Waalidka/wakiilka qaaliga ahoow:

Buuxinta Arjiga U qalmitaanka Nafaqada Ilmaha & Manfacyada Waxbarashada waxa laga yaabaa inay kaa dhigaan mid u qalma: cunto bilaash ah ama qiimo dhimis lagu sameeyay, manfacyada EBT ee la bixiyo xagaaga, iyo manfacyada barnaamijka kale ee suurtogalka ah. Kharashka la gado cuntooyinka dugsiga hoos ayay ku qoran yihiin.

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| **Joogto** |
| **Heer Fasal** | **Quraacda** | **Qado** | **Cunto fudud** |
|       | $       | $       | $       |
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| **Qiimo-layareeyay** |
| **Heer Fasal** | **Quraacda** | **Qado** | **Cunto fudud** |
|       | $       | $       | $       |
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## Yaa buuxinaya codsiga?

Buuxi codsiga hadii:

* Wadarta dakhliga reerku waa ISKUMID ama KA YAR marka loo eego cadadka shaxda.
* Waxaad heshaa Basic Food (Cuntada Asaasiga) ah, waxaad ka qayb qaadataa Food Distribution Program on Indian Reservations (Barnaamijka Qaybinta Cuntada ee Siinta Hindida, FDPIR), ama waxaad u heshaa Temporary Assistance for Needy Families (Kaalmada Ku -meelgaadhka ah ee Qoysaska Baahan, TANF) carruurtaada.
* Waxaad u codsanaysaa carruurta la korsado kuwaas oo hoos yimaada mas'uuliyadda sharciga ah ee hay'adda daryeelka korinta ama maxkamadda.

**Ku hagaaji codsiga** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

Hubi inaad soo gudbiso HAL KALIYA qoyskiiba. Waanu kusoo ogaysiin doonaa hadii codsigaaga la diido ama ansixiyo. Haddii ilmo kasta oo aad codsanayso uu yahay bilaa hoy (McKinney-Vento), ama soo-galooti, calaamadee sanduuqa ku habboon.

## Maxaa loo xisaabiyaa dakhli ahaan? Yaa loo tixgalinayaa xubin ka mid ah qoyska?

Ka eeg qiimaha shaxda hoose. Raadi cabirka qoyskaaga. Raadi wadarta dakhliga qoyskaaga. Haddii xubnaha qoyska la siiyo waqtiyo kala duwan inta lagu jiro bisha oo aadan hubin haddii qoyskaagu u qalmo, buuxi codsi waxaanan go'aamin doonaa u -qalmitaanka dakhligaaga. Macluumaadka aad bixiso waxaa loo isticmaali doonaa in lagu go'aamiyo u-qalmitaanka ilmahaaga ee cuntooyinka bilaashka ah ama qiimaha jaban.

Caruurta aan waalidkood korinin ee uu sharciga u dhiibay wakaalada korisa ilmaha ama maxkamad ayaa u qalma cunto lacag la'aan ah iyadoo aan loo fiirinin dakhliga qofka qaadanaya. Haddii aad su'aalo ka qabtid u dirsashada arji manfacyada cuntada caruurta aysan waalidkood gacanta ku haynin fadlan nagala soo xiriir       .

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| **Child Nutrition Program (Barnaamijka Nafaqada Carruurta) ee USDA Tilmaamaha Dakhliga****Waxay dhaqan galaysaa Julaay 1, 2025–Juun 30, 2026** |
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| Cabirka Qoyska | **Sanadle ah** | **Bilaha** | **Laba jeer bishiiba** | **Labo todobaad oo Kasta** | **Todobaadle** |
| 1 | $28,953 | $2,413 | $1,207 | $1,114 | $557 |
| 2 | $39,128 | $3,261 | $1,631 | $1,505 | $753 |
| 3 | $49,303 | $4,109 | $2,055 | $1,897 | $949 |
| 4 | $59,478 | $4,957 | $2,479 | $2,288 | $1,144 |
| 5 | $69,653 | $5,805 | $2,903 | $2,679 | $1,340 |
| 6 | $79,828 | $6,653 | $3,327 | $3,071 | $1,536 |
| 7 | $90,003 | $7,501 | $3,751 | $3,462 | $1,731 |
| 8 | $100,178 | $8,349 | $4,175 | $3,853 | $1,927 |
| Qof kasta oo qaangaadha ah kana tirsan xubnaha qoyska, ku dar: | $10,175 | $848 | $424 | $392 | $196 |

