



# Daim Npe Khoom Noj Uas Tau Txais Kev Pom Zoo

Pib Siv Nyob Rau Lub Kaum Hlis Ntuj 2022



# Cov Ntawv Cim Tseg Tseem Ceeb

## Paub Ua Ntej Koj Mus

**Paub tias koj muaj cov nyiaj pab nyob rau hauv koj daim npav. Koj tuaj yeem pom cov nyiaj pab nyob rau hauv tej cov hauv kev txuas mus no:**

- Daim npe kev yuav khoom uas muab los ntawm koj lub koom haum WIC hauv zos.
- Thov kom lub khw muag khoom luam tawm koj qhov nyiaj tshuav ntawm nyiaj pab.
- Siv lub app WICShopper txhawm rau saib cov nyiaj pab nyob rau hauv koj daim npav.
- Tshab xyuas daim ntawv qhia nyiaj tshuav uas yuav xaus los ntawm koj qhov kev yuav ntawm WIC sai los no.



**Authorized Retailer**

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- Yuav khoom nyob rau ntawm lub khw txhem muag WIC uas tau txais kev tso cai nkaus xwb uas tau txheeb xyuas uas siv daim ntawv lo.
- Cov khoom noj uas muaj yuav sib txawv raws li lub khw txhem muag.
- Ceev koj daim ntawv txais nyiaj cia tom qab yuav khoom.
- WIC cov khoom noj thiab tus qauv khoom noj tsis tuaj yeem yuav raug xa rov qab los sis tau sib pauv ua qhov nyiaj ntsuab, khes div los sis lwm yam.
- Txwv tsis pub muag, ua lag luam los sis muab cov khoom noj WIC muag tawm. Qhov no yuav raug xam tias yog qhov kev dag ntxias.

# Mis

## Mis

- Tej npe cim lag luam (lub npe khw uas tau txais kev pom zoo)
- Khuaj, ib nrab nkas loos, nkas loos
- Tsis muaj qhov rog (tev tawm qhov rog), qhov rog tsawg (1/2%, 1%)
- Txo tau qhov rog (2%), tag nrho



## Qhov Mis Nyuj Qhuav Uas Tsis Muaj Qhov Rog

- Lub npe khw
- 1 pob lb 9.6 oz los sis 25.6 oz (ua 8 khuaj)
- pob 9.6 oz (ua 3 khuaj)



## Cov kua mis pub me nyuam

- Tej npe cim lag luam
- Khuaj los sis ib nrab nkas loos

## Qhov Mis Uas Tsis Muaj Pem Thaj

- Tej lub npe cim lag luam
- lb nrab nkas loos
- Tsis muaj qhov rog (tev tawm qhov rog), qhov rog tsawg (1/2%, 1%)
- Txo tau qhov rog (2%), tag nrho
- Qhov khoom noj tsuag thiab qhov khoom noj tsis qab xis ncauj

## Mis Ntim Poom

- Lub npe khw
- poob 12 oz
- Tsis muaj qhov rog (tev tawm qhov rog), tag nrho



## Mis Ntsis

- Lub npe poom mis tshis (Meyenberg)
- Tag nrho qhov mis ntim poom (poom 12 oz)
- Qhov mis moov uas tsis muaj qhov rog (hnab 12 oz)



## Tsis tso cai:

- Qhov tshuaj ua kom txhob rog ntxiv
- Qhov mis uas puv
- Qhov khoom noj qab xis ncauj
- Cov hwj iav
- Cov khoom haus mis uas tau ua los ntawm txiv ntseej, txiv mam phaub, mov, nplej thiab lwm cov qoob loo
- Cov kev hloov mis
- Chiv nroj tsuag
- Khoom noj nyoos los sis khoom noj tshiab
- Qhov mis ua kua uas qab zib

8 oz = 1 khob  
 16 oz = 1 phaus  
 dej 32 oz = 1 khuaj  
 dej 64 oz = 1/2 nkas loos  
 dej 128 oz = 1 nkas loos

## Mis Kua Txiv Qaum

### Tau tso cai:

- Ib nrab nkas loos



Xub thawj



Xub thawj



Xub thawj, vanilla

### Tsis tso cai:

- Khoom qab zib
- Cov khoom noj qab xis ncauj tsis yog vanilla
- Qhov khoom noj ua rau yuag
- Chiv nroj tsuag

