



Kaarka Cuntadda la Aqbali karo ee WIC

Tan waxaa lag heili karaa 21 luqaddood, booqo: www.health.ny.gov/wic

Caano Jeegaada WIC waxaa ku qoran tasmada dufanta ah in aad iibsato

- ✓ **Summad walba:**
- ✓ **CAANO:** libso weelka ugu weyn oo la heli karo (galaano, 96 wiiqiyadood, nus galaano, ama rubucyo) ama cabirka ku qoran jeega WIC
- ✓ **LA UUMABIXIYAY/QASACADAYSAN:** Weel 12-wiiqiyadood keliya
- ✓ **QALALAN/CAANO BUDDO AH:** 25.6-wiiqiyadood oo weel keliya
- ✓ **CAANO AAN SONKOR LAHEYN:** libso weelka ugu weyn ee la heli karo ama cabirka jeega WIC
- ✓ **CAANAHA KOSHER-KA:** libso weelka ugu wayn ee la heli karo ama cabirka jeega WIC

LAMA OGOLA: Dhadhan ah, dabiici, ama or caano sonkor lagu daray; caano subag leh ama caano lagu daray subaga; caanaha dufanta (2%) laga yareeyay

Jiiska

- ✓ **Summad walba:**
- ✓ Nidaamka dhalaalinta American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone, ama shiidida mid walba oo oo jiiskaan ka mid ah
- ✓ U iibso wareeg ahaan ama qaybo yar yar
- ✓ Waa in aad ku dartaa ilaa tirada waqiyadood ee jeega (waxay noqo kartaa 1 ama xermooyin badan)
- ✓ **KOSHER CHEESE** Haddii lagu daabaco jeegaaga WIC AMA haddii dukaanku aanu qaadin nooc kasta oo jiista ah

LAMA OGOLA Jiis la soo dhoofiyo; cuntooyin jiiska, waxyaabaha jiiska laga sameeyo ama dul mariyo; qayb buskut ah; la burburiyay, la yar yareeyay, la qurbay, ama ulaha jiiska; dhadhan leh ama jiis dabiici ah; jeexyo gaar loo duubay

Yoogad Jeegaaga WIC waxaa ku qoran tasmada dufanta ah in aad iibsato

- ✓ Saxdii ah 32-waqiyadood weel AMA iskudar walb ee cabirada ku daro ilaa saxdii 32 waqiyadood.
- ✓ **Summad walba:** Cad, Cadaanka Gariiga, Cadaan Dabiici ah, Cadaanka Dabiici Gariiga ah
- ✓ **YOOGADKA KOSHER** Haddii lagu daabaco jeegaaga WIC AMA haddii dukaanku wax alaab kosher ah oo la heli karo

LAMA OGOLA: Dhadhan leh (sida faniila, miraha), iskudar kala duwan, (quraac badar ah, buskud) la cabbi karo/yoogad la miiray, yoogad qabow

Cabitaanka Sooyaha

- ✓ **8TH CONTINENT:**
Soy milk – Original iyo Vanilla (32-Waqiyadood qaanada iska taala)
Soy milk – Original iyo Vanilla (64-waqiyadood la qaboojiyay)
- ✓ **PACIFIC NATURAL FOODS:**
Ultra Soy – Original iyo Vanilla (32-waqiyadood qaanada iska taala)
- ✓ **SILK:**
Soy milk – Original (32 ama 64-waqiyadood la qaboojiyay)
Soy milk – Original (128-waqiyadood la qaboojiyay baakid kala duwan)
- ✓ **WESTSOY:**
Organic Plus Soy milk – Plain (32 ama 64-waqiyadood qaanada iska taala)
Plus Soy milk – Vanilla (32 ama 64-waqiyadood qaanada iska taala)

Ukumo

- ✓ **Summad walba:**
- ✓ **Dhexdhexaad ama Balaaran:** Cadaan ama Maariin

LAMA OGOLA: Aad u weyn ama ukun aad u weyn; ukun qaali ah oo gaar ah (oo ay ku jiraan dabiici, dufanta la dhimay, aan qafis ku dhalan/ xuriyad socod ah, aashitada Dufanta)

Subaga Looska 16-18-wiiqiyadood dhalo ah

- ✓ **Summad walba:** jajabsan, burbur, shiidan, simman, dabiici iyo dufan la dhimay ee kala duwan waa la ogolyahay.