 | **QOYSKA** waxaa lagu qeexay dhammaan dadka, oo ay ku jiraan waalidiinta, carruurta, ayeeyooyinka, ayeeyooyinka, iyo dhammaan dadka qaraabada ama qaraabada ah ee ku nool gurigaaga oo wadaaga kharashyada nolosha. Haddii aad codsanayso qoys leh ilmo la korsado, waxaad ku dari kartaa ilmaha korsanaya tirada guud ee qoyska.**DAKHLIGA QOYSKA** waxaa loo tixgeliyaa inuu yahay dakhli xubin kasta oo qoyska ka tirsan uu helay canshuurta ka hor. Tan waxa ku jira mushaharka, kaalmada la siiyo dadka, lacagta hawlgabka, lacagta la siiyo dadka shaqo la'aanta ah, daryeelka, masruufka ilmaha, masruufka xaaska la siiyo, iyo dakhli kasta oo kale oo lacag caddaan ah. Haddii uu kujiro ilmo la korsado oo ka tirsan qoyska, waa inaad sidoo kale ku dartaa dakhliga shaqsiyeed ee la korsaday. Ha sheegin lacag bixinaha caruurta la korsaday dakhli ahaan. |

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| Maxaa laga rabaa codsiga? 1. **Qoysaska aan heli wax caawimo ah:**
* Arday magacyada
* Magacyada Dhamaan xubnaha kale ee qoyska
* Dakhliga ay helaan dhamaan xubnaha qoyska
* Saxiixa xubnaha qaan gaadhka ah ee qoyska
* 4 ta jiifar ee u danbeeyay sooshiyaal sekiyuuritiga xubnaha waaweyn ee qoyska ka tirsan kaas oo saxiixay arjiga (ama haddii qofka weyn ee saxiixaya uusan haysanin sooshiyaal sekiyuuriti, sax sanduuqa loogu talagalay).

Dhamaysir *Qaybaha 1, 2, 3, 4*, iyo *5*; *Qaybta 6* waa ikhtiyaar.1. **Qoyska ee hela Basic Food (Cuntada Asaasiga)/TANF/FDPIR:**
* Liiska dhamaan magacyada ardayda
* Gali kiis lambarka
* Saxiixa xubnaha qaan gaadhka ah ee qoyska

Dhamaystir *Qaybaha 1*, *2*, *4*, iyo *5*; *Qaybta 6* waa ikhtiyaari.**4 ta lambar ee u dambeeya SSN loogama baahna C**. | 1. **Qoysaska leh ilmo(caruur) la korsado oo keliya**
* Magaca Ardayga
* Saxiixa xubin qaan gaadh ah oo qoyska ka tirsan

Dhamaystir *Qaybaha 1* iyo *5*; *Qaybta 6* waa ikhtiyaari. Waxa kale oo aad u soo diri kartaa dugsiga nuqul ka mid ah dhukumentiyada maxkamadda oo muujinaya ilmaha(caruurta) la korsaday laguu dhiibay halkii aad ka buuxin lahayd foom codsi.**4 lambar ee u dambeeya SSN looma baahna B.**1. **Qoyska leh ilmo(carruur) la korsado iyo carruuro kale:**

Codso reer ahaan oo ay kujiraan carruurta la korsado. Raac tilmaamaha “**A. Qoysaska aan helin wax caawimo ah:**” oo ku dar dakhliga isticmaalka shakhsi ahaaneed ee ilmaha la korsanayo |

## Maxaa dhacaya haddii aanan helin lacagta ee doolarka cuntada aasaasiga ah?

Haddii laguu oggolaaday Basic Food (Cuntada Asaasiga) ah laakiin aadan dhab ahaantii helin lacagta doolarka Basic Food (Cuntada Asaasiga), waxaa laga yaabaa inaad u qalanto cunto lacag la'aan ah ama qiimo jaban. Waa inaad dalbataa kabka cuntada adiga oo buuxinaya codsiga cuntada oo ku soo celiya dugsiga ilmahaaga.

