo qalalan:

- **Sumad kasta**
- **1 lb bac ah oo digirta qaan gaartay ah, salmukada, ama misirta**

Waxaad iibsana kartaa mid la qasacadeeyay:

- **Sumad kasta**
- **Qasac dhan 15-16 waqiyadood oo ka kooban digir qaan gaar ah, sumada, misirta, digirta la shiilay ee khaliga ah, salmukada pigeon, iyo digirta lima**

MA IIBSAN KARO:

- Digirta baakideysan
- Hilibka qaansiirka iyo digirta
- Sonkor lagu daray, dufan, garoor, hilib, ama saliid
- Digirta cagaarka ah, digirta cagaaran, digirta kala duwan, digirta jaalaha, iyo digirta jaalaha kala duwan laguma iibsana karo "gunnadaada digirta, salmukada, misirta, subagga lawska" waxaad adeegsan kartaa Gunnada Qiimaha Kaashka ee Miraha iyo Khudaarta si aad u iibsantid noocyadaan cuntooyinka ah

Tofu

Waxaad iibsana kartaa:

- **Baakado 8, 10, 14, ama 16 wiiqiyadood ah**
- **Sumadaha iyo noocyada soo socda:**
 - **Azumaya:** Jilicsan, Adag, aad u adag
 - **Franklin Farms:** Jilicsan, Adag dhex-dhexaad ah, Adag, Adag dheeraad ah
 - **Heiwa**
 - **Cuntooyinka Guriga:** Adag Cusub, Cusayb Adag Dhexdhexaad ah, Cusayb Jilicsan, Aad U adag, Adag, Wax yar Adag, Aad U jilicsan
 - **Nasoya:** Cusub oo La duubay aadna U arag, Cusayb leh Adag dheeraad a, Cusayb Adan, Cusayb Fudud, Cusayb Jilicsan, Cusayb aad U adag, Jilicsan
 - **Natures Promise:** Adag Cusub
 - **O Organics:** Adag Dheeraad ah, Adag, Jilicsan, Aad u adag
 - **San Su:** Aad u adag, Adaga, Jilicsan
 - **Wegmans:** Adag Cusub
 - **Woodstock:** Adag Dheeraad ah oo Cusub, Adag Cusub

Cuntada Canuga – Qudaarta iyo Miraha

Waxaad iibsana kartaa:

- **Qasacyada 4 Wiq:**
 - Baakadaha 2 Wiq ee 2 ah (wadarta guud oo 4 wiq ah) ee cuntada ilmaha ayaa lagu tirinayaa 1 qasac
 - Baakadaha 4 Wiq ee 2 ah (wadarta guud oo 8 wiq ah) ee cuntada ilmaha ayaa lagu tirinayaa 2 qasac
- **Cusub**
- **Miro walboo kaliya ama qudaar**
- **Wixii iskudar ah ee qudaar kala duwan iyo mirro**
- **Noocyada soo socda:**
 - Beech Nut, Gerber, Earth's Best, Happy Baby, Nature's Promise, Once Upon A Farm, Tippy Toes, Wild Harvest
- **Kosher (Cholov Yisroel):** Dookha Koobaad

MA IIBSAN KARO:

- Pouches
- Isku jir ay ka mid tahay mid aan khudrad lahayn aan khudaar ahayn waxa ay ka samaysan tahay sida hilib, caano fadhi, bariis baasto nuudhul

Cuntada Ilmaha – Hilibka

Waxaad iibsana kartaa:

- **Qasacyada 2.5 wiq ah**
- **Cusub**
- **Hilib walba ee maraq fudud ama maraq adag**
- **Noocyada soo socda:** Beech Nut, Earth's Best, Gerber

Seeriyaalka Ilmaha dhashay

Waxaad iibsana kartaa:

- **Gerber:** Seeriyaalka Carruurta
- **Qasacyo 8 ama 16 Wiq ah**
- **Noocyada khaliga ah keliya: boorishka, bariiska, Qamadiga, ama badar badan**

MA IIBSAN KARO:

- Cusub
- Waxyaabo dheeraad ah sida DHA, Khudrad, caanaha carruurta, ama barootiin lagu daray

Boorashka Quracda

Waxaad iibsana kartaa:

- Bokisyo 12 Wiq ah ama ka badan

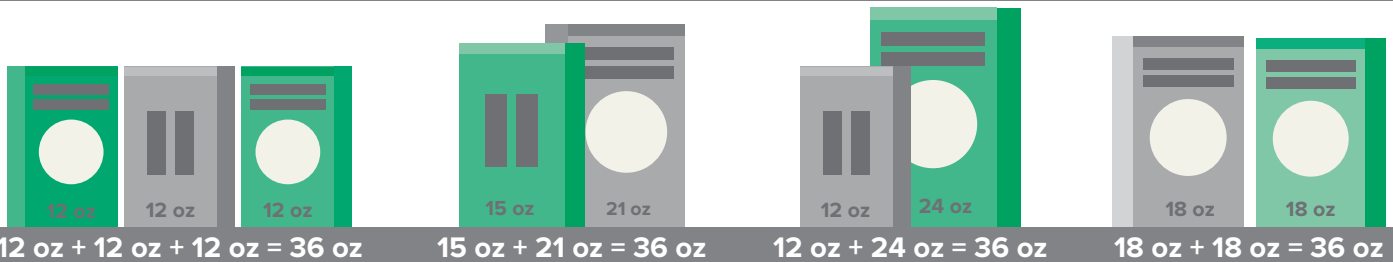
Seeriyaalka qamadiga guud ayaa lagu qoraa *

MA IIBSAN KARO:

- Cusub
- Baakadaha cuntada halka mar

Adeegasho Latalin Caawin leh!

Sida aad ku helayso seeriyaalkaaga buuxa ee 36 wiq:



Summadaha Qaranka/Gaarka ah

Waxaad iibsana kartaa:

• Summadaha iyo noocyada soo socda ee qaranka:

- **General Mills:** *Berry Berry Kix, Blueberry Chex, *Cheerios, Cinnamon Chex, Corn Chex, Fiber One Honey Clusters, *Honey Kix, *Kix, Multi Grain Cheerios, Rice Chex, *Total Whole Grain, Vanilla Chex, *Wheat Chex, *Wheaties
- **Kellogg's:** *All Bran Complete Wheat Bran Flakes, Corn Flakes, Crispix, *Frosted Mini Wheats, *Frosted Mini Wheats Filled, *Frosted Mini Wheats Little Bites, *Honey Almond Ancient Grains, *Original Frosted Mini Wheats, Bariiska Krispies, *Special K Banana, *Special K Multi Grain, *Special K Original
- **Kemach:** *Bran Flakes, Corn Flakes, Bariiska Crisp, *Boorash leh baal oo la kariyay, *Boorash la qalajiyay, *Wheat Flakes
- **Malt O Meal:** *Frosted Blueberry Mini Spooners, *Frosted Mini Spooners, *Frosted Strawberry Mini Spooners
- **Post:** *Grape Nuts, *Grape Nuts Flakes, *Great Grains Banana Nut Crunch, *Great Grains Crunchy Pecan, *Xoogaa Boorash oo karsan lehna malab, *Xoogaa Boorash oo Karsan Vanilla, *Xoogaa Boorash ah oo Karsan oo leh Yicib
- **Quaker:** *Life Original Multigrain Cereal, *Life Strawberry Multigrain Cereal, *Life Vanilla Multigrain Cereal, *Oatmeal Squares Brown Sugar, *Oatmeal Squares Cinnamon, *Oatmeal Squares Honey Nut
- **Ralston:** Buskudka Sabuulka, Jeexyada Sabuulka, *Khamadi la Duubay, Boorashka Haruurka Guud, *Xansharoorta Nooca Khamadiga
- **Sunbelt:** *Simple Granola
- **Taanug:** Xaleefyada Bariiska

Noocyada Dukaanka

Waxaad iibsaa kartaa:

• Sumadaha iyo noocyada soo socda ee Dukaanka:

- **Avenue A:** Xunshada Sabuulka, Boorash Shaaxid ah
- **Best Yet:** *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Crispy Rice, *Frosted Shredded Wheat, *Honey Oats and Flakes, *Honey Oats and Flakes with Almonds, *Strawberry Frosted Shredded Wheat, *Toasted Oats
- **Clear Value:** Xunshada Sabuulka, *Boorash La dubay
- **Essential Everyday:** Corn Flakes, Crispy Hexagons, Crispy Rice, Crunchy Corn Squares, *Crunchy Oat, *Crunchy Oat Squares, Crunchy Rice Squares, *Crunchy Wheat Squares, *Frosted Shredded Wheat, *Honey Oats and Flakes, *Honey Oats Flakes Almond, Nutty Nuggets, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Wheat and Bran Flakes
- **Food Club:** *Bite Size Frosted Shredded Wheat, *Bran Flakes, Corn Flakes, Corn Squares, Crisp Rice, *Frosted Shredded Wheat, *Honey and Oats, *Honey and Oats With Almonds, Oatmeal Squares, Rice Squares, *Strawberry Frosted Shredded Wheat, Toasted Oats, Twin Grain Crisp, *Wheat Squares
- **Food Lion:** *Bite Size Frosted Shredded Wheat, *Bran Flakes, Corn Flakes, *Boorash iyo malab dheeraad ah, *Boorash iyo malab dheeraad ah, *Istaroobeeri lagu daray xalfeef khamadi ah, *Tasteeos, *Boorash la kariyay, Bariista la kariyay
- **Foodtown:** Corn Flakes, *Crunchy Oat Squares, *Frosted Shredded Wheat, Boorash iyo yicib dheeraad ah, *Tasteeos, *Toasted Oats
- **Great Value:** *Almond Crunchy Honey Oats, *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Corn Squares, *Boorash La burburiyay oo leh Malab, *Crunchy Oat Squares, *Frosted Shredded Wheat, *Os Oats, Rice Squares, *Toasted Oats, *Toasted Whole Grain Oat Spins
- **Hannaford:** *Bite Size Frosted Shredded Wheat, Corn Flakes, Crispy Hexagons, Crispy Rice, Easy Living Oat Squares, *Frosted Shredded Wheat, *Nutty Nuggets, Boorash iyo yicib dheeraad ah, Boorash iyo malab dheeraad ah, *Strawberry Frosted Shredded Wheat, *Tasteeos, Toasted Corn, Toasted Rice, *Toasted Wheat Squares, *Wheat Bran Flakes, Wheat Flakes
- **Hy Top:** *Bite Size Frosted Shredded Wheat, *Bran Flakes, Corn Flakes, *Frosted Shredded Wheat, *Honey Oats and Flakes with Almonds, *Toasted Oats
- **IGA:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Corn Squares, Crispy Corn and Rice, Crispy Rice, Honey Oats and Flakes, Honey Oats and Flakes With Almonds, *Original Toasted Oats, Rice Squares, *Toasted Oats
- **Key Foods:** *Bite Size Frosted Shredded Wheat, Corn Flakes, *Toasted Oats
- **Kiggins:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Crispy Rice, *Frosted Shredded Wheat, Honey Oat Crunch, *Toasted Rolling Oats
- **Krasdale:** Corn Flakes, Honey Oats and Flakes, *Toasted Oats
- **Market Pantry:** Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats
- **My Essentials:** *Frosted Shredded Wheat
- **Parade:** *Bite Size Shredded Wheat, Corn Flakes, *Toasted Oats
- **PICS:** Crispy Honey Oats and Flakes, Crispy Rice, *Frosted Shredded Wheat, Toasted Corn Crisps, Toasted Rice Crisps, *Wheat Bran Flakes
- **Price Chopper:** Corn Flakes, *Good Choice Oat Squares, *Strawberry Frosted Shredded Wheat, *Whole Grain Toasted Oats
- **Price Rite:** *Bran Flakes, Corn Flakes, *Frosted Shredded Wheat, Honey Oat Clusters With Almonds, *Shredded Wheat, *Toasted Oats
- **Red and White:** Xunshada Sabuulka, *Boorash La dubay
- **Safeway:** *Duubab Khamadi ah
- **Shop Rite:** *Bran Flakes, Crispy Corn Squares, Crispy Rice Squares, *Bite Size Frosted Shredded Wheat, Corn Flakes, Honey Oat Clusters, Honey Oat Clusters With Almonds, *Toasted Oats
- **Shurfine:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Corn Squares, Crispy Rice, Honey Oats and Flakes, Oats and More With Almonds, Oats and More With Honey, Rice Squares, *Toasted Oats, *Wheat Bran Flakes, *Wheat Squares
- **Signature Kitchens:** Corn Flakes, Oats And Almonds, Oats And More With Honey, Shredded Wheat Bites, *Toasted Oats
- **Signature Select:** *Bran Flakes, Corn Pockets, Crispy Rice, *Frosted Shredded Wheat Bite Size, *Nutty Nuggets, Rice Pockets, Toasted Oats
- **Stop and Shop:** *Bran Flakes, Corn Flakes, Corn Squares, Crisps, Crispy Rice, *Frosted Shredded Wheat, Honey Crunchin Oats, Honey Crunchin Oats Almond, Instant Oatmeal Packs, *Multigrain Oats and Os, *Nutty Nuggets, *Oat Squares, *Oats and Os, Rice Squares, *Whole Grain Shredded Wheat
- **That's Smart:** Corn Flakes, Crisp Rice, *Toasted Oats
- **Tops:** *Bite Size Frosted Shredded Wheat, *Bite Size Strawberry Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Corn Squares, Crisp Rice, *Friendly Harvest Bran Flakes, *Oat Squares, Oats and More Honey Roasted, Oats and More With Almonds, Rice Squares, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Twin Grain Crisp
- **Urban Meadow:** Xunshada Sabuulka, *Boorash La dubay
- **Valu Time:** *Bran Flakes, Corn Flakes, Crisp Rice, *Frosted Shredded Wheat, *Toasted Oats
- **Wegmans:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, *FYFGA Oat Crisps, *FYFGA Strawberry Shredded Wheat, *Oat Crisps, *Oats and Honey, *Oats and Honey with Almonds, *Toasted Oats
- **Weis:** *Bite Size Frosted Shredded Wheat, Corn Flakes, Honey Oats and Flakes, Honey Oats and Flakes with Almonds,
- **Weis Quality:** *Bite Size Frosted Shredded Wheat, Bite Size Toasted Corn, Bite Size Toasted Rice, Crispy Corn and Rice, Crispy Rice, *Multigrain Toasted Oats, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Wheat Bran Flakes, *Wheat Flakes
- **Western Beef:** Xunshada Sabuulka, *Boorash La dubay
- **White Rose:** Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats

Seeriyaal Kulul

Waxaad iibsana kartaa:

- **Bokisyo 11.8 Wiq ah ama ka badan**
- **Sumadaha iyo noocyada soo socda:**
 - **Cream Of Rice:** Baakadaha Seeriyaal Kulul, ee degdega loo Cuno
 - **Cream Of Wheat:** Seeriyaalka 1 Daqiiqo, 2.5 Daqiiqo, ee Baakadaha Fudud, Seeriyaalka Haruurka Guud ee 2.5 Daqiiqo
 - **Essential Everyday:** Baakadaha Markaba la cuni karo, Baakadaha Boorashka Karsami og
 - **Food Club:** Baakadaha Boorashka Karsami og
 - **Great Value:** Baakadaha Boorashka Boobsiiska Loo karshay
 - **Hannaford:** Khamadi Kareen ah, Baakadaha Boorashka oo Joogto ah
 - **IGA:** 100% Boorashka Nooca Hore ee Dabiiciga ah, 100% Boorashka Haruurka Guud ee Dabiiciga ah, Baakadaha Boorashka Dhakhso u karsamada
 - **Malt O Meal:** Seeriyaalka Farina ee Khamadiga kulul, Seeriyaalka Khamadiga Kulul
 - **Maypo:** Booriska degdega Maple, Boorashka Maple oo leh Quinoa, Boorashka Nooca Vermont ee Maple
 - **My Essentials:** Baakadaha Boorashka Boobsiiska Loo karshay
 - **PICS:** Baakadaha Boorashka Caadiga Loo kariyo
 - **Price Rite:** Baakadaha Boorashka Boobsiiska Loo karshay
 - **Quaker:** Boorash Cusub oo leh Dhuux, Baakadaha Boorashka Rasmiga ah
 - **Shop Rite:** Baakadaha Boorashka Caadiga ah ee Boobsiiska Loo karshay,
 - **Shurfine:** Baakadaha Boorashka Rasmiga ah Boobsiiska Loo karshay
 - **Signature Select:** Baakadaha Boorashka boobsiiska Loo kariyo
 - **Tops:** Baakadaha Boorashka Rasmiga ah Boobsiiska Loo karshay
 - **Weis Quality:** Baakadaha Boorashka Rasmiga ah Boobsiiska Loo karshay

