

Gahunda y'Imirire ya WIC

Ubuzima n'Iterambere ry'Umuryango na WIC

WIC ni iki?

WIC ni gahunda yuzuye yo kwita ku mirire y'imiryango itanga:

- Inyigisho ku Mirire no
- Konsa na kugaburira hakoreshejwe igituza no gukwirakwiza
- Kwipimisha ubuzima no koherezwa
- Ibiryo byiza hamwe n'inyungu ku makarita ya eWIC

Ni nde ushobora gusaba WIC?

- Ababyeyi batwite, abaforomo, n'ababyeyi babyaye
- Impinja hamwe n'abana kugeza ku myaka itanu
- Abana barerwa na se, sekuru, umubyeyi umurera, umubyara cyangwa umurera
- Umuntu wese uba muri Maine, harimo n'abimukura bakorera muri Maine

Uburyo Bwo Gusaba:

Shakisha ibiro bya WIC by'aho kuri Maine.gov/WIC kugirango usabe gahunda.

Abitabiriye WIC bagomba kubahiriza amabwiriza y'ibyinjira kandi bakagira ibyago by'imirire.

Umuntu wese wakiriye SNAP, TANF, cyangwa MaineCare ihita yuzura ibisabwa kuri WIC, hatitawe ku byinjira

Kwiga byinshi ku byerekeranye n'ibyinjira hamwe n'amabwiriza ku ngaruka z'imirire kuri maine.gov/WIC.

Niba ufite ikibazo... WIC ifite igisubizo!

WIC ifite imirire hamwe n'abajyanama b'urungano kugirango bafashe kandi baguhuze n'izindi serivisi niba bikenewe!



Sikana kode za QR kugirango uhuze abakozi ba WIC hafi yawe hanyuma ushireho gahunda yawe y'ibanze.

Nakurahe byinshi kuri Gahunda ya Maine CDC WIC y'Imirire?

Hamagara 1-800-437-9300 cyangwa 207-287-3991
Sura urubuga rwacu kuri maine.gov/WIC



Iki gigo ni igitanga amahirwe angana



Ibigo Bya WIC muri Maine

Gahunda y'Ibikorwa By'Intara ya Aroostook

Gukorera Intara ya Aroostook

Umwigimbakirwa 1-800-432-7881 cyangwa 768-3026

Bangor Ubuzima Rusange & Serivisi Rusange

Gukorera intara za Piscataquis na Penobscot

Bangor 1-800-470-3769 or 992-4570

Kuboneza Urubyaro bya Maine

Gukorera Intara za Hancock ana Washington

Ellsworth 1-800-492-5550 Calais 454-3634 Machias 255-8280

Ikigo Nderabuzima Gikuru Cya Maine

Gukorera Intara za Kennebec na Somerset

Augusta 626-6350 Waterville 861-3580 Skowhegan 1-888-942-6333

Igikorwa rusange cya MidCoast Maine

Gukorera Intara za Knox, Lincoln, Sagadahoc, na Waldo

Kwiyuhagira 1-800-221-2221 Belfast 338-1267 urutare 594-4329

Ihuri ry'Amahirwe

Gukorera Intara ya Cumberland

Portland 1-800-698-4959 Windham 553-5800

Ibikorwa by'umuryango w'iburengerazuba bwa Maine

Gukorera Franklin, Oxford, n'Intara ya Androscoggin Iburasirazuba bwa

Wilton 1-800-645-9636 Auburn 1-877-512-8856

Igikorwa cy'Umuganada cy'Intara ya York

Gukorera mu Ntara ya York

Sanford 1-800-965-5762 Biddeford 1-800-644-4202

Inyungu zo Konsa no kugaburira ukoresheje igituza

- Ntibisaba kwitegura bidasanze
- Ishobora gutuma nyababyeyi igabanuka mu bunini bw'umwimerere, ifasha umubiri w'umubyeyi wonsa gusubira mu buryo bwa mbere yo gutwita
- Ishobora kurinda Kanseri y'ibere na n'iya nyababyeyi
- Guteza imbere umubano wa hafi w'ababyeyi n'umwana

Ni gute WIC ifasha ababyeyi bonsa?

Ibiri bya WIC by'icyaro biha ababyeyi bonsa pompe zikoresha amashanyarazi cyangwa izikoresha intoti, Ubumini n'ubwinshi bw'ibyo kurya muri gahunda ya WIC, impuguke zitangwa na CLCs/IBCLCs, n'ibindi byinshi!

Ni ibihe biryo nshobora kubona hamwe na WIC?

Inyungu y'ibiryo iratandukanye bitewe n'imyaka, ibikenerwa mu mirire, hamwe n'imiterere yo kugaburira abana.

Inyungu z'ibiribwa zishobora kubamo:

- Amata, amagi, foromaje & yawurute
- Imbutu n'imbo
- Amavuta y'ibishyimbo
- Umutobe
- ibinyampeke
- Kuma/ibishyimbo byumye
- Amata ya Tofu & soya
- Amafi yumishije
- Imitsima yuzuye ingano, toritilasi, owatimil, pasita ,cyangwa umuceri wijimye
- Ibiryo by'abana
- Amata y'uruhinja



Kugira ngo wige byinshi, sura urubura rwa maine.gov/WIC