



PARAWKEREM TLEIHTLENG CAUK

THILHMANGTU CAAH THEIHHNGALH A HERH MI

OCTOBER 1, 2021 NI THOK IN HMAN ASI



WIC NIH EIDIN THA A PEK LE CUNG LAWNG SI LOIN

WIC cu rawl eidin ningcang le ngandamnak kongkau cawnpiak nak parawkerem asi. Hi parawkerem ah hin hnukdin hningcang, ngandamnak he ai tlak mi eidin, le dotla asi mi Indiana chungkhar pawl sin ah man lo in chimh chin nak pawl an i tel. WIC timi i a sau nak cu Nu, Bawhte le Hngakchia caah Sapesial Rawl kongkau (Special Supplemental Nutrition Program for Women, Infants and Children) asi.

WIC NIH INNCHUNGKHAR PAWL CAAH A BAWMHCHANH MI HNA CU:

- Hnukdin hningcang cawnpiaknak le bawmhnan
- Ngandamnak he ai tlak mi eidin cawnnak ding caah eWIC
- Ngandamnak le Zatlang nung lei a herh hai mi an chimh hna.
- Zawtfah khapnak sichunh ning le chimh chin nak
- Ngandamnak he ai tlakdeuh mi eidinnak kongkau cawnpiaknak

WIC RAWL LEI TUANVO A NGEI MI PAWL CU WIC ARA MI PAWL PAKHAT CIO CUNG AH:

- Rawl le Ngandamnak lei ziaza kha an zohfel
- Pakhat cio sining nih a herh mi rawl kongkau ruahnak kha an pek
- Ngandamnak a thatdeuhnak ding caah thlen a herh mi pawl hrang ah innchungkhar pawl kha an bawmh hna.
- Offer a selection of healthy foods

INNCHUNGKHAR THILCAWTU:

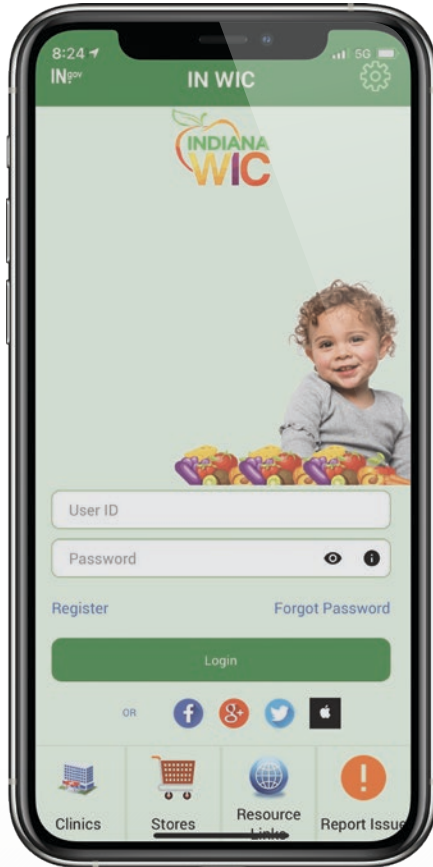


WIC NA RAT TIK AH RAK I KEN DINGMI HNA CU:

- ✓ WIC a sok mi pakhat cio
- ✓ WIC a sok mi hngakchia asiloah bawhte le a hringtu nu le pa, zohkhenhtu, siloah cawmkengtu
- ✓ WIC a sok tu pakhat cio i an hmetpungtin kat le na hmetpungtin kat.
Tahchunhnak ah:
 - Mawtaw mawngnahnak laisin
 - Sizung nih hman mi cinkennak
 - ID hmantlak
 - Sichunhnak cinkennak
 - thitumhnak laisin
 - Chuahkehnak cazin
- ✓ Umnak hmunhma Tehte
Tahchunhnak ah:
 - Thilman tjalnak ca asiloah rian herh hai i an in pehtlainhnak hmunhma
 - Inn hlanman peknak
 - Na hman lio mi mawtaw mawngnahnak laisin
- ✓ Tangka luhnak ka ngei ko tiah langhternak tehte – Na innchungkhar ah rian a ngei mi asiloah tangka luhnak a ngei mi dihlak i an catlap pawl
Tahchunhnak ah:
 - Aluan cia ni 30 chung i lahkha chuahnak; zarh hnih ah awikhat na chuah asi ah cun 2 in rak ken ding: asiloah zarh fatin na chuah asi ah cun 4 in rak ken ding
 - Hngakchia cawmkennak, a va nih a makmi a nupi cawmnak tangka a pek mi, social nambar (SSI telh chih in)
 - Rian ngeih lo nak asiloah riantuantu liamhnak cazinNangmah asiloah na chungkhar pakhat khat kha Medicaid, Innchungkhar chanbau mi bawmhnan (TANF), siloah SNAP ah nan i tel asi ah cun tangka lut a ngei mi cazin ah nan i tel kho men.
Dotla sinak langhternak cazin zong a herh:
 - Medicaid caah Medicaid catlap
 - TANF asiloah SNAP peknak ca
- ✓ WIC a sok mi bawhte le kum 2 tiang an si ah cun rai khap si chunhnak cinkennak