LAMA OGOLA: Looska fidsan; cuseeb ah ama looska subaga laga shiiday; subaga looska ee lagu qasay malmalado, nanac qafiid, jokolaato ama malab; subaga looska dabiici ah; subaga looska oo fitamiin lagu daray iyo macdan, ama iskudarada kale ee lagu daray (Aashitada dufanta 3, DHA & EPA, Palm Oil, etc.)

Digirta, Shumburada, iyo Misirta Si loo yareeyo qaadashada cusbada, raaci digirta qasacadaysan, digirta ceyrinka, misirta

- ✓ **Qalalan:** Summad walbo, 1-bac oo nuskiilo digir iskudar ah, shumburada, misir
- ✓ **Qasacadaysan:** Summad walba, 15-16- wiiqiyadood ayaa sameyn karto ee digirta kartay ah, digirta ceyrinka, misirta

LAMA OGOLA: Digir duban, hilib doofaar iyo digir; digir qasacadaysan oo ka kooban sonkor lagu daray, dufan, hilib, ama saliid. Digirta cagaarka ah, digirta cagaaran, digirta kala duwan, digirta jaalaha, iyo digirta jaalaha kala duwan laguma iibsan karo jeega WIC ee dhaho "Digirta, Digirta cagaaran, Misirta"; waad u isticmaali kartaa qudaartaada WIC iyo Miraha si aad u iibsatid noocyadaan cuntooyinka ah

Kaluun Qasacadaysan Si loo yareeyo qaadashada dufanta, dooro kalluun biyo lagu qasacadeeyay

- ✓ **Tuunaha qafiifka:** Summad walba (5 iyo 6- wiiqiyadood gasacado)
- ✓ **Kaluunka gaduud xigeenka:** Summad walba (5, 6, iyo 7.5- wiiqiyadood gasacado)
- ✓ **Kaluun dheylo:** Summad walba (3.75-wiiqiyadood gacasado)
- ✓ Laga yaabo in lagu sameeyay biyo ama saliid
- ✓ Laga yaabo in ay ku jiraan lafo iyo maqaar

LAMA OGOLA: Kaluunka tuunaha Albacore, kaluunka baluuga salamon, kaluunka gaduudan salamon; dhadhan leh; iyo isku daro lagu daray

Tofu 14-16-waqiyadood xermo ah

- ✓ **AZUMAYA:** Tofu – Firm, Extra Firm
- ✓ **HOUSE:** Premium ama Organic Tofu – Soft, Medium Firm, Firm, Extra Firm
- ✓ **NATURE'S PROMISE:** Organic Tofu – Firm
- ✓ **NASOYA:** Organic Tofu – Silken, Lite Firm, Firm, Extra Firm
- ✓ **SAN SUI:** Tofu – Soft, Firm, Extra Firm
- ✓ **WEGMANS:** Organic Tofu – Firm

Si gaar ah ayay naasnuujinta dumarka cunto dheeraad u helaan ee ku caawiya dhisida soo saarka caanaha u baahan canugooda koraya.

Cuntada Canuga – Qudaarta iyo Miraha

4-waqiyadood weelal

- ✓ **BEECH-NUT ama GERBER:**
- ✓ Miro walboo kaliya ama qudaar
- ✓ Wixii iskudar ah ee qudaar kala duwan iyo mirro

Labo baakido ee cuntada carruurta waxaa loo tiryaa sida labo weel ah

LAMA OGOLA: Dabiici, bacaha, isku darka oo ay ku jiraan waxyaabaha aan-miraha aheyn ama aan qudaarta aheyn sida hilibka, yoogadka, bariiska, baastada karsan

BANANAS: Jeegaga qaarkood waxay sidoo kale ku siinayaan moos dhan oo cusub

Cuntada Ilmaha – Hilbaha

2.5-waqiyadood weelasha

- ✓ **BEECH-NUT ama GERBER:** Hilib walba ee maraq fudud ama maraq adag

Hilbaha Cuntada Canuga Kosher: Haddii lagu daabaco WIC kaaga AMA haddii dukaanku aanu hayn Beech-Nut ama Gerber

- ✓ **FIRST CHOICE:** Chicken with Gravy, Turkey with Gravy

Caanaha Carruurta

Jeegaaga WIC wuxuu ku qoran yahay summada, cabirka, iyo nooca (buddo, xoogan, ama diyaar ah in la isticmaalo) ee ah in aad iibsatid.

