**ទកកោះកោ**

**ទញទំហំ នង្បកេទ ដែលបង្ញកល**

**បញទំនញ WIC**

**ទកកោះកោ – មកមនសវដ្លៃ៖** ឥតខ្ញ, 1% ខ្ញតច,

2% បន្ថយខ្ញ, ទកដោះដោសទ្ធ-Wholemilk

**ោន៖** ទកដោះដោោនថែមរសជាត ឬ បរទកដោះដោ-buttermilk

**ទកកោះកោហួត ឬស្ត – មកអ្មយ៖** សទ្ធ, ខ្ញតច ឬឥតខ្ញ

**ទកកោះកោអាយយរ – មកអ្មយ៖** សទ្ធ, ខ្ញតច ឬឥតខ្ញ

**ទកកោះកោឥតឡាកតស – មកអ្មយ៖** (ឧទាហរណ៖ ឡាដតដ)



**ឈស**

**ដតកញប 16 កអាន្ស**

**មកអ្មយ៖** American, Colby, Cheddar, Monterey Jack,

Mozzarella (ឈសថ្សែ អនញ្ត) ឬ Muenster



ឈសចំដរៀកៗ អនញ្ត



**ោន៖** ឈសដល

**ោន៖** ឈសបន្ះ (ដលកថលងថត អាដមរកាង)

**ោន៖** ឈសនាចលមក, ម្បឈស/ផលតផល/សរាបលាប,

បន្ះរដរៀងៗ្លាន, កញបអាហារសមមន, ឬឈសថែមរសជាត

**ោនទកកោះកោធមជាត ឬឈស ឬសត អនញ្ត។**

**ស៊ុត – មកមនសវដ្លៃបំផត**

ថ្ក A ធំ ពណដតាត ឬស

ោនសតពដសស (រមទាងធម្មជាត, ឥតោកមទរុង, ដដរដសរ, Omega-3)

**ទកសដ្កកសៀង**



**រោត, ដតទកកលកធរបានយរ**

Pacific Natural Foods Ultra Soy

(plain នងថតវនឡា)

**កនលៃះហាឡង, ដតបានោកទទកកក**

8th Continent Soymilk (original plain នងថតវនឡា)

ទកសថណកដសៀង Silk (original – ថតមបអបមកហម)



**យូហត**

**ដតធង 32 កអាន្ស**

**ោន៖ ោកសរដកលៃងរោយ**

**យហ្តទកកោះកោសទ្ធ-Whole Milk Yogurt – រសជាតអ្មយ៖** 365 Organic,

Big Y, Brown Cow, Cabot, Chobani, Dannon, Dannon Oikos, Great Value, Greek

Gods, Green Mountain, Hannaford, Lucerne Dairy, Maple Hill, Market Basket, Nature’s Promise, Open Nature, O Organics, Pics by Price Chopper, Powerful, Simply Balanced, Stonyfield Farms, Stop & Shop, Taste of Inspirations។

**យហ្តខាញតច/ឥតខាញ – រសជាតអ្មយ៖** 365 Organic, Best Yet, Big Y,

Brown Cow, Cabot, Chobani, Coburn Farms, Dannon (Light & Fit, Oikos),

Essential Everyday, Food Club, Great Value, Green Mountain, Greek Gods, Hannaford, Lucerne Dairy, Market Basket, Market Pantry, Mehadrin, Nature’s Promise, Open Nature, O Organics, Pics by Price Chopper, Powerful, Price Rite, Simply Balanced, Stonyfield Farms, Stop & Shop, Taste of Inspirations, Yoplait