— DOWNLOAD TUAH —

Nihin INWIC App



 THATHNEMNAK
CAZIN CHEKNAK



NA CAWKMI THIL KHA
WIC THEIH PI MI ASI
LE SILO THEIH NAK
DING AH UPC CODE
KHA SCAN TUAH



TONNAK NITHLA A
PHAK TIK AH SISEH
THATHNEMNAK CAAN
A LUAN TIK CAAH
SISEH THEHTERTU
LANGHTER



WIC THEIHPIMI DAWR
LE EIDIN KHA KAWL



RAWL KONGKAU
FIMCAWNNAK KHA LIM
I ZUAM

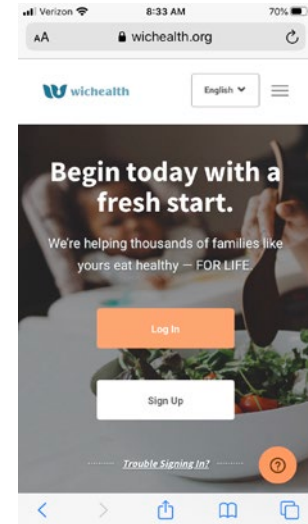
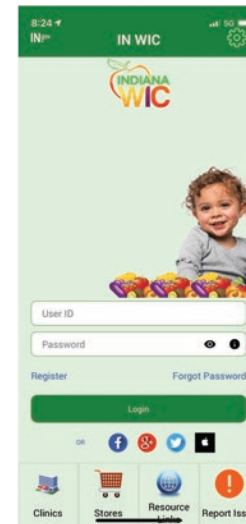
“WIC CHUNG AH” asiloah
“Indiana WIC” kaw!



App kong he pehtlai in hal
na duh mi?
**NA WIC ZAWTFAH THLOPNAK
KONGKAU BIAHALNAK**

ONLINE IN CAWN KHAWH MI RAWL KONGKAU FIMCAWNNAK

WIC online tonnak kha ai relrem maw rem lo ti kha WIC zung
rianṭuan nih an chim te lai. Online in cawn khawh mi rawl kongkau
fimcawnnak he peh tlai in thim ding pahnih an um INWIC app in
siseh, Wichealth.org ah siseh, cawn khawh asi.



ZEITIN A HRAM DOMH ASI LAI:

- 1 INWIC app asiloah Wichealth.org ah khan login tua. (Awi khat nak
bik na hman asi ah cun akawngah tua na herh lai)
- 2 Cawnnak kha thim law lim hna. Cawnnak a di hnu i biahalnak pawl
kha let hna.
- 3 WIC zung rianṭuan mi nih a lang in na kat ah khan ṭhathnemnak
pawl cu a rak chiah hna lai.
- 4 Zawt thlop nak kal ding pumpak ton ding pawl kha nangmah nih i
fim hna.

WIC NIH THEIH PI MI EIDIN PAWL

BAWHTÉ RAWL

THEIHAI LE ANHNAH

4 oz. thawl, 4 oz kuang 2 tom
asiloah 2 oz. Kuang 2 tom

Theihai le/asiloah anhnah (epal-banhla, korhra-epal) ti khin pakhat cio in siseh, cawhhrup in siseh an i tel. Thim mi lehli in thilzuar tu sin ah phun dang dang cawhpolh mi zong kha cawh khawh asi.

Ai tel chih lo mi: kokek, pouches, buh phun phun, chumhhot mi, rawl khim hnu i ei mi pawl, zaanriah, asiloah eidin cawhpolh mi (sathit le an hnah, facang buh, pasta, cawhnuk uihther mi, asiloah khawhsoi) sathit em mi, cini, cite, kasi asiloah DHA.

SATHIT

2.5 oz. thawl

Sathit lawng, sahang
asiloah meh hang ai tel kho Thim mi lehli in thilzuar tu sin ah phun dang dang cawhpolh mi zong kha cawh khawh asi.

BAWHTÉ EIDIN CAWK NAK THEIHTLEI

OUNCES	4 OZ. THAWL ASILOAH 2 OZ. TOM-HNIH	4 OZ. TOM-HNIH
128	32	16
96	24	12
64	16	8
32	8	4



BAWHTÉ BUH PHUNPHUN

FANG PHUN PHUN ASILOAH
CAWHRUP FANG

8 oz. asiloah 16 oz thawl



Ai tel chih lo mi: Kokek, thawl chung i erh mi, formula, theihai, DHA, quinoa.

BAWHTÉ FORMULA

Thathnemnak ah langhter chih mi tazik, phun le hmetngan Rawl dang in ai awh ter lo nak.

ARTI PAWL

ANGAN ASILOAH A NGAN HLEI MI ARTI RANG

Hlei hnih bu 1

A man ai deng cem mi lawng lawng.

Ai tel chih lo mi: Kokek.

CAWHNÜK

CAWHNÜK HANG

A man ai deng cem mi tazik
Thathnemnak ah langhter chih mi
thilchuah mi a phun le a hmetngan.

- Adihlak asiloah Vitamin D
- Thau-Zawtermi (2%)
- Thau-Tlawm (½ asiloah 1%) asiloah Thau-umlo (thauchuah mi)

Ai tel chih lo mi: Kokek, thawt ter mi, nawl cawn mi, cawhnuk thawhpat, Milnot, Vitamite, asiloah thla lang thawl.

