

Bikozwe n'itegeko rya reta k'uburenganzira bwa kiremnamuntu hamwe n'Igisata Kijejwe Ivy'uburimyi (USDA) uburenganzira n'ivyitondegwa, kino kigo nticerewe gukumira bitewe n'uko umuntu amaze, uko asa, aho aturuka (igihugu), igitsina (harimwo igitsinagabo n'igitsinagore), ubumuga, imyaka, canke uburenganzira bwabaye muri kahise.

Ibimenyeshwa vy'umugambi bishobora kubonekana mu zindi ndimi havuyemwo Icongerezwa. Abantu bagendana ubumuga bakenera ibikoresho vyo kubafasha guhanahana amakuru kugira baronke amakuru yerekeye umugambi (akarorero. Ibikoresho bifasha abagendana ubumuga bwo ku tabona vya Braille, uburyo bwa large print bw'inyandiko mu ndome nini bufasha abagendana ubumuga bwo kutabona neza, uburyo bw'amajwi bwa audiotape, uburyo bwo gukoresha ibimenyetso bwa American Sign Language), bategerezwa kwakura reta biraba canke ishira hamwe ribegereye rijejwe uwo mugambi canke ishira rya USDA kuri (202) 720-2600 (ijwi hamwe na TTY) canke bakakura USDA babicishije kw'ishami ryayo kuri (800) 877-8339.

Mu gutanga ikirego cerekeye ivangura, uwutanga ikirego ategerezwa kwuzura ifishe ya Form AD-3027, ifishe yo gutanga ikirego kw'ivangura y'umugambi wa USDA ishobora kuboneka ku ngururukana bumenyi kuri: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form0508-0002-508-11-28-17Fax2Mail.pdf>, ku biro vya USDA ivyo arivyo vyose, mu kwakura kuri (866) 632-9992, canke mu kwandika ikete bandikira ishira hamwe USDA. Ikete itegerezwa kuba ikubiyemwo izina ry'urega, aderesi, inimeru ya terefone, hamwe n'ibisobanuro vyanditse vyerekana igikorwa c'ivangura kivugwa mu buryo burambuye kugira amenyeshe umunyamabanga wungirije ujejwe agateka ka zinamuntu (ASCR) ku vyerekeye imiterere n'igenekerezo bivugwa ko ihonyangwa ry'agateka ka muntu. Ifishi ya AD-3027 yujijwe canke ikete bitegerezwa koherezwa kuri USDA biterenze:

1. Biciye kw'iposita kuri: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; canke
2. Kuri fax: (833) 256-1665 or (202) 690-7442; canke
3. Email kuri : Program.intake@usda.gov

Kino kigo gitanga uburenganzira bungana.



Yagira umugenzi ibikorwa WIC ikora!



Contact Us | 319-366-7632 (press 2) | hacap.org/wic | wicnutrition@hacap.org
For Medicaid Eligibility: hhsservices.iowa.gov/apsspssp/ssp.portal

HACAP is an equal opportunity provider and United Way Partner Agency
Revised: July 7, 2026

WIC ni iki?

WIC ni programe y'abana bahabwa ibiribwa bifasha abana gukura neza, abagore bibungenze, abagore bonsa, hamwe n'abagore bavyaye abana mumezi 6 aheze.

WIC ifasha imiryango mu kuyiha infungurwa zibereye, inyigisho ku ngaburo, inyigisho zo guteza imbere ukwonsa abana hamwe no kurungika abagwayi ku yandi mavuriro abitaho.

