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

Paub Koj Cov Cai thiab tej uas Koj Yuav Tsum Tau Ua

Koj Cov Cai

Coj ncaj

- WIC coj ncaj rau txhua tus yam tsis saib raws koj yog hom neeg twg, nqaij tawv zoo li cas, tuaj lub teb chaws twg tuaj, caj ces, yog poj niam los sis txiv neej, txoj kev ntseeg, muaj hnub nyoog li cas, yuav poj niam/yuav txiv lawm, nyiam poj niam/txiv neej, muaj teeb meem kev tu ncua hauv lub cev los tsis muaj.
- Koj thov tau mus sib hais raws kev ncaj ncees yog tias koj tsis pom zoo li ib txoj kev txiav txim siab uas luag tau txiav txim txog koj txoj kev tau txais WIC.

Kev saib taus tib neeg thiab ceev ntaub ntawv

- WIC yuav hwm thiab saib taus koj.
- WIC yuav ceev txhua yam ntaub ntawv uas koj muab tuaj kom zoo.

Koj yuav tau txais:

Cov tshev WIC

- Cov tshev los yuav cov zaub mov uas zoo rau txhua tus uas tau txais kev pab cuam. WIC yuav tsis them rau tag nrho cov zaub mov los sis formula uas koj xav tau los noj.

Kev qhia txog kev noj zaub mov thiab kev pub niam mis

- Cov tswv yim pab txog kev noj cov zaub mov zoo thiab kev ua lub neej muaj kev tawm dag zog.
- Kev txhawb thiab pab txog kev pub niam mis.

Kev xa mus rau lwm tus

- Pab nrhiav ib tug kws kho mob thiab chaw txhaj tshuaj tiv thaiv rau koj tus me nyuam.
- Pab nrhiav lwm cov kev pab cuam uas koj xav tau rau koj.

Tej uas Koj Yuav Tsum Tau Ua

Yuav cov zaub mov uas WIC tso cai rau

- Siv koj cov tshev hauv cov khw uas tau kev tso cai ntawm WIC.
- Nqa koj Phau Ntawv ID WIC mus yuav khoom tom khw.
- Tsuas yuav cov zaub mov uas teev rau hauv koj cov tshev nkaus xwb.
- Cia tus neeg uas tau txais kev pab cuam no noj cov zaub mov no nkaus xwb.
- **Tsis txhob muab koj cov tshev los sis zaub mov** WIC coj mus muag, pauv los sis yuav lwm yam khoom.

Mus thov WIC hauv tib qho chaw nkaus xwb

- Thov thiab txais cov tshev WIC hauv tib lub chaw ua hauj lwm nkaus xwb.
- Xaiv WIC los sis CSFP (Commodity Supplemental Food Program).Ib tug neeg yuav thov tsis tau ob yam no tib lub sij hawm.

Mus ntsib WIC raws li tau teem sij hawm

- Mus ntsib raws li tau teem sij hawm los sis hu mus ua ntej yog tias koj xav pauv sij hawm.
- Nqa koj Phau Ntawv ID WIC mus txhua zaum koj mus ntsib lawv.
- Nqa txhau daim ntawv uas lawv hais kom koj nqa tuaj thaum lub sij hawm uas tau teem tseg.

Muab tej kev qhia uas tseeb thiab tshiab

- Qhia txhua yam kev hloov ntawm koj cov nyiaj tau los, cov neeg hauv tsev neeg, chaw nyob, xov tooj, los sis puas tseem tau txais Medi-Cal los sis CalWORKs.

Saib taus neeg

- Saib taus thiab hwm cov neeg ua hauj lwm hauv WIC thiab khw muag khoom.
- Tsis txhob ntaus los sis hem hais tias yuav ntaus cov neeg uas ua hauj lwm hauv WIC los sis khw muag khoom.

Kuv to taub kuv cov cai:

- Tej kev cai uas qhia tias leej twg txais tau thiab koom tes nrog Kev Pab Cuam WIC no yeej zoo ib yam rau txhua tus, tsis hais lawv yog hom neeg twg, nqaij tawv zoo li cas, tuaj lub teb chaws twg tuaj, muaj hnub nyoog li cas, muaj teeb meem kev tu ncua hauv lub cev los tsis muaj , yog poj niam los sis txiv neej, xav tias yog poj niam los sis txiv neej, muaj txoj kev ntseeg twg, raug tawm tsam li cas, thiab thaum muaj li no, kev ntseeg txog tseem fwv li cas, yuav poj niam/yuav txiv lawm, muaj tsev neeg los sis yog niam los sis txiv, los sis nyiam poj niam/txiv neej.
- Koj thov rov mus sib hais dua tau txog txoj kev txiav txim siab hauv lub chaw uas muab txoj Kev Pab Cuam no rau koj.
- Lub chaw pab cuam yuav muaj cov kev qhia txog kev noj qab haus huv thiab kev noj zaub mov uas zoo rau koj thiab yaum kom koj mus koom rau tej yam zoo li no.