SAPESIAL IN CHUAH MI CAWHNÜK

Thathnemnak ah langhter chih mi.

- Tikhu chuah ter cia mi 12 oz.
- Lektos-umlo mi: Kalan cheu li cheu khat asiloah kalan ½ asiloah kalan 0.75
- UHT
- Thildip: Hmetngan dihlak
- 8th Continent Soymilk Original only, kalan ½
- Silk Soymilk Original only, kalan khat i cheu li cheu khat asiloah kalan ½
- Great Value Soymilk Original only, kalan ½

* Kalan ½ a ngah lo sual asi ah cun cu kalan ½ cu kalan cheu li cheukhat a zawi mi cartons pahnih kha hman khawh asi.

CAWHNÜK THUR

Cheu li cheu khat cu 32 oz thawl
he ai khat asiloah Multipack timi
cu 16 oz asiloah hrai asiloah thawl
fa te i 32 oz he an i khat.

Thawtnak pek mi: thau tello. Thau tlawm, Thautling, asiloah Greek cawhnuk Thur 32 oz. thawl lawng lawng).

Ai tel chih lo mi: Kokek, a tha deuh mi, a zaan mi, ai cawh mi, a pak pak in zuar mi hrai, asiloah hrai khat cini 40 karam nak uak deuh mi.

CAWHNÜK KHAL

U.S CHUAHMI, THILFUN CIA MI
8 oz. asiloah 16 oz lawng lawng



Thau telh chih mi, Thau zawr termi, asiloah Thau chuah mi: ah mi, per mi, ben mi, a rawp mi, a tlang in chiah mi, hri, queso oaxaca, le a tang lei langhter mi a thawtnak asiloah cawh pawlh mi:

- American-pasteurized processed
- Colby
- Muenster
- Cheddar
- Colby-Jack
- Provolone
- Monterey Jack
- Queso
- Mozzarella
- Swiss

Ai tel chih lo mi: Kokek, deli hmunnma in a phan mi cawhnuk khal, cawhnuk khal in tuah mi eidin, cawhnuk khal in chuah mi pawl, ai awh tu asiloah perh mi, nawlcawnmi asiloah a dang cio in fun mi cawhnuk khal, a thawtnak chap chih mi asiloah ramdang in kuat mi.

THEIHAI LE ANHNAH

KOKEK ASILOAH KOKEK ASI LO MI

Generic PLU 4469

Hman nak nawl na ngeih mi tangka (Dollar) hi thilcawk ding cazin ah langhter chih asi.

KHALTERMI

• Thlumternak ai tel lo mi theihai

• Aa lu asi lo mi anhnah

Ai tel chih lo mi: Khaltermi aalu paoh paoh Tlawmternak, citi, thau, anhring asiloah thingthak, a bang mi, a thur mi asiloah rawh mi pawl he cuah mi thil pawl.

THARHLAM MI

• Adih lak in asiloah ah mi

• Plain bagged salad

Ai tel chih lo mi: thurtermi anhnah, olive, anhring asiloah thingthak, thing thei hak, salad bar items, ei awk a tha mi pangpar, tamhmi asiloah dawhte in tuah mi mai, asiloah hnuk mi, meh phunkhat asiloah coutons.

KUANG AH TUAHMI

• Tazik kip

• Theihai hang ah 100% theihai asiloah ti

• Pungthman, sodium a tlawm mi asiloah cite anhnah

Ai tel chih lo mi: Cini, ciantaka, thawtternak, thlumternak, thau, citi, anhring asiloah thing thak, a bangmi/cawhnuk khal/thawhpat, thurter mi an hnah, khazianchinti saws, tihang, salsa, sathit asiloah pe pawl chap chih mi theihai le anhnaih.

THEIH HRIM HRIM DING

That hnem nak cazin ah hin Theihai le Anhnah man kha tangka fang in hal khawh than asi.

THEIHAI LE ANHANH PAWL CAWK TIK AH

PAWNG KHAM MAN	Pawng							
	1½	2	2½	3	3½	4	4½	5
\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42	\$2.76	\$3.11	\$3.45
\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47	\$3.96	\$4.46	\$4.95
\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22	\$5.96	\$6.71	\$7.45
\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92	\$6.76	\$7.61	
\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97	\$7.96		
\$2.49	\$3.74	\$4.98	\$6.23	\$7.47				

Na theihai le anhnah tangka fang pawl man sung bik in zei tin na chuah khawh lai timi ruahnak pek mi pawl

- ✓ Aman theih cia mi thil pawl cawk ding kha i tim.
- ✓ Par rih lo mi thil pawl kha cawk i zuam (par cia cang mi theihai pawl cu a man a fak deuh, cucaah inn na phak tik tu ah inn ah par).
- ✓ Thil man deng deuh in cawk ding ah kupun kha hmang, cun thil man an thumh mi kha caw hna.
- ✓ "in season" chung ah a man ai deng bik caan lio ah khan cawk cia khawh i zuam.



CEREAL

12 oz., 18 oz., 24 oz., or 36 oz. only (11.8 oz. and 23.7 oz. Ei khawh colh mi Oatmeal hi onh mi asi.)

