

pepa in kemelele

Unin kōmane Arkansas WIC Prokraam eo (Special Supplemental Nutrition Prokraam eo ñan kōrā, niñnin im ajri ro) ej okmanmanlok lelok oñ ñan ri-bōroro ro kaninin im ro ero nejjer, ninniñ kab ajri jidik ro ilo ien ko reaurōk in air ruttolok. Prokraam in ej lelok electronic cards in jibañ ko (eWIC) ñan mōñā ko emōj kejenoloke imeo ej bōk kunaan emaroñ bōk jen imōn wia mōñā ko, katakn kin oñ im lelok iok ñan kain jibañ ko jet.

Ri-bōroro, kaninin im ro ero nejjer, niñniñ ak ajri ro rej iumwin lalim air iiō rej maroñ bōk kunaier ilo WIC elañe:

- **Rej jokwe ilo Arkansas.** Ejelok joñan in air kottar ewi toan am bed ijo.
- **Rej bed ilo wōnen eo emōj karoke.** Wōnen ko emōj karoke ej 185% ilain joñok eo rej likit jerata. Ro rej kanne ej aikuij kwalok kamool ko an ro rej jermal mweo. Aikuij bwe en bōk Medicaid, ARKids First, TEA im/ak SNAP (Food Stamps) emaroñ in bōk jibañ kein jen WIC.
- **Jet ro rejabwe oñ ibier.** Nañinmej ko einwot anemia, jet kain nañinmi ko rej wakote bwe rekar, eddo (edik am eddo, elab am eddo, wawin am kileblok ak aidiklok, joñan eddo im aitok eo am, men kein.), nōmba im ikutkut in am neje, im jab jejet wawin am jela kin oñ enaj jet wawin ko renaj lali ilo air komane assesment in am ikijen oñ. Assesment enaj koman jen nurse ro, ro re-kibel ikijen oñ ak tatko ro ilojikin ejmour eo (County).

Mōñā ko lelok ñan ajri ekoba:

- Mōñā ko emōj kejenoloke ñan kaninin jen Jinen IM/AK
- Iron-Kere ko an niñniñ
- Cereal an niñniñ
- Mōñā an niñniñ

Bwe kwon bōk melele ko rellablok

Kurlok: 1-800-235-0002

Click: <http://signupwic.com/>



WIC rej kōmane ilo aolep Arkansas county bukon ko ilo (County) Health Units.

Mōñā ko renaj lelok ñan ajri im kōrā ro ekoba:

- Milik
- Jij
- Dren in leen wijki
- Cereal ko eor en ie
- Bean ko ak peas ko remōrā ak ilo kuat
- Lep ko
- Grain ko relikiio
- Leen wijki im vegetable ko ko rekeel ak kwooj vegetable ko
- Peanut butter
- Eek ilo kuat



JOÑAN WONEN KO (Arkansas WIC Prokraam ko, jejet kitien ilo Julae 1, 2023)

| Joñan Paamle/Mweo | 1 | 2 | 3 | 4 | 5 |
|--------------------|----------|----------|----------|----------|----------|
| Joñan Gross Income | \$26,973 | \$36,482 | \$45,991 | \$55,500 | \$65,009 |

(Kobaik \$9,509 ñan kajojo ro uan paamle eo member.)