Ilmaha yar Badarka

Jeega waa in uu dhahaa Gerber Cereal for Baby 8 iyo 16-waqiyadood weelasha ayaa la ogolyahay

- ✓ **GERBER:** Cereal for Baby kaliya
Noocyo Cad Kaliya: boorishka, bariiska, Qamadiga, ama badar badan

LAMA OGOLA Dabiici ah; isku dar dheeraad ah sida DHA, miro, caano, ama lagu daray borotiin







Boorishka Quracda

Si aad u kordhisid qaadashada faaybarka, dooro badarka qamadiga. Badarka oo dhan waa 'qamadi' ilaa ay ay ku calaamadaysantahay aastaan ❖

✓ Purchase 12-waqiyadood kartoomo ama ka weyn

LAMA OGOLA: Badar dabiici ah, kartoomo hal baakid oo hal mar la isticmaalo ah

Summadaha Baqaarka * Summada baqaar walba waxaad ka iibsan kartaa noocyada soo socda ee badarka ah

<ul style="list-style-type: none"> ✓ Corn Flakes * - cad 	<ul style="list-style-type: none"> ✓ Shredded Wheat - cad ama daboolan 	<ul style="list-style-type: none"> ✓ Oat Squares – cad. Waxaa sidoo kale loo yaqaan: <i>Crisp Oat Squares, Crunchy Oat Squares, Oat Crisps</i> 	
<ul style="list-style-type: none"> ✓ Wheat Flakes - cad 	<ul style="list-style-type: none"> ✓ Oat O's – caadiga ah. Sidoo kale waxaa loo yaqaan: <i>Toasted Oats, Tasteos, Oats & O's</i> 	<ul style="list-style-type: none"> ✓ Multigrain Flakes with Oat Clusters* – ha la socoto ama yay la socanin miro. Sidoo kale waxaa loo yaqaan: <i>Honey Crunchin' Oats, Honey & Oats, Honey Oat Clusters, Honey Oats & Flakes, Krispy Honey-Oats, Oats & More, Oats & Honey</i> 	

* 'Summada baqaar walba' waxaa ku jira magacyada **baqaarka** IYO summadahaan ee badarka qabow:

✓ AMERICA'S CHOICE	✓ FOOD BASICS	✓ KIGGINS	✓ RED & WHITE
✓ BEST YET	✓ FOOD CLUB	✓ KRASDALE	✓ SHURFINE
✓ CLEAR VALUE	✓ Great Value	✓ NATURE'S CRUNCH	✓ VALUTIME
✓ ESSENTIAL EVERYDAY	✓ HYTOP	✓ PARADE	✓ WHITE ROSE

Summadaha Qaranka/Gaarka ah

- ✓ **GENERAL MILLS:** Cheerios (joogto kaliya), Total Whole Grain, Corn Chex, Rice Chex, Wheat Chex, Dora the Explorer
- ✓ **KELLOGG'S:** Corn Flakes* (joogto kaliya), Frosted Mini-Wheats Original (Little Bites)
- ✓ **KEMACH:** Corn Flakes*, Toasted Oats, Wheat Flakes
- ✓ **MALT-O-MEAL:** Mini Spooners (Frosted, Strawberry Cream, Blueberry Cream), Oat Blenders* (Honey, Honey & Almonds)
- ✓ **POST:** Grape-Nuts (joogto kaliya), Grape-Nuts Flakes, Honey Bunches of Oats with Vanilla Bunches
- ✓ **RALSTON:** Corn Flakes*
- ✓ **SUNBELT:** Simple Granola
- ✓ **TAANUG:** Corn Flakes*, Toasted Oats

ADEEGASHO LATALIN CAAWIN LEH!
Halkaan waa tusaalooyinka wadooyinka lagu helayo 36 waqiyadood ee badarka:

12 oz. + 12 oz. + 12 oz. = 36 oz.	15 oz. + 21 oz. = 36 oz.
12 oz. + 24 oz. = 36 oz.	18 oz. + 18 oz. = 36 oz.