* Naupaw pawl asi loah nau ka pawl kho men tiah ai lungrinh mi pawl: Folic acid ngah nak ding ah 100% DV(daily value) ai tel mi cereal kha kawl.

B&G FOODS



Whole Grain



2 1/2 Minute



Ei colh khawh mi



Ei colh khawh mi (14 oz. hi thil chuah mi ah ai tel chih mi)



Blueberry



Cinnamon



Fungei



Fang



Multigrain



Punghman lawng



Fungei



Khuai hli ti



Berry Berry



Sesame Street Cinnamon Letters



Sesame Street 123 Berry

KELLOGG'S



Original



Original



Original Bite Size



Original Theihai tel lo



Original



Original

GENERAL MILLS

MALT-O-MEAL



Original



Chocolate

POST



Original



Almonds



Honey Roasted



Vanilla Bunches



Whole Grain Almond Crunch

QUAKER



Whole Grain Honey Crunch



Great Grains Banana Nut Crunch



Original



Vanilla



Original

STORE BRANDS



Corn Flakes



Crispy Rice



Instant Oatmeal



Frosted Shredded Wheat



Toasted Oats



Rice Squares



Corn Squares



Corn Hexagons



Rice Hexagons

Cereal Store Brands:

Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, IGA, Kiggins, Kroger, Meijer, Our Family, Schnucks, Shopper's Value, Shurfine, Signature Select, ValuTime

g* = Gluten ai tel lo mi

FA = A minimum of 51% whole grain cereal

✓FA = 100% Daily Value of Folic Acid

WHOLE GRAINS

BREAD

16 oz. lawng lawng Whole wheat or whole grain loaf.



Aunt Millie's

- 100% Whole Wheat
- Ngandam nak he ai tlak mi whole Grain White



Family Choice

- 100% Whole Wheat



Nature's Own

- 100% Whole Grain cini tel lo
- 100% Whole Wheat w/khuai hliiti



Roman Meal

- Sungrain 100% Whole Wheat



Shoppers Value

- 100% Whole Wheat



Best Choice

- 100% Whole Wheat

Kroger

- 100% Whole Wheat

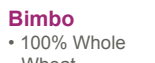


Our Family

- 100% Whole Wheat

Lewis Bake Shop

- Ngandammi nunnak 100% Whole Wheat
- Healthy Life Sugar Free 100% Whole Wheat
- 100% Whole Wheat



Bimbo

- 100% Whole Wheat



Bunny

- 100% Whole Wheat



Meijer

- 100% Whole Wheat



Myi-pe zu

- 100% Whole Wheat

Ai tel chih lo mi: Bun changreu, hrih mi, bagel chanreu asiloah rawh mi changreu pawl.

OATS

16 – 18 oz. lawng lawng.

Zeibantuk țazik poah, a rangmi, hrih mi, gluten um lo mi asiloah hmanpeng mi oats.

Ai tel chih lo mi: Koke, steel-out oats, cini, thau, citi asiloah cite.

FANG PAWL

14 – 16 oz.

Zeibantuk țazik poah, amahlawng, kuang asiloah zal, asi kho colhmi, a rang mi, asiloah punghman.

Ai tel chih lo mi: Kokek.

WHOLE WHEAT PASTA

16 oz. lawng lawng.

Whole wheat pasta zeibantuk țazik, pungsan poah.

Ai tel chih lo mi: Kokek.

TORTILLAS CHANGREU

16 oz lawng lawng

Best Choice

- Whole Wheat
- Fungvei

Celia's

- Whole Wheat
- Fungvei aihre
- Fungvei rang

Chi-Chi's

- Whole Wheat
- Fungvei

Don Pancho

- Whole Wheat

Essential Everyday

- Fungvei 5½"
- Whole Wheat 8" Whole Grain

Food Club

- Whole Wheat

Frescados

- Whole Wheat

Great Value

- Whole Wheat

Hy-Top

- Fungvei aihre

Kroger

- Whole Wheat
- Fungvei hang a tel lo mi

La Banderita

- Whole Wheat
- Fungvei

Meijer

- Whole Wheat 8"

Mi Casa

- Whole Wheat

Mission

- Whole Wheat
- Fungvei

Ortega

- Whole Wheat

Our Family

- Fungvei aihre
- fungvei rang
- Whole Wheat

Schnucks

- Whole Wheat

Na thim mi mithut

- Whole Wheat

Tio Santi

- Whole Wheat

BETE, PE KAWNG SAU, & PE

KUANG AH TUAHMI

15 oz. – 64 oz.

- Zeibantuk paoh

A CAR MI

1 lb. Bag (16 oz.)

- Zeibantuk paoh

Ai tel chih lo mi: Kokek, kuang, rawh mi pe, kuang ah rawn mi peti, pe, sithuh mi pe, hang, cini cawh mi, thau, citi, thawtternak cawh mi asiloah sathit.

MYI-PE ZU

A BANG MI, A CUTMI, ASILOAH A CUT CHIN CHIN MI

16 oz. – 18 oz. dur pawl

Ai tel chih lo mi: Kokek, tuah chom asi lo mi, a țha deuh mi, cawhmi asiloah thil dang he cawh pawlh chih mi, Reese's.

