

Iowa Nu, Bawhte, le Ngakchia pawl (WIC) Program i Aa telmi Covo pawl le Tuanvo pawl

WIC i aa Telmi ka si bantu kin ka covo pawl:

- WIC i itelnak caah phung pawl cu miphun, cuar rong, chuahsemnak ram, kum, pum tlamtlinlonak asiloah nu le pa sinak ah thleidan lo tein aa khatmi a si.
- Mah WIC tinhmi cu a-ha-ra, hnuk peknak le a ngandammi rawl pawl konglam pek ii ka herhmi a dang ngandmanak asilolah mibu rianttuanpiaknak he ipeh tein a kan chiahnak hnga a si. Hi rianttuanpiaknak pawl ahhin itel dingah forh ka si.
- WIC ngandamnak lei a thiam ngaimi pawl cu keimah he a-ha-ra kong timhmi ah huncho khawhnak hnga ngan a dammi umtuning a kan ser tuah lai.
- Ramkulh dang ah i tthial ka itimh ahcun, WIC sin ah ka chim laii i tthialnak cahren pawl a kan pek lai, mah cun WIC rianttuanpiaknak pawl ka ngah peh kho lai.
- WIC rianttuantu nih WIC ah ka itel kho lo tiah a kan chimh ii ka hna a tla lo ahcun, a Hmaanmi Ngaihnak caah ka hal khawh. Ka itlaknak kong ca ka hmuh ni in kan pawngkam ii WIC zung sin ah ca kuat dingah silole pehtlai dingah le pakhatkhat hal dingah ni 60 ka ngei.

WIC i aa Telmi ka si bantu kin ka Ttuanvo pawl:

- WIC Program pakhat nakin a tam deuh ah itelnak cu upadi ningin a si lomi a si ii cu caah program sin in donghternak a hung can lai.
- Ka chungkhar ii WIC soktu dihlak caah WIC ngandamnak chekhlainak cu ka onhpiak. WIC ngandamnak chekhlainak ahcun ngandamnak le rawl he aa pehtlaimi biahalnak pawl lehnak, sannak le rihtak tahnak le thider zawtnak caah thi chekhlainak pawl an itel. Ka chungkhar herhmi ca tthathnemnak pawl a kan pek dingah mah nihhin WIC kha a ibawmh.
- Ka caankhiah ah ka rak phanh lai asiloah caankhiah ah ka rak phanh kho lai lo a si ahcun kan set lai.
- Ka pehtlainak konglam, min thlennak le WIC rianttuanpiaknak pawl a hmumi ka tang ii a ummi ka fa le zohkhenhnak thlennak tibantuk a hung cangmi biapi thlennak pawl ah WIC kha kan theihter lai.
- WIC rianttuantu chungtel pawl, eidin awk thil zuarnak chawdawr rianttuantu pawl, le inn pawl cu ziaza dawh tein le upanakin kan pehtlai lai. Keimah, asiloah ka aiawhtu pawl nih WIC rianttuantu asiloah eidin awk thil zuarnak chawdawr i rianttuantu pakhatkhat kha kaa chimmi bia in ningcang loin hmanna, tuaitamnak, hrocernak asiloah takpum lein hrawhnak peknak caah ka WIC rawl tthathnemnak pawl ka/kan thlau khawh ti ka hngalhthiam.
- Ka WIC rawl tthathnemnak cazin ii a iteli hnatlakpimi rawl pawl lawng kha eWIC card a kan pekmi he ka cawk lai.
- Program ii a ummi pumpak(pawl) caah WIC rawl pawl lawng ka hman lai. Mah WIC rawl pawl hi pumpak a-ha-rah he aa pehtlaimi tthatnak bawmh dingah le kaiter dingah pek a si ii a biapimi thazang a pe khomi pawl asiloah rawl pawl ei awkah fimchimhmi ka phanhnak caah bawmhnak ding a si ti ka hngalhthiam.
- An ka pekmi ze i rawl/formula silole tthathnemnak pawl hmanh hi chawleh dingah, ttial dingah silole thlen dingah, asiloah zuar i timh dingah, zuar dingah izuamhnak, ttial dingah asiloah thlen dingah ka hman lai lo. Aho hmanh ka pekmi ze i rawl/formula silole tthathnemnak pawl hmanh hi chawleh dingah, zuar dingah

ttial dingah, silole chawleh dingah, zuar dingah, asilolah thlen dingah h ka i onhpiak lai lo.

- Mah pawl hi zuar dingah, chawleh dingah ka itimh ahcun, WIC chuahmi he aa khatmi WIC fund silo mi he ka cawkmi rawl asiloah formula ca chawlehnak receipt pawl cu thla thum chung ttha tein ka chiah lai. Mah hi ka WIC fund pawl he ka cawkmi an si lo tiah ka langhter khonak caah a si.