**ធញជាតសទ្ធ**

**វត្អ្មយដែលចះរាយខាងក្រោម អាចទញបាន កៅកេលបញទំនញ**

**ឬបង្នដែគតលយបង្ញ៖ ‘16 ounce Bread/Whole**

**Grain’**



**អងរសរប**

**ដតកញប 14 កៅ 16 កអាន្ស**

**មកអ្មយ៖** ធម្មតា, រហស-Quick, ឬ ភ្មៗ-Instant

**បាស្ធញជាតសទ្ធ**



**ដតកញប 16 កអាន្ស**

Barilla, Delallo, Essential Everyday, Full Circle,

Gia Russa, Hodgson Mill, Luigi Vitelli, Nature’s

Promise, Racconto, Ronzoni Healthy Harvest



**នំបុង**

**ដតកញប 16 កអាន្ស**

**្សរូវស្លសទ្ធ/ធញជាតសទ្ធ 100%**

**មកជាត**

**Arnold** – Stoneground, Select Wheat Sandwich Rolls

**Bimbo** – 100 % Whole Wheat; **Gold Medal** – 100% Whole Wheat, Wheat with Flax; **Gourmet** – 100% Whole Wheat; **Grissom’s**

**Mill** – 100% Whole Wheat; **Holsum** – 100% Whole Wheat;

**Pepperidge Farm** – Light Style, Light Style Soft, Stone Ground,

Very Thin, Whole Grain Rye Seeded, Whole Wheat Cinnamon Raisin Swirl; **Sara Lee** – 100% Whole Wheat; **Sunbeam** – 100% Whole Wheat; **Town Talk** – 100% Whole Wheat; **Wonder** – 100% Whole Wheat

**មកហាង**

7 Select, Best Yet, Big Y, Central Market Classics, Geissler’s,

Hannaford, Ideal, Krasdale, Market Basket, Roche Bros, Shop Rite, Signature Kitchens, Stop & Shop, Trucchi’s

**នំក្កៀប**

**ដតកញប 16 កអាន្ស**

**នំក្កៀបកោតទនៗ-**Soft Corn Tortillas – Chi-Chi’s, Don Pancho, La

Banderita, Market Basket, Mission, Stop & Shop

**នំក្កៀប្សរូវស្លសទ្ធ-**Whole Wheat Tortillas – Big Y, Chi-Chi’s,

Don Pancho, Hannaford, IGA, La Banderita, Market Basket, Mayan

Farms, Mission, Natures Promise, Ortega, Shurfine, Stop & Shop, Tio Santi

**អូតកមៀល ដតកញប 16 កអាន្ស** McCann’s Irish Oatmeal



Silver Palate Thick and Rough Oatmeal

**កៅហ**

**ដតកញប 16 កអាន្ស**



**Azumaya៖** រងខ្ង-Extra Firm, រង-Firm, ទនសល្-Silken

**Nasoya៖** ដៅហមហារងដមជរុង-Cubed Super Firm Tofu, ដៅហរង- Firm

Tofu, ដៅហរងបនច-Lite Firm Tofu, ដៅហទនសល្បនច-Lite Silken Tofu,

ដៅហទន-Soft Tofu (ដៅហអហានក អនញ្ត)

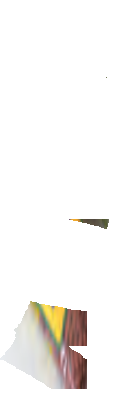
**Nature’s Promise៖** រងខ្ង-Extra Firm, រង-Firm

**House Foods៖** Premium – រងខ្ង-Extra Firm, រង-Firm,

រងមធ្យម- Medium Firm

**Soy Boy៖** រង-Firm

**សដ្កក្កៀម / សដ្កេ**



**ដត្ង 1 កោន**

**មក ឬ្បកេទ អ្មយ**



**សដ្កកំបុង**

**ដតកំបុង 15.5 ឬ 16 កអាន្ស**

**Goya ឬមកហាង៖** ធម្មតា, សថណកដពញអាយ, សថណកេ ឬសថណកសថបត

ោន សថណកសបតង, សថណកមកមន, សថណកេសបតង ឬសថណកេមោប សបតង។ ថតយងោមញ វតទាងដនះអាចបានទញ ជាមយនងថផលាដឈរបសអក នងអត្ថមបដយជនសនបថនលា។