Bariis baroon ah

Waxaad iibsana kartaa:

- **Sumad kasta**
- **Baakadaha 14-16 wiq ama 28-32 wiq**
- **Bariis baroon cad oo sanduuqa ku jiro iyo baco**
- **Karin degdega, dhaqso, ama karin caadi ah**

MA IIBSAN KARO:

- Lagu daray sonkorta, dufanka, saliida ama cusbada

Tortillas Haruurka Guud

Waxaad iibsana kartaa:

- **Baakadaha 16 Wiq (1 lb.)**
- **Sumadaha iyo noocyada soo socda:**
 - **Celias:** Sabuul cad, Jaalle ah, Khamadiga guud
 - **Chi Chis:** Sabuulka Cad, Khamadiga Guud ee Nooca Fajita
 - **Del Campo:** Sabuul
 - **Don Pancho:** Sabuulka cad, Khamadiga Guud
 - **Essential Everyday:** Sabuulka Jilicsan oo cad, Khamadiga Guud
 - **Food Club:** Sabuulka Cad, Khamadiga Guud ee Nooca Fajita
 - **Guerrero:** Tortilla Sabuul cad
 - **Great Value:** Khamadiga Guud ee 100%, Khamadiga Guud
 - **Hannaford:** Khamadiga Guud noocyada Fajita
 - **Herdez:** Tortilla Sabuul cad
 - **IGA:** Sabuulka Cad, Khamadiga Guud ee Nooca Taco
 - **Key Foods:** Khamadiga Guud
 - **La Banderita:** Sabuul, Sabuul Jilicsan, Sabuul Jaale ah, Khamadiga Guud ee Fajita, Taco Jilicsan ee Khamadiga Guud
 - **La Milpa:** Traditional Nixtamal
 - **Mayan Farm:** Khamadiga Guud
 - **MexAmerica:** Khamadi Guud oo Malab leh
 - **Mission:** Sabuul jilicsan oo aad U dhuuban, Burka 100% Khamdiga ah, Khamadiga Guud ee Nooca Maqaayada
 - **Natures Promise:** Gallay Dhamaam Sabuul Dabiici ah
 - **Ortega:** Khamadiga Guud
 - **ShopRite:** Khamadiga Trading Co
 - **Shurfine:** Khamadiga Guud nooca Fajita
 - **Siempre Autentico:** Burka Khamiga guud
 - **Signature Select:** Rooti Qamandi Baal leh ee Taco
 - **Stop and Shop:** Burka Sabuul cad, Jaalle ah, Khamadiga guud
 - **Tia Rosa:** Rooti Qamandi Baal leh ee Taco
 - **Tio Santi:** Burka Khamiga guud
 - **Tops:** Khamadiga Guud
 - **Weis Quality:** Khamadiga Guud

Maadooyinka Roodhiga Haruurka Guud

Waxaad iibsana kartaa:

- **Baakadaha 16 Wiq (1 lb.)**
- **Sumadaha iyo noocyada soo socda:**
 - **America's Choice:** 100% Rootiga Sareenka Qamadiga
 - **Arnold:** Stoneground 100% Rooti Qamandi Baal leh
 - **Best Yet:** 100% Rootiga Sareenka Qamadiga
 - **Bimbo:** 100% Rootiga Sareenka Qamadiga
 - **Bogopa:** 100% Rootiga Sareenka Qamadiga
 - **Bowl and Basket:** 100% Rootiga Sareenka Qamadiga
 - **Cherry Valley:** 100% Rootiga Sareenka Qamadiga
 - **Food Lion:** 100% Rootiga Sareenka Qamadiga
 - **Foodtown:** 100% Rootiga Sareenka Qamadiga
 - **Jerusalem Franczoz Health Bread:** Khamadiga Guud ee 100%, Khamadiga Guud Soobaxa
 - **Full Circle:**Roodhiga Flax iyo Qamadiga
 - **Gold Medal:** 100% Rootiga Qamadiga leh Flax, 100% roodhiga Khamadiga guud
 - **Gourmet:** 100% Rootiga Sareenka Qamadiga
 - **Hannaford:** 100% Rootiga Sareenka Qamadiga
 - **Hauswald's:** 100% Rootiga Sareenka Qamadiga
 - **Holsum:** 100% Rootiga Sareenka Qamadiga
 - **Ideal:** 100% Rootiga Sareenka Qamadiga
 - **IGA:** 100% Rootiga Sareenka Qamadiga
 - **King Kullen:** 100% Rootiga Sareenka Qamadiga
 - **Krasdale:** 100% Rootiga Sareenka Qamadiga
 - **Monks:**Xubuub badan, Rooti Qamandi Xubuub baal leh
 - **Pas Yisroel:** Roodhiga Haruurka Guud ee Gold Label 100%, Roodhiga Khamadiga guud, Roodhiga astaanta Cagaaran ee Khamadiga Guud, Roodhiga Haruurka Badan
 - **Penn Street:** 100% Rootiga Sareenka Qamadiga
 - **Pepperidge Farm:** JRoodhiga Khamadiga guud ee ewish Rye, Roodhiga Fudud ee Khamadiga, Roodhiga Khamadiga Guud ee Stone Ground, Roodhiga Aaadka u dhuuban ee Khamadiga Guud
 - **PICS:** 100% Rootiga Sareenka Qamadiga
 - **Roman Meal:** Sungrain 100% Rooti Qamandi Baal leh
 - **Rubschlager:** 100% Rootiga Rye Rye Ola Black Rye, 100% Rootiga Rye Rye Ola Flax, 100% Rootiga Rye Rye Ola Sunflower, 100% Rootiga Guud ee Khamardiga, Rootiga Cocktail Pumpnickel, Rootiga Cocktail Rye, Rootiga Cocktail Whole Grain, Rootiga Danish Style Pumpnickel, Rootiga European Style Whole Grain, Rootiga Rye Rye Ola Pumpnickel, Rootiga Westphalian Pumpnickel
 - **Sara Lee:** 100% Rootiga Sareenka Qamadiga
 - **Schmidt Old Tyme:** 100% Rootiga Sareenka Qamadiga
 - **Schwebels:** 100% Rootiga Sareenka Qamadiga
 - **ShopRite:** 100% Rootiga Sareenka Qamadiga
 - **Signature Select:** 100% Rootiga Sareenka Qamadiga
 - **Stern's:** 100% Rooti Qamandi Baal leh, Duub Qamandi Baal leh
 - **Stop and Shop:** 100% Rootiga Sareenka Qamadiga, Roodhiga Khamadiga guud ee Cusbo Aan lagu Darin
 - **Super Bread V:** 100% Rootiga Sareenka Qamadiga
 - **Tops:** 100% Rootiga Sareenka Qamadiga
 - **Urban Meadow:** 100% Rootiga Sareenka Qamadiga
 - **Weis:** Tayada 100% Rooti Qamandi Baal leh
 - **Windmill Farms:** Roodhiga Khamadiga Guud ee Hamotzie, Roodhiga Khamadiga Guud ee Mezonos, Duubabka Khamadiga Guud
 - **Wonder:** 100% Rootiga Sareenka Qamadiga
 - **Yossi's:** Roodhiga Pita
 - **Zomick's:** 100% Roodhiga Khamadiga Guud ee Hamotzie, 100% Roodhiga Khamadiga Guud ee Mezonos, 100% Duubabka Khamadiga Guud

Baasto Kasamaysan haruurka guud

Waxaad iibsana kartaa:

- **Baakadaha 16 Wiq (1 lb.)**
- **Noocyada soo socda:**

• Allegra	• Colavita	• Great Value	• Pastaio
• America's Choice	• DeLallo	• Heartland	• Racconto
• Anna	• Delverde	• Hodgson Mill	• Ronzoni
• Barilla	• Essential Everyday	• La Molisana	• ShopRite
• Bella Terra	• Fit And Active	• Landau	• Shurfine
• Bionaturae	• Food Club	• Luigi Vitelli	• Signature Select
• Bowl and Basket	• Fratelli Mantova	• Mishpacha	• Simply Balanced
• Brad's	• Full Circle	• Natures Promise	• Wegmans
• Cadia	• Garofalo	• O Organics	• Weis
• Campagna	• Gia Russa	• Pasta Isabella	

MA IIBSAN KARO:

- Lagu daray sonkorta, dufanka, saliida ama cusbada

Miro iyo Khudaar (Gunnada Kaashka ah)

Waxaad iibsana kartaa:

- Liiskaaga dukaamaysiga ee WIC ayaa qeexi doona cuntada "Cusub keliya" ama "cusub/la qaboojiyay/qasacadaysan"
- Cusub

Khudaarta iyo Miraha Cusub

Waxaad iibsana kartaa:

- Wixii kala duwanaan ee qudaaro iyo miro kala duwan
- Guud ahaan ama cad kamid ah
- Isku darka ansalaato baceysan, qudaar baceysan

MA IIBSAN KARO:

- Saxanka xafladaha
- Sheeyada ka imaanayo qeybta ansalaatada
- Saladaha miraha
- Miraha ama khudaarta sharaxaada ah
- Waxyaabaha la qalajiyay
- Loosaska (oo ay ku jiraan looska, miraha/isku darka nafaqada)
- Dhirta, xawaajiyada, labiska ansalaatada

Miraha Qasaca ku jira

Waxaad iibsana kartaa:

- Summad walba ee ku baakideysan biyaha iyo juuska
- Wixii kala duwanaansho miro ah, isku darka miro ah
- Alaabta macaaneeye macmal ah lagu daray
- Wixii cabirka/weelka/nooca baakida (aan ka aheyn baakida yar ee halka ah). Weelka waa in uu ahaadaa bir, dhalo ama caag.
- Miraha waa in ay ahaadaan waxyaabaha koobaad
- Tufaaxda: 'Sonkor laguma daro' ama 'Aan macaan aheyn' kala duwanaansho kaliya

MA IIBSAN KARO:

- Suugada miraha Cranberry
- Buuxinta baayga
- Cunto lagu garay sharoobo
- Lagu daray sonkor iyo cusbo
- Lagu daray saliid/cusbo
- Baakaa yar ee cuntada halka mar

Khudaarta la dubay

Waxaad iibsana kartaa:

- Laga yaabo in ay joogto tahay ama ku yartahay milixda/cusbada
- Summad kasta
- Wixii kala duwanaansho qudaarta ah, isku darka qudaarta
- Cabir walba
- Wixii cabirka/weelka/nooca baakida (aan ka aheyn baakida yar ee halka ah). Weelka waa in uu ahaadaa bir, dhalo ama caag.
- Qudaarta waa in ay ahaataa waxyaabaha koowaad
- Tamaandho qasacadaysan(cajiin, dareere ah. Dhammaystiran, la burburiyay, la kariyay, la qurbaysoos, soos meksikaana)

MA IIBSAN KARO:

- Khudaarta la jaray ama kareemka lagu daray
- Digirta baakideysan, doofaarka iyo digirta
- Maraqyada
- Yaanayada macaan, jadni, miraha olives
- Lagu daray dufan, saliid, sonkor
- Digirta gahayrka ah/salmukada/misirta (Tusaale: Digirta madoow, digirta garbanzo, digirta beerka)

Mirro Qaboow

Waxaad iibsana kartaa:

- Weel walba /nooca baakida
- Cabir walba
- Summad kasta
- Miraha waa in ay ahaadaan waxyaabaha koobaad
- Wixii kala duwanaansho miro ah, isku darka miro ah

MA IIBSAN KARO:

- Wax kaloo kale oo ay ka samaysantahay oo aan ka ahayn khudaar
- Lagu daray sonkor, malab, ama sharoobo

Khudaarta la qaboojiyay

Waxaad iibsana kartaa:

- Summad kasta
- Weel walba /nooca baakida
- Cusbo leh ama aan laheyn
- Digirta qabow, digirta cagaaran iyo misirta waa la ogolyahay
- Cabir walba
- Wixii kala duwanaansho qudaarta ah, isku darka qudaarta
- Qudaarta waa in ay ahaataa waxyaabaha koowaad

MA IIBSAN KARO:

- Lagu daray Sonkor, dufan, ama saliido
- Lagu daray marax ama dheecaan

Cabitaanka miraha

Waxaad iibsaa kartaa:

- Xajmiga iyo nooca ku qoran liiskaaga dukaamaysiga ee WIC
- 100% cabitaanka miraha ah
- Cabitaanka miraha oo leh 80% ama ka badan oo feetamiin C ah

MA IIBSAN KARO:

- Cusub

'Summada dukaan walba' waxaa ku jira magaca dukaanka iyo summadahaan:

