

Iowa Women, Infants, and Children (WIC) Program Sunga Kihelte Hamphat Ngah Dingte leh Vaipuakte

WIC ah ka ki hel na ah Ngahtheih hamphatna te

- WIC ah thu khun te pen minam, cilehsa, pianna gam, kum, poi mawh na leh numei pasal ki deidan lo in mi khempeuh a ding a ki bang hi.
- WIC ngimna ah tha om nang, nau nawi piak na leh cidamna tawh ki tuak neklehdawn theih te tawh ki sai thu te gen in aki sam adang cidamna leh mihon tawh ki zop na te hong sepsak hi. Hih mun ah ki hel ding tha ka ngah hi.
- WIC cidamna lam mipil te cidam tak a nuntak zia khan toh theih na ding in tha om neklehdawn theih te panpih na ah kei tawh na sem khawm ding hi.
- Kei gam adang khat ah ki tuah leng, ken WIC ah ka gen ding aa amau lam pan ka keng ding vaikhak na laidal hong pia ding in ken tua mun ah zong WIC na sep na ki zom thei ding hi.
- WIC nasem te in kei WIC ah ki hel thei lo hong ci in ka lungkim kei leh Thusit Zakna ngah nang in ka ngen thei hi. Kei bang hang in asang huai ka hiam cih lai gelh na ding ahun ni 60 om in ahihkeileh ka omna masa khua ah WIC zum te ho pih in zong ki gen thei hi.

WIC ah Kihelmi khat ka hih na tawh ka Sepding teng:

- WIC Program khat sang a tam zaw (gam sung ahihkeileh gam pua) ah na ki hel leh tua pen thu khun tawh ki tuak lo in hih program pan ki khawlsak ding hi.
- WIC ah asiau ka innkuan pih te khempeuh WIC cidamna sitna ka phal hi. WIC cidamna sitna ah cidamna leh ann nek dan tawh ki sai dawt na leh dawng na te, tun sang na teh, pumpi gik na leh si sit na te ki hel hi. WIC na phat tuam na te in ka innkuan pih ki sap na teng hong huh hi.
- Kei ka appointment la ding in kong pai ding aa appointment ka bawl theih kei leh phone ka call ding hi.
- WIC nasep na nuai ah om kei kep naupang te tung ah contact ki laih na, min khel na, akemmi ki laih na cih dan ki laih na lian pi te a om leh WIC ah ka thei sak ding hi.
- WIC sung ah nasemmi te, sai ngak te, leh van leh na te ka zahtak bawl ding hi. WIC nasemmi te, adang WIC zang te, leh saingak nasem te tung ah kampau tawh kona te, nawngkai sak na, lau thawng sak na leh khut khial ban khial na hang in kei leh kei tang nasemi te in WIC pan hamphat na ka ngah ding te uh ka sum ding uh hi.
- Ken hong ki pia eWIC card tawh WIC nektheih sazain sung ah ki neklehdawn te bek ka lei ding hi.
- WIC nektheih te pen program sung ah ki hel te bek ne kha ding hi. Hih WIC nek theih te in mi khat aa cidam-lungnuam nang leh tha hat nang hamciam aa panpih in thaom sak ann te ah a thupi tha hak sak ann nam te hi ci in ka tel hi.

- Ken nektheih/ nawi vui te leh hih phat tuam na hong ki pia te va zuak, zuak ding, min khat ah khak, leh van ki khek, ahihkeileh vanlei vanzuak na, zuak ding, van khak ding leh van ki laih ding cih te ka sem kei ding hi. Kei hong ki pia nek theih/ nawi vui te pen mi dang tung ah zuak ding in va puak, va zuak, va hawm leh van tawh khek cih te ka phal kei ding hi.
- WIC fund sung pa a hilo sum tawh nektheih na lei leh receipt pen kha thum sung ka kep kul aa tua van te zuak ding, hawm khia leh thoh ding a ki sawm leh WIC pan a ki thoh sak te mah tawh ki bang ding hi. Hih in ken WIC fund tawh hih van te ka lei hilo cih ka lak theih na hi.

