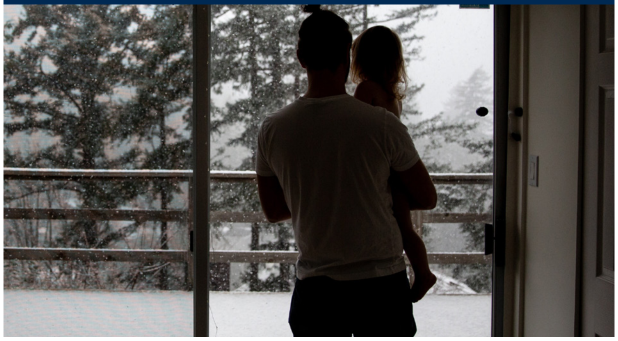
Kharashaadka ku baxa tamarta kululaynta guriga waxay culays xooggan saari karaan miisaaniyadeenna, laakiin se Barnaamijka Kaalmada Shidaalka ee Xilli-laha ah ayaa kuu diyaar ah si uu kuu caawiyo!



Barnaamijka Kaalmada Shidaalka ee Xilli-laha ah wuxuu kaa caawin karaa in aad iska bixiso biilashaada tamarta iyo kululaynta guriga.

Haddii aad buuxiso shuruudaha dakhliga, waxaad u qalmi kartaa kaalmada–ayada oo aan loo eegayn in aad leedahay ama aad kiraysatay guriga iyo in aad lacagaha korontada u bixiso si gaar ah iyo in aad kirada la bixiso. Codsigu waa kaliya laba bog waxaana lagu dhammaystiri karaa qaab onleen ah, iimayl, ama si fool-ka-fool ah. Haddii aad qabto su'aalo ku saabsan codsiga ama aad jeclaan lahayd in lagaa caawiyo codsashada, waxaad

- **Garaaci kartaa 2-1-1 si laguugu xiro ururka deegaankaaga kajira.**
- **Haddii aad tahay 60 sano jir ama aad kasii weyntahay, wac khadka Caawimada 1-800-642-5119 si aad u hesho kaalmo kuu gaar ah.**
- **Wixii ku saabsan adeegyada tarjumaadda iyo fasiraadda, wac 1-800-479-6151 waxaadna weydiisataa tarjumaan.**

Bookho **vermontfoodhelp.com/fuel-energy-assistance** si aad u aragto in aad u qalanto iyo in kale!

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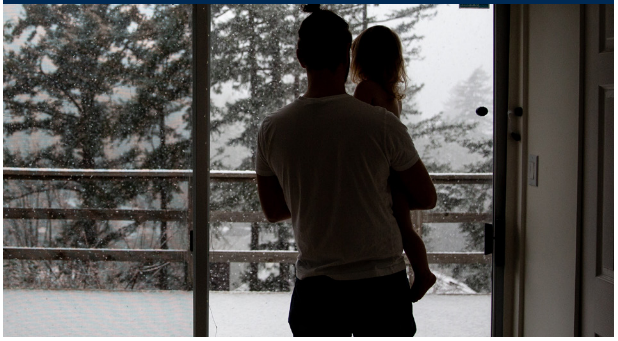

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Haddii aad hesho Kaalmada Shidaalka, waxay u dhowdahay in aad u qalanto 3SquaresVT!

3SquaresVT, oo taageerta miisaaniyadaha cuntada ee tobanaan kun oo qof oo ku nool Vermont, waa barnaamij waddanka oo dhan looga yaqaano SNAP. 3SquaresVT wuxuu dadka u qalma siiyaa dheefo bil kasta ah si ay uga iibsadaan raashin in ka badan 600 oo dukaan iyo in ka badan 40 suuq oo beeraley ah gudaha Vermont–iyo meel kasta oo gudaha Maraykanka ah oo aqbasha SNAP.

Dad badan ayaa xaq u leh 3SquaresVT oo aan ogeyn! Si aad wax badan uga ogaato, bookho **vermontfoodhelp.com,** fariin ahaan 'VFBSNAP' ugu dir 85511 ama wac 2-1-1 si laguugu xiro uruka deegaankaaga ka jira.

Farriintaan waxaa qayb ahaan maalgeliyay USDA.
Wakaaladdanu waxay bixisaa fursad loo simanyahay.

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