## Qhov Khoom Noj Uas Muaj Mis Nyuj Khov Nyob Sab Hauv



### Tau tso cai:

- Lub npe khw
- Txiaiv, ua kom qhuav, hlais ua ib daim nyias, muab hlua khi/muab pas chob los sis muab ua kom sib plaum
- 8 pob, 16 thiab 32 oz
- Li ib txwm, tsis muaj qhov rog los sis qhov rog tsawg
- Sib xyaw thiab sib tov ntau cov mis nyuj khov uas tau txais kev pom zoo
- Qhov khoom noj uas muaj mis nyuj khov nyob sab hauv nkaus xwb:
  - Mis nyuj Meskas
  - Mis nyuj ua lub plaub fab
  - Mis Nyuj Khov Cheddar – txhua yam
  - Mis Nyuj Khov Colby, Colby Jack, Monterey Jack
  - Mis Nyuj Mozzarella (qee feem los sis tag nrho)
  - Mis Nyuj Khov Muenster
  - Mis Nyuj Khov Provolone
  - Mis Nyuj Khov Swiss

### Tsis tso cai:

- Ntxiv cov khoom qab xis ncauj (cov kua txob, cawv txiv hmob txiv ntoo, qhov cuab yeej haus luam yeeb, thiab lwm yam ntxiv.)
- Cov kev txhab ntxiv mis nyuj khov
- Cov khoom noj mis nyuj qhuav, cov kev faib
- Khoom noj Crumbled, cubed los sis grated
- Txo tau qhov ntshav muaj roj
- Cov mis nyuj khov ua plais thiab hlais ua plais
- Chiv nroj tsuag
- Queso blanco, Queso fresco
- Tau rub nkag

## Taum paj

### Tau tso cai:



• Taum Paj Khov (16 oz)



• Taum Paj Khov Ntxiv, Nruab Nrab Thiab Taum Paj Muag (16 oz)



• Taum Paj Ua Plais chiv roj tsuag (16 oz)

# Kua mis nyuj yau kawj

## Tau tso cai:

- Yuav tsuas yog hom khoom noj rog uas tau hais tseg ntawm qhov nyiaj pab xwb
- Tsis muaj qhov rog, rog tsawg, rog tag nrho
- Ntim 32 oz (khuaj)
- Cov pob khoom ntxiv (tag nrho 16 los sis 32 oz)
- Cov khoom qab xis ncauj uas tau txais kev pom zoo nkaus xwb

\*Greek-style tau txais kev pom zoo nyob rau hauv qee cov npe cim lag luam



## Tsis tso cai:

- Ntxiv cov khoom xyaw uas tau muab siv tov
- Haus tau
- Chiv nroj tsuag

## Cov qe

### Tau tso cai:

- Tej lub npe cim lag luam
- Xim dawb thiab xim av
- 1 lub thawv kaum ob lub
- Loj los sis pes nrab, qib A los sis AA



### Tsis tso cai:

- Tsis muaj lub pob tawb los sis vaj qaib
- Cov qe uas muaj qib zoo ntawm as xis rog li os mes ga 3, Vis tas mees los sis kob
- Kev tov cov khoom noj
- Qhov ntshav muaj roj tsawg
- Chiv nroj tsuag
- Lwm yam tshwj xeeb

## Laum Huab Xeeb

### Tau tso cai:

- Tej lub npe cim lag luam
- ntim 16-18 oz
- Qhov rog li ib txwm los sis tau txo qhov rog
- Qhov khoom noj qab rog los sis qab nplaum
- Qab ntsev los sis tsuag



### Tsis tso cai:

- Siv tov nrog qhov khoom noj tshas kos lev, zib ntab, kua mos xyaw, kua pleev rau, cov khoom noj tsib piam thaj los sis cov sib xyaw zoo sib thooj
- Chiv nroj tsuag

## Cov Noob Taum Ntim Poom

### Tau tso cai:

- Tej lub npe lag luam ntawm ntau hom noob taum
- Tej lub npe lag luam ntawm cov noob taum noj tsis rog
- Poom 15-16 oz
- Qhov ntsev uas muaj khes mis xyaw li ib txwm los sis tsawg



### Tsis tso cai:

- Qhov khoom noj uas tau ci siav
- Kua zaub los sis qhov sib xyaw
- Chiv nroj tsuag
- Qhov khoom noj uas muaj kua txob thiab ntsev los sib xyaw

## Cov Noob Taum Qhuav, Noob Taum Mog, Noob Taum Lentils

### Tau tso cai:

- Lub npe khw
- Pob 16 thiab 32 oz
- Ntau yam khoom noj tsuag

### Tsis tso cai:

- Chiv nroj tsuag
- Cov khoom noj uas muaj kua txob thiab ntsev los sib xyaw los sis cov khoom qab xis ncauj