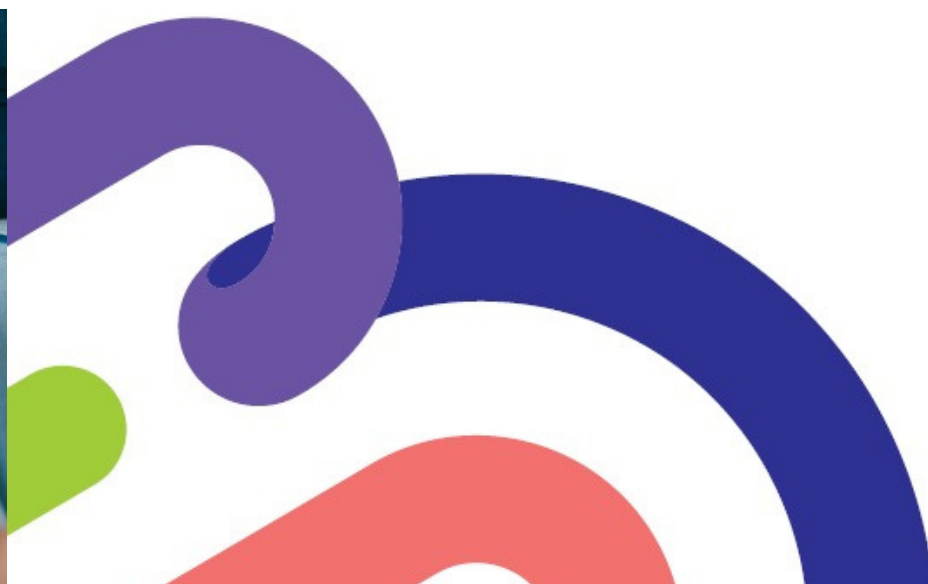
Niba wibaza ko wokwemeregwa, turasavye uhamagare ishirahamwe rikwegereye rya WIC usabe randevu. Bizosaba kwo ukwiza ibisabwa n'amategeko kubijanye n'amahera winjiza kandi kuba ufise aderese yomuri Iowa.

WIC iragufasha kubijanye n'amagara. Muri ivyo bikorwa harimwo inyigisho ku ngaburo, guteza imbere ukwonsa abana, hamwe no kubashigikira, hamwe no mu kubaronsa ikarata ya eWIC yo gusumisha ibifungurwa bibereye.

Abaforoma ba WIC hamwe n'abajejwe ingaburo barahura nawe kugira muganire ingaburo yawe hamwe na kahise k'amagara yawe, kugira bakugire inama ku bijanye n'ingaburo, bagukorere isuzuma ry'amagara, bakurungike ahandi, hamwe no mu kwemeza ibifungurwa bikubereye.

2026-27 Amabwirizwa ya WIC ku bijanye n'amafaranga winjiza (Bizotangura gushirwa mu ngiro muri Mukakaro 1, 2026 – gushika muri Ruheshi 30, 2027)

Ababa munzu uko bangana	Amahera y'injira m'umwaka	Amahera y'injira m'ukwezi
1	\$29,526	\$2,461
2	\$40,034	\$3,337
3	\$50,542	\$4,212
4	\$61,050	\$5,088
5	\$71,558	\$5,964
6	\$82,066	\$6,839
7	\$92,574	\$7,715
8	\$103,082	\$8,591
Kuri buri muntu yiyongereyeko ongerako:	+ \$10,508	+ \$876





Imangazini zitanga uturusho twa WIC mu Turere
twa Linn, Johnson, Jones, Iowa Benton Counties

NE CEDAR RAPIDS

Hy-Vee Food Store—3235 Oakland Rd NE

Hy-Vee Food Store—5050 Edgewood Rd NE

Wal-Mart—2645 Blairsferry Rd NE

Super Target—1030 Blairsferry Rd NE

Hy-Vee Drugstore—505 Boyson Rd NE

Hy-Vee Drugstore—2001 Blairsferry Rd NE

NW CEDAR RAPIDS

Hy-Vee Food Store—1843 Johnson Ave NW

Hy-Vee Drugstore—4825 Johnson Ave NW

Cultivate Hope Cornerstore—604 Ellis Blvd NW

SE CEDAR RAPIDS

Hy-Vee Food Store—4035 Mt. Vernon Rd SE

Fareway Store—3717 1st Ave SE



Imangazini zitanga uturusho twa WIC
tubandanya...

SW CEDAR RAPIDS

Hy-Vee Food Store—20 Wilson Ave SW

Hy-Vee Drugstore—1520 6th St SW

Fareway Store—4220 16th Ave SW

Wal-Mart—3601 29th Ave SW

Super Target—3400 Edgewood Rd SW

MARION

Hy-Vee Food Store—3600 Business Hwy 151 East

Fareway Store—3300 10th Avenue

Walmart Supercenter—5491 Business Hwy 151

HIAWATHA

Fareway Store—885 Miller Road

AKARERE KA SE LINN

Gary's Food—715 1st Avenue South, Mt. Vernon

Fareway Store—930 Commercial Street, Lisbon

AKARERE KA NE LINN

Hometown Market—9 South Avenue, Central City

Center Point Foods—800 Ford Lane, Center Point





Imangazini zitanga uturusho twa WIC tubandanya...

