

Cov Lus Qhia Kom Paub Yuav Khoom

- Saib ntawv xov xwm los yog ntawv tshaj tawm hauv khw uas muaj cov khoom muag pheej yig los yog muaj cov coupons hauv txhua lub lis piam.
- Muab cov nqi los sib piv – Tej co zaub los yog txiv uas twb muab ntim sib xyaws ua ntej es lo ib tug nqi rau lawm los yog ib yam khoom uas nws muaj nws ib tug nqi yuav pheej yig dua qhov uas muag raws pound.
- Yuav txiv ntoo thiab zaub tseem tshiab hauv lub caij uas muaj ntau.
- Siv daim ntawv “Yuav Cov Txiv Ntoos thiab Zaubs Tshiab Muag raws Pound” (Buying Fresh Fruits and Vegetables Priced by the Pound) thaum mus yuav txiv ntoo thiab zaub hauv lub khw uas WIC tso cai.
- Siv “Daim Teev Yuav Txiv Ntoos thiab Zaubs” (Fruits and Veggies Shopping List) los pab koj txheeb cov txiv ntoo thiab zaub uas koj yuav thiab kom yuav tau npaum li ntau tau thaum siv koj cov WIC Tshev Yuav Txiv Ntoos thiab Zaubs (WIC Fruit and Vegetable Checks.)
- Siv koj cov Farmers’ Market Checks thaum lub caij ntuj sov mus yuav cov txiv ntoo thiab zaub tseem tshiab uas cog ib ncig ntawm koj nyob uas muaj muag rau ntawm cov khw tshav puam.



Qhov chaw no yog ib qhov chaw pab cuam muab vaj huam sib luag rau sawv daws.
Wisconsin Department of Health Services, Division of Public Health
P-00052H (Rev. 09/09)

Yuav siv koj cov WIC Tshev Yuav Txiv Ntoos thiab Zaubs li cas

RECIPIENT NAME: Jane Kaleda	FAMILY #/CARD#/PART ID: 273950/273131	CHECK # 09227019	ISSUE DATE Nov 14, 2008
WISCONSIN WIC PROGRAM 05-050 Waushara County WIC	Number of checks to redeem to state or federal agencies. Void if blank.	ISSUE TYPE Purchase of food for personal use only	LAST ISSUE DATE Dec 13, 2008
Valid For These Items Only - No Substitutions		Actual \$ Amounts	Pay to the Order of WIC Receiver No.
\$8.00 Approved Fruit and/or Vegetables (Fresh, frozen, canned)		Commodity Only	Commodity Total
Not Valid at Farmers' Markets or Roadside Stands		\$	No Checks Without Attached Stems
Deposit Within 45 Days From the First Date to Use		Purchase On New Store card Terms of Purchase	

- Xyuas tus nqi ntawm koj daim tshev mus yuav cov txiv ntoos thiab/los yog zaub uas tso cai yuav (cov tseem tshiab, cov khov lawm, cov doos rau hauv kaus poom).
- Saib daim WIC Approved Food List kom thiab paub tias cov txiv ntoos thiab zaub uas tso cai yuav tau yog cov twg.
- Nyob hauv ib tsev neeg, ib tug yuav tau nyiaj txawv ib tug. Yuav siv ntau tshaj ib tus neeg hauv tsev neeg cov tshev them rau ib qho khoom uas tus nqi ntau dua lawm los tau.
- Yog tus nqi yuav qhov khoom tshaj qhov nyiaj teev hauv daim tshev lawm, koj muab koj li nyiaj ntsuab los yog FoodShare ntxiv rau los tau.
- Yuav tsis ntxiv nyiaj rov qab yog hais tias tus nqi yuav qhov khoom tsawg dua qhov nyiaj hauv daim tshev.
- Tom qab tus neeg luj khoom sau tus nqi rau ntawm daim tshev lawm, kos koj lub npe rau daim tshev.
- Tsuas siv tau WIC cov tshev yuav txiv ntoos thiab zaub hauv cov khw uas tau tso cai xwb, **siv tsis tau** tom khw tshav puam.
- Siv cov lus qhia hauv daim ntawv no kom paub siv koj cov nyiaj mus yuav txiv ntoos thiab zaub kom tau ntau li yuav ntau tau.

Yuav Cov Txiv Ntoo thiab Zaub Tshiab Muag raws Pound

Cov kauj ruam nram qab no yuav pab koj yuav tau txiv ntoo thiab zaub kom ntau li ntau tau yog koj xaiv cov txiv ntoo thiab zaub uas muag raws pound:

- Muab yam koj yuav tso rau saum rab teev.
- Laij qhov khoom kom ze rau qhov txwm pound los yog nrab pound.
- Siv daim “Chart for Fresh Produce” pab kwv yeas tus nqi seb raug li cas.



Daim Chart Rau Cov Khoom Tshiab

Nqi raws pound (lb.)	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

Qhov muaj tsos tsaus dua (hauv daim chart saum no) yog pab kom koj siv cov tshev \$6, \$8, \$10 yuav txiv ntoo thiab zaub kom tau ntau li ntau tau.

Daim Teev Yuav Txiv Ntoo Thiab Zaub Cov Tshiab, Cov Khov Lawm, thiab Cov Doos Cia

Piv txwv qhia siv daim tshev \$6

Cov Khoom	Tus Nqi	Hov Ntau	Tas Nrho
Txiv Tsawb (muag raws pound)	\$0.59/lb	2 lbs.	\$1.18
Broccoli (ib tug nqi xwb)	\$2.49/ib teg	1 ib teg	\$2.49
Taum Lag (khov lawm)	\$0.89/ib hnab	2 hnab	\$1.78
Pob kws dhas lawm (kaus poom)	\$0.54/ib poom (nrog coupon)	1 poom	\$0.54
TAS NRHO COV KHOOM YUAV			\$5.99

Cov Khoom	Tus Nqi	Hov Ntau	Tas Nrho
		X	=
		X	=
		X	=
TAS NRHO COV KHOOM YUAV			\$