# Cov Khoom Noj Cereal Txias

## Cov Khoom Noj Cereal Txias

### Tau Tso Cai:

thawv los sis hnab 12 txog 36 oz



- Lub Pob Kws Nkig
- Mov Kib Nkig
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Toasted Oats\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Toasted Oats\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Toasted Oats\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Corn Squares
- Khoom Noj Crispy Hexagons
- Mob Kib Nkig
- Khoom Noj Crunchy Oat Cereal\*
- Khoom Noj Crunchy Wheat Squares\*
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Frosted Shredded Wheat with Strawberry Cream\*
- Khoom Noj Honey thiab Oat Clusters
- Khoom noj Multigrain Toasted Oats\*
- Khoom Noj Nutty Nuggets\*
- Khoom Noj Oat Bundles\*
- Khoom Noj Rice Squares
- Khoom Noj Toasted Oats\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Uas Tau Muab Kib Nkig
- Lub Pob Kws Nkig
- Mob Kib Nkig
- Khoom Noj Crispy Hexagons
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Frosted Shredded Wheat Maple thiab Pem Thaj Daj (Brown Sugar)\*
- Khoom Noj Frosted Shredded Wheat Strawberry Cream\*
- Khoom Noj Happy O's\*
- Khoom Noj Rice Crisps
- Khoom Noj Wheat Crisps\*
- Khoom Noj Wheat Flakes\*

\*Qhov Khoom Noj Qoob Loo Tag Nrho (Whole Grain)



# Cov Khoom Noj Cereal Txias



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Corn Squares
- Mob Kib Nkig
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Honey and Oats nrog Khoom Noj Honey and Oat Clusters
- Khoom Noj Oatmeal Squares\*
- Khoom Noj Rice Squares
- Khoom Noj Toasted Oats\*
- Khoom Noj Twin Grain Crisp
- Khoom Noj Wheat Squares\*



- Khoom Noj Cheerios Multigrain\*
- Khoom Noj Cheerios Original\*
- Khoom Noj Corn Chex
- Khoom Noj Kix Berry Berry\*
- Khoom Noj Kix Honey\*
- Khoom Noj Kix Original\*
- Khoom Noj Rice Chex
- Khoom Noj Total Whole Grain Flakes\*
- Khoom Noj Wheaties\*
- Khoom Noj Wheat Chex\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Corn Squares
- Khoom Noj Crunchy Nuggets\*
- Khoom Noj Crunchy Oat Squares\*
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Multi-Grain O's\*
- Khoom Noj O's Oats\*
- Khoom Noj Rice Squares
- Khoom Noj Wheat Squares\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Toasted Oats\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Corn Squares
- Khoom Noj Crispy Rice
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Nutty Nuggets\*
- Khoom Noj Rice Squares
- Khoom Noj Tasteeos\*



- Khoom Noj Balanced Living\*
- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Cov Txiv Ntseej Fiber\*
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Multigrain Tasteeos\*
- Khoom Noj Tasteeos\*
- Khoom Noj Toasted Corn
- Khoom Noj Toasted Rice
- Khoom Noj Toasted Wheat\*

\*Qhov Khoom Noj Qoob Loo Tag Nrho (Whole Grain)

# Cov Khoom Noj Cereal Txias

*Kellogg's*

- Khoom Noj All-Bran Complete Wheat Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Corn Flakes Cinnamon
- Khoom Noj Crispix
- Khoom Noj Frosted Mini-Wheats Khoom Noj Blueberry\*
- Khoom Noj Frosted Mini-Wheats Cinnamon Roll\*
- Khoom Noj Frosted Mini-Wheats Pumpkin Spice\*
- Khoom Noj Frosted Mini-Wheats Khoom Noj Strawberry\*
- Khoom Noj Frosted Mini-Wheats Little Bites\*
- Khoom Noj Frosted Mini Wheats Khoom Noj Original\*
- Khoom Noj Rice Krispies
- Khoom Noj Special K Original



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Rollin Oats\*



- Khoom Noj Corn Bitz
- Lub Pob Kws Nkig
- Khoom Noj Crispy Rice
- Khoom Noj Nutty Nuggets\*
- Khoom Noj Oat Squares\*
- Khoom Noj Rice Bitz
- Khoom Noj Toasted Oats\*



- Khoom Noj Crispy Rice
- Khoom Noj Frosted Mini Spooners\*
- Khoom Noj Strawberry Cream Mini Spooners\*



- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Toasted Oats\*
- Khoom Noj Wheat Bran Flakes\*

**\*Qhov Khoom Noj Qoob Loo Tag Nrho (Whole Grain)**

# Cov Khoom Noj Cereal Txias



- Khoom Noj Grape Nuts Flakes\*
- Khoom Noj Grape Nuts Original\*
- Khoom Noj Honey Bunches of Oats Honey Roasted\*
- Khoom Noj Honey Bunches of Oats with Cinnamon Bunches\*
- Khoom Noj Honey Bunches of Oats with Vanilla Bunches\*



