Maxaan ku iibsan karaa?

furut iyo Khudaar:

Waxay noqon karaan:

- cusub, barafaysan ama qasacadaysan
- dhan ama jar jartey
- baakadaysan ama dabacsan
- miro ku jira casiirka khudradda
- miro ama khudaar biyaha ku jira
- Waxaan kaa caawin karnaa inaad iibsato digir cusub, qalalan ama qasacadaysan.

Ma awoodaan:

- waxay ku darsadeen maaddooyin sida dufan (saliid), milix, sonkor ama dhadhan
- la casiir ama hore loo kariyey
- miro ku ah sharoobada
- kuwa smoothie ah/cabiitan

Caanaha lo'da ee caadiga ah

Tani waxay u baahan tahay inay noqdaan caano lo'da oo cad, kuwaas oo la pasteurised, jeermis dilay, cimri dheer ama kulaylka aadka u kulul (UHT).

Ma noqon karto:

- dhadhansan
- Midab leh
- La'isku daray
- Caano mcacaan oo adag
- Caano dhir laga sameeyey
- budada ah (haddii aysan ahayn heerka koowaad ee caanaha dhallaanka)

caanaha dhallaanka

Waa in ay noqoto:

- ku haboon dhalashada
- laga sameeyay caanaha lo'da

Fiitamiinada Bilowga Caafimaadka leh ee haweenka

Waxa kale oo aad heli kartaa fiitamiino Bilawga Caafimaadka ah oo bilaash ah.

Haddii aad ku nooshahay England, ka raadi fiitamiin bixiyaha kuugu dhow websaydka Caafimaadka Bilawga ee NHS: www.healthystart.nhs.uk

Haddii aad ku nooshahay Wales, weydii umulisadaada ama booqdahaaga caafimaadka meesha aad ka ururinayso fitamiinadaada.

Haddii aad ku nooshahay Waqooyiga Ireland, waxaanu kuu soo diri doonaa warqad sharaxaysa sida loo codsado fiitamiinadaada.

Qaado kaadhkaaga lacagta hore marka aad soo qaadanayso.

Wixii macluumaad dheeraad ah iyo si aad u dalbato nidaamka Bilawga Caafimaadka ee NHS, booqo: ***www.healthystart.nhs.uk***

Ama naga soo wac 0300 330 7010. Xarunta xiriirkayadu waxay furan tahay Isniin - Jimco, 8 subaxnimo - 6 galabnimo (marka laga reebo maalmaha ciidaha)

Nagala soco Facebook iyo Twitter ***@NHSHealthyStart***

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Bilowga Caafimaadka NHS

Caawinta qoysaska da'da yar ee dakhligoodu hooseeyo si ay u helaan cunto caafimaad leh, caano iyo fiitamiinno.

Bilowga Caafimaadka NHS

Haddii aad uur leedahay ama aad leedahay carruur da'doodu ka yar tahay afar sano waxaad heli kartaa lacag-bixin afartii toddobaadba mar si aad u isticmaasho:

- caanaha lo'da
- miro iyo khudaar cusub, barafaysan ama qasacadaysan
- caanaha dhallaanka/caruurta
- digiraha cusub, qalalan ama qasacadaysan.

Waxa kale oo aad heli kartaa fiitamiino Bilawga Caafimaadka ah oo bilaash ah.

Waxaad helin:

- £4.25 toddobaad kasta oo uurkaaga ah (laga bilaabo toddobaadka 10aad ee uurkaaga)
- £8.50 todobaadkiiba carruurta laga bilaabo dhalashada ilaa 1 sano
- £ 8.50 shaybaalka laga sameeyey laga bilaabo ilaa 1 sano

Lacagtaadu waxay joogsan doontaa ka dib dhalashadii afraad ee ubadkaaga, ama haddii aanad helin waxtarka.



Yaa codsan kara?

Waxaad u qalmi kartaa nidaamka Bilawga Caafimaadka ee NHS haddii aad uur leedahay ugu yaraan 10 toddobaad ama aad leedahay ugu yaraan hal ilmo oo ka yar afar jir.

Intaa waxaa dheer, waa inaad helaysaa mid ka mid ah kuwan soo socda:

- Child Tax Credit (kaliya haddii qoyskaaga sannadlaha ah dakhligu waa £16,190 ama ka yar)
- Taageerada dakhliga
- Gunnada Shaqo doonka ee ku salaysan dakhliga
- Gunnada Hawlgabka (oo ay ku jirto kordhinta ilmaha sido kale)
- Credit Universal (haddii qoyskaaga mushaharka ay guriga ku qaataan ay tahay £408 ama ka yar bishii shaqada)

Waxaad sidoo kale xaq u yeelan doontaa Bilawga Caafimaadka NHS haddii:

- waxaad ka yar tahay 18 iyo uur, xitaa haddii aad xataa haddii aanad codsanayn wax cayr ah.
- waxaad sheeganeysaa Shaqo la xiriirta dakhliga iyo Gunnada Taageerada (ESA) oo ay ka weyn yihiin 10 toddobaadyo uur leh
- Ama haddii adiga ama lammaanahaaga aad heshaan Working Tax Credit oo keliya. oo ay wadda helaan. (Working Tax Credit waa hawl socota Credit Tax Credit ee aad ku hesho 4 toddobaadyo isla markiiba ka dib markaad istaagto shaqeeya 16 saacadood ama ka badan todobaadkii)

Sida loo codsado

Booqo:
www.healthystart.nhs.uk

Buuxi foomka codsiga onlaynka ah

Ku hel kaadhkaaga hore ee boostada

Waxaad u baahan doontaa inaad kaarkaaga shaqaysiiso si aad u hesho PIN-kaaga ka hor intaadan isticmaalin

Ka iibso cunto iyo caano caafimaad leh badi dukaamada tafaariiqda ee iibiya cuntada iyo caanaha xaqa ah oo aqbal lacagaha Mastercard®.

Waxaad u baahan doontaa inaad geliso kaadhkaaga akhriyaha kaadhka oo aad geliso PIN-kaaga marka ugu horeysa ee aad isticmaasho kadhkaaga

Kaarkaaga waxa lagu buuxin doonaa waxtarkaaga afartii toddobaadba mar.

Waxa kale oo aad heli kartaa fiitamiino Bilawga Caafimaadka ah oo bilaash ah.