



Itwero bedo I yub me WIC ka itye ki yoo me nongo cente bot famili ni kit ma cik pa WIC nyutu:

- ◆ Iyii tye
- ◆ Itye ka doto latin ma mwaka ne pi oo 1
- ◆ Inywalo latin idwee 6 ma okato
- ◆ Itye ki lutiino ma mwaka gi pi oo 5
 - ◇ Lutiino ma wog gi, adar gi, ngat matye ka konyo gwoko gi, lanyodo ma pi onywalo gi gwoko gii twero bedo I yub man.



Atwero nongo lok kwene ma mako Yub me Cam pa Maine CDC WIC?

Ceti I www.maine.gov/WIC onyo goo cim i namaa **1-800-437-9300**

TTY Maine relay 711

nDul me Yot kom ki Ber bedo pa Dano ("DHHS") gi pe ki apoka poka ma mako bedo la ngolo, anywali ni, rangi komi, bedo ni me laco onyo dako, mwaka ni, kama I aa iye, ni yer ni, kaka ni, kama I cung iye ma mako gang ni onyo nyom ni, lok ma mako komi, dano ma ibedo kwede, lok mo ma okato ma tye adaa onyo nguna, tic me waco lok I mung, I bedo onyo I oo, onyo tic me cike, yub, kony, onyo tic, onyo I gamo onyo miiyo tic bot dano. Lok man ki miiyo kit ma mite kwede I Title VI me Civil Rights Act me mwaka 1973, kit ma ki loko; Age Discrimination Act me mwaka 1975; Title IX me Education Amendments me mwaka 1972; Lok 1557 me Affordable Care Act; Maine Human Rights Act; Lanyut ma aa ki Bot Ludiito Ma Mako Kontrak Me Maine Me Tic; ki cik mogo weng ma gengo apoka poka ma calo eni. Lapeny, Lok ma pi yomo cwinyi, daa onyo lega me medo lok ma mako ADA ki gamo onyo miiyo tic bot dano ki twero cwalo ne bot dano ma tiyo I DHHS ADA/EEO I 11 State House Station, Augusta, Maine 04333-0011; 207-2874289 (V); 207-287-1871(V); onyo Maine Relay 711 (TTY). Lapeny, Lok ma pi yomo cwinyi, daa onyo lega me medo lok ma mako ADA ki yub, miiyo kony, onyo jami ma tiime ki twero cwalo ne bot Dano ma tiyo I DHHS ADA/Civil Rights, I 11 State House Station, Augusta, Maine 04333-0011; 207-287-3707 (V); Maine Relay 711 (TTY); onyo ADA-CivilRights.DHHS@maine.gov. Lok ma pi yomo cwinyi ma mako Civil Rights bene ki twero doto ne bot Dul Me Yot Kom ki Ber Bedo Pa Dano, Offic me Civil Rights, no I goyo cim I namaa 800-368-1019 onyo 800-537-7697 (TDD); onyo I cwalo ki karatac I 200 Independence Avenue, SW, Room 509, HHS Building, Washington, D.C. 20201; onyo I komputa I <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Dano ma miito Kony ma mako wiinyo lok maber I yub ki ber bedo pa DHHS ki lwongo gi me niango dano ma tiyo I ADA/Civil Rights. Lok man I twero nongo ne I yoo ma pat pat, ka I peny

Yub me Cam pa Maine CDC WIC

1-800-437-9300 onyo 207-287-3991

T Dul man tye ma miiyo kony bot dano weng labongo apoka poka.

Famili me Maine dongo

ki Yot Kom Ki WIC



Yub me Cam pa Maine CDC WIC Miiyo :

- Ber me wiilo cam me yot kom
- Lok ma mako Yot kom ki cam
- Ngec me bedo ki ic labongo ayella
- Kony me doto latin



WIC en tye ngo?

Wic tye yub me cam ki yot kom pa family matye ka dongo ma miiyo:

- ◆ Kwan ma mako lok kom cam
- ◆ Kony me doto latin
- ◆ Piime me yot kom
- ◆ Ber me wiilo cam me yot kom ma calo:

- | | |
|-----------------------------------------------|--------------------------------------------------|
| ◆ Cak, tong gweno, moo dyang, ki cak ma opoto | ◆ Tofu ki cak pa coya |
| ◆ Jami calo muyeme, mu cung gwa ki pot dek | ◆ Rec ma I koc |
| ◆ Odii fuul | ◆ Mugatti, tortillas, oatmeal, pasta onyo mucele |
| ◆ Juic | ◆ makwa |
| ◆ Nyig jami calo nyim, fuul | ◆ Cam pa lutiino |
| ◆ Muranga ma otwoo onyo ma tye I koc | ◆ Cak me amata pa lutiino ma tiino |



Kony angu ma lutino nongo ki bot WIC?

Lutiino gi room nongo la bi cak (kace mite) onyo cak me koc.

Inge dwe 6 gi twero nongo:

- Nyig jami calo nyim, nyig yat, pot dek pi lutino
- Ringo pi lutino (Pi lutino mapwod tyer ka dot)

Ka itye ki lapeny...

WIC tye ki lagam.

- ◆ Ngo ma omyera a cam I kare ma iyaa tye?
- ◆ Amiito dato latin; acak ki kwene?
- ◆ Latin na yero cam, atim ngo?
- ◆ Ngo ma omyera atim me weko lutiino na o cam jami calo nyig yat ki pot dek?
- ◆ Ngo ma omyera atim me neno ni lutiino na kom gi tye ma yot?
- ◆ Dul me WIC gi tye ki labii cak ma atwero tic kwede?

Cak koo en aye tye cam maber tutwal pa latin ni



Dano ma tiiyo I WIC Waco bot megii manyen me doto lutiino gii.

Me ngeyo lok ma pol ma mako dot, cet I www.maine.gov/wic

Lukony pa WIC I Maine

Aroostook County Action Program

Miiyo konyo bot Aroostook County
Presque Isle 1-800-432-7881 onyo 768-3026

Bangor Public Health & Community Services

Miiyo konyo bot Piscataquis ki Penobscot Counties
Bangor.....1-800-470-3769 or 992-4570

MidCoast Maine Community Action

Miiyo konyo bot Knox, Lincoln, Sagadahoc ki Waldo Counties
Bath.....1-800-221-2221
Belfast.....338-1267
Rockland ..594-4329

Maine Family Planning

Miiyo konyo bot Hancock ki Washington Counties
Ellsworth.....1-800-492-5550 or 667-5304
Calais.....454-3634
Machias.....255-8280

Maine General Medical Center

Miiyo konyo bot Kennebec ki Somerset Counties
Augusta.....626-6350
Waterville ..861-3580
Skowhegan..861-3593 or 1-888-942-6333

The Opportunity Alliance

Miiyo konyo bot Cumberland County
Portland.....1-800-698-4959 or 553-5800
Windham.....553-5800

Western Maine Community Action

Miiyo konyo bot Franklin, Oxford ki Androscoggin Counties
East Wilton...1-800-645-9636 or 645-3764
Auburn.....1-877-512-8856 or 795-4016

York County Community Action Corp.

Miiyo konyo bot York County
Sanford.....1-800-965-5762
Biddeford.....1-800-644