- Khoom Noj Life Multigrain – Original\*
- Khoom Noj Life Multigrain – Vanilla\*
- Khoom Noj Oatmeal Squares – Brown Sugar\*
- Khoom Noj Oatmeal Squares – Cinnamon\*
- Khoom Noj Oatmeal Squares – Honey Nut\*



- Khoom Noj Corn Biscuits
- Lub Pob Kws Nkig
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Rice Biscuits
- Khoom Noj Tasteos\*
- Khoom Noj Wheat Bran Flakes\*



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Khoom Noj Corn Squares
- Mob Kib Nkig
- Khoom Noj Essential Choice Wheat and Crunchy\*
- Khoom Noj Frosted Shredded Wheat\*
- Khoom Noj Oat Squares\*
- Khoom Noj Oat Wise\*
- Khoom Noj Rice Squares
- Khoom Noj Toasted Oats\*
- Khoom Noj Twin Grain Crisp
- Khoom Noj Wheat Squares\*



- Lub Pob Kws Nkig



- Cov Khoom Noj Bran Flakes\*
- Lub Pob Kws Nkig
- Mov Kib Nkig
- Khoom Noj Toasted Oats\*

\*Qhov Khoom Noj Qoob Loo Tag Nrho (Whole Grain)

# Cov Khoom Noj Cereal Sov

## Cov Khoom Noj Cereal Sov

### Tau Tso Cai:

12 txog 36 oz thawv los sis hhab



- Khoom Noj Creamy Wheat Enriched Farina
- Khoom Noj Original Instant Grits
- Khoom Noj Original Instant Oatmeal\*



- Khoom Noj Cream of Rice
- Khoom Noj Cream of Rice Instant



- Khoom Noj Grits Original Flavor
- Khoom Noj Regular Instant Oatmeal\*



- Khoom Noj GritCreamy Wheat Farina
- Khoom Noj Original Instant Grits
- Khoom Noj Regular Instant Oatmeal\*



- Khoom Noj Creamy Wheat Enriched Farina



- Khoom Noj Original Instant Oatmeal\*



- Khoom Noj Cream of Wheat Original 1 Minute
- Khoom Noj Cream of Wheat Original 2 1/2 Minutes
- Khoom Noj Cream of Wheat Original Instant
- Khoom Noj Whole Grain Cream of Wheat\*
- Khoom Noj Whole Grain Cream of Wheat Instant\*



- Khoom Noj Original Instant Oatmeal\*



- Khoom Noj Original Instant Oatmeal\*

Cov Khoom Noj Cereal Sov

## Cov Khoom Noj Cereal Sov



- Khoom Noj Original Hot Wheat Cereal
- Khoom Noj Original Instant Oatmeal\*



- Khoom Noj Original Instant Grits
- Khoom Noj Original Instant Oatmeal\*
- Khoom Noj Creamy Wheat Enriched Farina
- Khoom Noj Original Instant Oatmeal\*



- Khoom Noj Creamy Wheat Enriched Farina
- Khoom Noj Regular Instant Oatmeal\*

## Qhaub Cij

### Tau tso cai:

- 12 pob, 16, 20 thiab 24 oz
- plej pob kws tag nrho 100% los sis qhov khoom noj tsuag tag nrho uas tau hlais ua plais kom nyias qhaub cij, has npaws nkawj thiab qhov qhaub cij sov



## Khaub Noom Plej Pob Kws Ua Plais Nyias (Whole Wheat Tortillas)

### Tau tso cai:

- pob 16 oz



## Khaub Noom Pob Kws Ua Plais Nyias (Corn Tortillas)

### Tau tso cai:

- pob 16 oz
- Pob kws muag xim dawb los sis xim daj



## Khoom Noj Whole Wheat Pasta

### Tau tso cai:

- pob 16 oz
- Tej tug duab

### Tsis tso cai:

- Tau ntxiv cov pem thaj, rog, roj, ntsev
- Chiv nroj tsuag



## Mov Xim Av

### Tau tso cai:

- Lub Npe Khw
- pob 14 oz (tam sim ntawd)
- pob 16 thiab 32 oz (li ib txwm)
- Lub nplej ntev, pes nrab, luv