## Carruurtaydu si toos ah ma ugu qalmaan haddii ay haystaan lambar kiis?

Haa. Caruurta kujirta TANF ama Basic Food (Cuntada Asaasiga) ah waxay heli karaan cunto bilaash ah iyo carruurta qaata qaar ka mid ah kabka caymiska danyarta ayaa laga yaabaa inay u qalmaan cunto lacag la'aan ah ama qiimo jaban iyadoo aan qoysku aanu dhamaystirin codsiga. Carruurtan waxaa aqoonsaday dugsigu iyaga oo adeegsanaya hab u dhigma xogta. Liiskan la iswaafajiyay ayaa markaa loo diyaariyey shaqaalaha adeegga cuntada ee ilmahaaga. Ardayda liiskan ku jirta waxay helayaan cunto lacag la'aan ah haddii dugsiyadoodu ay leeyihiin barnaamijka quraacda iyo/ama qadada oo bilaash ah ama qiima jaban ah (iskuullada oo dhana ma sameeyaan). Fadlan nala soo xidhiidh isla markiiba haddii aad dareento in carruurtaadu ay helayaan cunto lacag la'aan ah oo aysan ahayn. Haddii aadan doonayn in ilmahaagu ka qaybgalo barnaamijyada cuntada bilaashka ah adiga oo adeegsanaya habkan, fadlan ogeysii dugsiga.

Haddii uu jiro qof ka tirsan qoyskayga oo haysta lambar kiis, dhammaan carruurtu ma u qalmi doonaan cunto bilaash ah?

Haa. Haddii qof kale oo qoyska ka tirsan uu haysto lambar kiis, oo aan ahayn ilmo la korsaday, waa inaad buuxisaa codsi oo aad u dirtaa dugsiga ardaygaaga. Fadlan nala soo xidhiidh isla markiiba haddii aad dareento in carruurtaadu ay helayaan cunto lacag la'aan ah oo aan ahayn.

## Basic Food (Cuntada Asaasiga) ah - Ma u qalmi karaa caawimo xagga iibsashada cuntada?

Basic Food (Cuntada Asaasiga) waa barnaamijka shaambadaysan ee cuntada ee gobolka. Waxay ka caawisaa qoysaska nolol maalmeedkooda iyagoo siiya kabka bil kasta si ay cunto u iibsadaan. Helitaanka Basic Food (Cuntada Asaasiga) waa sahlan tahay! Waxaad si shakhsi ahaan ah uga codsan kartaa Community Service Office (Xafiiska Adegga Bulshada) Deegaanka ee DSHS, boostada, ama onlayn. Sidoo kale waxa jira kabab kale. Waxaad ogaan kartaa Cuntada Aasaasiga ah adiga oo waca 1-877-501-2233 ama soo gal <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>.

## Waxaan kujirnaa milatariga. Ma uga soo warbixinaa dakhligeena si ka duwan?

Lacag bixintaada aasaasiga ah iyo gunnooyinka kaashka ah waa in looga soo warbixiyaa dakhli ahaan. Haddii aad hesho gunno qiima lacageed oo ku salaysan guri, cunto, ama dhar, waa in sidoo kale lagu daraa dakhli ahaan. Si kastaba ha ahaatee, haddii guriyeyntaadu ay qayb ka tahay Hindisaha Guriyeynta Militariga, oo aanay kujirin gunnadaada guri dakhli ahaan. Mushahar kasta oo dhimis dheeraada kana dhasha hawlgelinta ayaa sidoo kale laga reebay dakhliga.

## Codsiga ilmahayga waxa la ansixiyay sannadkii hore. Miyaan u baahanahay inaan buuxiyo mid cusub?

Haa. Codsiga ilmahaagu wuxuu wanaagsan yahay sannad dugsiyeedkaas iyo maalmaha ugu horreeya sannad dugsiyeedkan. Waa inaad soo dirtaa codsi cusub ilaa dugsigu kuu sheego inuu ilmahaagu u qalmo sannad dugsiyeedka cusub.

## Maxaa dhacaya haddii xubnaha qoyska qaarkood aysan lahayn dakhli ay kasoo warbixiyaan?

Xubnaha qoysku ma heli karaan noocyo dakhli ah oo aan kaa codsanno inaad ka soo warbixiso codsiga, ama ma heli karaan dakhli guud ahaanba. Mar kasta oo tani dhacdo, fadlan ku qor 0 gudaha goobta. Si kastaba ha ahaatee, haddii meelaha dakhli kasta laga tago iyagoo madhan ama bannaan, kuwaasi sidoo kale waa in loo tiriyaa sidoo kale loo xisaabiyoo eber. Fadlan taxaddar u yeelo markaad ka tagto goobaha dakhli banaan, maadaama aan ku qaadan doonno micnaha si loo qabto sidoo kale.

## Kabka Caafimaadka

Si aad wax uga weydiiso ama u dalbato caymiska daryeelka caafimaadka carruurta qoyskaaga, fadlan booqo <http://www.wahealthplanfinder.org> oma waxaad ka soo wici kartaa Qorsshah Finder Washington Health 1-855-923-4633.

