

pepa in kemelele

Unin kōmane Arkansas WIC Prokraam eo (Special Supplemental Nutrition Prokraam eo ñan kōrā, niñnin im ajri ro) ej kokmanmanlok lelok ōon ñan ri-bōroro ro kaninin im kora ro rejcab lotak, 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 ōon im lelok iok ñan kain jibañ ko jet.

Ri-bōroro, kaninin im ro eor nejier, niñniñ ak ajri ro rej iumwin lalim air iiō rej maroñ bōk kunaiser 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 jerbal mweo. Aikuij bwe en bōk Medicaid, ARKids First, TEA im/ak SNAP (Food Stamps) emaroñ in bōk jibañ kein jen WIC.
- **Jet ro rejabwe ōon ibier.** Nañinmej ko einwot anemia, jet kain naninmej ko 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 ōon enaj jet wawin ko renaj lali ilo air komane assesment in am ikijen ōon. Assessment enaj koman jen nurse ro, ro re-kibel ikijen ōon ak tatko ro ilojikin ejmour eo (County).

Mōñā ko renaj lelok ñan ajri im kōrā ro ekoba:

- Milik
- Jiji
- Dren in leen wijkl
- Cereal ko eor aen ie
- Bean ko ak peas ko remōrā ak ilo kuat
- Lep ko
- Grain ko relikioo
- Leen wijki im vegetable ko ko rekeel ak kwooj vegetable ko
- Peanut butter
- Eek ilo kuat

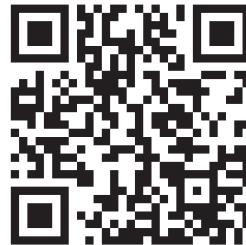
Mōñā ko lelok ñan ajri ekoba:

- 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.



JOÑAN WONEN KO (Arkansas WIC Prokraam ko, jejet kitien ilo Julae 1, 2024)

Joñan Paamle/Mweo	1	2	3	4	5
Joñan Kolla Eo Am	\$27,861	\$37,814	\$47,767	\$57,720	\$67,673

(Kobaik \$9,953 ñan kajojo ro uan paamle eo member.)