### Tsis tso cai:

- Chiv nroj tsuag



## Cov nplej

### Tau tso cai:

- Lub npe khw
- Ceev tseem tsawv, li ib txwm thiab li qub
- pob 18 oz

### Tsis tso cai:

- Noob qoob loo zom
- Chiv nroj tsuag



**Kua Txiv Mab Txiv Ntoos 100% – Rau Poj Niam**

**Tau tso cai:**

- Kua txiv mab txiv ntoos qab zib daw tsaus txia (frozen concentrate) 11.5-12 oz



Kua Txiv Aiv Paum, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj



Kua Txiv Aiv Paum, Kua Txiv Aiv Paum Cherry, Kua Txiv Aiv Paum Cranberry, Kua Txiv Aiv Paum Kiwi Strawberry, Kua Txiv Aiv Paum Passion Mango, Kua Txiv Aiv Paum Raspberry, Kua Txiv Aiv Paum Strawberry Banana, Kua Txiv Berry Blend, Kua Txiv Blueberry Pomegranate, Kua Txiv Cherry Pomegranate, Kua Txiv Citrus Blend, Kua Txiv Cranberry Blend, Kua Txiv Cranberry Pomegranate, Kua Txiv Cranberry Raspberry, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj, Kua Txiv Poov Luj Txiv Kab Ntxwv, Kua Txiv Poov Luj Txiv Kab Ntxwv Txiv Tsawb, Txiv Grape Dawb



Txiv Aiv Paum



Kua Txiv Aiv Paum, Kua Txiv Kab Ntxwv



Txiv Kab Ntxwv



## Kua Txiv Mab Txiv Ntoos 100% – Rau Cov Me Nyuam

### Tau tso cai:

- ntim 64 oz (ib nrab nkas loos)

### Tsis tso cai:

- Chiv nroj tsuag
- Kua Txiv cocktails los sis hauv kua txiv mab txiv ntoos



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Berry, Cherry, Kua Txiv Grape, Kua Txiv Grapefruit, Kua Txiv Poov Luj, Kua Txiv Punch, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Kab Ntxwv



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Cranberry, Kua Txiv Aiv Paum Cranberry, Kua Txiv Cranberry Grape, Kua Txiv Cranberry Pomegranate, Kua Txiv Cranberry Raspberry, Kua Txiv Punch, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Aiv Paum Cider, Kua Txiv Cranberry, Kua Txiv Grape, Kua Txiv Grape Blend, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Cranberry Grape, Kua Txiv Cranberry Pomegranate, Kua Txiv Grape, Kua Txiv Nkaus Taw, Kua Txiv Kab Ntxwv, Kua Txiv Pear, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb, Kua Txiv Grape Peach Dawb



Kua Txiv Mab Txiv Ntoos 100% – Rau Cov Me Nyuam

**Kua Txiv Mab Txiv Ntoo 100% –  
Rau Cov Me Nyuam**

**Kua Txiv Mab Txiv Ntoo 100% – Rau Cov Me Nyuam**



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poob Luj, Kua Zaub, Kua Txiv Grape Dawb, Kua Txiv Grape Peach Dawb



Kua Txiv Poov Luj



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Poov Luj, Kua Txiv Grape Dawb



Kua Txiv aiv Paum, Kua Txiv Aiv Paum Cherry, Kua Txiv Aiv Paum Txiv Nkaus Taw, Kua Txiv Aiv Paun Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Aiv Paum Cranberry, Kua Txiv Cranberry Raspberry, Kua Txiv Grape, Tsuas Yog Kua Txiv Aiv Paum, Tsuas Yog Kua Txiv Berry, Tsuas Yog Kua Txiv Grape, Kua Txiv Kab ntxwv, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Aiv Paum Raspberry, Kua Txiv Berry, Kua Txiv Cherry, Kua Txiv Aiv Paum Cranberry, Kua Txiv Mab Txiv Ntoo Punch, Kua Txiv Grape, Kua Txiv Kiwi Strawberry, Kua Txiv Nkaus Taw, Kua Txiv Kab Ntxwv, Kua Txiv Kab Ntxwv Tangerine, Kua Txiv Aiv Paum Peach, Kua Txiv Tsawb Strawberry, Kua Dib Liab Strawberry, Kua Txiv Tropical, Kua Txiv Grape Dawb



LANGERS It's in the Juice.

Kua Txiv Aiv Paum, Kua Txiv Aiv Paum Berry Cherry, Kua Txiv Aiv Paum Cranberry, Kua Txiv Aiv Paum Grape, Kua Txiv Aiv Paum Txiv Kab Ntxwv Txiv Poov Luj, Kua Txiv Aiv Paum Txiv Duaj Txiv Nkaus Taw, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Grape Liab, Kua Txiv Poov Luj, Kua Txiv Poov Luj Txiv Kab Ntxwv, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Cranberry Grape, Kua Txiv Grape, Kua Zaub, Kua Txiv Grape Dawb



Kua Txiv Blueberry Blackberry, Kua Txiv Cranberry, Kua Txiv Cranberry Blackberry, Kua Txiv Cranberry Grape, Kua Txiv Cranberry Pomegranate, Kua Txiv Cranberry Raspberry, Kua Txiv Pomegranate Blueberry

