Txawj Yuav Khoom

Cov neeg txawj yuav khoom siv sij hawm tsawg thiab txuag tau nyiaj, thiab siv cov tshev mis WIC yuav tau ntau yam.

WEBSITES THIAB APPS

- Nkag mus xyuas hauv ***cov khw tej qhov website*** kom tau tej qauv lawv muab pub sim dawb los sis tej coupons uas yuav tau tus nqi pheej yig.
- ***Siv tej apps pub dawb hauv xov tooj*** xws li:
  - Tej ntawv apps rau ntawm koj lub khw.
  - Daim ntawv apps sau seb koj yov yuav khoom dab tsi.
  - Tej apps qhia ua mov.
  - Tej apps qhia txog ua zaub mov kom zoo.
  - Tshuab luam duab barcode uas qhia txog tej khoom noj zoo thiab nws tus nqi.
- ***Nkag mus xyuas lwm lub website*** xws li ***choosemyplate.gov*** los sis lwm qhov website thiab blog txog txoj kev txawj yuav khoom.

Ua ntej koj mus YUAV KHOOM

- Saib tej ntawv tom khw, website, thiab coupon seb puas muaj tej yam dab tsi muag pheej yig.
- Npaj ua ib daim ntawv (meal plan) uas qhia txog ua zaub mov noj li ntawm ib lub lim piam kom raws li tus nqi cov zaub mov.
- Sau ib daim ntawv seb cov khoom uas koj yov mus yuav yog dab tsi.

Nyob rau HAUV KHW

- Siv koj daim ntawv uas koj sau seb koj yov yuav khoom dab tsi.
- Yuav tej khoom uas muag pheej yig. Koj siv tau koj cov tshev mis WIC yuav tej khoom uas "Yuav Ib Qho, Tau Ib Qho Dawb."
- Tsis txhob yuav tej zaub mov uas lawv tso lwm yam tshuaj rau kom nws kav ntev es txhob lwj nws tus nqi yuav kim tshaj thiab muaj nutritious (vitamins) tsawg. Sim hloov los mus noj tej txiv hmab txiv ntoo, zaub, cov mis uas muaj roj tsawg, cov khob cij uas yog tseem nplej, thiab cov nqaij ntshiv xws li qe los sis taum.
- Saib tus nqi ntawm tej yam khoom us koj yuav hev hev.
- Nco ntsoov ntsia thaum los luj khoom seb tus nqi lawv ntaus puas yog li thaum nws nyob tom txee rau koj them.

CALIFORNIA WIC
WOMEN, INFANTS & CHILDREN
Families grow healthy with WIC

California txoj Kev Pab Cuam WIC, California lub Rooj Tsav Xwm Saib Xyuas cov Pej Xeem txoj Kev Noj Qab Haus Huv
Lub koos haum no you ib lub koos haum pab kev ncaj ncees.

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Savvy Shopper

Savvy shoppers save time & money, and make the most of WIC checks.

WEBSITES and APPS

- ***Visit manufacturer websites*** to get free samples or coupons
- ***Use free phone apps*** like:
  - Coupon apps for your store
  - Shopping list apps
  - Meal planning apps
  - Healthy cooking apps
  - Barcode scanners with nutrition and price information
- ***Visit other websites*** like ***choosemyplate.gov*** or other smart shopping websites and blogs

Before you SHOP

- Check store ads, websites, and coupons for sales.
- Create a weekly meal plan based on food prices.
- Make a shopping list.

At the STORE

- Use your shopping list.
- Use special offers. You can use your WIC checks for "Buy One, Get One Free" offers.
- Avoid highly processed foods which are often more expensive and less nutritious. Instead choose fruits, vegetables, low-fat milk, whole grains, and lean protein like eggs or beans.
- Learn typical prices for foods you normally buy.
- Pay attention as foods are scanned to make sure you are charged the correct shelf price.

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