Kom Tau Ntau Tshaj Plasw Thaum Siv Koj Daim Tshev Txiv Hmab Txiv Ntoo & Zaub

- Cov lus qhia no yuav pab koj mus yos yuav WIC cov txiv hmab txiv ntoo thiab zaub tau tso cai uas muab teev rau hauv koj Phau Ntawv Pub Yuav Khoom Noj Approved Food Guide.
- Koj siv tau koj daim (cov) tshev mus yuav cov khoom sib xyaws twg ntawm cov txiv hmab txiv ntoo thiab zaub uas tseem tshiab, khov dej lawm, los yog ntim hauv poom.
- Yog tus nqi tag nrho tshaj qhov nyiaj nyob hauv koj daim tshev, koj siv tau koj daim npav FoodShare QUEST them los yog muab koj li nyiaj them.

COV LUS QHIA YUAV TXIV HMAB TXIV NTOO & ZAUB TSHIAB THAM MUAG UA PHAUS (POUND)

1. **Xaiv qhov txiv hmab txiv ntoo thiab zaub uas ntaus tus nqi raws phaus (pound, lb)**
2. **Muab qhov khoom los tso rau ntawm rab teev luj.**
3. **Muab qhov hnyav txav kom siab mus ze tshaj ntawm phaus (pound) los yog ib nrab phaus.**
4. **Siv daim phiaj taw qhia (chart) nyob nraum nruab qaum ntawm daim npav no los khwv yees tus nqi.**

PIV TXWV

$	1 lb	1½ lb	2 lb	2½ lb
0.49	0.49	0.74	0.98	1.23
0.59	0.59	0.89	1.18	1.48
0.69	0.69	1.04	1.38	1.73
0.79	0.79	1.19	1.58	1.98
0.89	0.89	1.34	1.78	2.23

Txiv tsawb

Tus nqi yog **$0.59/lb**

Hnyav **1-3/4 lbs**

- **Nrhiav tus nqi tauj pound ($.59) ntawm phab laug ntawm daim phiaj taw qhia (chart).**
- **Txav qhov hnyav (1 3/4 lb) mus kom siab txog 2 lbs. Nrhiav 2 lbs ntawm saum toj kawg ntawm daim phiaj taw qhia (chart).**
- **Taug qab qhov $.59 kab tav (row) mus rau phab xis thiab qhov 2 lb kab ntsug (column) rov hauv kom txog rau thaum ob qhov ntawd los sib ntsib.**
- **Qhov hnyav thiab tus nqi los sib ntsib rau ntawm $1.18 hauv daim phiaj taw qhia (chart).**

Tus nqi them rau cov txiv tsawb yog tsawg dua $1.18

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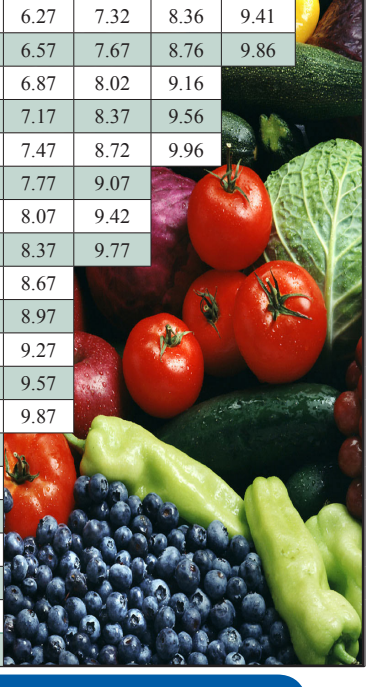
Daim phiaj taw qhia (chart) los mus khwv yees tus nqi them rau cov txiv hmab txiv ntoo thiab zaub tshiab Thaum muag tus nqi tauj phaus (pound)

Tus naj npawb ntawm cov phaus (pounds) koj muaj

Tus nqi tauj phaus (pound, lb)

$	1 lb	1½ lb	2 lb	2½ lb	3 lb	3½ lb	4 lb	4½ lb	5 lb
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.89	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	
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		
2.59	2.59	3.89	5.18	6.48	7.77	9.07			
2.69	2.69	4.04	5.38	6.73	8.07	9.42			
2.79	2.79	4.19	5.58	6.98	8.37	9.77			
2.89	2.89	4.34	5.78	7.23	8.67				
2.99	2.99	4.49	5.98	7.48	8.97				
3.09	3.09	4.64	6.18	7.73	9.27				
3.19	3.19	4.79	6.38	7.98	9.57				
3.29	3.29	4.94	6.58	8.23	9.87				
3.39	3.39	5.09	6.78	8.48					
3.49	3.49	5.24	6.98	8.73					
3.59	3.59	5.39	7.18	8.98					
3.69	3.69	5.54	7.38	9.23					
3.79	3.79	5.69	7.58	9.48					
3.89	3.89	5.84	7.78	9.73					
3.99	3.99	5.99	7.98	9.98					



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