

Barnamijka Cawinaada Cutada Degdega ah (TEFAP)
 Warqad Cadinaysa In Add U Qalanto Ka
 United States Department of Agriculture (USDA)



Waxaan u qalma in aan helo TEFAP cuntada la beero waayo waxaan ahay qof degan Minneapota, waxaana helaa ama ka qayb qaataa barnamijyada takulaynta ee soo socda, sida waxaa u sabab ah dhaqaalahayga ayaa ka hosaya 300% goorood xadka saboolnima ay dowlada sare u qandicisay.

*Aqoonsiga waxa laga balanqaaday dadka ku sugan dhibaato kutim shi.

- MFIP – Minnesota Family Investment Program
- Child Care Assistance
- GA – General Assistance
- Head Start
- SNAP – Supplemental Nutritional Assistance Program
- Section 8
- NAPS – Nutritional Assistance Program for Seniors
- Public Housing
- WIC – Women, Infants, and Children
- Energy Assistance
- Weatherization

Dhaqaale u qalan: (300% u dowlada Maraykan aqoonsigeeda saboolka)

Tira koob qoys	Dhaqaalaha Sanadaka ku soo Gala
Hal	\$0 - \$45,180
Labo	\$45,181 - \$61,320
Saddex	\$61,321 - \$77,460
Affar	\$77,461 - \$93,600
Shan	\$93,601 - \$109,740
Lix	\$109,741 - \$125,880
Todoba	\$125,881 - \$142,020
Sideed	\$142,021 - \$158,160

Intaa ugu siyaadi \$16,140 dhaqaalaha qofkasta u ka mid ah qoyska.

Tirada dadka guriga degan:

_____ Carruurta da'doodu tahay 0-17

_____ Dadka qaangaarka ah 18-64

_____ Waayeelka da'da 65+

Ogeysiiska Qarsoodiga Xogta / Digniinta Tennesen
 (Magaca Goobta Cunnada)

Waxaad leedahay xuquuq sida waafaqsan hab Dhaqanka Macluumaadka Dowlada Minnesota. Sharcigan ayaa ilaalinaya Sirtaada. Waxaanu ku waydiisanaynaa macluumaad si aan u awoodno: inaanu kaa garanno dad kale oo leh magac la mid ah kaaga iyo si go'aan loo gaaro sida ugu wanaagsan ee aan kuugu adeegi karno.

Guud ahaan, looma baahna in aad na siiso macluumaadka. Si kastaba ha ahaatee, la'aanteeda, ma sheegi karno tirakoobka saxda ah ee saameynaya maalgelinta. Sharcigu wuxuu noo ogolaanayaa inaan la wadaagno macluumaadkaaga (tirada carruurta, dadka waaweyn iyo waayeelka ee qoyskaaga iyo caddada cuntada laga helay) shaqaalaha ka socda Waaxda Adeegyada Dadweynaha, Xalinta Xaaladaha Gaajada Minnesota, iyo Second Harvest Heartland (Goosashada Labaad ee Heartland) iyo kuwa kale waxaa laga yaabaa in loo oggolaado inay eegaan macluumaadkaaga si ay u qabsadaan shaqadooda.

Waxa kale oo aad xaq u leedahay nuqullada macluumaadka aan kaa hayno. Haddii aadan fahmin macluumaadkaan, waa lagu sharaxi karaa. Haddii aadan u malayneynin in macluumaadka sax ahayn ama dhameystiranayn, faqlan ka saxo shaqaalaha cuntada.

Ogolaanshaha qof kale si uu iigu qaado cuntadeyda:

Haddii ay kugu adag tahay inaad cuntada kazoo qaadatogoobta cuntada, waxaad haysataa fursad aad ku dooran karto qof kale si uu kuugu soo qaado cuntadaada.

Waan fahansanahay inaan xaq u leeyahayn inaan:

- Bedelo qofka aan doorto inuu iisoo qaado cuntadeyda. Waxaan u baahan doonaa inaan buuxiyo foom cusub isbedal kasta.
Ogeysiyo shaqaalaha goobta raashiinka hadii aan rabo inaan hakiyo ogolaanshahayga

Warbixinta Takoor La'aanta USDA

Si waafaqsan sharciga xuquuqda madaniga ah ee federaalka iyo Maraykanka. Waaxda Beeraha (USDA) shuruucda xuquuqda madaniga ah iyo xeerarka, USDA, Wakaaladaheeda, xafiisyada, iyo shaqaalaha, iyo hay'adaha ka qayb galaya ama maamulaya barnaamijyada USDA waxaa laga mamnuucay ku takooria ku salaysan isirka, midabka, asalka wadaka, galmada, naafanimada, da'da, ka aarsiga ama aargoosiga hawl xuquuq madani oo hore barnaamij kasta ama hawl ay qabatay ama maalgelisay USDA.

Dadka naafada ah ee u baahan qaab kale oo wada xidhiidh oo macluumaadka barnaamijka ah (tusaale, Farta qoraalka indhoolaha, daabacaad wayn, cajal maqal ah, Luqadda Dhegoolaha ee Maraykanka, iwm), waxaa inuu la soo xidhaadhaa Wakaalada (Gobol ama degmo) halka ay ka soo codsadeen dheefaha. Dadka dhegoolaha ah, maqalku ku adagyahay ama leh naafo hadalka ah waxay kala soo xidhiidhi karaan USDA Is gaadhsiinta Federaalka ee Dadka Nafada ah lambarkan (800) 877-8339. Intaa waxa dheer, macluumaadka barnaamijka waxaa lagu heli karaa luqaddo kale.

Si loo soo gudbiyo takoorka barnaamijka cabashada, buuxi [Foomka Cabashada Takoortka Barnaamijka USDA](#), (AD-3027), ee onlayn laga helo [How to File a Complaint](#), iyo xafiis kasta oo USDA, ama qor warqad ku socot aUSDA oo ku bixi waraaqda dhammaan macluumaadka lagu codsaday foomka. si aad u codsato nuqul foomka cabashada ah, soo wac (866) 632-9992. U soo gudbi foomkaaga la buuxiyay ama warqadda USDA addoo adeegsanaya:

- (1) boosta: Maraykanka. Waaxda beeraha
Office of the Assistant Secretary for Civil Rights (3)
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
iimaylka: program.intake@usda.gov.

Hay'dani waa adeeg bixiyaha fursadda loo simanyahay