- | | | | |
|----------------------|--------------------|-------------------|--------------------|
| • 7 Select | • Food Lion | • Member's Mark | • Shurfine |
| • Best Choice | • Freedom's Choice | • Nature's Own | • Signature Select |
| • Best Yet | • Good and Gather | • Parade | • Super A |
| • Bogopa | • Great Value | • PICs | • Tipton Grove |
| • Cherry Valley | • Hytop | • Red & White | • Urban Meadow |
| • Essential Everyday | • Krasdale | • Sam's Choice | • White Rose |
| • Food Club | • Market Pantry | • Shopper's Value | |

Juuska haweenka

Iskudarka Qaanada la Gashan karo qasacyo dhan 11.5 wiq

- **Welch's:** Macaan kasta

Iskudarka la barafeeyay qasacyo ka kooban 11.5-12 wiq

- **Sumad kasta:** Miraha canabka, Oranjiga, Caananaas
- **Dole:** Iskudar Kasta oo Juuska la macaanshay ah
- **Langers:** Tufaax, Shiidka Dayrta, Cinab, Shiidka Gu'aga, Shiidka Xagaaga, Shiidka, Jiilaalka
- **Nooc kasta oo dukaanka ah:** Tufaax, Cinab, Iskudarka Cabitaanka
- **Goray Hore:** Tufaax, Cinab, Iskudarka Cabitaanka leh Daboolka Cagaaran
- **Seneca:** Tufaaxda

Cabitaanka Carruurta

Iskudarka la barafeeyay qasacyo ka kooban 16 wiq

- **Sumad kasta:** Tufaax, Cinabka, Miraha Cinabka, Iskudarka Cabitaanka Miraha, Oranjiga, Cananaaska

Dareehaha Qasacyada 64 Wiq ah

- **Sumad kasta:** Miraha canabka, Oranjiga, Caananaas
- **Nooc kasta oo dukaanka ah:** Tufaax, Cinab, Iskudarka Cabitaanka Khudaarta
- **Apple and Eve:** Tufaax, Big Bird Apple, Cookie Monster Berry, Cranberry iyo More, Cranberry Apple, Cranberry Blend, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry, Khudaarta La iskudaray ee Elmo, Grover's White Grape
- **Campbell's:** Yaanyo aan Sodiyaam Badan lahayn, Yaanyo
- **Harvest Classic:** Tufaax, Tufaax Cinab Cananaas, Tufaaxda Karan beeriga, Karaanbeeri iskudhafan, Cinabka Karaan beeriga, Cranberry Raspberry
- **Juicy Juice:** Tufaax, Apple Raspberry, Berry, Cherry, Khudaar la iskudaray, Canab, Kiwi Strawberry, Mango, Orange Tangerine, Passion Dragonfruit, Peach Apple, Strawberry Banana, Strawberry Watermelon, Tropical Fruit Punch, White Grape
- **Langers:** Tufaaxa Gaduudan, Tufaaxa Karenbariga, Tufaaxa Istarwberiga Kiwi, Tufaaxa Canabka, Tufaaxa Balmbeelmada Caananaaska, Tufaaxa Karenberiga Canabka
- **Lucky Leaf:** Tufaaxda
- **Mott's:** Tufaaxda
- **Musselman's:** Tufaaxda
- **Northland:** Blueberry Blackberry Acai, Cranberry, Cranberry Blackberry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Mango, Pomegranate Blueberry, Raspberry Blueberry
- **Ocean Spray:** Tufaax, Concord Grape, Cranberry, Cranberry Blackberry, Cranberry Cherry, Cranberry Concord Grape, Cranberry Mango, Cranberry Pineapple, Cranberry Pomegranate, Cranberry Raspberry
- **Goray Hore:** Acai Pomegranate, Tufaax, Tufaaxa Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Canab, Kiwi Strawberry, Oranji Tangerine, Peach Mango, Red Raspberry, Strawberry Watermelon, Canabka Cad, Wild Cherry
- **Ruby Kist:** Tufaax, Cinab, Cinab Cad
- **Seneca:** Tufaaxda
- **V8:** Khudaar aan Soodiyaam badan laheyn, Khudaar Kulul oo basbaas leh, Khudaar
- **Welch's:** Concord Grape, Red Grape, Super Berry, White Grape, White Grape Peach