Badar Kulul

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> ✓ CREAM OF WHEAT: Cream of Wheat Whole Grain (2 ½ minute) | <ul style="list-style-type: none"> ✓ MAYPO: Instant Maple Oatmeal, Vermont Style Maple Oatmeal | <ul style="list-style-type: none"> ✓ QUAKER: Instant Oats with Iron |
|--|--|---|

Jabaatiga Qamadiga 16-waqiyadooda xermo

- ✓ **CELIA'S:** White Corn Tortillas, Yellow Corn Tortillas
- ✓ **CHI-CHI'S:** White Corn Tortillas
- ✓ **DEL CAMPO TORTILLAS:** Corn Tortillas
- ✓ **DON PANCHO:** Whole Wheat (Flour Gordita Whole Wheat) Tortillas
- ✓ **ESSENTIAL EVERYDAY:** Soft White Corn Tortillas, 100% Whole Wheat Flour Tortillas
- ✓ **GREAT VALUE:** 100% Whole Wheat Tortillas
- ✓ **GUERRERO:** White Corn Tortillas
- ✓ **HERDEZ:** White Corn Tortillas
- ✓ **KEY FOODS:** Whole Wheat Tortillas
- ✓ **LA BANDERITA:** Corn Tortillas, 100% Whole Wheat Fajita Flour Tortillas, 100% Whole Wheat Soft Taco Flour Tortillas
- ✓ **MEXAMERICA:** 100% Whole Wheat with Honey Tortillas
- ✓ **MISSION:** 100% Whole Wheat Flour Tortillas
- ✓ **NATURE'S PROMISE:** Corn All Natural Tortillas
- ✓ **ORTEGA:** Whole Wheat Tortillas
- ✓ **SIEMPRE AUTENTICO:** Whole Wheat Flour Tortillas
- ✓ **STOP & SHOP:** White Corn Tortillas (Qaanada iska taala iyo Caano), Whole Wheat Flour Tortillas
- ✓ **TIO SANTI:** 100% Whole Wheat Flour Tortillas
- ✓ **TOPS:** Whole Wheat Tortillas
- ✓ **WEGMAN'S:** Whole Wheat Tortillas

Waxyaabaha laga Sameeyo Qamadiga 16-waqiyadood xermo 1 rodol (1 lb.) waxa uula mid yahay 16 wqiyadood (16 oz.)

- ✓ **AMERICA'S CHOICE:** 100% Whole Wheat Bread
- ✓ **BEST YET:** 100% Whole Wheat Bread
- ✓ **BIMBO:** 100% Whole Wheat Bread
- ✓ **CENTRAL MARKET CLASSICS:** 100% Whole Wheat Bread
- ✓ **FOODLION:** 100% Whole Wheat Bread
- ✓ **FULL CIRCLE:** Flax & Grain Bread
- ✓ **GOLD MEDAL BAKERY:** 100% Wheat Bread with Flax
- ✓ **GOURMET:** 100% Whole Wheat Bread
- ✓ **HANNAFORD:** 100% Whole Wheat Bread
- ✓ **HAUSWALD'S:** 100% Whole Wheat Bread
- ✓ **HOLSUM:** 100% Whole Wheat Bread
- ✓ **JERUSALEM:** Franczoz Health Bread 100% Whole Wheat, Franczoz Health Bread Germinated Whole Wheat
- ✓ **MONKS':** Multigrain bread, Wheat Wholegrain Bread
- ✓ **PAS YISROEL:** 100% Multi Grain Bread All Natural, 100% Whole Wheat Bread
- ✓ **PENN STREET:** 100% Whole Grain Wheat Bread
- ✓ **PICS ee ka yimid Price Chopper:** 100% Rootiga Sareenka Qamadiga
- ✓ **ROMAN MEAL:** 100% Whole Wheat Bread
- ✓ **RUBSCHLAGER:** Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye Rye-Ola Sunflower Bread
- ✓ **SARA LEE:** 100% Whole Wheat Bread
- ✓ **SCHWEBEL'S:** 100% Whole Wheat Bread
- ✓ **SHOPRITE:** 100% Whole Wheat Bread
- ✓ **STERN'S:** Whole Wheat Bread, Whole Wheat Rolls
- ✓ **STOP & SHOP:** 100% Whole Wheat Bread (No Salt Added), 100% Whole Wheat (ee baqaarka foornada cusub)
- ✓ **SUPER BREAD:** 100% Whole Wheat Bread
- ✓ **WINDMILL FARMS:** 100% Stone Ground Whole Wheat Hamotzie, 100% Stone Ground Whole Wheat Mezonos
- ✓ **ZOMICK'S:** 100% Whole Wheat Bread Hamotzie, 100% Whole Wheat Bread Mezonos, 100% Whole Wheat Rolls

Bariis Bunni ah 14-16-waqiyadood or 28-32-waqiyadood xermo

- ✓ **Summad walba:** Bariis bunni ah cad ee kartoomo ku jira ama baco; laga yaabo in ay degdeg noqoto, dhaqso, ama karin joogta ah
- LAMA OGOLA:** Iskudarka lagu daray sida sonkorta, dufanta, saliida, ama cusbada