AKARERE KA JOHNSON

HyVee Food Store—1720 Waterfront Drive, Iowa City

HyVee Food Store—1125 North Dodge St., Iowa City

HyVee Food Store—812 South 1st Ave., Iowa City

Fareway Store—2530 Westwinds Dr., Iowa City

Fareway Store—2765 Commerce, Iowa City

Walmart Supercenter—919 Highway 1 West, Iowa City

HyVee Drugstore—310 North 1st Ave, Iowa City

HyVee Food Store—1914 8th St., Coralville

Walmart Supercenter—2801 Commerce Dr., Coralville

Target Store—1441 Coral Ridge Ave., Coralville

HyVee Food Store—3285 Crosspark Rd., Coralville

Fareway Store—500 Croell Ave., Tiffin

Sam's Main Street Market—123 East Main St., Solon

Fareway Store—615 Westwood Dr., North Liberty



Imangazini zitanga uturusho twa WIC tubandanya...

AKARERE KA IOWA

Big "G" Food Store—310 West Dillion St., Marengo

Freeman Feeds—119 North Main St., North English

Brothers Market—103 West Walnut St., Williamsburg

AKARERE KA JONES

Fareway Store—402 East Main Street, Anamosa

Walmart—101 115th Street, Anamosa

Fareway Store—433 North Farley Street, Monticello

HyVee Dollar Fresh—122 North Main Street, Monticello

AKARERE KA BENTON

County Foods—1206 7th Ave., Belle Plaine

Fareway Store—501 A Avenue, Vinton

HyVee Dollar Fresh—911 South K Avenue, Vinton





Linn, Jones, Benton, Iowa na Johnson County Ibibanza bitanga uturusho twa WIC

Alternative Language Outreach WIC Clinic

St. Mark's Methodist Church
4700 Johnson Ave NW Cedar Rapids, IA 52404
(319) 366-7632
Amasaha: Ku wakabiri wa mbere & ku wagatatu ugira
gatatu. 9-3:30 (Bugara isayha 12-12:45)

Anamosa WIC Clinic

Jones County Public Health Building
105 Broadway Place Suite 11 Anamosa, Iowa 52205
(319) 366-7632
Fax: (319) 200-5160
Amasaha: ku wakabiri ugira 2. 11-5:30 (Closed 1:15-2)
Kuwa gatatu ugira 3. 9-3:30 (Bugara isaha 12-12:45)

Belle Plaine WIC Clinic

Masonic Hall
805 11th St Belle Plaine, IA 52208
(319) 366-7632
Fax: (319) 366-8936
Amasaha: Ku wagatatu wa mbere. 9:15-2:45
(Bugara 12-12:45)

Coralville WIC Clinic

Coralville Public Library
1401 5th St Coralville, IA 52241
(319) 356-6042
Fax: (319) 339-6176
Amasaha: Kuwa kabiri ugira kane. Isaha 8:30-4

Hispanic Outreach WIC Clinic

Busse Library
1845 Sandberg Lane SW Cedar Rapids, IA 52404
(319) 366-7632
Fax: (319) 366-8936
Amasaha: Ku wagatatu ugira isaha 3. 9-3:30
(Bugara 12-12:45)

Iowa City WIC Clinic

Johnson County Public Health Building
855 S Dubuque St. Iowa City, IA 52240
(319) 356-6042
Fax: (319) 339-6176
Amasaha: Ku Wambere. Ku Wakabiri Ku Wakane.
Isaha 8-4:30 Ku Wagatatu. 8 - 6
Ku Wagatanu 1-4:30
Ku Wagatandatu wa mbere 8-12

LCPH WIC Clinic

Linn County Public Health Building
1020 6th Street SE Cedar Rapids, IA 52401 (319) 892-6024
Fax: (319) 892-6098
Amasaha: Ku Wambere. Kuwagatatu Ku Wakane. 8-4:30
Ku wakabiri wa mbere & n'uwagatatu. 8-4:30
(Bugara isaha 12-12:45) Ku Wakabiri ugira 2 & na 4.
Isaha 10-6:30 (Bugara 1:15-2:00)

Marengo WIC Clinic

Marengo Public Library
235 E Hilton St. Marengo, IA 52301
(319) 356-6042
Fax: (319) 339-6176
Amasaha: Ku Wakane ugira kane. Isaha 9-4