**បរសដ្កែ**

**ដត្កឡ 16 កៅ 18 កអាន្ស**

**មកអ្មយ៖** មានថមកម-Creamy ឬដៗ-Chunky

ោនោករសជាត, បន្ថយខ្ញ, បរសថណកដសរាបលាប

ោន Omega-3

**ោនសដ្កធមជាត ឬបរសដ្កែ អនញ្ត។**



**កែម្កធ្ឲ្យរោរទញអាហារ សរាប WIC ង្យ្សរួល រកកមល ស្កតាមកធរដែល WIC បានយល្េម។**

**ទកកោះរបមនសរាបទារក**

**ទញទំហំ នង្បកេទ ដែលបង្ញ**



**កលបញទំនញ WIC**

**សករៀលសរាបទារក**



**កញ្ចប 8 កអាន្ស**

**Beechnut –** Multigrain, Oatmeal, Organic

Multigrain, Organic Oatmeal, Rice

**Earth’s Best Organic –** Whole Grain Multigrain, Whole Grain Oatmeal, Whole Grain Rice

**Gerber** – Multigrain, Oatmeal, Organic

Oatmeal, Organic Rice, Rice, Whole Wheat

**អាហារសរាបទារក – ដផលៃកឈ នងបដនលៃ**

**ែណាក-Stage 2 (្កឡ 4 កអាន្ស)**

Beechnut Classics, Beechnut Naturals, Full Circle Organic, Happy Baby

Organics, O Organics, Nature’s Promise Organic (6 ថ្+)



**អាហារទ 2 (2 កញបដន្បអប្្រុង 4 កអាន្ស)**

Gerber



**ោន៖** លាយជាមយសដរៀល, បថងអែម, អាហារដពលលាច, អាហារផសែោ ឬកញប

**អាហារសរាបទារក – ស្ច**

**្កឡ 2.5 កអាន្ស)**

Beech-Nut Classics (ដោក-Stage1), Gerber (ដោក-Stage 2)



**ដផលៃកឈ នងបដនលៃ**

**ដផលៃកឈ នងបដនលៃ្សស**



**•** បថនលា នងថផលាដឈមសសៗ អ្មយមានដមចនមុ្

**•** សាឡាដចំរះមចកែង, បថនលាមចកែង

**•** ទាងមូល ឬកាត

**ោន៖** វតមកព ហាងលកសាឡាដ-salad bar, ថ្សជបដលៀង-party tray, កននដែកថផលាដឈ, ថផលាដឈដមកៀម, បថនលានងថផលាដឈតបថតង (ដម្ស, ដមម្មមតដោត ជាដដម) ដ្លាបពណ, មោបថផលាដឈដមកៀម, រមទាងសថណកដ, ថផលាដឈ/មោប ថផលាដឈដមកៀមចំរះ, តណដទស, ដមរឿងដទស,



ទកសាឡាដ, នំបុងដៗ-crouton

**បដនលៃកក**

**•** មាក នងទំហំអ្មយ

**•** បថនលាធម្មតាអ្មយ, បថនលាធម្មតាលាយចំរះ

**•** មបដេទកញបអ្មយ (ែង, មបអប)

**ោន៖** ដឡងដចៀនបារាង-French fries, ដឡងឈសចដមមៀកៗ-hash browns, តាទរតត-tater tots, បថនលាមានទកសស (ទកសសឈស, ទកសសដធរយរ, ដមរឿងមានបរ, ោកនំបុង ជាដដម) បថនលាលាយជាមយបាសា, បាយ, ឬបានថែម ដមរឿងផសែអ្ដផសែងដទៀត ដចជា ថែមខ្ញ, ដមបង, អំបល ឬស្ករស (ដចជា ដចមតរូស)