Baastada Sareenka Qamadiga 16-waqiyadood xermo kaliya

- ✓ **Summad walba:** Baastada sareenka Qamadiga ee nooc/qaab walb. Laga sameeyay sareenka qamadiga ama budada burka qamadiga. Dabiiciga waa la ogolyahay.
- LAMA OGOLA:** Isku darka lagu daray sida sonkorta, dufanta, saliida, ama cusbada

100% Juus

LAMA OGOLA: Juus dabiici ah

11.5-Waqiyadood Weelal ah (Qaanada iska taala wax badan)

✓ WELCH'S: Nooc walba

11.5-12-Waqiyadood Weelal (Qabow badan)

Miraha canabka, Oranjiga, Caananaas: ✓ **SUMMAD WALBA**
 Tufaax: ✓ **SUMMADA BAQAAR WALBA*** iyo **SUMMADAHA XIGGA:**
 ✓ **LANGERS** ✓ **OLD ORCHARD** ✓ **SENECA**
 Canab: *Gaduud xigeen & Cadaan:* ✓ **SUMMADA BAQAAR WALBA*** iyo **SUMMADAHA XIGGA:**
 ✓ **LANGERS** ✓ **OLD ORCHARD** ✓ **WELCH'S**
 Juuska la Shiiday: ✓ **SUMMADA BAQAAR WALBA*** iyo **SUMMADAHA XIGGA:**
 ✓ **DOLE:** Nooc walba
 ✓ **LANGERS:** Autumn Blend, Spring Blend, Summer Blend, Winter Blend
 ✓ **OLD ORCHARD:** Nooc walba iyo daboolka *cagaarka madow*
 ✓ **WELCH'S:** Nooc waba iyo daboolka *jaalaha*

16-Waqiyadood weelal ah (Xoog u barafeysan)

Miraha canabka, Oranjiga, Caananaas: ✓ **SUMMAD WALBO**
 Tufaax iyo Juus laysku Qasay ✓ **SUMMAD WALBA**

LAMA OGOLA: Juuska canabka (aan ka aheyn juuska laysku daray)

* **'SUMMADA BAQAAR WALBA'** waxaa ku jira magacyada *baqaarka* IYO summadahaan ee juuska boqolkiiba 100% ee boqolkiiba 120% ama ka badan oo fitimiin C ah:

- | | | |
|----------------------|-------------------|----------------|
| ✓ AMERICA'S CHOICE | ✓ FOOD CLUB | ✓ PARADE |
| ✓ BEST YET | ✓ GREAT VALUE | ✓ RED & WHITE |
| ✓ CLEAR VALUE | ✓ HARVEST CLASSIC | ✓ RICHFOOD |
| ✓ CRISP | ✓ HYTOP | ✓ SHURFINE |
| ✓ DELSEA FARMS | ✓ KRASDALE | ✓ SUPER A |
| ✓ ESSENTIAL EVERYDAY | ✓ NATURE'S OWN | ✓ TIPTON GROVE |
| ✓ FLAVORITE | | ✓ WHITE ROSE |

64-Waqiyadood Dhalooyin Caag ah

Iiin bambeelo, Iiin, Caananaas: ✓ **SUMMAD WALBA** Tufaax: ✓ **SUMMADA BAQAAR WALBA*** iyo **SUMMADAHA XIGGA:** ✓ **APPLE & EVE** ✓ **LANGERS**
 ✓ **LUCKY LEAF** ✓ **MOTT'S** ✓ **MUSSELMAN'S** ✓ **JUICY JUICE** ✓ **OLD ORCHARD**
 ✓ **SENECA** ✓ **SESAME STREET**

Isku darka juuska: ✓ **SUMMADA BAQAAR WALBA*** iyo **SUMMADAHA XIGGA:**
 ✓ **LANGERS:** Apple Berry Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Grape, Apple Orange Pineapple, Disney Apple Cranberry Grape
 ✓ **JUICY JUICE:** Apple Raspberry, Berry, Cherry, Fruit Punch, Kiwi Strawberry, Mango, Orange Tangerine, Strawberry Banana, Tropical
 ✓ **OLD ORCHARD:** Acai Pomegranate, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Peach Mango, Wild Cherry
 ✓ **SESAME STREET:** Cookie Monster Berry, Elmo's Punch

LAMA OGOLA: Juuska Tufaaxa (aan ka aheyn jiiska la isku daray), kartoomada la qaboojiyay



