

Iowa Women, Infants, and Children (WIC) Program

Teltu ih Covopawl le Tuanvo Pawl

WIC Sungtel sinak ih Ka Covo Pawl

- WIC ih dan pawl cu miphun, taksa rawng, suahkehnak ram, kum, rualbanlo asilole mipa nunau zate hrangah a bangran theh.
- WIC ih tumtahi cu thazang cahnak, nau hnawi fawh le harhdamnak ei in thuhla theihternak le ka tul dingmi pawlkom cangvaihnak le harhdamnak dang pawl thawi pehtlaihnak tuah sak a si. Hi tuahsaknak pawl ih tel dingih thapek ka si.
- WIC harhdamnak mithiam pawl in keimah thawn tangtlang in a harhdammi nun dan ngah thei dingah in bawm ding.
- State dangih ka thawn awk asilen, WIC hnenah ka sim dingih, cule thawnawknak ca in ken dingih cutikah ka WIC ka peh sal thei ding.
- WIC ah ka tel thei lo tin WIC hnatuantu in i sim tikah, ka lungkim lo asilen, Dikzetih Thuhla Ngainak ka dil thei. Ka tlinnak ca ka dawng hnu ah ka tualsung WIC zung ih cakuat dingah asilole ko ding ah dilnak tuah dingih ni 60 ka nei.

WIC sungtel pakhat dinhmun ih Ka Tuanvo Pawl:

- WIC Program pakhat ai ih tam (State sung asilole State leng) ih tel cu dan kalh a si ih, program ihsin ban ding a si.
- WIC a diltu kan sungte pawl cu WIC harhdam ceknak hrang siannak ka pe ding. WIC harhdamnak ceknak ah harhdamnak le ei in thusuhnak lehsak, taksa sanglam le rih lam tah, le thisen mal nat nei hrang thisen cek sak pawl a tel. Cui WIC bawmnak pekmi cun ka sungte tulsammi ah tuanvo a la.
- Ka appointment pawl ah ka ra ding, asilole ka ra thei lo ding asilen ka sim cia ding.
- WIC bawmnak ngah ka kilkhawimi nauhak pawl ih zohkhentu le hmin thleng danglamnak, ka pehtlaihnak thleng danglamnak pawl a um asilen WIC ka theiher ding.
- WIC hnatuantu pawl, thil zuarnak dawr kiltu pawl le thilri pawl cu tihzah upat zet in kan tham in ka zoh hai ding. Keimah, asilole ka palai pawl in WIC zung hnatuantu, WIC hnatuantu dang asilole thil zuarnak dawr hnatuantu pawl awka ih nautat, tibuai, hringhro asilole kutke ih tuahmawhnak pawl cun WIC eiin hlawknak ka ngah mi pawl a sungral ter thei ti ka theithiam.
- In pek mi eWIC card thawn ka WIC eiin hlawknak cazin sungih nemhngat mi eiin pawl lawng ka lei ding.
- WIC eiin pawl cu program ih tel (pawl) hrang lawngah ka hmang ding. WIC eiin pawl cu minung harhdam ih thazang cahnak an bawm ih, a thupi mi eiin asilole thazang hrang atha dingmi a hril bawm.
- In pek mi hlawknak asilole ei-in pawl cu ka kuat asilole thleng, zuar ka tum lo ding asilole ka kuat asilole thleng, zuar lo ding. In pek mi hlawknak asilole ei-in

pawl cu midang ih kuat asilole thleng, zuar ka siang lo ding asilole zuar asilole kuat asilole thleng ka tum lo ding.

- WIC fund silo ih ka eiin leinak thla thum sung receipt pawl ka khawl ding, cutikah cui thilri pawl ka zuar asilole pek ka tum lo thu WIC hnenah ka langter thei ding. Hihi WIC fund ih lei ka si lo thu ka nemhnget theinak a si.

