Sidda Caawimada Cunto Loo helo

**Haddaad caawimo cunta u baahantay maanta, wac 1-866-348-6479 (1-866-3-HUNGRY).
Kani waa National Hunger Hotline (Khadka Qaranka Tooska ah ee Gaajada). Shaqaalaaha ka jawaabida tooska ahina waxay kaa caawin karaan helitaanka cunto u dhow meesha aad ku nooshahay. Waa wicitaan lacag la'aana. Waxaad wici kartaa Isniinta ilaa Jimcaha 9:00 a.m. gelinka hore to 6:00 p.m. gelinka dambe, Saacada wakhtiga bari.
Haddii aad u baahato cunto saacadaha kale gudahooda, fariin u dhaaf shaqalaalaha jawaabida tooska ah si ay dib kuugu soo wacaaan ama booqo www.whyhunger.org/findfood.**

United States Department of Agriculture waxay leedahay barnaamijyo badan oo ay ku caawiso in dadku cunto helaan. Waxaan doonaynaa in aan kuu sheegno waxa ay caawimada la helayaa tahay. waxaanu ku soo ururinay barnaamijyada buugan yar dadka ay caawin karaan. Dadka muhaajiriinta waxay ka heli karaan caawimo cunto dhamaan barnaamijyadan. SNAP waxay u baahantahay warqadaha cadaymaha ah ee muhaajiraantaas heerkooda maxaayeelay kuwa sharci ahaan ku jooga ayuun baa xaq u leh faa'iidooyinkaas. The National School Lunch iyo School Breakfast Programs uma baahna waraaqo, Laakiin Goboladdu waxay doran karaan in ay uga baahdaan waraaqo barnaamijyada kale. Haddii aad caawima uga baahantahay:

Dadka da' kasta jira (qof walba, kuwa aan xaasaska lahayn iyo qoysaska, kuwa shaqeeya iyo kuwa aan shaqayn, ciidamadii hore iyo qoysaska askarta militariga)

Supplemental Nutrition Assistance Program (SNAP), The Emergency Food Assistance Program (TEFAP), Caawin Cunto ee Smatabixinta Masiibada eeg bogga 2 si aad wax uga ogaato barnaamijyada.

Caruurta aadka u yar, caruurta da'da yar, iyo dumarka dhawaan dhalay caruur, uurka leh, ama naasnuujinaya

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), WIC Farmers Market Nutrition Program (FMNP), iyo Commodity Supplemental Food Program (CSFP) Eeg bogga 3 si aad u barato wax ku saabsan Barnaamijka.

Caruurta Dugsiga Barbaarinta ilaa Fasalka 12naad

Barnaamijyada Cuntooyinka Dugsiga, Summer Food Service Program (SFSP), iyo Child and Adult Care Food Program (CACFP), Halista Ah Cuntooyinka dugsiga ka dib Eeg Boggaga 4 iyo 5 si aad u barato wax ku saabsan Barnaamijyada.

Dadka da'da wayn 60 iyo wixii ka sii badan

Supplemental Nutrition Assistance Program (SNAP) Eeg bogga 2 si aad u barato Barnaamijka. Senior Farmers Market Nutrition Program (SFMNP), aniyo Commodity Supplemental Food Program (CSFP) Eeg bogga 5 iyo 6 si aad u barato wax ku saabsan Barnaamijka.

Hindida Maraykanka

Food Distribution Program on Indian Reservations (FDPIR) iyo WIC Eeg bogga 3 ee ku saabsan Barnaamijka. Supplemental Nutrition Assistance Program (SNAP) Eeg bogga 2 si aad u barato.

Ma rabtaa in aad wax badan ka barato sidda loo cunto caafimaad leh? Eeg bogga u dambeeya.

Dadka Da' kasta

SNAP (Supplemental Nutrition Assistance Program)

SNAP waa barnaamijka caawinta cuntada ee qaranka. Waxa markii hore loogu yeedhi jiray Food Stamp Program Goboladda qaarna wax kale ayay ugu yeedhi karaan.

Waxa uu Barnaamijku Qabto

SNAP waxaad helaysaa Kaadhka Electronic Benefit Transfer (EBT) ee Kaadhka. Waxaad u isticmalaaysaa siddii kaadhka wax lagu iibsado ee booshariga cuntada lagaga iibsado. SNAP waxay faa'iidooyinka lacageed gelisaa kaadhkan hal mar bishii. SNAP waxay sidoo kale haysaa barnaamijyo kaa caawinaya barashada in aad wax u cunto si caafimaad leh oo firfircoon.

