

ធ្វើឲ្យការទិញរបស់អ្នក ងាយស្រួល។
ទាញយក 'WIC Shopper' App!

- ឆែកមើលតុល្យភាព WIC របស់អ្នក
- រកមើលហាងដែល WIC បានអនុញ្ញាត
- ស្ថានផលិតផល ដើម្បីសំរេចបើសិន WIC បានយល់ព្រម។
- មើលកូនធ្វើម្ហូបរបស់ WIC



1-800-WIC-1007
mass.gov/wic



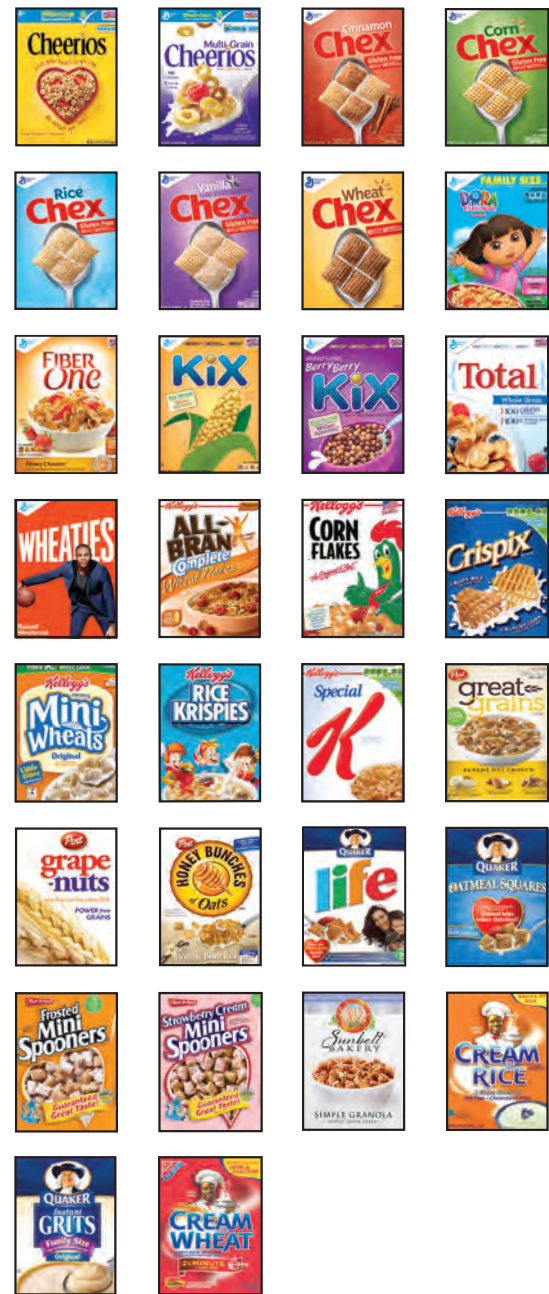
ស្ថាប័ននេះគឺជាអ្នកផ្តល់សេវា ដែលស្មើឱកាសគ្នា។

7/18 Form #183-KH

សំរៀង

ប្រអប់ 12 អាស្ស ឬធំជាង។ គ្មានកញ្ចប់ បរិភោគតែម្តង។

ម៉ាកជាតិ



សំរៀង

ប្រអប់ 12 អាស្ស ឬធំជាង។ គ្មានកញ្ចប់ បរិភោគតែម្តង។

ម៉ាកជាតិ

General Mills
 Cheerios (plain, Multi Grain)
 Chex Cereal (Cinnamon, Corn, Rice, Vanilla, Wheat)
 Dora the Explorer
 Fiber One Honey Clusters
 Kix (Original, Berry Berry, Honey)
 Total

Kellogg's
 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

Post
 Great Grains
 Banana Nut Crunch
 Bran Flakes
 Grape Nuts, Grape Nut Flakes
 Honey Bunches of Oats (Almond, Almond Crunch, Cinnamon Bunches, Honey Crunch, Honey Roasted, Vanilla Bunches)

QUAKER
 Life (plain)
 Oatmeal Squares (Hint of Brown Sugar, Hint of Cinnamon)

MOM BRAND
 Frosted Mini Spooners
 Strawberry Cream Mini Spooners

Sunbelt BAKERY
 Sunbelt
 Simple Granola

សំរៀង – គ្មានកញ្ចប់បរិភោគតែម្តង
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)

សំរៀងទាំងអស់ដែលចុះរាយជាពណ៌ស្វាយ គឺជាផលិតផលស្មើគ្នា។

សំរៀង

តែប្រអប់ 12 អាស្ស ឬធំជាង

ម៉ាកហាង

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, Tasteo's
Price Chopper (pics) – Bran Flakes, Corn Flakes, Crispy Rice, Frosted Shredded 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 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

ទឹកផ្លែឈើ

ទឹកផ្លែឈើដប – តែទឹកផ្លែឈើ 100%
 តែដប 64 អាស្ស



ម៉ាកជាតិ
Juicy Juice – រសជាតិដ៏មួយ
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

ម៉ាកហាង – រសជាតិដែលបានយល់ព្រម ត្រូវតែផ្ទៃថា “100% juice” AND “120% Vitamin C” នៅលើស្លាក
 Best Yet, Big Y, Food Club, Great Value, Hannaford, HY-TOP, IGA, Krasdale, Market Basket, Market Pantry, Nature's Promise, Price Chopper (pics), Price Rite, Signature Kitchens, Stop & Shop, Shurfine, Tipton Grove, White Rose

ទឹកប៉ងប៉ោះ/សន្លែ
 តែដប 64 អាស្ស
ទឹកសន្លែ – Great Value, Hannaford, Price Chopper, Signature Kitchens, Stop & Shop, Signature Kitchens, Stop & Shop, V8 (Low Sodium, Original, Spicy Hot)
ទឹកប៉ងប៉ោះ – Campbell's (Regular and Low Sodium), Great Value, Langer's, Signature Kitchens

ទឹកផ្លែឈើកក
 តែកំប៉ុង 11.5 ឬ 12 អាស្ស
Apple – Best Yet, Clear Value, Flavorite, Food Club, Great Value, Hannaford, IGA, Market Basket, Shurfine, Seneca (red cans, Granny Smith, Country Style), Signature Kitchens, Stop & Shop, Tipton Grove, Value Time; **Grapefruit** – ម៉ាកដ៏មួយ; **Grape** – Best Yet, Food Club, Great Value, Hannaford, Seneca, Stop & Shop, Welch's (yellow pull-strip can); **Mixed blend** – Dole 100% juice – Pineapple Orange Banana, Pineapple Orange Strawberry, Orange Peach, Mango, **Orange** Strawberry Banana; **Orange** – ម៉ាកដ៏មួយ; **Pineapple** – Dole, Market Basket, Stop & Shop; **Pineapple/Orange** – ម៉ាកដ៏មួយ;
White Grape/White Grape Blends – Welch's (yellow pull-strip can)



មគ្គុទេសក៍ភោជន
WIC រដ្ឋម៉ាសាឈូសេត
បានយល់ព្រម



ម្ហូបអាហារល្អ និង មានច្រើនសន្លឹក