**Kua Txiv Mab Txiv Ntoos 100% –  
Rau Cov Me Nyuam**



Kua Txiv Aiv Paum, Kua Txiv Cranberry, Kua Txiv Cranberry Blackberry, Kua Txiv Cranberry Cherry, Kua Txiv Cranberry Elderberry, Kua Txiv Cranberry Grape, Kua Txiv Cranberry Mango, Kua Txiv Poov Luj Cranberry, Kua Txiv Cranberry Pomegranate, Kua Txiv Cranberry Raspberry, Kua Dib Liab Cranberry Watermelon, Kua Txiv



Kua Txiv aiv Paum, Kua Txiv Aiv Paum Cranberry, Kua Txiv Berry Blend, Kua Txiv Cherry Cranberry Dub, Kua Txiv Blueberry Pomegranate, Kua Txiv Cherry, Kua Txiv Cherry Pomegranate, Kua Txiv Citrus Blend, Kua Txiv Cranberry Pomegranate, Kua Txiv Grape, Kua Txiv Kiwi Strawberry, Kua Txiv Kab Ntxwv, Kua Txiv Kab Ntxwv Tangerine, Kua Txiv Duaj Txiv Nkaus Taw, Kua Dib Liab Strawberry, Kua Txiv Superfruit, Kua Txiv Tropical, Kua Txiv Grape Dawb



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Zaub, Kua Txiv Grape Dawb



Txiv Aiv Paum



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Txiv Poov Luj, Kua Txiv Tomato, Kua Zaub, Kua Txiv Grape Dawb



Txiv Aiv Paum



Txiv Kab Ntxwv



Kua Txiv Grape



Kua Txiv Aiv Paum, Kua Txiv Grape, Kua Txiv Kab Ntxwv, Kua Zaub



Kua Txiv Grape, Kua Txiv Kab Ntxwv Txiv Poov Luj Txiv Aiv Paum, Kua Txiv Grape Liab, Kua Txiv Grape Dawb, Kua Txiv Grape Cherr Dawb, Kua Txiv Grape Peach Dawb



**Kua Txiv Mab Txiv Ntoos 100% – Rau Cov Me Nyuam**

# Txiv Mab Txiv Ntoo

## Txiv Mab Txiv Ntoo

### Tau tso cai:

- Tej lub npe cim lag luam thiab txiv qaum kheej los sis txiv qaum phua ua plais, txiv qaum tshiab los sis txiv tsaus txia
- Cov txiv mab txiv ntoo uas tau sib xyaw
- Txiv mab txiv ntoo uas tau muab ntim nyob rau hauv qhov kua txiv mab txiv ntoo los sis tau ntxiv kua txiv mab ntxiv ntoo Qab zib daw, khoom qab zib los sis dej
- Chiv nroj tsuag

### Tsis tso cai:

- Rooj zaub xam lav los sis cov khoom noj deli
- Txiv mab txiv ntoo qhuav los sis ntim lub poom los sis txiv mab txiv ntoo uas muab kauv
- Tau ntxiv cov pem thaj\*, ntsev, khoom qab zib, qhov noom xim kas fes los sis kua mis nyuj yau kawj
- Lub pob tawb ntim txiv mab txiv ntoo los sis lub phaj ntim khoom noj
- Tau ntxiv qhov as xiv ascorbic (dhau ntawm qhov yaj ntawm tej khoom noj qab xis ncauj) kev muag nyob rau hauv lub tub txias
- Cov txiv ntseej los sis txiv mab txiv ntoo-txiv ntseej sib xyaw
- Txiv mab txiv ntoo zoo nkauj los sis zoo nkauj
- Kua txiv qaum zom tov mis

\*Tau ntxiv cov pem thaj suav nrog: kua pob kws qab zib, suab thaj pob kws, kua pob kws uas qab zib heev, zib mu, kua pem thaj, kua maple thiab pem thaj.

**Lus Qhia:** Coj cov txiv mab txiv ntoo thiab cov zaub tshiab uas yuav sau npe txhawm rau ntsuam xyuas seb nws puas tau txais kev pom zoo ntawm WIC. Lub app WICShopper tsis tau kaw tseg txhua qhov khoom uas tau txais kev pom zoo li.



