



Codsi Beddel Caano – Daryeelka Dadka Waaweyn

(Baahi Aan Caafimaad Ahayn/Doorbidka Waalidka)

Barnaamijka Cuntada Daryeelka Caruurta iyo Dadka Waaweyn (Child and Adult Care Food Program, CACFP)

Haddii aadan cabin karin caanaha lo’da ee caadiga ah sababo la xiriira doorbid ama baahi cunto oo gaar ah balse aadan **lahayn** naafo caafimaad oo si rasmi ah loo ogaaday, adiga ama xarunta daryeelka dadka waaweyn waxaad dooran kartaan in la bixiyo caano kale oo beddel ah ama nooc kale oo caano dareere ah. **Haddii mid ka mid ah ikhtiyaarrada 1–3 ee hoos ku qoran la bixiyo, foomkan waa in la buuxiyaa.**

1. **Caano Beddel ah oo ay Ansixisay Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha (Office of Superintendent of Public Instruction, OSPI)**

Fadlan eeg liiska [OSPI Beddelka caanaha ee la ansixiyay \(OSPI Approved Milk Substitutes\)](#) si aad u aragto ikhtiyaarrada suurtagalka ah.

2. **Caano Degaanka Dareere ah oo Aan Caano Ahayn**

Waaxda Beeraha ee Mareykanka (United States Department of Agriculture, USDA) waxay oggolaanaysaa in la bixiyo caano kasta oo beddel ah oo nafaqo ahaan u dhigma caanaha lo’da dareeraha ah. Tani macnaheedu waa (1 koob/8 wiiqiyadood) caanaha beddelka ah waa inay gaaraan ama ka bataan qiimaha nafaqo kasta oo halkan ku qoran.

Alaabtu waa inay ku jirtaa nafaqooyinkan soo socda halkii 1 koob:	
Nafaqo	Halkii koob
Kaalshiyam	276 mg
Borotiin	8 garaam
Fitamiin A	500 IU ama 150 mcg
Fitamiin D	100 IU ama 2.5 mcg
Magneesiyaam	24 mg
Fosfooras	222 mg
Botaasiyam	349 mg
Riboflavin	0.44 mg
Fitamiin B-12	1.1mcg

3. **Ikhtiyaar Kale oo**

Caano Dareere ah

Caano kale oo la oggol yahay laguna beddeli karo caanaha lo’da caadiga ah waxaa ka mid ah caano la aashiteeyay, caano acidophilus ah, buttermilk (ganacsi ahaan loo diyaariyey), caanaha riyaha, caanaha Kefir, caano aan lahayn lactose ama la dhimay (sida Lactaid), iyo caano organic ah.

Magaca Ka-qaybgalaha: _____

Fadlan sheeg sababta loo baahan yahay caano beddel ah: _____

Magaca Caanaha Aan Caano Ahayn ama Ikhtiyaarka Kale ee Caano Dareere ah: _____

Waxaa bixinaya:

Waxaan codsanayaa in **xarunta daryeelka dadka waaweyn ay bixiso** doorashadan. Waan ogahay in

xaruntu diidi karto codsiyada aan ku salaysnayn baahi caafimaad oo la xaqiijiyay.

Aniga ayaa bixin doona cabbitaankan.

Saxiixa Xubin Qoyska/ Mas'uulka:

_____ Taariikhda: _

Hay'addani waa bixiye fursad loo siman yahay.

Febraayo 2026