NGA

NU HNUK DINH MI HRI NTU NU PAWL CAAH.

TI, CITI ASILOAH AN HNAH SA HANG HE FUN CHIH MI

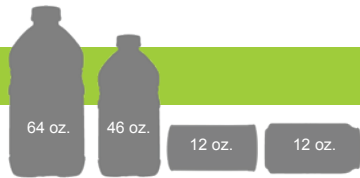
Nga kuang lawng lawng.

- Chunk Light Tuna nga: zei tia asi poah ah
- Pink Salmon nga: zei tia asi poah ah

Ai tel chih lo mi: Kokek, Albacore timi nga, asiloah Yellow Fin timi nga, a rangmi, a khal mi, tharhlammi, khal termi, pouches, thawttermi, a țha deuh mi țazik, Salmon nga a sen mi, le sardines nga.

HANG

Thathnemnak cazin tang mi ah khan a hmetngan kha ri a khiah mi a um.



100% Hang (Theihai asiloah An hnah) le a tlawm bi 72 mg asiloah 120% Vaitimen C.

Thawttermi, cawhmi asiloah tazik.

HRAWL AH FIM MI MAW TI KHAL TERNAK FIM MI DAH
64 oz. thawl. *Hngakchia lawng lawng.*

HRAWL AH FIM MI EIDIN
46 oz. – 48 oz thawl. *Nu pawl lawng lawng.*

A KIK I KHALTERMI THAWNTER MI
11.5 oz. – 12 oz. *Nu pawl lawng lawng.*

A KIK I KHAL TER LO MI THAWNTER MI
11.5 oz. – 12 oz. *Nu pawl lawng lawng.*

Ai tel chih lo mi: Kokek asiloah a tha deuh mi.



TU LE TU HAL TON MI BIAHALNAK PAWL?

KA THIAL TIK AH TAH?

Indiana chung i ka dang ah thial ding na si ah cun, WIC zung pawl kha kan website ah langhter mi cazin ah hin zoh khawh asi www.wic.in.gov. Indiana in ka dang ah thial ding na si ah cun, khua na sak nak WIC zung kha thawng na thanh hna lai. Ramthen dang le Ramdang i a um mi WIC parawkerem kong kha an in chimh khawh lai. Ramthen WIC zung zong kha 1-800-522-0874 phone in chawnh a hau kho men. Khua na sak ah WIC zung khan Verification of Certification pungsan kha na hal lai. Hi pungsan ah hin Indiana WIC in na thial nak ramthen i a um mi WIC zawthlopnak ah na inn chungkhar nan i thial nak kong kha telh chih a hau.

NANGMAH AIAWHTU TICU ZEIDAH ASI?

Nangmah an aiawhu cu na zumh mi pakhat khat asi. Dawr ah na kal khawh lo tik ah na eWIC kat kha hman nak nawl kha a mah hi na pek. Nangmah aiawh ah a hman kho tu nih zeibantuk eidin cawh ding timi le eWIC kat hman ning a theih i a thiam a hau.

Pakhatkhat kha na PIN le kat na pek sual hna asi ah cun WIC thathnemnak pawl kha an hman khawh caah rak i ralring. Hi thathnemnak pawl hi ai rawlh khawh asi lai lo. Nangmah aiawh in a hman kho lai tiah na thim mi lawng kha na PIN le na kat cu na pek lai.

KA FA ASILOAH KEI MAH KONG HE PEHTLAI IN WIC RIANUAN TU NIH HIN KA HAWI LE ASILOAH KA NU SIN AH ZEIRUANG AH DAH AN CHIM KHAHW LO?

WIC parawkerem nih hin na paraivatsi pawl kha a kil ven ko. Nangmah hna tlak pi nak tal lo in zeibantuk na kong hmanh WIC nih midang a chim hna lai lo. Hi ah hin tonnak ding caan le si he ai peh tlai mi pawl ai tel.

KA CHUNGKHAR CAAH A DANG RIANHMI KONGKAU PAWL HE PEH TLAI IN WIC NIH A KA BAWM KHO HNGA MAW?

Khuasak na um nak hmunhna ah khuazei ah dah va kal ding asi lai ti kha WIC rianuan tu kha hal. WIC caah min na pek lio ah, Medicaid le social lei rianhtu pawl sin ah chimh chin cu an asi lai. Indiana WIC Parawkerem ah hin ngandamnak zohkhenhnak ai tel lo nain, Indiana WIC nih hin ai tlak ning in hi zohkhenhnak a pe tu pawl sin kal ding kha a chimh chin hna lai.

Hi chimh chin mi cheu khat ah hin:

- Medicaid
- TANF
- 1-800-ATU NGOL
- Hringtu Nu le Hngakchia Ngandamnak Parawkerem pawl
- Hi Parawkerem nih a pek chih mi Rawl Fimcawnnak Parawkerem nih hin kuak zuk i ngol a duh mi zong a bawmhnak



HNUKDINH CU BAWTE PAWL CAAH NGANDAMNAK ASI

Hrintu nu poah nih hin an fale thancho nak ding ah khan an hnuk dinh in an bawmh khawh cio hna. Hi hi ngandamnak zong asi i a man zong a fawi.

