

Ushobora kwitabira porogaramu ya WIC niba umuryango wawe winjiza amafaranga agendanye n'amabwiriza ya WIC :

- ◆ Utwite
- ◆ Uri konsa umwana uri muni y'umwaka 1
- ◆ warabyaye mu mezi 6 ashize
- ◆ Ufite abana bafite muni y'imyaka 5
- ◇ Abana barerwa na ba se, sekuru, foster parent, step-parent cyangwa umwishingizi bashobora kwemererwa porogaramu.



Ni hehe nabona andi makuru kuri gahunda y'imirire ya Maine CDC WIC?

Sura urubuga rwacu kuri

www.maine.gov/WIC

Cyangwa uhamagare 1-800-437-9300

Ubufasha bw'abafite ubumuga 711



Ishami rishinzwe Ubuzima n'imibereho y'abaturage ("DHHS") ntirivangura rishingiye bumuga, ubwoko, ibara, igitsina, igitsina wiyumvamo, imyaka, igihugu ukomokamo, idini, ibitekerezo bya politiki, igisekuruzwa, irangamimere, uko umuryango uhagaze, amakuru y'ubwoko, ishyirahamwe, gutanga ikirego giharanira uburenganzira bwawe, gutunga agatoki abakoze ibyaha, mu kwemererwa gukoresha, mu ikorwa rya politiki zaryo, gahunda, na serivisi, ibikorwa, mu gutanga akazi n'imikorere yayo. Iri tangazo ritanzwe nk'uko bitegekwa hakurikijwe Umutwe wa II w'itegeko ry'Abanyamerika bafite ubumuga ryó mu 1990 ("ADA"); Umutwe wa VI w'Itegeko rigenga Uburenganzira bwa muntu ryo mu 1964, nk'uko ryavugururwe; mu gice 504 y'Itegeko rirwanya ihohoterwa ryo mu 1973, nk'uko ryavugururwe; Itegeko ribuzá ivangura y'ikigero mu mwaka wa 1975; Umutwe wa IX ugenga amavugurura mu burezi yo mu 1972; Igice 1557 cy'Itegeko rigenga itangwa ry'ubuvuzi budahenze; Itegeko rirengerwa uburenganzira bw'ikiremwa muntu rya Maine; Amabwiriza akurikizwa mu gushyira umukono ku masererano y'akazi muri Leta ya Maine; n'andi mategeko yose n'amabwiriza abuzira iri vangura. Ibibazo, impungenge, ibirego cyangwa aubusabe bwo guhabwa andi makuru arebana na ADA no gutanga akazi na uburyo gakorwa bishobora kongerwa ku bahuzabikorwa ba DHHS ADA/EEO bakorerwa muri 11 State House Station, Augusta, Maine 04333-0011; 207-2874289 (V); 207-287-1871(V); cyangwa Maine Relay 711 (TTY). Ibibazo, impungenge, ibirego cyangwa ubusabe bwo guhabwa andi makuru kuri ADA na gahunda zayo, serivisi, ibikorwa bishobora kohererezwa kuri DHHS ADA/Umuhuzabikorwa w'uburenganzira bwa muntu, kuri 11 State House Station, Augusta, Maine 04333-0011; 207-287-3707 (V); Maine Relay 711 (TTY); cyangwa [ADA-CivilRights.DHHS@maine.gov](mailto:ADACivilRights.DHHS@maine.gov). Ibirego by'uburenganzira bwa muntu bishobora gutangwa nabyo mu Ishami rya Leta Zunze Ubumwe z'Amerika rishinzwe ubuzima n'imibereho y'abaturage, Ibiro bya Leta by'uburenganzira bwa muntu, kuri 800-368-1019 cyangwa 800-537-7697 (abafite ubumuga bwo kutumva); ku iposita 200 Independence Avenue, SW, Room 509, HHS Building, Washington, D.C. 20201; cyangwa mudasobwa kuri <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Abantu bakeneye ubufasha bwo kugira ngo ubutumwa butambuke neza muri gahunda na serivisi za DHHS batumiwe kumenyesha ibyo bakunda kandi bakanye ADA/Civil Rights Coordinator. Iri tangazo riboneka mu yindi miterere, iyo isabwe..