## Maxaa dhacaya haddii ilmahaygu u baahan yahay cuntooyin gaar ah?

Haddii ilmahaagu u baahan yahay cuntooyin gaar ah, la xidhiidh xafiiska adeegga cuntada ee dugsiga/degmada.

## Cadee ku haboonaanshaha

Macluumaadka aad bixiso waxaa laga yaabaa in la xaqiijiyo waqti kasta. Waxaa laga yaabaa in lagu weydiiyo inaad u soo dirto macluumaad dheeraad ah si loo caddeeyo in ilmahaagu u qalmo inuu helo cuntooyin bilaash ah ama kuwo qiimo jaban ah.

## Dhagaysi cadaalada ah

Haddii aadan ku raacsanayn go'aanka codsiga ilmahaaga ama habka loo adeegsaday caddaynta u -qalmitaanka dakhliga, waad la hadli kartaa       \_\_\_\_\_\_\_, masuulka dhagaysiga dacawada. Waxaad xaq u leedahay dhageysi cadaalad ah oo laga yaabo in laguu diyaariyo adiga oo ka wacaya iskuulka/dugsiga degmada lambarkan       \_\_\_\_\_\_\_.

## Dib u codsasho

Waxaad codsan kartaa dheefaha wakhti kasta inta lagu jiro sanad dugsiyeedka. Haddii ay tahay inaad hoos u marto dakhliga qoyska, korodhka tirada qoyska, ama aad noqoto shaqo la'aan, ama aad hesho Basic Food (Cuntada Aasaasiga) ah, TANF, ama FDPIR, waxaa laga yaabaa inaad u qalanto kababka oo aad buuxin karto codsi wakhtigaas.

## La dagaalnka Takoorka

Marka la raacayo sharciyada xuquuqda madaniga ah ee federaalka iyo U.S. Department of Agriculture (Waaxda Beeraha ee Mareykanka ama, USDA) xafiiskan waxaa mamnuuc ka ah in ay dad ku takooraan wax ku saleysan isir, midab, asalkii hore, da', ama jismi (sida jinsiga uu qof isu aqoonsan yahay naftiisa iyo dookha lammanaha), naafanimo, da', aargoosi ama aargoosasho la xiriirta arrin xuquuq madani ah oo hore.

Macluumaadka barnaamijka waxaa laga yaabaa in lagu diyaariyo luuqado aan Ingiriisi ahayn. Dadka naafada ah ee u baahan qaab ka gadisansida loola xiriiro dad aan naafada ahayn si ay u helaan macluumaadka barnaamijka (tusaale, Qormada dadka indhoolaha ah, cajalad maqal ah, Luqadda Ishaarada ee lagula hadlo dadka dhagoolaha), waa inay la xiriiraan hay'ad masuul ah oo ka socota gobolka ama deegaankaaga oona maamusha barnaamijka ama ka wac Xarunta BARTILMAAMEED ee USDA (202) 720- 2600 (cod iyo TTY) ama kala xidhiidh USDA iyada oo loo marayo Adeega Dadka Dhagoolaha ah (800) 877-8339.

Si u xaraysato cabasho ka dhan ah takoorka barnaamijka, Qofka soo gudbinaya cabashada waa inuu buuxiyaa foomka AD-3027, Foomka Program Discrimination Complaint (Barnaamijka Cuntooyinka Bilaashka ah lagaga bixiyo Dugsiyada) ee USDA kaas oo laga heli karo onlayn barta: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, xafiis kasta oo ay leedahay USDA, adigoo wacaya (866) 632-9992, ama u qorayo USDA warqad ciwaan leh. Waraaqda waa in ay ku qoran yihiin magaca qofka cabanaya, cinwaan, taleefan, oo waa in lagu faahfaahiyo ficilka takooridda ah ee la isku eedeynayo si loogu wargeliyo Assistant Secretary for Civil Rights (Kaaliyaha Xoghayaha Xuquuqda Madaniga ama ASCR) nooca iyo taariikhda uu dhacay xadgudubka xuquuqda madaniga ah ee la isku eedeynayo. Foomka AD-3027 ama warqada la buuxiyay waa in loogu soo gudbiyaa USDA:

1. **Boostada:**

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; ama

1. **faakiska:**

(833) 256-1665 ama (202) 690-7442; ama

1. **Iimaylka:**

Program.Intake@usda.gov

Fursadaha xafiiskan waa kuwa ay dadku u siman yihiin.