WIC ah Kihelmi ka hih man in ka thei hi:

- Letmat tung ah ciapteh hun a man ciang in ka siau phat kik kul aa program aa ding khat vei hong ki sit kik ding hi.
- WIC pen a behlap program a hih man in kha khat sung in a ki sam ann leh nawi vui te panpih gai lo hi.
- A zenzen in aki pia nektheih panpih na kha li sung a kinzom in ka lak kei leh, program pan ong ki khawl sak ding hi.
- Department of Health and Human Services (HHS) in kei WIC thu te adang cidamna leh pilna program te ah hawm sawn ding hong phal hi. Hih program in a thu te pen kei a mau program sung ah ki hel ding ki lawm ka hih na hong lak ding in; hih program tawh ki sai thu te kei hong pia leh ka siau na baih zaw in; hih program ah ka ki hel khit caingka cidamna, pilsinna leh gamtat hoihna te khantoh nang; kei cidamna tawh ki sai a ki sam khempeuh ki tuak hi. WIC agency te leh mipi kipawl na ah WIC Program asem thei te a ding ki ap na tawh hih thu te ki zang ding hi. HHS in federal ahihkeileh gam thukhaam zui in aki sam WIC thu te hawmsawn nang un thunei hi cih thu ka thei hi. WIC Thukhun zui in "Akihelmi Thu Keping sakna" sung ah aom bang in kei ii WIC tawh kisai thu te hawm sawm theih na HHS program sazian te ka ngen thei hi.

Program nuai ah om ka septheih na leh ka sep ding te hong ki gen khin hi. Kei aa ki hel theih nang khensat na ding ah ka piak thu te a man hi in, ka theih na a hoih pen in ka hanciam hi ci in ka theihpih hi. Federal huhna ngah na laidal tawh ki sai zopna khum nang in theihpihna lai zong ki ap hi. Program thunei mi te in hih form ah thu te kip sak na bawl thei hi. Ngim na tawh khialhna bawl na, ki tel khialhna om nang thu genna leh a thu le a ki khial ding ngiat aa Program thunei mi te in hih form ah thu te kip sak na bawl thei hi.

Tuni Theihpihna om WIC Kihelmi(te) Min: _____

Akihel mi/nulehpa/ akemmi te letmat: _____

Ani: _____

Federal gam sung thukhaam tawh ki zui leh US Department of Agriculture (USDA) ah mi te ngah theih hamphat na leh thukhun te tung tawn in, hih kipawl na in minam, cilehsa, pianna gam, numei pasal (numei pasal deidan na leh lunglut na), akum, leh poina leh amasa mipi ngahtheih hamphatna te pia kik ahihkeileh thukkikna cih te ki phal lo hi.

Program thu te Mang lai lo buang adang pau te tawh ki ngah thei ding hi. Poina nei mi te in program thu tawh ki sai gen nop a ki sap leh (e.g. Mitkhuamu lo te lai, laimal golpi, aw khumna, American Khut tawh lahna Kampau)te tawh, program vai tavuan nei gam leh a mun a om agency ahihkeileh USDA's TARGET Center (202)720-2600 (aw tawh TTY) ahihkeileh Federal Relay Service ah (800)877-8339 sam in USDA ah ho in.

Program deidanna thukimlohna piak nuam aa leh, Thukim lo mi in AD-3027 gelh kul hi, USDA Program Discrimination Complaint Form pen <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> USDA zum khatpeuh pan ki la thei in, (866)632-9992 ah ho ahihkeileh USDA ah lai ki khak thei hi. Lai khak na sung ah a thukim lo mi ii a min, omna, phone numbat, leh deidan a gamtat nathuak na te ki cing tak in hong aat in la gammi khat ngah theih hampha na a thu leh a piang thu te Assistant Secretary of civil Rights (ASCR) ah hong puak ding hi. AD-3027 form leh laidal ah gelh khit ciang in USDA ah ap in:

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

Hih bawlkhiatna in aki kim huhpha piakna ahihi.