



**Department of Health
and Human Services**

*Maine People Living
Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Ricker Hamilton, Commissioner

Tweero ki kit me Gwoko ne

Tweero Ni:

Lok weng ma imiyo ki WIC ki gwooko kibot dano weng

Rwom me twero pa WIC ma rom pi dano weng , labong poko ochol ki munu, kit ma dano chal kede, lobo pa dano, mwaka, lungolo onyoo yot com, dako onyo lacho.

Ka I winyo chalo apoka poka tye ikomi, iromo doto ne.

Kit me Gwoko ne:

Kel waraga weng ma ki lego pi dog tich ma ki miyo piri

Dot aloka loka e kabedo ki nama chim bot WIC ma ikin ping

Gwok WIC cheque maabe, ma orweny onyo ki kwalo pe dwoke.

Ka aturo chik me yup mamaalo eni, an onyo gyo otaa:

Ki romo kwanyo wan ki yup pi mwaka acel.

Wabi twero culo cul bot yup me cam onyo yoo me timo ne. ma ono miro pa nong .

Romo ka dota I kot

Ki miya tam me tweero ki kit me gwoko ne calo ngat ma onongo ngec iyup eni. Atyero ni ngech eni ma atye kede ma miyo aromo cung tye ada, ki ngec weng. Warag ma tyero ngec ci ki miyo lupu ki receipt me federal supplemental nutrition assistance.

Ludiro yup eni romo ngiyo ngec ma miyo ;

Anyang ni romo ka kwanya ki ite yup me WIC ka;

An onyo latin onyo lutini gu bedo ite yup me WIC ma kato wang acel ehawa acel.(ripe iyup tyen ariyo)

Ka miyo ngec ma peke atii ikom lim, dano me ott ki kabedo.(kwoo)

An onyo gyo ma atiyo kwed gi watiyo ki cheque me WIC(dukan, ifam, onyo chuk me wil) I yo ma petye atii ma pe mite onyo ma pe ki ye(kwoo).

An onyo dano na wilo wil ki bot dano mape tye lyup me cam me WIC ma tiyo ki cheque me WIC.(amak iwi alii)

An onyo ngat mukene I ka bedo na caro cat , onyo miyo cheque me WIC(amak iwi alii).



Department of Health
and Human Services

Maine People Living
Safe, Healthy and Productive Lives

Paul R. LePage, Governor

Ricker Hamilton, Commissioner

An onyo ngat mu kene I ka bedo na dwoko yup me cam pa WIC pi cene, den onyo gyemi ma petye I yup me cam pa WIC.(tic alii)

An onyo ngat mukene ika bedo na caro ladii cak pa onyo ma WIC odeno dena, onyo yup me cam pa WIC, waki kit me timo ne ma tidi, ma ki wilo ki cheque me WIC ki cene. Onyo den onyo yup me cam weng onyo tic mo ki ken.(kwoo)

An onyo ngat mu kene ika bedo na pokoladii cak pa yup me WIC onyo ma gi odeno dena, waki kit me timo me ma tidi, ma ki wilo ki cheque me WIC.(timo gyemi iwi alii)

An onyo ngat mu kene ika bedo na loko cheque me WIC ma mega.

An onyo ngat mu kene ika bedo na kero gyemi pa WIC me achara, aloka onyo e okero ika bedo mo me nono calo kama dano dwong iye, calo facebook, craigslist, ebay, cinema weng, radio, gajet, onyo I kabedo me internet mo ki ken.(tic alii)

An onyo ngat mo ki ken ikabedo na tiyo ki doge, onyo nyuru ki kome ka yeto lutic me WIC ki kama gi tiyo eye.(yet labong wooro).