Maine CDC WIC Nutrition Program

1-800-437-9300 or 207-287-3991

Iki kigo giha abantu bose amahirwe angana.

Imiryango yo muri Maine igira ubuzima bwiza hamwe na WIC



Gahunda y'imirire ya Maine CDC WIC itanga:

- Inyungu zo kugura ibiryo bifite inkungamubiri
- Ubuzima n'amakuru y'imirire
- Inama zigufasha gutwita neza
- Ubufasha bwo konsa



WIC ni iki?

WIC ni gahunda y'imirire n'ubuzima ku miryango iri kwiyongera itanga:

- ◆ Uburezi ku mirire
- ◆ Ubufasha mu konsa
- ◆ Gusuzuma ubuzima
- ◆ Inyungu zo kugura ibiribwa birimo:

◆ Amata, amagi, foromaje, na yawurute	◆ Tofu n'amata ya soya
◆ Imbuto n'imboga	◆ Ifi ipfunyitse
◆ Amavuta y'ubunyobwa	◆ Umugati w'impeke, tortillas, uburo,
◆ Umutobe	pasta, umuceri w'ikigina
◆ Ibinyampeke	◆ Ibyo kurya by'abana
◆ Ibishyimbo byumye cyangwa bipfunyitse	◆ Amata y'abana



Ni izihe nyungu abana bakura muri WIC?

Abana bashobora guhabwa pompe yamashereka (bibaye ngombwa) cyangwa amata y'abana arimo feri nyinshi.

Nyuma y'amezi 6 bashobora no guhabwa:

- Ibinyampeke, imbuto n'imboga z'abana
- Inyama z'abana (ku bana bahabwa ibere gusa)

Niba ufite ibibazo...

ibisubizo bya WIC.

- ◆ Ni iki nkwiye kurya igihe ntwite?
- ◆ Ndashaka konsa; ni gute ntangira?
- ◆ Igitambamuga cyanjye kirobanura ibyo kurya! Nakora iki?
- ◆ Ni gute nafasha umwana wanjye kurya imbuto nyinshi n'imboga?
- ◆ Ni gute nafasha aban abanjye kugira ibiro byemewe n'ubuzima healthy weight?
- ◆ Ese WIC ifite akuma gakururaamata itangaho inguzanyo nakoresha?

Amashereka ni yo mata meza ku ruhinja rwawe.



Abakozi ba WIC bashishikariza ababyeyi bakibyara konsa.

Kugira ngo umenye ibindi ku konda sura urubuga rwacu kuri www.maine.gov/wic

Ibiro bya WIC muri Maine

Aroostook County Action Program

Bifasha abo mu ntara ya Aroostook
Presque Isle 1-800-432-7881 or 768-3026

Bangor Public Health & Community Services

Bifasha intara za Piscataquis na Penobscot
Bangor.....1-800-470-3769 or 992-4570

MidCoast Maine Community Action

Bifasha intara za Knox, Lincoln, Sagadahoc na Waldo
Bath.....1-800-221-2221
Belfast.....338-1267
Rockland ..594-4329

Maine Family Planning

Bifasha intara za Hancock na Washington
Ellsworth.....1-800-492-5550 or 667-5304
Calais.....454-3634
Machias.....255-8280

Maine General Medical Center

Bifasha intara za Kennebec na Somerset
Augusta.....626-6350
Waterville ..861-3580
Skowhegan..861-3593 or 1-888-942-6333

The Opportunity Alliance

Bifasha intara za Cumberland
Portland.....1-800-698-4959 or 553-5800
Windham.....553-5800

Western Maine Community Action

Bifasha abo mu ntara za Franklin, Oxford na Androscoggin Counties
East Wilton...1-800-645-9636 or 645-3764
Auburn.....1-877-512-8856 or 795-4016

York County Community Action Corp.

Bifasha abo mu Ntaraya York
Sanford.....1-800-965-5762
Biddeford.....1-800-644-4202