

## Chi yal elapnoq yib'an WIC

WIC aton chi ihon ok txolb'al elaw yib'an toq lojeq yet hay ep, axka b'ay ix ek yalan unin chi illaytoni tzet watx' chi yun taynen b'a tzet chi lo' ma yet mayal watx' ji k'ul, k'al nene', unin, masan chi lajwi yin oyeb' ab'il.

## Chi yun sik'layi

Yet chi sik'lay yuj WIC, tol chi yiqeloq juntzan tzet chi q'anlayi yet chi oktoq kax chi tx'oxoni junoq xiwk'ulal yin kawil ma tol k'am yip yuj tzet chi lo'.

## Kolwal b'ay heb' chi ya' yim yun'e/txutxwoq yune'

Heb' chi taynenon heb' ix chi ya' yim yune' ma yilonteq, aton heb' ti txekel tonwal yayji b'ay sataq nahil eq'om, chi kolwaj ok heb' yetoq txutxwej yet WIC axka tu chi michaj yuj heb' juntzan watx'ilal yet ay yip yal yim heb'. K'apaxoq chi ko pojiloq tzan chi ihon elteq yal imej chi ya' Medicare tay ay jayeb' k'otan chi a'lay majanoni.



## Tzanoq xa watx'ilal b'ay WIC

**Maqanil kuyoq yib'antoq lojeq b'ay WIC**  
Junanej ok hab'a xol txolb'al elaw WIC yet CUPHD axka tu chehon ok junoq kuyoq yet lojeq SAB'IL kax chach kolwaj a nahon aj lojeq yetoq tzan somil sayb'il yuj WIC.  
¡Unin watx' k'ulal chi jayok heb'!

**Unej yet chi el yetzan tzet cha mana' b'ay txonb'al masanil itaj ma yax sat ak'un**  
WIC chi yaltej b'ay jun jun participante \$30 yin unej b'ay txonb'al heb' txonon yax sat awoj yet chi elol k'atxan. Chi pojlay el juntzan unej yet man ti, yul tiempo al yet wal nan ab'il, axa juntzan unej yet man ti chi j'e a manji yetoq b'ay xiwiloq txonb'al heb' txonon yax sat awoj masan ta 31 de octubre tay chi lajwi jun jun ab'il.



Jun nahil ilomteq kawil ti tol chi yaltej ma yaq'on watx'ilal b'ay masanil.



[www.facebook.com/WIC.Champ](https://www.facebook.com/WIC.Champ)

## Txolb'al miman yelapnoq elaw yet watx' chi yun taynelay low heb' ix ix, nene' k'al unin -WIC-



**Public Health**  
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Champaign-Urbana Public Health District  
[c-uphd.org](http://c-uphd.org)

### Clínica Champaign

201 W. Kenyon Rd  
(217) 531-4529

Yet lunes masantak'al viernes yet 8:30 yet q'inib' masantak'al 4:30 yet yayk'u

Yet oxeb' way xajaw sabado yet 8:30 yet q'inib' masantak'al 4:30 yet yayk'u

### Clínica Orchard Downs (Urbana)

2040A S. Orchard St  
(217) 244-5233

Yet jueves yet 8:30 yet q'inib' masantak'al 4:30 yet yayk'u

### Clínica Rantoul

520 E. Wabash St  
(217) 893-0832

Yet martes miercoles k'al viernes yet 8:30 yet q'inib' masantak'al 4:30 yet yayk'u



Sayajteq bideho.

# Txolilal chi yun oktoq yetoq wic

Max chaok yet taxh

jantaq maktxel kajan b'ay na	Yin semanail	yin xajaw il	yin yab'ilal
1	\$557	\$2,413	\$28,953
2	753	3,261	39,128
3	949	4,109	49,303
4	1,144	4,957	59,478
5	1,340	5,805	69,653
Junjun k'al el yet chi oktoq junoq yet kayomal	+\$196	+\$848	+\$10,175

A tzetal chi q'anlayi chi k'expo jujun ab'il.



## Lojej yet WIC

A jun tzan loj yet WIC chi a'lay b'ay heb' hay kawxinaqil axka toni:

heb' nene': lojej yet chi ok yip; axka sat te'ej k'al itaj hayay yulaq ch'en; k'ax cereales; chib'ej maqan hay yul ch'en\*

Ix yetoq unin: no' leche: cereal; ub'al k'al t'opopi t'al te' mania; no' queso k'al tofu, k'al yogurt: no' jos; sat te' yetoq itaj; satlaq taqin te' ma ak'un; jugo; Chib'ejal no' pescado chi yiq tuna ma salmon\*

A jun tzan mayal b'inaj ti asan ton ch'an chi a' lay b'ay heb' ix chi ya' yim yune'

## B'aytal junoq chi cha' hak'ul b'ay chochej chach toji

- Ay yip b'ab'el tay watx' yet b'ab'el ay yip
- Txolb'al tzet chi yun yillaytoq kawxinaqil familia
- Txolb'al tzet chi yun yulenay te' na b'ay familia
- Amb'al yet ipej b'ay maktxel ek yalan unin
- Amb'al yet k'am chi kan yalan unin, q'anleb'al yet cha taynon hab'a
- Ch'en chi chuklay ok yin unin yet k'ayb'al ilya
- Tx'oxb'anil b'i k'al yawteb'al heb' anton anima



## Juntzan ab'ix miman yelapnoq yet chach toj b'ay WIC

Chi ko q'an ayex yet chex jayok yin e cita che yiteq

- Chi jayokoq txutxej ma mamej yetoq yuninal
- Chi jayokoq txutxej ma mamej yetoq yuninal
- Tx'oxb'anil jantaq che' ma junoq yet cha tz'ib'on a b'a yin SNAP ma yunal yet anteb'al
- Tx'oxb'anil b'ay kajan ach