## Cov zaub

### Cov zaub

#### Tau tso cai:

- Tej lub npe cim lag luam thiab txiv qaum kheej los sis txiv qaum phua ua plais, txiv qaum tshiab los sis cov zaub tsaus txias
- Zaub qhwv, zaub qhwv plawv thiab zaub xam lav
- Qij tshiab thiab qhiav tshiab
- Cov noob taum thiab noom taum mog tsaus dej khov
- Cov zaub tsuag thiab cov zaub cub thiab cov zaub tau sib xyaw
- Cov zaub li ib txwm los sis muaj cov ntsev uas muaj khes mis xyaw
- Chiv nroj tsuag

#### Tsis tso cai:

- Qhuav thiab ntim poom
- Rooj zaub xam lav los sis cov khoom noj deli
- Zaub txhwb los sis txuj lom tsis yog qij tshiab thiab qhiav tshiab
- Cov pob tawb ntim zaub los sis cov phaj ntim khoom noj
- Tau ntxiv cov pem thaj\*
- Tau ntxiv tej khoom xyaw zaub xam lav, mis nyuj khov los sis khoom noj croutons
- Tau ntxiv cov qhaub cij, cov khoom noj creams, marinades los sis cov kua ntsw
- Tau ntxiv cov khoom noj uas muaj kua txob thiab ntsev los sib xyaw, cov rog thiab roj
- Tau ntxiv cov mij, mov, ntses, nqaij los sis nqaij qaub
- Cov zaub zoo nkauj los sis zoo nkauj (kua txob Los sis qij dai txoj hlua, nyob rau hauv lub npluaj taub, pob kws Is Dias los sis lub taub daj uas muab tho qhov)
- Cov qos yaj ywm, cov khaub noom fab kis, cov khoom noj xim av cov plais qos yaj ywm, cov khoom noj xim av uas qhuav los sis qhov khoom noj tatortots uas tau ntxiv qhov rog, cov roj, cov khoom noj uas muaj kua txob thiab ntsev sib xyaw los sis cov pem thaj\*

\*Tau ntxiv cov pem thaj suav nrog: kua pob kws qab zib, suab thaj pob kws, kua pob kws uas qab zib heev, zib mu, kua pem thaj, kua maple thiab pem thaj.



# Khoom Noj Me Nyuam Yaus

## Cov Khoom Noj Cereals Me Nyuam Yaus

### Tau tso cai:

- Ntim 8 los sis 16 oz, qhov khoom noj qhuav, qhov khoom noj tsuag
- Chiv nroj tsuag



Gerber

Pob Kws Daj, Khoom Noj Multigrain, Nplej

Khoom Noj Multigrain, Nplej, Mov

Nplej (Barley), Khoom Noj Multigrain, Nplej, Khoom Noj Oatmeal Millet Quinoa, Mov, Khoom Noj Whole Wheat

### Tsis tso cai:

- Tau ntxiv DHA/ARA
- Tau ntxiv cov khoom noj cinnamon, txiv mab txiv ntoo qhuav, cov txiv ntseej, kua mis nyuj yau kawj

## Txiv Mab Txiv Ntoo thiab Cov Zaub Me Nyuam Yaus

### Tau tso cai:

- Tej qhov loj me suav nrog qhov ntim ntau
- Tej qhov txiv mab txiv ntoo thiab cov txiv mab txiv ntoo uas tau sib xyaw
- Tej cov txiv mab txiv ntoo thiab cov zaub uas tau sib xyaw
- Tej cov zaub thiab zaub uas tau sib xyaw
- Chiv nroj tsuag



### Tsis Tau Tso Cai:

- Tau ntxiv qhov khoom noj, khoom noj cinnamon, DHA thiab/los sis cov khoom noj probiotics, hmoov nplej, cov qoob loo, mij, mov, ntsev, cov khoom noj uas muaj kua txob thiab ntsev sib xyaw los sis pem thaj
- Noj hmo los sis tau ntxiv cov pluag mov noj
- Cov nab



Gerber



## Cov Txiv Mab Txiv Ntoo Thiab Cov Zaub Tshiab

- Cov txiv mab txiv ntoo thiab cov zaub tshiab kuj tso cai rau cov me nyuam me yog tias Tau tawm.

## Cov Qauv Khoom Noj Me Nyuam Yaus

- Qhov ntau, lub npe cim lag luam, hom thiab qhov los me uas tau tawm

## Rau Cov Me Nyuam Me Uas Noj Niam Mis Txwm Nkaus

### Cov Pluag Mov Noj Me Nyuar

#### Tau tso cai:

- muaj 2.5 oz
- Ntau yam thiab ntau pob (2.5 oz)
- Chiv nroj tsuag

#### Tsis tso cai:

- Tau ntxiv DHA/ARA
- Noj hmo
- Cov nqaij thiab cov txiv mab txiv ntoo sib xyaw
- Cov nqaij thiab cov zaub sib xyaw



Gerber



Cov nqaij me nyuam yaus yog qhov nyiaj pab ntxiv rau cov me nyuam uas noj niam mis txwm.

