

pepa in kemelele



Unin kōmane Arkansas WIC Prokraam eo (Special Supplemental Nutrition Prokraam eo ñan kōrā, niñnin im ajri ro) ej okmanmanlok lelok oñ ñan ri-bōroro ro kaninin im ro ero nejier, ninniñ kab ajri jidik ro ilo ien ko reaurōk in air ruttolok. Prokraam in ej lelok electronic cards in jibañ ko (eWIC) ñan mōñā ko emōj kejenoloke imeo ej bōk kunaan emaroñ bōk jen imōn wia mōñā ko, katakn kin oñ im lelok iok ñan kain jibañ ko jet.

Ri-bōroro, kaninin im ro ero nejier, niñniñ ak ajri ro rej jumwin lalim air iio rej maroñ bōk kunaier ilo WIC elañe:

- **Rej jokwe ilo Arkansas.** Ejelok joñan in air kottar ewi toan am bed ijo.
- **Rej bed ilo wōnen eo emōj karoke.** Wōnen ko emōj karoke ej 185% ilain joñok eo rej likit jerata. Ro rej kanne ej aikuij kwalok kamool ko an ro rej jermal mweo. Aikuij bwe en bōk Medicaid, ARKids First, TEA im/ak SNAP (Food Stamps) emaroñ in bōk jibañ kein jen WIC.
- **Jet ro rejabwe oñ ibier.** Nañinmej ko einwot anemia, jet kain nañinmi ko rej wakote bwe rekar, eddo (edik am eddo, elab am eddo, wawin am kileblok ak aidiklok, joñan eddo im aitok eo am, men kein.), nōmba im ikutkut in am neje, im jab jejet wawin am jela kin oñ enaj jet wawin ko renaj lali ilo air komane assesment in am ikijen oñ. Assesment enaj koman jen nurse ro, ro re-kibel ikijen oñ ak tatko ro ilojikin ejmour eo (County).

Mōñā ko renaj lelok ñan ajri im kōrā ro ekoba:

- Milik
- Jij
- Dren in leen wijki
- Cereal ko eor en ie
- Bean ko ak peas ko remōrā ak ilo kuat
- Lep ko
- Grain ko relikiio
- Leen wijki im vegetable ko ko rekeel ak kwooj vegetable ko
- Peanut butter
- Eek ilo kuat

Mōñā ko lelok ñan ajri ekoba:

- Mōñā ko emōj kejenoloke ñan kaninin jen Jinen IM/AK
- Iron-Kere ko an niñniñ
- Cereal an niñniñ
- Mōñā an niñniñ



Bwe kwon bōk melele ko rellablok

Kurlok: 1-800-462-0599

Click: www.healthy.arkansas.gov/programs-services/topics/wic

WIC rej kōmane ilo aolep Arkansas county bukōn ko ilo (County) Health Units.

JOÑAN WONEN KO (Arkansas WIC Prokraam ko, jejet kitien ilo Julae 1, 2019)

Joñan Paamle/Mweo	1	2	3	4	5
Joñan Gross Income	\$23,107	\$31,284	\$39,461	\$47,638	\$55,815

(Kobaik \$8,177 ñan kajojo ro uan paamle eo member.)

Ekar ñan Federal civil rights law im U.S. Department eo an Agriculture (USDA) civil rights regulation im policy ko an, USDA, Agencies ko an, opij ko, im ri-jermal ro, im jikin ko jet rej bōk kunaier ak rej lelok USDA prokraam ko rejab aikuij bwe ren kalijeklok bedbed ioon armij in ia, kolar in kōl, ailōñ ta eo am, Man/Kōra, utamwe, iio, ak makokok in komanee kin jet makitkit ko kwar komane ilo jabdewot prokraam ak makitkit ko koman ak jibañ jen USDA.

Armij ro ewōr utamwe enbwiniro im rej aikuij wawin ko einjuon in bōk melele ko an ppprokraam kein (e.g. Braille, jeje kileb, pija makitkit ko, American Sign Language, etc.), rej aikuij kurlok Agency (State ak bukōn eo) ijo im rar kanne ñan jibañ kein ie. Armij ro im rijaroñroñ, bin air roñjake ak eben air kōnōno remaroñ kurlok USDA ilo Federal Relay Service ilo (800) 877-8339. Kakobaba, melele k kin prokraam kein rej iwoj bar iwōj ilo kajin ko jet ijelokin kajin belle.

Ñan kanne am abnōno ikijen prokraam kein ikijen kalijeklok, kadedeiklok USDA Program Discrimination Complaint Form, (AD-3027) ebed ilo online: http://www.ascr.usda.gov/complaint_filing_cust.html, im ilo jabdewot opij an USDA, ak je juon am leta im atreeje lok ñan USDA im lelok aolep melele ko rej kajitok ilo form in. Bwe kwon kajitoklok kin juon form in abnōno, kurlok (866) 632-9992. Jilikinlok form in kanne eo am ak leta eo ñan USDA ilo:

(1) meel: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; ak (3) email ñan: program.intake@usda.gov.

Jikin jermal in ejelok kalijoklok ie ñan kajojo armij.

fact sheet



The purpose of the Arkansas WIC Program (Special Supplemental Nutrition Program for **W**omen, **I**nfants and **C**hildren) is to improve the nutrition of eligible pregnant, breastfeeding and postpartum women, infants and young children during periods of critical growth. The Program provides electronic benefit cards (eWIC) for specific foods that participants redeem at local grocery stores, nutrition education and referrals to other services.

Pregnant, breastfeeding and postpartum women, infants and children under age five are eligible for WIC if they:

- **Live in Arkansas.** There is no waiting period to meet the residency requirement.
- **Meet income guidelines.** These guidelines are set at 185% of poverty. Applicants must provide proof of household income. Recipients of Medicaid, ARKids First, TEA and/or SNAP (Food Stamps) may be automatically income eligible for WIC.
- **Are nutritionally eligible.** Conditions such as anemia, certain medical disorders, weight (underweight, overweight, pattern of gain or loss, weight in relation to height, etc.), number and frequency of pregnancies, and inappropriate nutrition practices are some of the factors considered in a nutritional assessment. This assessment is performed by a nurse, nutritionist or physician in the Local (County) Health Unit.

Foods provided to children and women may include:

- Milk
- Cheese
- Juice
- Iron-fortified cereal
- Dried or canned beans or peas
- Eggs
- Whole grains
- Fresh or frozen fruits & vegetables
- Peanut butter
- Canned fish

Foods provided to infants include:

- Special food packages for breastfeeding mothers
- AND/OR**
- Iron-fortified infant formula
 - Infant cereals
 - Infant foods



For more information

Call: 1-800-462-0599

Click: www.healthy.arkansas.gov/programs-services/topics/wic

WIC is available in every Arkansas county at the Local (County) Health Units.

INCOME GUIDELINES (Arkansas WIC Program, effective July 1, 2019)

Family/Household Size	1	2	3	4	5
Annual Gross Income	\$23,107	\$31,284	\$39,461	\$47,638	\$55,815

(Add \$8,177 per year for each additional family member.)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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

This institution is an equal opportunity provider.