Yaa Codsan Kara

SNAP waxay u adeegtaa dadka iyo qoysaska dakhligoodu hooseeyo. Qofkastaana waa codsankaraa. Haddii aad shuruudaha buuxiso, waxaad helaysaa SNAP. Xaddiga SNAP ee aad heshaa waxay ku xidhantahay:

- **Inta lacaga ee aad haysato**
- **Inta qof ee qoyskaagu yahay**
- **Waxoogaa kharashkaaga ah**

Haddii aad ku haboonaato, faa'iidooyinkaaga waxa aad ku helaysaa 30 cisho gudaheed ka dib markaad codsato. haddii aad haysato wax yar oo lacag ah ama waxba, fadlan ogaysii shaqaalahaaga SNAP. waxa laga yaabaa in aad caawimo u hesho si deg dega. Haddii aad tahay muhaajir ku jooga sifo sharci ah, waxa laga yaabaa in aad mudo sugto ka hor inta aanad helin SNAP. Waxa laga yaabaa caruurtaadu in ay awood u yeeshaan SNAP sugitaan la'aan. Caruurtaada waxa laga yaabaa in ay awood u yeeshaan in ay helaan SNAP xataa haddii aanad adigu kari Karin. U helida SNAP qoyskaaga ma dhaawici doonto fursadahaaga in aad noqoto muwaadin.

Muhaajiriinta sifada sharciga ah ku joogaa ee awood u yeelan kara helitaanka SNAP iyaga oo aan sugayn waxa ku jira:

- **18 Caruurta da'doodu ka hoosayso**
- **Qaxoontiga**
- **Qaar dadka waa wayn ah iyo kuwa naafada ah**

SNAP Si aad Wax badan Uga Barato

Wac 1-800-221-5689- ama booqoo **www.fns.usda.gov/snap** Si aad u hesho dukaan SNAP ah oo agtaada u dhow booqo **www.fns.usda.gov/snap/retailerlocator.htm**.

TEFAP (The Emergency Food Assistance Program)

Waxa Barnaamijku Qabto

TEFAP–waxay cunto siisaa Goobaha Cuntooyinka qaybiya ee gobol kasta. Ka dib Goobaha cuntada qaybiyaa waxay siiyaan goobaha cuntada lagu siiyo dadka bilaa hoyga ah iyo ururadda cuntada u sii qaybiya goobaha dadka cuntada lagu siiyo. Waxaad siddoo kale wax ka cuni kartaa meelaha dadka baahan cuntada loogu qaybiyo agtaada. Waxa siddoo kale laga yaabaa in aad awood u yeelato in aad cunto ka soo qaadato urur agtaada ah oo cuntada qaybiya ama in cuntada laguu soo diro adiga.

Yaa Codsan kara

Gobolkastaa waxa uu leeyhay sharcigiisa ku saabsan cidda cuntada ka qaadan karta goobta cuntada lagu qaybiyo iyo ururadda cunta qaybiya.Siddoo kale goobahoo dhan gobol kastaa ma bixiyaan TEFAP Wac National Hunger Hotline 1-866-348-6479 si aad wax uga ogaato goobaha cuntada dadka baahan u qaybiya iyo ururada gooobtaada. Markaas wac goobaha cuntada u qaybiya dadka baahan iyo ururada cuntada qaybiya ee goobtaada si aad u ogaato haddii aad coodsan karto.

Barashada Wax badan oo Ku saabsan TEFAP

Wac khadka tooska ah 1-866-348-8479 (1-866-3-HUNGRY) National Hunger Hotline - Siddoo kale waxaaad booqan kartaa **http://www.fns.usda.gov/emergency-food-assistance-program-tefap**.

Caawimada Cuntada Samata bixinta Masiibada

Waxa barnaamijku qabto

Inta lagu guda jiro masiibo sidda duufaan, dhul gariir,daad,ama xaalad kale oo degdeg ah, FNS waxay la shaqaysaa Gobolka iyo ururada wadaniga ah si ay cunto u siiyaan goobaha cuntada lagu qaybiyo iyo xidhmooyin cuntooyina qoysaska, ama si ay u qaybiso faa'iidooyinka Masiibooyinka ee SNAP. Barnaamijyadan waxa la siinayaa goobaha ay saamaysay xaaladaha degdega ahi ama masoobooyinku.