WIC i aa Telmi ka si bantu kin, ka hngalhthiam:

- Tthohkhannak caan donghnak ah ka sok tthan a herh ii program i aa tlakmi sinak caah zohththan ka si lai.
- WIC nih cumi thla ca herhmi rawl asiloah formula dihlak kha a pek lo, a ruang cu WIC cu a chapmi program a si caah a si.
- Aa peh thliahmahmi thla li chungah rawl tthathnemnak pawl ka hmu lo a si ahcun, program in donghter ka si lai.
- Department of Health and Human Services (HHS) nih ka WIC konglam kha ngandamnak le cawnnak program pawl he hrawm khawhnak a pek men lai. Hi program pawl nih hin anmah program pawl caah ka i tlaknak pawl biakhiah dingah!; hi konglam hi a hmang kho; mah cu program pawl konglam a kan pek ii soknak rian kha fawiter dingah; anmah program pawl ah ka min a um cang ahcun ka ngandamnak, cawnnak asilole tthatnak pawl tthanchoter dingah asiloah; cun ngandamnak lei zohkhnehnak herhmi pawl phak dingah mah konglam hi a hmang kho. Mah konglam hi WIC agency pawl le cozah bu nih WIC Program ca ii aa tlakmi pumpak pawl rianttuanpiaknak caah a hmang lai. HHS nih federal silole ramkulh upadi ningzulh in asiloah onhnak in mah ka WIC konglam hrawmnak hi nawl a pek kho ti ka hngalhthiam. WIC pawlisi "Aa Telmi Konglam Thlithup" i hmuh a si bntukin ka WIC konglam hrawm khomi HHS program pawl cazin pakhat ka hal khawh.

Program tang ii ka covo pawl le ttuanvo pawl kong fimchimh ka si cang. Ka itlaknak biakhiahnak caah ka pekmi konglam kha, ka zumhnak a sang bik ah, a hmaanmi a si ti ka fehter. Mah Tthohkhannak sohluah hi Federal bawmhnak hmuhnak receipt he peht tein ap lio a si. Program nawlIngeitu pawl nih mah sohluah ii konglam hi an fehter kho. Timh ciammam tein lihbia tuahnak asiloah a hmaan lomi tuahtertu a simi chimmi silole timh camman tein a kong a hmaan loin chimnak, thuhnak, asiloah a si tak takmi thil pawl hrennak cu Cozah agency sin ah, ka sin ah ningcang loin pekmi rawl tthathnemnak pawl man, tangka (cash) in peknak a hung chuak kho ii keimah cu Ramkulh le Federal upadi tangah tazama silole sualnak kong i upadi tangah a kan chiah kho.

Nihin ah fehtermi WIC ah aa telmi (hna) min: _____

Aa telmi/nulepa/zohkhenhtu i minhtut: _____

Nithla: _____

Federal civil covo upadi le U. S. Department of Agriculture (USDA) civil rights ningcang le pawlisi zulhin, hi hmun hi miphun, cuar zawng, chuahsemnak ram, nu le pa sinak (nu le pa sinak le duhmi), pum tlamtlinlonak, kum, lehrulhnak silole a hlan i mipi i teltumnak teirul chamnak ti mi pawl iii hngatchanmi i thleidannak sin in khamh a si.

Program konglam pawl cu Mirang holh lo holh dangin zawng zoh khawh awkin tuah a si lai. Program konglam biakchawhnak dang (tcn. Braille, cafang ngan in chuahmi, audiotape, American Sign Language) a herhmi pum tlamtling lomi pumpak pawl nih program asilole USDA I TARGET Center tawreltu ttuanvo a lakmi ramkulh asiloah pawngkam agency kha (202)720-2600 (aw le TTY) ah a pehtlai kho asiloah Federal Relay Service lam in USDA kha (800)877-8339 ah a pehtlai kho.

Program thleidannak kong phunzainak ap dingah, a phunzaimi nih Sohluah AD-3027, USDA Program Thleidannak kong Phunzainak Sohluah hikaah lak khawh a simi kha a ap a herh <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> USDA zung paohpaoh in, le mah (866)632-9992 hi pehtlai in silole USDA sin ah cakuat ttialnak in. Cakuat ah a phunzaimi min, umnak hmun, telifawn nambar, le Civil Rights Chungttuan Bawmhtu (ASCR: Assistant Secretary for Civil Rights) sin ah mah puhmi civil rights nawlbuarnak umtuning le nithla theihternak pawl theiher dingah puhmi thleidannak kong tling tein chimfiannak pawl an itel a herh. Phih dihmi AD-3027 sohluah silole cakuat cu USDA sin ah mah lam in ap a herh:

- (1) Cakuatnak: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; asiloah
- (2) Fax: (833)256-1665 silole (202)690-7442; asiloah
- (3) email: program.intake@usda.gov.

Mah bu hi aa tluk ruang ten a um khawh nak hnga a bawmtu an si.