

Sida loo Codsado 3SquaresVT

Barnaamijka Kaalmada Nafaqada Dheeraadka ah ee Vermont

(Ee horey loogu aqoon jiray Kaarka Cuntada (Food Stamps))

1. Buuxi oo codsigaaga u soo dir xafiiska Qaybta Adeegyada Dhaqaalaha ee xaafaddaada.

Si aad u heshid codsiga, booqo **www.vermontfoodhelp.com** ama wac **1-800-287-0589**. Si lagaaga caawiyo buuxinta, wac **Hay'adda Waxqabadka Bulshada** ee xaafaddaada (haddii aadan aqoonin lambarka, wac **2-1-1**). Dadka waayeelka ah waxay wici karaan Khadka Caawinta Dadka Waayeelka ah **1-800-642-5119**.

2. Wareysiga uu kula yeelanayo qofka arrinkaaga 3SquaresVT kaala shaqeeya.

Marka uu codsigaagu soo gaaro ka dib, hay'adda Adeegyada Dhaqaaluhu waxay kuu soo diri doontaa warqad ay ku qoran yihiin taariikhda iyo waqtiga wareysiga lagula yeelanayo. Dadka intooda badan wareysiga telefoonka ayaa looga qaadi karaa. Weydiiso qofka kaala shaqeeya 3SquaresVT.

3. Waxa ay tahay in aad u soo diyaarsato wareysigaaga 3SquaresVT:

Waxaa lagaaga baahan yahay:

- ♦ Caddayn aqoonsi (Lambarka Nabadsugidda Bulshada iyo aqoonsi shakhsi ahaaneed)
- ♦ Caddaynta dakhliga oo dhan (tusaale ahaan: jeegagga dabadii ka hartay, qoraallada bangiga, iwm.)

Waxaa sii dheer – si lagaaga caawiyo in aad faa'iidada ugu sarreysa heshid:

- ♦ Qiimayowga guriyeynta & korontada iyo gaaska (tusaale ahaan: rasiidyada lacagta kirada, qoraallada deynta aad guriga ku qaadatay, biilka telefoonka, iwm.)
- ♦ Kharashyada caafimaadka haddii aad ka weyn tahay 60 sano ama aad naafonnimo qabtid (tusaale ahaan: biilasha, lacagaha lagula bixiyey, lacagta caymiska, iwm.)
- ♦ Daryeelka canugga ama qofka weyn ee kugu tiirsan (tusaale ahaan: jeegga aad bixisay ama qoraalka ciddii bixisay)
- ♦ Lacagta taageerada carruurta ee ay maxkamaddu kugu amartay (caddaynta lacag bixinta)



**Vermont Campaign to
End Childhood Hunger**

*Fartiintaan waxaa qayb ahaan maalgeliyey USDA, adeeg
bixiye iyo shaqaaleeye fursaddiisa loo siman yahay.*

4/10/09

 **VERMONT**
DEPARTMENT FOR CHILDREN AND FAMILIES
ECONOMIC SERVICES DIVISION

Maxaa dhacaya codsashada ka dib?

Waxay ku qaadan kartaa ilaa iyo 30 maalmood in Qaybta Adeegyada Dhaqaaluhu (Economic Services Division (ESD)) ay ku hawl geliso codsigaaga. Haddii aadan wax war ah ka helin ESD muddo dhan 20 maalmood, wac xafiiska degmadaada si aad u hubisid xaaladda uu codsigaagu ku sugan yahay.

Haddii lagu oggolaado faa'iidooyinka 3SquaresVT, waxaad heli doontaa warqad ku deeqid ah oo kuu sheegeysa inta ay le'eg tahay faa'idada bil kasta aad heleysid.

Qoysaska qof kasta uu yahay waayeel (65+) ama uu qaato (Lacagta Dadka Da'da ah (Supplemental Security Income (SSI) waxaa faa'iidooyinkooda si toos ah loogu soo shubayaa xisaabtooda ama kaydka bangigooda bil kasta.

Dhammaan dadka kale waxaa kaarka (Xawilidda Faa'iidooyinka Elektaroonigga ah (Electronic Benefits Transfer (EBT) loogu soo diri doonaa boostada.

Mar alla marka aad sameysato lambarka sirta, waxaad diyaar u tahay in aad isticmaasho kaarkaaga. Waa laga oggol yahay inta badan dukaammada waaweyn iyo suuqyada beeraleyda qaarkood ee ku yaalla Vermont waxaana loo isticmaalaa sidii kaarka bangiga ama kareedhit kaarka oo kale.

Faa'iidooyinka waxaa kaarkaaga laguugu soo shubi doonaa bil kasta bilowgeeda.

Hay'adda Adeegyada Dhaqaaluhu way kula soo xiriiri doontaa marka la gaaro waqtigii arrinkaaga dib loo eegayo, taasoo ah 12 ilaa 24 bilood qoysaska intooda badan.

Haddii lagu diido faa'iidooyinka, waxaad xaq u leedahay in aad rafcaan qaadato. Wac hay'adda Kaalmada Sharciga ah (Legal Aid) si lagu kaalmeeyo: 1-800-769-7459.