Yaa codsan kara

Haddii aad ku nooshahay goobaha ay saamaysay masiibo, waxa laga yaabaa in aad hesho caawimadan.

Si aad wax badan uga barato Disaster Relief

Ka dib masiibo gudaha bulshadaada, raadi haddii Gobolkaagu uu leeyahay bog internka ah oo masiibada ah ama khadka tooska ah ee xogta taas oo kaa caawin doonta in aad barato helitaanka caawimo cunto. Ama waxaad waci kartaa National Hunger hotline 1-866-348- 6479 (1-866-3-HUNGRY).

FDPIR (Food Distribution Program on Indian Reservations)

Hindida Maraykanka ee dakhligoodu hooseeya waxay xaq u yeelan karaan dhamaan barnaamijyada nafaqadda ee ku qoran halkan waxaanay ka qayb geli karaan FDPIR.

Muxuu Barnaamijku Qabtaa

FDPIR, waxaad ka heli kartaa USDA Foods si aad guriga ugu qaadato bishii hal mar.

Yaa Codsan Kara

Dadka dakhligoodu hooseeyo oo ku nool goobaha loo qoondeeyay Hindida Maraykanka ah way codsan karaan. Goobaha qaar, Hindida Maraykanka ee ku nool meel u dhow goobaha loo qoondeeyay way codsan karaan. Haddii aad hesho FDPIR, ma heli kartid SNAP.

Si aad Wax badan Uga Ogaato FDPIR

Wac Gobolkaaga ama Ururka Qabiil. Si aad u hesho nambarka telefoonka ee Gobolkaaga ama Urur Qabiil la xidhiidh, wac National Hunger Hotline 1-866-348-6479 (1-866-3-HUNGRY). Sidoo kale waxad booqan kartaa **http://www.fns.usda.gov/fdd/contacts/fdpir-contacts.htm**.

Caruurta aadka u yar, Caruurta yar yar, & Haweenka Dhawaan ilmo Dhalay, Uurka leh, ama Naas nuujinayag

WIC (Special Supplemental Nutrition Program for Women, Infant and Children)

Waxa barnaamijku qabto

Bil kasta, WIC waxay siiyaa lacag qabasho ama jeeg lacageed. Waxaad u isticmaashaa in aad cunto ku iibsato taas oo ku caawin doonta adiga iyo caruurtaadu in ay cunto cafimaad leh hesho, sidoo kale waxaad barankartaa cunitaanka caafimaadka leh, hel taageero si lagaaga caawiyo naas nuujinta ilmahaaga, soo ogow xanaanada caafimaad iyo adeegyo kale. Gobolada qaar WIC waxay isticmaalaysaa Elctronic Benefit Transfer (EBT) Kaadhka, sidda kaadhka wax lagu iibsado, si aad cunto uga soo iibsato dukaanka booshariga.

Yaa Codsan Kara

Waxaad codsan kartaa WIC haddii aad leedahay dakhli hoose oo aad dhawaan ilmo umushay, uur leedahay, ama aad naas nuujinayso, ama aad leedahay caruur ilaa 5 jir ah. Waxa aad awood u yeelan kartaa WIC xataa haddii aanad ku haboonayn SNAP.

Si aad u ogaato wax badan oo ku Saaban WIC

Wac waaxda caafimaadka ee xaafadaada ama, si aad u hesho halka laga codsanaya Gobolkaaga, booqo **http://www.fns.usda.gov/wic/Contacts/statealpha.htm**

WIC FMNP (Farmers Market Nutrition Program)

Gobolada qaar waxay bixiyaan FMNP. Waxay ku siinaysaa lacag qabasho ama jeeg lacageed oo aad u isticmaali karto in aad wax ka iibsato suuqa beeralayda ama goobaha wax lagu iibiyo ee wax soo saarka wadada dhinaceeda. Waxaad iibsan kartaa khudrad daray ah, khudrado kale, iyo dhirta kale. Haweenka iyo caruurta helaya WIC ama kuwa u qoran sugayaasha WIC ayaa codsan kara barnaamijkan.

Si aad u ogaato Wax badan oo Ku Saabsan WIC FMNP

Si aad u ogaato haddii gobolkaagu bixiyo FMNP gudaha bulshadaada, waydii xafiiska WIC ee xaafadaada ama booqo **http://www.fns.usda.gov/wic/Contacts/farm.htm** Si aad u ogaato cidda la la xidhiidhayo gobolkaaga.