Marion WIC Clinic

Marion Ministry and Outreach Center
640 14th Street Marion, IA 52302
(319) 200-8650
Fax: (319) 200-5160
Amasaha: Ku Wagatatu. Ku Wagatanu. 8-4:30
Ku Wambere ugrira 2 na 4. Isaha 8-4:30
(Bugara isaha 12-12:45) Ku Wambere wa 1 hamwe
n'uwugira 3. Isaha 10-6:30 (Bugara 1:15-2)

Monticello WIC Clinic

Berndes Center
766 N Maple St, Monticello, IA 52310
(319) 366-7632
Fax: (319) 200-5160
Amasaha: Ku Wakabiri wa mbere. Isaha 9-3:15
(Bugara isaha 12-12:45)



Ibibanza bitanga uturusho twa WIC tubandanya...

North Liberty Baptist Church WIC Clinic

1215 Jordan Street North Liberty, IA 52317

(319) 356-6042

Fax: (319) 339-6176

Amasaha: Ku Wakane ugira 3. Isaha 8:30-4

North Liberty Community Center WIC Clinic

520 West Cherry St. North Liberty, IA 52317

(319) 356-6042

Fax: (319) 339-6176

Amasaha: Ku Wakabiri ugira 2. Isaha 8:30-4

Northwest Neighborhood Resource Center WIC Clinic

230 10th Street NW Cedar Rapids, Iowa 52405

(319) 366-7632

Fax: (319) 366-8936

Ku Wagatanu ugira 3. Isaha 9-3:30

(Bugara isaha 12-12:45)

Urban WIC Clinic

1328 2nd Ave SE Cedar Rapids, IA 52403 (319) 366-7632

Fax: (319) 366-8936

Amasaha: Ku Wambere. Ku Wakabiri Ku Wakane Ku Wagatanu. 8-4:30

Ku wagatatu wa 1 & n'uwugira 3. Isaha 8-4:30 (Bugara isaha 12-12:45) ku Wagatatuugira 2 & na 4. Isaha 10-6:30 (Bugara isaha 1:15-2:00)

Vinton WIC Clinic

Wesley United Methodist Church

516 Second Avenue Vinton, IA 52349

(319) 366-7632

Fax: (319) 366-8936

Amasaha: Ku Wakabiri ugira 2. Isaha 9-4:45 (Bugara isaha 12-12:45) Ku Wakabiri urira 4. Isaha 9-3:15 (Bugara isaha 12-12:45)

Williamsburg WIC Clinic

Williamsburg Public Library

300 W State St Williamsburg, IA 52361

(319) 356-0642

Fax: (319) 339-6176

Amasaha: Ku Wakane ugira 2. 9-4

Kuza ata randevu hamwe n'amategeko yo guceregwa

Kuza ata randevu ufise bizosaba ko uhabwa iyindi randevu y'uwundi musi. Mu gihe wacerewe iminota irenga 10 kw'isango ryawe, uzofatwa nk'uwaje atahawe isango. Mu gihe hari isango muri ako kanya ry'uguruwe mw'ivuriro urashobora guca usuzumwa buno nyene.

Amategeko y'uko uzoba utabonetse kuri randevu

Mu gihe udashoboye kwubahiriza isango ryawe ryagenwe urasabwa kwakura ivuriro kugira hagenwe irindi sango. Ushobora gutora uwundi muntu ashobora kugufasha gushika kuri randevu yawe. Mu gihe udasanze ufise uturusho tw'ibifungurwa twatanze mu gihe c'amezi ane akurikirana, uzoca ukurwa mu mugambi ariko uzoba ufise amahitamwo yo gusubizwa mu mugambi.

Inyigisho z'ivyokurya

Izinyigisho zitangwa hagati y'amasango yo kwemeza hamwe n'ukujanja n'igihe amakuru yerekeye amarara. Birashobora gukorerwa kw'ivuriro, biciye kuri terefone, canke biciye ku ngurukana bumenyi kuri www.wichealth.org. Urasabwa kuyaga n'umukozi w'ivuriro mu gihe ushaka ayandi makuru.

Amategeko yo guhindura randevu

Rimwe na rimwe ivuriro rya WIC rirashobora kwugara bitewe n'ibihe bibi canke izindi ngorane zibaye giturumbuka. Urasabwa kwakura ibiro vya WIC canke ukaraba KCRG ku yandi makuru ku vyerekeye ibihe ivuriro ryugara.