Heerka waa in uu noqdaa 120% ama Fitimiin C badan

130% Daily Vitamin C

Cuntada laga Ogolyahay Qudaarta & Jeegaga Miraha (Qayamka Kaashka Warqada lacag bixinta)

✓ Sax ayaa sheegeyso 'Cuseeb kaliya' ama 'Cuseeb/Barafeysan/Qasacadaysan' ✓ Qudaarta dabiiciga ah iyo miraha ayaa la ogolyahay
 'Qasacadaysan' micnaheeda yahay cunto lagu keydiyay well giijsan. Weelka waa in uu ahaadaa bir, dhalo ama caag.

Qudaarta Barafeysan iyo Miro	✓ Wixii kala duwan ee qudaar cusub iyo miro ✓ Laga yaabo dhammaan ama qayb ✓ Isku dar saladh la isku qasay, qudaar la isku daray LAMA OGOLA: Sheeyada laga keenay saladh; saxamada xafladaha, dambilaha miraha, qudaarta la qurxiyay iyo miraha; badeecada la qalajiyay; loos weynaha, oo ay ku jiraan loosyada, miraha/isku darka loosyada; dhirta, xawaajiyada, sharaxaada saladh
Miro Qasacadaysan	✓ Wixii sumad baceysan ee biyo ama juus ah ✓ Wixii miro kala duwan, miro isku dar ah ✓ Badeecooyinka leh macaanka beenta ah ✓ Wixii cabir/weel/xirmo nooca (aan ka aheyn baakid halmar la isticmaalayo) ✓ Miraha waa in ay noqdaan iskudarka koowaad ✓ Suugada tufaaxa: 'Sonkor laguma daro' ama 'Aan macaan aheyn' kala duwanaansho kaliya LAMA OGOLA: Suugada basbaaska miraha; buuxinta baayga; maraq walba (adag, qafiif ah, "Dabiici ahaan qafiif ah", qafiif dheeraad ah, iwm.); sonkor lagu daray ("macaanka qafiif ku ah miraha juuska", miraha shinida, iwm.); cusbo lagu daray, dufan, saliid; baakid halmar la isticmaalayo.
Qudaar Gasacadeysan	✓ Summad walba ✓ Laga yaabo in ay noqoto mid joogta ah ama kiimikada/cusbada hooseeyo ✓ Wixii qudaar kala duwan, qudaar isku dar ah ✓ Cabir walba ✓ Nooc walba oo weel/baakid ah ✓ Qudaarta waa in ay noqotaa isku darka koowaad ✓ Yaanyada Qasacadaysan (suugada yaanyada, suugada qudaarta, kuli, burbursan, lakariyay, jarjaran, suugo, suugu basbaas) LAMA OGOLA: Qudaarta la huuriyay ama la qurxiyay (oo ay ku jiraan galeyda); digirta duban, hilib doofaar iyo digirta, maraqyada; suugada yaanyada iyo qalka; qurxinta cuntada; seytuunka; waxyaabaha lagu daray dufanta, saliida, sonkorta; digirta kartay, digirta ceyrinka ah iyo misirta (tusaale: digirta madow, digirta jaalaha, digirta kelida)
Mirahara Barafeysan	✓ Summad walba ✓ Nooc walba oo weel/baakid ah ✓ Cabir walba ✓ Miraha waa in ay noqdaan iskudarka ugu horeeya ✓ Wixii qudaar iyo miro kala duwan ee isku dar ah LAMA OGOLA: Iskudarka aan ka aheyn qudaarta; sonkorta lagu daray; wixii maraq ah (maraqa galeyda, maraqa galeyda sonkorta ku sareeyo, sonkorta noolaha, sonkorta gulukooska, sokorta gasacadaha, malabka, sharoobada sonkorta, iwm.)
Qudaarta Barafeysan	✓ Summad walba ✓ Nooc walba oo weel/baakid ah ✓ Cusbo leh ama aan laheyn ✓ Digir barafeysan, digirta ceyrinka ah iyo misirta waala ogolyahay ✓ Cabir walba ✓ Wixii qudaar iyo miro kala duwan ee isku dar ah ✓ Qudaarta waa in ay noqotaa iskudarka koowaad LAMA OGOLA: Sonkor lagu daray, dufan iyo saliid; sooska suugada ama nooc kastoo kale oo suuga ah; rooti

Si looga yareeyo qaadashada cusbada, raaci biyo qudaarta qasacadaysan.