**ដផលៃកឈកក**

**•** មាកអ្មយដោយោនថែមស្ករ

**•** ថផលាដឈធម្មតាអ្មយ, ថផលាដឈធម្មតាលាយោ

**ោន៖** ថផលាដឈដោយមានថែមស្ករ, ដមរឿងផសែដផសែងដទៀត

ដមរៅពថផលាដឈ, ស្ករថកលាងកាយ

**បដនលៃកំបុង**

**•** មាក នងទំហំអ្មយ

**•** បថនលាធម្មតាអ្មយ, បថនលាធម្មតាលាយចំរះ

**•** មបដេទមបោបោកអ្មយ (ថដក, ជរ, ថកវ)

**•** ធម្មតា, សដយម ឬអំបលតច

**ោន៖** មជក (សសពៅដកាបមជក), បថនលាមានថមកម (រមទាងដោត), ទកសសបថនលា, សថណកអាង, សាចមជរូក នងសថណក, សថណក/សថណកេកំបុង ឬដមកៀម, សប, ទកដបងដបាះខ្ប, រលស-relishes, ថផលាអូលវ, បថនលាដោយមានថែមស្ករ, ខ្ញ, ដមបង

**ដផលៃកឈ នងបដនលៃ**

**ផលតផលកបងកបាះកំបុង**



**•** មាក នងទំហំអ្មយ

**•** ថតកំបុងថដក

**•** ទកខ្បអនល , ខ្បៗ, សទ្ធ, ដបងដបាះកន

**ោន៖** សប, សាលសា, ទកសស, (ពសសា, ស្កហាទ, ឬដបងដបាះខ្ប) ទកដបងដបាះខ្ប, ថែមស្ករ, ដមរឿង, ខ្ញ, ដមបង



**ដផលៃកឈកំបុង**

**•** មាក នងទំហំកញបអ្មយ កងទក ឬទកថផលាដឈ

**•** ថផលាដឈធម្មតាអ្មយ, ថផលាដឈធម្មតាលាយោ (ដលកថលងថតថផលាដឈចំរះ)

**•** មបដេទមបោបោកអ្មយ (ថដក, ជរ, ថកវ)

**•** ទកសសថផលាដបាម-Applesauce – ‘ោនថែមស្ករ’ ឬ

‘ឥតដធ្ឲ្យថផអែម-unsweetened’ ថតដមចនមុ្

**•** ដ្កំបុង 100%

**ោន៖** ទកសសមកានបរ-Cranberry sauce, នំសផបំដពញ-pie fillings, ផាណតអ្មយ (heavy, light, ‘naturally light’, extra light, etc.), ថែមស្ករ (‘lightly sweetened in fruit juice’, etc.), មករន, ថែមអំបល, ខ្ញ, ដមបង, ផលតផលដោយមានោកស្ករថកលាងកាយ