CSFP (Commodity Supplemental Food Program)

Muxuu Qabtaa Barnaamijka

Gobolada qaar waxay bixiyaan CSFP goobaha qaar. CSFP da, waxaad ka heli kartaa xidhmo cunto si aad ugu qaadato guriga bishii mar.

Yaa Codsan Kara

Haweenka uurka leh, hooyooyinka caruurta, iyo qoysaska leh caruur ilaa 6 jir ah kuwaas oo dakhli hoose leh way codsan karaan. Laakin waa in aad ku nooshahay goob bixisa CSFP. Ma codsanaysay haddii aad wax ku qaadato WIC. Waad codsan kartaa haddii aad wax ku qaadato SNAP.

Si aad Wax badan Uga Ogaato CSFP

Booqo **http://www.fns.usda.gov/fdd/contacts/sdacontacts.htm** ama wac 1-866-348-6479 (1-866-3- HUNGRY) si aad u hesho CSFP gobolkaaga la xidhiidh.

Caruurta Dugsiyada Barbaarinta ilaa Fasalka 12naads

Barnaamijyada Cuntooyinka Dugsiga

Waxa jira barnaamijyo badan oo cuntooyinka dugsiga ah waxa ku jira National School Lunch Program, School Breakfast Program, Fresh Fruit and Vegetable Program iyo kuwa kale.

Waxa uu Barnaamijku Qabto

National School Lunch Program, caruurtu waxay helikartaa qadooyin bilaa lacag ah ama aad ujaban. Dugsiyada qaar waxay bixiyaan quraac, cuntooyinka fudud ee dugsiga- ka dib iyo cuntooyin, khudrad oo daray ah, iyo cuntooyinka xagaaga.

Yaa Codsan Kara

Qoysaska leh caruur dugsiga hoose ah ilaa dugsiga sare way ka codsan karaan dugsigooda mid bilaa lacag ah ama jaban oo quraaco iyo qadooyinka dugsiga. Haddii aad caawimo ka heli karto SNAP, caruurtaadu way ka heli karaan cuntooyin bilaa lacag ah dugsiga. La xidhiidh dugsigaaga haddii caruurtaada si caadi ah loogu ogolyahay ama haddii aad ku buuxinayso codsi tiradda Xaaladaada SNAP.

Si aad Wax badan uga Ogaato Barnaamijka cuntada ee dugisga

Waydii qof jooga xafiiska dugsiga ilmahaaga nooca barnaamijyada ay bixiyaan iyo sidda loo codsado. Siddoo kale waxaaad booqan kartaa **http://www.fns.usda.gov/cnd**.

SFSP (Summer Food Service Program)

Muxuu Barnaajikano qabtaa

Dugsiyada qaar, goobaha loo xagaabaxo, kaniisadaha, iyo kooxaha bulsho waxay bixiyaan quraac bilaa lacag ah iyo qadooyin caruurta inta xagaaga lagu jiro.

Yaa Codsan Kara

Cuntooyinka waxa la siiyaa dadkatoo ilmaha ah 18 iyo wax ka yar kuwaas oo cunto soo doonta. Laakiin kaamamka qaar iyo naadiyadu waxay cuntada siiyaan oo keliya caruurta ka diiwan gashan barnaamijkooda.

Si aad Wax badan uga Ogaato SFSP

Si aad u hesho meesha ay yihii cuntooyinka xagaagu xaafadaada, wac National Hunger Hotline 1-866-348-6479 (1-866-3-HUNGRY). Siddoo kale waxaad booqan kartaa **www.whyhunger.org/findfood**.

Halista ku jira Cuntooyinka Gelinka Dambe ee Barnaamijka Cunada Xanaanada Dadka Waa wayn iyo Ilmaha Child and Adult Care Food Program (CACFP)

Waxa Barnaamijku qabto

Barnaamijyada Nafaqadda halista ku jirta cuntooyinka dugsiga ka dib iyo ururo kale oo bulsheed waxay siiyaan cuntooyin iyo cuntooyin fudud waxayna siiyaan caruurta iyo kuwa aan labaatanka sano gaadhin ee xaafadaha dhakhligoodu hooseeyo. Waxay siddoo kale hayaan wax qabadyo badbaado leh, maad leh, oo ay ka buuxaan fursado wax barasho. ururrada qaar siddoo kale waxay bixiyaan cuntooyin fasaxyada marka caruurtu ay ka maqantahay dugsiga.

