

**Okoki kokota na program ya WIC soki lifuti nto  
bozwi ya libota noyo elandi misengi ya WIC oyo:**

- ◆ Ozali na zemi
- ◆ Ozali komelisa mabele mwana oyo azali nanse ya mbula 1
- ◆ Soki obotaki mpe sanza 6 eleki nanu te.
- ◆ Ozali na bana na nse ya mbula 5
- ◇ Soki mosungu ya bana ajali tata, koko, bato ya kobatela bana, mwasi-to-mobali ya moboti, to mosungi legal, bango pe bakoki kokota program oyo.



**Pona koyeba mingi ya programme  
ya bilei ya WIC oyo CDC ya Maine  
epesaka,**

Mona siteweb na biso na;

**[www.maine.gov/WIC](http://www.maine.gov/WIC)**

to benga **1-800-437-9300**

TTY nimeru ya Maine 711



Departema ya Kolongono ya Kosalisa Bato (Oyo na poto babengi Department of Health and Human Services (“DHHS”) ekoki koboya bato te nsima ya; kozala mundeke to moyindo, langi ya loposo, soki ozali na nzoto ya mobali to ya mwasi, soki olingi mibali to basi, mbula ya mbotama, mboka na yo, soki ozali moto ya nzambe to soki olandaka politiki, bakoko na yo, soki ozali na libala to ozali na libala te, makambo ya kati ya nzoto, ligomba, makambo misusu ya kala to kosenga bonsoni to kosalisa mikeo yango, baprogram, misala, to misala ya kozwa moto na mosala. Maloba oyo esengelami na lolenge ya Titre II ya Americans Disabilities Act of 1990 (ADA); Titre ya Civil Rights Act ya 1964, oyo babongisaki; sektio 504 ya Act ya Rehabilitation ya 1973; Titre IX ya Kobongisa ya Education ya 1972; sektio 1557 ya Affordable Care Act; ya Maine Human Rights Act; Mibeko ya likolo oyo etali Kopesa Misala na Maine; mpe mibeko misusu oyo etali kosala mabe. Mituna, posa ya koyeba makambo yango nini ya mabe, koloba to kofunda makambo oyo etali ADA na kopesa mosala ekoki kolobama na ADA mpe ya koluka mosala ekoki kokende basali ya DHHS ADA/EEO na 11 State House Station, Augusta, Maine 04333-0011; 207-2874289 (V); 207-287-1871(V); to na Limeru ya Maine 711 (TTY). Mituna, kofunda to kosenga makambo misusu na program ya ADA/Bonsomi ya Bato na 11 State House Station, Augusta, Maine 04333-0011; 207 -287-3707 (V); Maine Relay 711 (TTY); or ADA-CivilRights.DHHS@maine.gov. Kofunda makambo ekoki mpe kokende na U.S. Department of Health and Human Services, Office of Civil Rights, na telephone na 800-368-1019 to 800-537-7697 (TDD); mpe na mail na 200 Independence Avenue, SW, Room 509, HHS Building, Washington, D.C. 20201; to na internet na <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Bato oyo balingi lisungi ya koyoka mpona kosolola malamuru na program mpe na misala ya DHHS esengeli bayebisa bato ya mosala ya ADA/Civil Rights. Maloba oyo ekoki mpe kozwama ndenge mosusu kasi esengeli kosenga...

**Programme ya bilei ya WIC CDC na  
Maine**

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

Esika oyo epesaka pwasa na moto nyonso.

**Mabota ya Maine Bazali  
kokola Malamuru na WIC**



**Program ya CDC na etat ya Maine  
ya bilei ya WIC ezali na:**

- Ntina ya kosomba bilei ya malamuru
- Makambo ya kolongono mpe ya bilei
- Lisungi mpona zemi ya malamuru
- Lisungi ya komelisa mwana mabele



## WIC Ezali nini?

WIC ezali program ya bilei mpe ya kolongono mpona libota oyo ezali na:

- ♦ Makambo ya koyekola ya bilei
- ♦ Lisungi ya komelisa mwana mabele
- ♦ Komona kolongono ya nzoto
- ♦ Bolamu ya kosomba bilei ya malamau kelola:

♦ Miliki, makei, fromage, na yaourt	♦ Tofu na miliki ya ngumba
♦ Bambuma mpe ndunda	♦ Mbisi ya boite
♦ Emboto	♦ Mapa ya masangu mingi, tortillas, mpe kwaker,
♦ Jis	bapate to loso ya moyindo.
♦ Cereale	♦ Bilei ya babebe
♦ Madesu ya koyoma to ya molangi	♦ Formule ya bana



## Nini ya malamau bana bazali kozwa kati na WIC?

Bana bakoki kozwa miliki ya mabele na eloko ya kobenda miliki yango (soki balingi) to bilei ya malamau ya formule ya bana.

Soki balekisi basanza 6 bakoki mpe kozwa:

- Cereale, bambuma mpe ndunda ya baba
- Nyama ya bana (Mpona ya bana oyo bazali kaka komela mabele)

## Soki ozali na mituna...

### WIC ezali na eyano.

- ♦ Esengeli nalia nini tango na zali na zemi?
- ♦ Nalingi na melisa mwana mabele: esengeli nabanda ndenge nini?
- ♦ Mwana na ngai aponaka bilei mingi! Esengeli na sala nini?
- ♦ Esengeli na sala nini mpo bana na ngai balia ba mbuma mpe ndunda ebele?
- ♦ Esengeli nasunga bana na ngai lolenge nini mpo bakonda te nto mpona batikala na nzoto ya malamau?
- ♦ WIC ezali na eloko ya kobimisa mayi ya mabele oyo na koki kosalisa?

## Miliki ya mabele ezali bilei malamau mpona mwana na yo



**Basali ya WIC balingi bamama ya sika bamelisa bana mabele.**

**Mpona koyeba mingi lisusu na komelisa mwana mabele, mona biso na;**

[www.maine.gov/wic](http://www.maine.gov/wic)

## Bagence ya WIC ya kati ya mboka na Maine

### **Aroostook County Action Program**

Esalisi etuka ya Aroostook  
Presque Isle 1-800-432-7881 to 768-3026

### **Bangor Public Health & Community Services**

Esalisi etuka ya Piscataquis mpe Penobscot  
Bangor.....1-800-470-3769 or 992-4570

### **MidCoast Maine Community Action**

Esalisi etuka ya Knox, Lincoln, Sagadahoc mpe Waldo  
Bath.....1-800-221-2221  
Belfast.....338-1267  
Rockland ..594-4329

### **Maine Family Planning**

Esalisi etuka ya Hancock mpe Washington  
Ellsworth.....1-800-492-5550 to 667-5304  
Calais.....454-3634  
Machias.....255-8280

### **Maine General Medical Center**

Esalisi etuka ya Kennebec mpe Somersee  
Augusta.....626-6350  
Waterville ..861-3580  
Skowhegan..861-3593 to 1-888-942-6333

### **The Opportunity Alliance**

Esalisi etuka ya Cumberland  
Portland.....1-800-698-4959 to 553-5800  
Windham.....553-5800

### **Western Maine Community Action**

Esalisi etuka ya Franklin, Oxford mpe Androscoggin  
East Wilton...1-800-645-9636 to 645-3764  
Auburn.....1-877-512-8856 to 795-4016

### **York County Community Action Corp.**

Esalisi etuka ya York  
Sanford.....1-800-965-5762  
Biddeford.....1-800-644-4202