Washington Office of Superintendent of
PUBLIC INSTRUCTION

Codsi Beddelka Caanaha – Daryeelka Carruurta

(Baahi Aan Caafimaad Ahayn/Doorbidka Waalidka)

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

Haddii ilmahaagu uusan cabbi karin caanaha lo'da caadiga ah sababo la xiriira doorbidka waalidka ama baahi cunto oo gaar ah balse **uusan lahayn** naafo caafimaad oo la xaqiijiyay, adiga ama xarunta daryeelka carruurta waxaad dooran kartaan inaad bixisaan caano kale oo beddel ah ama ikhtiyaar kale oo caano dareere ah. **Haddii mid ka mid ah ikhtiyaarrada 1–3 ee hoos ku qoran la bixiyo, foomkan waa in la buuxiyaa**. *Fadlan ogow, cabbitaannada aan caanaha ahayn ee dhadhanka leh ama caano dareere kale oo dhadhan leh looma oggola carruurta da'doodu u dhaxayso 1 ilaa 5 sano.*

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 wiqiyadood) 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. *Fadlan ogow: caano dhan waa in la siiyaa carruurta 12 ilaa 24 bilood jirka ah, halka caano aan dufan lahayn ama 1% la siinayo carruurta 2 sano jir ama ka weyn dhammaan ikhtiyaarradan.*

Magaca Ilmaha: _____

Fadlan caddee sababta ilmahaagu ugu baahan yahay caano beddel ah: _____

_____

Magaca Caanaha Aan Caano Ahayn ama Ikhtiyaarka Kale ee Caano Dareere

ah:_____

Waxaa bixinaya: (mid keliya dooro)

☐ Waxaan codsanayaa in **xarunta daryeelka carruurta ay bixiso** ikhtiyaarkan. Waan ogahay in xaruntu diidi karto codsiyada aan ku salaysnayn baahi caafimaad oo la xaqiijiyay.

☐ **Aniga ayaa bixin doona** cabbitaankan.

Saxiixa Waalidka/Masuulka: _____Taariikhda: _

Hay'addani waa bixiye fursad loo siman yahay. Febraayo 2026