WIC Sungtel pakhat sinak in ka theithiam:

- Tikcu caan a kim tikah dilnak ka buah sal tengteng a tul ih, program ih ka tlinnak zohsal ka si ding.
- WIC in tulsammi eiin pawl cu thla khat sungah a pe thluh lo, ziangah tile WIC cu silkhkah program a si.
- Thla li sung a peh in eiin hlawknak pek ka si lo ahcun, program ihsin ban ter ka si ding.
- Department of Health and Human Services (HHS) zung in ka WIC thuhla pawl cu harhdamnak le zirnak hrangah a hmang thei. Hi program pawl cun an program hrangih ka tlingnak zoh dingah, cui program thuhla pawl in pe ih hnatuan awlsawm sawn nak dingah, program ih in thun hnu ah ka harhdamnak, fimthiamnak asilole ka sinak pawl cu a famkim thu theithei dingin ka thuhla an hmang thei. Hi thuhla pawl cu WIC program ih tling pawl thil tuahsak nakih thilti nakah, palai le pawlkom in an hmang thei. HHS khalin Acozah asilole State dan ih dil dan vek in ka WIC thuhla pawl a hmang thei ti ka theifiang. WIC ih “A Teltu Pawlih Thuhla Kilkhawinak” dan ih kan hmuh thei vekin HHS program cazin ih ka WIC thuhla pawl cu ka dil thei.

Program hnuai ih ka covo le tuanvo pawl thuhla simfiang ka si. Ka tlingnak zohfiangnak hrangih ka pek mi thuhla pawl cu a dik thluh a si ti ka nemhnget. Acozah bawmnak receipt thawi pehzom in hi certificate form hi ka theh lut. Program upa pawl in hi formih thuhla pawl an nemhnget pei. Tumtahnak thawi thil tuahsual asilole, thu diklo suah asilole tumtahnak thawi thu dik lo suah asilole tumtahnak thawi aiawh, thudik thup, asilole thudik hlohternak cun State agency hnenah sumfai, hlawknak ngahmi eiin man ka hnen ih diklo zetih kuan ter theinak le, rammi cawhkuannak asilole Rampi le Acozah dan in taza cuai theinak pawl a thlen thei thu ka theifiang a si.

WIC Teltu (pawl) hmin tuini theihpitnak: _____

A teltu/nulepa/zohkhentu ih hminkhen: _____

Nithla: _____

Acozah rammi covo dan le U.S. Loram Zung (USDA) rammi dan le dun ah, miphun, taksa rawng, suahkehnak ram, mipa nunau (mipat nunau duhnak lam telin), rual banlo nak, kum, asilole hlankhan thuhla rammi covo cangvaihnak ruangih thuba samnak ruangih thleidangawknak ih kham a si.

Program thuhla hi English le tawng dang khalin a ngah theih. Program thuhla hrangih pehtlainak danglam a tultu Rualbanlo pawl (Tahthimnakah: mit hmulo ca, ca tumpi, audiotape, America kut hmangih biakawknak), pawl cu State asilole tualsung agency program kaitu pawl asilole (202)720-2600 (aw le TTY) in USDA's TARGET Center asilole (800)877-8339 AH Acozah Simsawngnak USDA ah pehtlaih ding.

Program ih thleidannak Complain dingah, a Complain tu in AD-3027, USDA Program Discrimination Complaint Form a phih ta a tul, cucu hitawk pawl ah a ngah thei: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> USDA zung pakhat khat ah, (866)632-9992 ah ko in, USDA hnen ih cakuat in. Ca ahcun Complain tui hmin, umnak, Fawn nambat, thleidang si thu kimcang zet ih nganlangnak cu (ASCR) Rammi Covo Sungtuan Sangtu hnen ah theih ter ih, thuhla le rammi covo nekrawk si ni pawl ngan tel ding. AD-3027 form asilole ca famkim cu USDA ah theh lut ding:

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

Hi dan cu zaran covo peknak a si.