Yaa Codsan Kara

Dhamaan caruurta da'doodu tahay 18 iyo ka hooseeya ee ku jira bilaabista sanad dugsiyeedka waxay helayaan cunto lacag la'aana, ama labaddaba. Ma jiraan xadayn da'da ah caruurta naafada ah.

Si aad Wax badan Uga barato After School Meals

Si aad u hesho meesha After school Meals xaafadaada ay yihiin, wac The National Hunger Hotline 1-866-348-6479 (1-866-3-HUNGRY).

Dadka Waa wayn

SNAP (Supplemental Nutrition Assistance Program)

Dadka waa wayni waa ay ka qayb geli karaan SNAP. Fadlan ka eeg bogga 2 xog dheeraad ah.

SFMNP (Senior Farmers Market Nutrition Program)

Muxuu Qabtaa Barnaamijku

Gobolada qaar way bixiyaan SFMNP. Waxaad ka iibsan kartaa khudrad daray ah oo diirka leh, khudrada kale, malab, iyo dhirta. Waxaad ku isticmaali kartaa suuqa beeralayda lacag qabasho warqado ah ama jeeg lacag ah. Goobaha wax lagu iibiyo wadada dhinaceeda, iyo barnaamijyada bulshada kuwaas oo beera khudrada diirka adag leh iyo khudrada kelaba.

Yaa Codsan Kara

Dadka da'doodu tahay 60 ama ka wayn ee dakhligoody hooseeyo ayaa codsan kara.

Si Wax badan Aad Uga barato SFMNP

Si aad u ogaato in SFMNP laga heli karo bulshadaada, booqo: **http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPcontacts.htm** Si aad ula xidhiidho xafiiska SFMNP. Haddaad hesho SNAP ama CSFP, la hadal qof xafiiskaas jooga.

CSFP (Commodity Supplemental Food Program)

Waxa uu Qabto Barnaamijku

Gobolada qaar waxay bixiyaan CSFP goobaha qaarin. CSFP da, waxaad ka heli kartaa xidhmo cunto bil kasta ah oo aad u qaadato guriga.

Yaa Codsan Karo

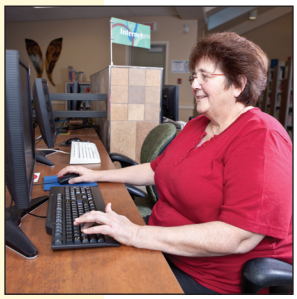
Dadka waa way nee 60 iyo kuwa ka waa wayn oo leh dakhli hooseeya ayaa codsan kara. Laakiin waa in aad ku nooshahay goobta bixisa CSFP.

Si aad Wax badan uga Barato CSFP

Booqo **www.fns.usda.gov/fdd/contacts/sdacontacts.htm** ama wac 1-866-348-6479 (1-866-3- HUNGRY) si aad u hesho CSFP da Gobolkaaga la xidhiidh.

Bogga Internetka Ku saabsan Xaqa Cunidda, Samaynta Miisaaniyad Cunto, Iyo in la Sii Firfircoonaado

- **ChooseMyPlate:** Boggani waxa uu kaa caawinaya in aad abuurto qorshahaaga mid caafimaad leh, oo ah nolol firfircoon.
  http://www.choosemyplate.gov



- **SNAP-Ed Connection:** Boggani waxa uu leeyahayin ka baadan 600 oo qiimaheedu hooreyo oo cunto karin caafimaad le ah.
  http://snap.nal.usda.gov

- **Recipe Finder:** boggani waxa uu leeyahay in ka badan 600 oo qiimo jaban, cunto Karin caafimaadle ah.
  http://recipefinder.nal.usda.gov

- **Team Nutrition:** Boggani waxa uu caawin karaa dugsiyada iyo kooxaha kale in ay caruurta baraan cunista iyo ku noolaanshaha nolol caafimaad leh.
  http://teamnutrition.usda.gov/team.html

Iibsiga, iyo iibinta, ama haddii kale seegida faa'iidooyinka laga helo barnaamijyada caawinta nafaqadda ee USDA da waa dembi.si aad uga warbixiso xadgudub laga shakisanyahay wac, (800) 424-9121, emaylka: usda_hotline@oig.usda.gov, ama warqad u dir U.S. Department of Agriculture, Office of the Inspector General, PO Box 23399, Washington, DC, 20026-3399.

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FNS 416 Somali

USDA waa shaqasiiye loo simanyahay fursadihiisa.