HRINGTU NU LE PAWL CAAH NGANDAMNAK ASI

- Nau paw hnu khing zawr nak zong a bawmh
- Ruh zong a thawng ter i upat hnu i ruhkuafah zawtnak zong a khap khawh
- Timhtuah zong a fawi – hnuk cu ai tlak bik mi a kik/lum kha a chuak cia.
- Thithlum zawtnak phun 2, hnuk le nau inn kensar zong a khap khawh

BAWTE PAWL CAAH NGANDAMNAK ASI

- A tha bik mi rawl
- Rawlrial a fawi
- Thithlum, kuhhringzawtnak, lungfah zawtnak, le kensar tibantuk saupi a um mi zawtnak pawl kha a kham pi khawh
- SIDS, hnakhaw rawhnak, RSV, le chungtlik nak pawl kha a zawr ter
- Thluak thannak a bawmh chanh Hnukdinh mi hngakchia pawl hi IQ sang deuh an ngei

CHUNGKHAR PAWL CAAH A THA

- Hrintu nu le bawhte pawl kha an ngan a dam nak ding ah bawm chan hna.
- A ngandam mi hringtu nu le bawhte pawl cu lente celh zong an thawng deuh
- Caan, tangka kha tlo ter deuh law na pawngkam kha daw ve

Indiana WIC ah hin rian a tñan mi hnukdinh lei thiamsang pawl le ruahnak pe tu pawl hi hnukdinhnak kong kau cei pi ding ah man pek hau mi an si lo. WIC nih hin rian tñan ding asi lo ah siaginn kai than ding na kir tik i na ton mi zuamcawnak pawl kongkau zong ah an bawmh lai

HNUKDINH

HRINTU NU & BAWTE PAWL CU EIDIN
TAMDEUH AN EIDING HNA

Hnuk lawng bak
dinh mi
Kum 1 tiang

Tlawmpal Hnuk
dinh
Kum 1 tiang

Hnuk dinh
bak lo mi
Thla 6 tiang



NA NGEIH MI INDIANA

eWIC KAT zeitin na hman lai

eWIC KAT KHA HMANG

Dawr tam deuh cun WIC chuahnak lamte zawh asi.

Indiana eWIC Card Accepted Here (Indiana eWIC Kat hman khawh asi ko) ti mi catar kha kawlaw WIC lamte kha zawh. Na cawk nak dawr nih an hman mi theihfiang ta ding ah chek. WIC rian tñan ningcang hi a tanglei ah langhter cu an si nain dawr khat le dawr khat tlawmpal te te an i dang kho men.

- ✓ Na eWIC kat, na hman lio mi thathnemnak a tang rih mi, le WIC parawkerem tlehtleng cauk asiloah INWIC app hmang in eidin na herh mi kha thim.
- ✓ Thil cawk na lim tik ah, WIC hman khawhnak ding lamte kha zul.
- ✓ Cheu khat dawr ah cun WIC thil le thil dang dang kha thleidan piak a herh lai. A herh mi asi le si lo kha hal.
- ✓ Indiana eWIC kat na hman mi kha tangka kengtu kha chim.
- ✓ Na chungkhar pawl i hman khawh mi eidin funtom zong telh chih in tangka kengtu nih WIC theihpi mi thil an si le siloah kha a fehter lai.
- ✓ Na eWIC kat kha nangmah asi loah tangka keng tu nih.
- ✓ PIN nambar pali kha hmet.
- ✓ Tangka kengtu nih na cazin cu an pek.
Na kat le na cazin kha philh lo in i lak.

NA CAAH A TANGRIH MI CHEK NAK ZONG AH ZOH KHAWH ASI.

Ahnuvik thil na cawk nak dawr cazin chek in na ngeih mi thathnemnak i a tang mi kha na theih khawh, INWIC Mobile App cung i Benefits cahmai zong ah zoh khawh asi, **1-855-349-1454** zong ah phone in hal khawh asi, cun https://www.connectebt.com/inwicclient/reciplogin_client.jsp



Ka eWIC A TLAU/A RAWH AH ZEITIN KA TUAH LAI?

Na eWIC kat kha na thlau asiloah a rawh sual asi ah cun, 1-855-349-1454 ah khan phone chawn hna, cun na zawttlopnak ah khan thawng hei thanh hna law a dang pakhat zeitin lak khawh asi lai kha rak hal hna. Hi nambar zong hi na eWIC kat a hnu lei ah khin tñal chih asi ko. Hi phone nambar hi zarh khat ah ni 7, nikhat ah suimilam 24, chung a lak in chawnh khawh asi.

THILHMANGTU PEHTLEIHNAK KHI ZEITIK CAAN AH PHONE KA CHAWNH HNA LAI:

- Na eWIC kat na thlau asiloah an fir tik ah.
- Na eWIC kat a rawh asiloah rian a tñan ti lo asi ah cun.
- Na hnatlakpinak tel lo in na eWIC kat kha pakhat khat nih an hman ah cun.
- Na PIN na philh asiloah thlen na duh ah cun.
- Na eWIC kat he pehtlai in biahal ding na ngeih mi asiloah bawmh ding na herh mi a um ah cun.

eWIC KAT HI ZEITIN DAH KA FIM TAWL LAI?