Kuv to taub tej uas kuv yuav tsum tau ua:

- Koj yuav tsum yuav cov zaub mov uas WIC tso cai yuav.
- Koj tsis muaj cai muab koj cov tshev los sis zaub mov WIC mus muag, pauv los sis yuav lwm yam khoom, hauv cov ntaub ntawv los yog online.
- Koj yuav tsum muab tej kev qhia uas tseeb thiab tshiab.
- Koj yuav tsum tsis txhob ntaus los sis hem hais tias yuav ntaus cov neeg uas ua hauj lwm hauv WIC los sis khw muag khoom.

Tau muaj neeg qhia rau kuv txog kuv cov cai thiab tej uas kuv yuav tsum tau ua hauv txoj Kev Pab Cuam WIC lawm. Kuv lees hais tias cov kev qhia thiab tej ntaub ntawv uas muab hais thiab muab tuaj no yeej muaj tseeb, raws li kuv paub thiab kuv ntseeg. Daim ntawv lees no yog muab ntsig txog txoj kev thov kev pab cuam ntawm Tsoom Fwv. Cov neeg ua hauj lwm mus tshuaj tau cov lus uas kuv hais thiab tej ntaub ntawv uas kuv tau muab tuaj. Kuv to taub hais tias yog kuv txhob txwm dag los sis hais tsis meej los sis txhob txwm qhia tsis ncaj, zais, los sis tsis qhia qhov tseeb tej zaum yuav ua rau kuv, kuv tsev neeg, los sis tus neeg sawv cev kuv tau them rov qab tus nqi rau tej zaub mov uas luag tau pub rau kuv lawm rov qab rau lub koom haum pab cuam thiab tej zaum kuv yuav raug foob thiab coj mus sib hais raws li lub Xeev thiab Tsoom Fwv txoj kev cai.

Tus neeg tau txais/niam txiv/tus saib xyuas suam npe

Hnub tim Tsev neeg/Tus neeg daim ID

Yuav tsum siv kua mem sau lub npe thiab hnub.

930063 Hmong (12/13)

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Know Your Rights and Responsibilities

Your Rights

Fair treatment

- WIC treats everybody the same regardless of race, color, national origin, ancestry, sex, religion, age, marital status, sexual orientation or disability.
- You can ask for a fair hearing if you don't agree with a decision about your WIC eligibility.

Common courtesy and confidentiality

- WIC will treat you with courtesy and respect.
- WIC will keep all information you provide confidential.

You will get:

WIC checks

- Checks to buy healthy foods for each participant. WIC does not give all the food or formula you need.

Nutrition and breastfeeding information

- Helpful tips for healthy eating and active living.
- Support and help with breastfeeding.

Referrals

- Help finding a doctor and immunizations for your child.
- Help finding other services that you may need.

Your Responsibilities

WIC approved foods

- Use your checks at WIC approved grocery stores.
- Bring your WIC ID Folder to the grocery store.
- Buy only the foods listed on your checks.
- Use the foods only for the person on the program.
- **Do not sell, trade or attempt to sell or trade** your WIC checks or WIC food.

Go to one WIC office at a time

- Get checks from only one WIC office or agency at a time.
- Choose WIC or CSFP (Commodity Supplemental Food Program). A person cannot be on both programs at the same time.

Keep WIC appointments

- Come to your appointments or call ahead when you need to reschedule.
- Bring your WIC ID Folder to all WIC appointments.
- Bring all requested documents to your appointments.

Provide truthful and current information

- Report any changes in your income, family size, address, phone, or eligibility for Medi-Cal or CalWORKs.

Be courteous

- Treat WIC and grocery store staff with courtesy and respect.
- Do not physically harm or threaten to physically harm anyone in the WIC office or grocery store.

I understand my rights:

- Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, or sexual orientation.
- You may appeal any decision made by the local agency regarding your eligibility for the Program.
- The local agency will make health services and nutrition education available to you, and you are encouraged to participate in these services.

I understand my responsibilities:

- You are responsible to buy WIC approved foods.
- You cannot sell, trade or attempt to sell or trade your WIC checks or WIC foods verbally, in print or online.
- You must provide current and truthful eligibility information
- You must not physically harm or threaten to physically harm anyone in the WIC office or grocery store.

I have been advised of my rights and responsibilities under the WIC Program. I certify that the information and documents I have provided for my eligibility determination are true and correct, to the best of my knowledge and belief. This declaration form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information provided. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me, my family, or my designated alternates, and may subject me to civil or criminal prosecution under State and Federal law.

Signature of participant/parent/caretaker

Date

Family/Individual ID

Must be signed and dated in ink.