**សរាបដតសសដាបំកៅកោះ កេញកលញ៖**

**្តកំបុង**

**្តធណា**

**ដតកំបុង 5 កអាន្ស**

**មកអ្មយ៖** Chunk Light ្្ចបកងទក

**្តស្មុនោឈក**

**ដតកំបុង 5 កអាន្ស**

**មកអ្មយ៖** មតសាមុនផាឈក ្្ចបោកទក ឬដមបង, ថស្ក នងឆង អនញ្ត

**្តស្ឌន**

**ដតកំបុង 3.75 កអាន្ស**

**មកអ្មយ៖** ្្ចបកងទក ឬដមបង, ថស្ក នងឆង

អនញ្ត, ោករសជាត អនញ្ត

**កធ្ឲ្យរោរទញរបសអក ង្យ្សរួល។**

**ទាញយក ‘WIC Shopper’ App!**

**• ដែកកមលតល្យោេ WIC របសអក**

**• រកកមលហាងដែល WIC បានអនញ្ត**

**• ស្នផលតផល កែម្សករចកបសន WIC**

**បានយល្េមវា**

**• កមលក្នកធ្មបរបស WIC**



**សករៀល**

**្បអប 12 កអាន្ស ឬធំជាង។ ោនកញ្ចប បរកោគដតមង។**

**មកជាត**



**សករៀល**

**្បអប 12 កអាន្ស ឬធំជាង។ ោនកញ្ចប បរកោគដតមង។**

**មាក្ាតិ**

**Cheerios (plain, Multi Grain)**



**Chex Cereal (Cinnamon, Corn, Rice, Vanilla, Wheat)**

**Dora the Explorer**

**Fiber One Honey Clusters**

**Kix (Original, Berry Berry, Honey) Total**

**Wheaties (plain only)**



**Complete All-Bran Wheat Flakes**

**Corn Flakes (plain only) Crispix**

**Frosted Mini Wheats (original, big and little bites, Touch of Fruit in the Middle- Raisin, Raspberry) Mini Wheats (bite size)**

**Rice Krispies**

**Special K- original**

**Great Grains**



**Banana Nut Crunch**

**Bran Flakes**

**Grape Nuts, Grape Nut Flakes**

**សករៀល**

**ដត្បអប 12 កអាន្ស ឬធំជាង**

**មាកហាង**

**365** – Morning O’s Multi Grain, Wheat Squares Bite Size Frosted

**Best Yet** – Bran Flakes, Corn Flakes, Crisp Rice, Frosted Bite Size Shredded Wheat, Honey Nut Toasted Oats, Honey Oats & Flakes, Best Yet Toasted Oats

**Big Y** – Corn Flakes, Crispy Corn Squares, Crisp Rice,Toasted Oats

**Essential Everyday** – Corn Flakes, Crispy Rice, Toasted Oats

**Food Club** – Bran Flakes, Corn Flakes, Crisp Rice, Frosted Shredded Wheat, Honey and Oats, Honey and Oats with Almonds, Toasted Oats **Great Value** – Bran Flakes, Corn Flakes, Corn Squares, Crisp Rice, Crunch Oats Almonds, Crunchy Nugget, Crunchy Oats, Multi Grain Toasted Oats, Rice Crispers, Rice Squares, Toasted Corn, Toasted Oats, Toasted Rice, Toasted Wheat, Toasted Whole Grain Oat **Hannaford** – Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Crispy Hexagons, Frosted Shredded Wheat, Nutty Nuggets, Oats & More with Almonds, Oats & More with Honey, Tasteeos, Toasted Corn, Toasted, Toasted Rice, Toasted Wheat

**Kiggins** – Bran Flakes, Corn Flakes, Crispy Rice

**Krasdale** – Corn Flakes, Crispy Rice, Toasted Oats

**Market Basket** – Bran Flakes, Corn Biscuits, Corn Flakes, Oats & More with Almonds, Oats & More with Honey, Rice Biscuits, Tasteeo’s

**ទកដផលៃកឈ**

**ទកដផលៃកឈែប– ដតទកដផលៃកឈ 100%**



**ដតែប 64 កអាន្ស**

**មកជាត**

**Juicy Juice – រសជាតអ្មយ**

**Langers** – Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape,

Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Plus, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Raspberry Plus, Disney (Apple Cranberry Grape, Berry, Grape, Punch, Apple Kiwi Strawberry) Grape, Grapefruit Ruby Red, Orange, Pineapple, Pineapple Orange, Red Grape, Tomato, White Grape; **Welch’s** – Grape, White Grape, Red Grape, Super Berry, Tropical Trio

**មកហាង – រសជាតដែលបានយល្េម ្តរូវដតដ្ងថា** “100% juice” AND “120% Vitamin C” **កៅកលស្ក**

Best Yet, Big Y, Food Club, Great Value, Hannaford, HY-TOP, IGA, Kras-

dale, Market Basket, Market Pantry, Nature’s Promise, Price Chopper

(pics), Price Rite, Signature Kitchens, Stop & Shop, Shurfine, Tipton Grove, White Rose