- Na kat kha thiangu tein le rawkrel lo tein i fim.
- Thathnemnak vial ten a hman dih hnu zong ah khan rak **HLONH LAI CI**. Hi kat pakhat te hi thla chiah te hman asi.
- A hnu lei i a nak mi phaw cuang kha rak hnawmh ter hlah.
- Kawi hlah, bil hlah asiloah ngerh hlah, pemh hlah, asiloah inn ka karlak tenh ding asiloah maw tñaw thlang hmuh nak ah hmang **Hlah**.
- Thiridah asiloah kutken phone tibantuk ilekterik thilri pawng ah chia **HRIM HRIM HLAH**.
- Ni tlanglak ah siseh, maw tñaw cung tibantuk a linh nak hmuh ah chia **HRIM HRIM HLAH**.



THEIHTLAI LE THEIHTER THANTU PAWL

NA WIC THATHNEMNAK HE PEHTLAI IN TONCAAN NAN KHIAH MI PAWL KHA PHILH HRIM HRIM HLAH.

Hi tlehtleng cauk a hnu lei ah hin na zawthlopnak rian tñan pawl nih nan i toncaan pawl kha an tñal lai. Na WIC thathnemnak tlai deuh ah na ngah asi cun eidin tlawm deuh na ngah lai.

WIC zawthlopnak na kal caan asiloah online in cawn mi rawl kongkau fimcawnnak ton caan lio ah hin Indiana eWIC chung khan na ngeih mi WIC thathnemnak kha na ngah. Zawthlopnak na kal tikah, na innchungkhar i WIC thathnemnak hman lio mi thla le hmailei caan ah hman ding mi thla cazin kha an in pek lai. Thathnemnak ai thok ni le a dongh ni kha langhter asi.

TONNAK KHA I FIM HNA.

Caan thiah tñan ding na herh ah cun WIC zawthlopnak kha phone chawn hna.

eWIC KHA DIKFEL TEIN HMAN.

eWIC hman khawhnak dawr poah ah caw. Cawk ding cazin i langhter mi eidin lawng kha caw. A caan a luan hlan ah thathnemnak na ngeih mi pawl kha hmang hna. Dawr ah WIC eidin na cawk dih hnu ah eWIC pisa asiloah thathnemnak a tang mi kha zoh fel hna.



WIC theihpimi thil pawl kha
an chiah nak hrawl ah kaw!

EIDIN ZUAR NAK AH I KEN DING MI PAWL:

- ✓ eWIC Kat
- ✓ WIC Parawkerem tlehtleng cauk
- ✓ WIC theihpi mi Eidin kawlnak ding ah na phone chung a um mi WIC App kha hmang



WIC PARAWKEREM TLEIH TLENG CAUK KHA I FIM.

- WIC theihpimi eidin pawl kha na theih khawh nak ding an bawm tu caah chaw dawr ah i ken.
- Tonnak ding kong kha chinchiah nak ding ah zawt thlop nak tiang i ken.

THILCAWK THIAMNAK!

- eWIC kha zeitin ka hman lai ti kha tuaktan, cu ti lawng cun a thla ning in eiding na ngei lai.
- Eidin cawknak a man pawl kha cuaithlai hna law a man ai deng bik mi tñazik kha caw.
- kupon kha hmang law “pakhat cawk ah pakhat i lak” timi le dawr nih an pek mi a dang dang zong kha kaw! chih.

NA NAU HNUK DINH DING KHA RUAT.

Bawhte pawl cu hnuak dinh ding an si. Nau no chang hrintu nu le pawl cu eidin tam deuh kha pek an si i WIC parawkerem ah in kum khat chung a um zong a hau kho men. WIC zawthlopnak ah khan hnuak dingh ningcang bawmhnak le theih ding dang dang kha hal hna.

THEIHPIMI THIL FUNTOM HMETNGAN KHA THIM.

Na ngeih thathnemnak pawl he ai tlak mi na thilfuntom kha thei law na eWIC kat kha hman. Na thilfuntom tñan tein na thim nak thawng hin eWIC kat khan tñan tein na thil cawk mi tangka pek nak ding ah an bawmh chanh lai.

WIC EIDIN PAWL CU DAWR AH VA KHIRH THAN I CREDIT LAK ASILOAH TANGKA CHUAH ASILOAH THIL DANG DANG HE THLEN A NGAH LO.

TANGKA KENGTO KHA UPATNAK HE CHAWN BIA

- Thathnemnak hman ding asiloah WIC eidin kha cawdawr ah na kaw! khawh lo tik ah, zeitin kan in bawmh khawh lai ti theih nak ding ah WIC zawthlopnak ah khan phone rak kan chawn.