## Rau Cov Leej Niam Uas Pub Me Nyuam Mis

### Cov Ntses Pam Thus (Tuna) Sib

#### Tau tso cai:

- Poom 5 oz nyob rau hauv tib pob los sis ntau pom
- Tej lub npe cim lag luam
- Taub dej
- Cov ntsev uas muaj khes mis xyaw li ib txwm los sis tsawg

#### Tsis tso cai:

- Tau ntxiv qhov khoom noj qab xis ncauj, cov khoom noj uas muaj kua txob thiab ntsev sib xyaw, kua ntsw
- Cov hnab Foil
- Muaj cov thawv khoom noj ntiag tug
- Cov ntses pam thus albacore los sis cov ntses pam thus dawb

### Ntses Salmon

#### Tau tso cai:

- Poom 5 los sis 6 oz nyob rau hauv tib pob los sis ntau pob
- Poom 14.75 or 15 oz
- Tej lub npe cim lag luam
- Taub dej

#### Tsis tso cai:

- Tau ntxiv qhov khoom noj qab xis ncauj, cov khoom noj uas muaj kua txob thiab ntsev sib xyaw, kua ntsw
- Cov hnab Foil
- Muaj cov thawv khoom noj ntiag tug
- Cov ntses

### Qhuav

#### Tau tso cai:

- Poom 3.75 oz nyob rau hauv tib pob los sis ntau pob
- Tej lub npe cim lag luam
- Kua ntsw txiv lw suav thiab kua ntsw noob zaub
- Taub dej

#### Tsis tso cai:

- Tau ntxiv cov khoom noj qab xis ncauj los sis cov khoom noj uas muaj kua txob thiab ntses sib xyaw, tsis yog Kua ntsw txiv lw suav thiab kua ntsw noob zaub
- Nqaij ntses
- Cov hnab Foil
- Muaj cov thawv khoom noj ntiag tug
- Cov ntses

Rau Cov Me Nyuam Uas Noj Niam Mis Txwm thiab Cov Niam

## Daus lauj lub app WICShopper nyob rau hnuv no!

### Koj yuav tuaj yeem:

- Saib cov nyiaj pab uas tau rub nyob rau hauv koj daim npav eWIC.
- Thaj UPC ntawm cov yam (npas khauj) txhawm rau txheeb xyuas cov khoom noj uas tau txais kev tso cai ntawm WIC ua ntej kev kos cim.
- Xam koj qhov nyiaj pab ntawm cov khoom noj cereal txhawm rau saib yam sib xyaw ntawm cov khoom noj cereals uas koj tuaj yeem yuav.
- Xa cov ntawv xa xov mus rau lub koom haum ntawm xeev Missouri WIC yog tias koj tsis tuaj yeem yuav qhov khoom uas tau txais kev tso cai ntawm WIC.
- Tau txais cov ntaub ntawv ceeb toom ntawm cov kev hloov kho tshiab ntawm WIC.
- Taug qab saib koj qhov kev yuav ntawm WIC.



### Nws yooj yim ib yam li...

1. Kev nruab lub app WICShopper yam tsis xam nqi los ntawm Google Play los sis Apple Store.
2. Kev xaiv Missouri rau koj tus kws muab kev pab cuam ntawm WIC.
3. Sau npe koj daim npav uas siv tus nab npawb 16-tus nab npawb nyob rau sab xub ntiag ntawm koj daim npav.

**Puas muaj lus nug?** Sib tham nrog koj cov neeg ua hauj lwm ntawm koom haun hauv zos ntawm WIC rau cov ntaub ntawv qhia meej tseeb ntxiv.



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

**Missouri Lub Tuam Tsev Hauj Lwm ntsig txog Cov kev  
Pab Cuam Kev Noj Qab Haus Huv thiab Tus Laus  
(Missouri Department of Health and Senior Services)  
WIC thiab Cov kev Pab Cuam Khoom Noj  
P.O. Box 570  
Jefferson City, MO 65102-0570  
800-TEL-LINK  
wic.mo.gov**

**Raws Qab Saib Peb hauv Facebook: @MissouriWIC**

TUS TSWV HAUJ LWM UAS MUAJ VAJ HUAM SIB LUAG/MUAJ KEV LEES TXAIS

Cov kev pab cuam uas tau muab saib raws li kev tsis pub muaj kev ntxub ntxaug. Lwm cov foos ntawm daim ntawv thov no rau cov neeg xiam oob qhab tej zaum yuav tau txais los ntawm kev txuas lus rau Missouri Lub Tuam Tsev Hauj Lwm ntsig txog Cov kev Pab Cuam Kev Noj Qab Haus Huv thiab Tus Laus (Missouri Department of Health and Senior Services) ntawm 573-751-6204.

Cov neeg uas tsis hnov lus, hnov los sis tsis zoo, los sis muaj kev xiam oob qhab fab kev hais lus ces tuaj yeem ntaus 711 los sis 800-735-2966.

Lub chaw no yog lub chaw muab kev pab cuam uas muaj vaj huam sib luag.

WIC-640 (12-22)