**ទកកបងកបាះ/បដនលៃ**

**ដតែប 64 កអាន្ស**

**ទកបដនលៃ** – Great Value, Hannaford, Price Chopper, Signature Kitchens,

Stop & Shop, Signature Kitchens, Stop & Shop, V8 (Low Sodium,

**មគ្កទស្ទកកោ្ន WIC រែ្ឋមសសា្កសត បានយល្េម**

**Honey Bunches of Oats (Almond, Almond Crunch,**



**Cinnamon Bunches, Honey Crunch, Honey Roasted,**

Original, Spicy Hot)

**Price Chopper (pics)** – Bran Flakes, Corn Flakes, Crispy Rice, Frosted Shredded

**ទកកបងកបាះ** – Campbell’s (Regular and Low Sodium), Great Value,

1-800-WIC-1007

**Vanilla Bunches) Life (plain)**



**Oatmeal Squares (Hint of Brown Sugar,**

**Hint of Cinnamon) Frosted Mini Spooners**



**Strawberry Cream Mini Spooners**

**Sunbelt**



**Simple Granola**

Wheat, Frosted Shredded Wheat Strawberry, Good

Choice Oat Crunch, Nutty Nuggets, Toasted Corn Crisps, Toasted

Oats, Toasted Rice Crisps

**Price Rite** – Bite Sized Shredded Wheat, Bran Flakes, Corn Flakes, Crisp Rice, Frosted Shredded Wheat, Honey Oat Clusters with Almonds, Multi Grain Toasted Oats, Toasted Oats

**Signature Kitchens** – Bite Sized Frosted Shredded Wheat, Bran

Flakes, Corn Flakes, Crispy Rice, Toasted Oats

**Stop & Shop** – Be Well Toasted Rice Flakes, Bran Flakes, Corn Flakes, Corn/Rice Squares, Crispers, Crispy Rice, Bite Size Frosted Shredded

Langer’s, Signature Kitchens

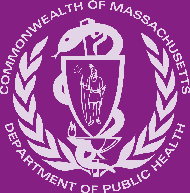
**ទកដផលៃកឈកក**

**ដតកំបុង 11.5 ឬ 12 កអាន្ស**

**Apple** – Best Yet, Clear Value, Flavorite, Food Club, Great Value, Han-

naford, IGA, Market Basket, Shurfine, Seneca (red cans, Granny Smith, Country Style), Signature Kitchens, Stop & Shop, Tipton Grove, Value Time; **Grapefruit** – **មកអ្មយ**; **Grape** – Best Yet, Food Club, Great Va- lue, Hannaford, Seneca, Stop & Shop, Welch’s (yellow pull-strip can); **Mixed blend** – Dole 100% juice – Pineapple Orange Banana, Pineapple

mass.gov/wic



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សាបនដនះរជាអកផលដសវ ថដលដស្មឱកាសោ។

**សករៀល – ោនកញបបរកោគដតមង**

**Cereal – NO single serving packets**

**Cream of Rice**

**Cream of Wheat (1 minute, 2½ minute, 10 minute) Cream of Wheat Whole Grain – 2½ minute**

**Farina**

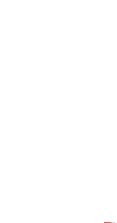
**Maypo (Maple, Instant, Vermont Style) Quaker Instant Grits (original flavor)**

**សករៀលទាងអសដែលចះរាយជាេ្ស្យ គជាធញជាតសទ្ធ។**

Wheat, Honey Crunchin Oats, Honey Crunchin Oats with Almonds, Nutty Nuggets, Multi Grain Oats & O’s, Oats Squares

**Valutime** – Corn Flakes, Frosted Shredded Wheat

**White Rose** – Corn Flakes, Crisp Rice, Toasted Oats



Orange Strawberry, Orange Peach, Mango, **Orange** Strawberry Banana;

Orange **– មកអ្មយ**; **Pineapple** – Dole, Market Basket, Stop & Shop;

**Pineapple/Orange – មកអ្មយ**;

**White Grape/White Grape Blends** – Welch’s (yellow pull-strip can)

**មបអាហារល្អ** *នង* **មនក្ចនសនក**