WIC AH TONNAK DING PAWL

INNCHUNGKHAR ID# _____

MIZAW THLOPNAK CODE _____

NITHLA	CAAN	NA RAK RATNAK HMUITINH		
		Lehbmah/Mid nih pekmi lehbmah	Rawl/Hnukdinhnak	Thathnemnak Aamahkhaan
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				



ABIAPI THEIHNAK

WIC thathnemnak pawl cawk, zuar asiloah chawleh hi onh mi asi lo. Hi pawl na tuah tiah lunghrinh mi na asi ah cun, na

- ✗ **TANGKA FANG IN PEKTHAN** eidin/fomula thathnemnak a hman; asiloah
- ✗ WIC Parawkerem in **NA THATHNEMNAK SUNGHNAK.**

COHLAN AWK A THA LO:

 **CHAWLEHNAK**

 **facebook**

 **craigslist**

 **ebay**

 **TANGKA FANG**

 **CAWDAWR HME AH THILZUAR NAK**

Biahal na duh mi asiloah theihchap na duh a um ah cun, khua na sak nak i a um mi WIC zung rianthuan kha rak ton khawh asi. Ramthen WIC zung cu **1-800-522-0874** or email **INWICFraud@isdh.in.gov**. hin peh tleih khawh asi.

A TANGLEI BANTUK NA SI SUAL AH CUN WIC AH THAWNG THANH HNA.

- Tonnak ding nithla na khiah khawh lo tik ah.
- Fa na hrin tik ah.
- Hnuk dinh tikah bawmh na herh tik ah.
- WIC eidin na cawk khawh lo tik ah.
- Dawr ah harnak asiloah lungtlin lo nak na ngeih tik ah.
- WIC rianthuan ningcang biahal ding na ngeih tik ah.
- Indiana ramthen kha na chuah tak tik ah.

BIAHALNAK?

800-522-0874 ah phone chawn asiloah na khuasaknak ah a um mi WIC kha peh tlai hna.



INDIANA WIC PARAWKEREM CAAH

NA COVO & NA TUANVO

AITELMIPAWL COVO

1. Dothlasinak le teltumhnak ding caah tahfung pawl cu miphun, taksa rawng, chuahkehnak, kum, pumtamtling lo nak asiloah nu maw pa sinak cung kha hngat lo in mikip caah ai khat dih ko.
2. Khua na sak nak i a um mi zung nih Parawkerem caah dothla na si nak kongkau an biachahnak cung ah na lung a tlin lo ah cun nawlpat khawh than asi.
3. Khua na sak nak i a um mi zung nih ngandamnak, rawl kongkau fimcawnnak, hngakchia hnukdinh ningcang pawl ah khan an in bawmh lai. Nangmah nai teltumhnak zong a herh mi asi.

AITELMIPAWL TUANVO

1. eWIC kat kha WIC dawr ah thil na cawk tik ah dikfeltein hmanna.
2. Zawthlopnak le Dawr i a tuanmi pawl kha upatnak he chawnhbiaknak.
3. Dikfel tein chawnhbiaknak.
4. WIC Parawkerem i na sining kha an aiawhtu sin ah cawnpiaknak.
5. Caan khat te ah WIC pakhatnak tam deuh in na luh chuah lo ding (ramthen chung asiloah ramthen leng).

Hi parawkerem i na covo le na tuanvo pawl ah hin WIC eidin, formula, WIC hnukdawpnak, hnukchuah bawmtu, asiloah eWIC kat hi social media (ex: Facebook, Craigslist, Ebay, sang le veng chawdawr) pawl ah zuar lo ding, zuar i timh lo ding asiloah cawk i timh lo ding pawl an i tel.

Federal Civil Rights Law le U.S Department of Agriculture (USDA) civil rights zulhpung le pawlasi, a zungthen pawl, zung pawl, le zung riantuanpawl, USDA zung he ai peh tlai mi pawl, cu miphun, taksa rawng, chuahkehnak, nu maw pa sinak, pumtamtling lo sinak, kum, USDA nih a rak tuahbal mi asiloah tangka a rak thawh bal mi parawkerem chung ah aitel mi cung ah teirulh cham duh nak tibantuk cung ah zei bantuk thleidannak hmanh a um lai lo.

Chawnhbiaknak ding ah phun dang dang (Mitcaw carelnak, cafang ngan in tial, aw tun mi, kut le ke hman in chawnhbiaknak) a herh mi pumtamtling lo pawl nih (ramthen asiloah khuasaknak ah a um mi) zung pawl kha peh tlei ding asi. Hnachet, thawngpang theih ai harh mi asiloah biachim kho lo pawl nih Federal Relay Service kha (800) 877-8339 phone chawn law USDA kha peh tlei khawh asi. Culawng si loin, hi parawkerem kongkau hi Mirang ca lawng in siloin holh dang zong in rak langhter khawh kan i zuam lai.

Thleidannak ruang ah lungtlinglonak kongkau ripawt na duh ah cun USDA Parawkerem Lungtlinglonak langhternak ca AD-3027 kha rak tial, <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf> le USDA zung paoh ah lak khawh asi, asiloah USDA ah khan cakuat rak tial. Na tial mi ah an hal mi pawl vialte kha langhter dih a herh lai. Lungtlinglonak langhternak ca kha (866) 632-9992 ah hal khawh asi. A tanglei langhter mi USDA ah hin na phit cia mi pungsan asiloah cakuat kha rak kua:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

Hi zung hi mikip cung ah ai tlukruang tein rian a tuan mi asi.



Indiana
Department
of
Health

WWW.WIC.IN.GOV

Hi tlehtleng cauk chung um pawl hi thlen lengmang kho mi an si.

Khua na saknak khua i a um mi Zawthlopnak kha 800-522-0874 phone hei chawn.

Kha hin na kan kawh khawh  @IndianaWIC