

Ku kororso lacagta aad cuntada ku iibsato faa'iidooyinka Supplemental Nutrition Assistance Program (Barnaamijka Gargaarka Nafaqada Dheeraadka)



Lacag dheeri ah oo aad cunto ku iibsato ayaad heli kartaa haddii aad codsato faa'iidooyinka Supplemental Nutrition Assistance Program - SNAP.

Ka jawaab su'aalahaan si aad u aragto in aad cawinaad heli kartid.

- Adiga ama qofwalba oo kula deggan ma qaataa Supplemental Security Income - SSI (Dakhliga Kabidda Bulshada) ama General Assistance - GA (Gargaarka Guud) ama Minnesota Supplemental Aid - MSA (Barnaamijka Gargaarka Dheeraadka ee Minnesota)?

Haa Maya

- Ma waxaad heshaa Transition Year Child Care (Xanaanada Caruurta Sanadka Ku Meel Gaarka Ah) ama Basic Sliding Fee Child Care (Gargaarka Daryeelka Caruurta ee Lacagta Qeyb Laga Bixiyo)?

Haa Maya

- Ma ka qaybqaadataa Diversionary Work Program - DWP (Barnaamijyada Shaqada ee Weecsan)?

Haa Maya

Haddii su'aalaha MIDKODD aad haa ku jawaabtay, JOOGSO! Waxaad xaq u yeelan kartaa in nacfiga cuntada lagu siiyo. Si aad u ogaatid meesha aad ka codsan karto, la xariir xafiiska adeegyada aadanaha ee degmadaada ama wac 1-888-711-1151.

Haddii aad maya kaga jawaabtay su'aalaha kore DHAMAANTOOD, markaa su'aalaha hoos ku yaalla ka jawaab.

- Dakhliga aad bishii heshid ma ka yaryahay lacagta meesha hoose ku qoran?

Haa Maya

Tirada dadka

1
2
3
4
5
6
7
8

Bishii dakhliga ku soo
gala canshuurta kahor

\$1,670
\$2,264
\$2,858
\$3,452
\$4,046
\$4,640
\$5,234
\$5,828

(Marka xubnaha qoysku tiro ahaan ka saramarto 8, kudar \$594 wadartii hore xubin kasta oo dheeri ah)

Haddii aad haa ku jawaabtay, waxaad xaq u yeelan kartaa in lagu siiyo Supplemental Nutrition Assistance Program. Si aad u ogaatid meesha aad ka codsan karto, la xariir xafiiska adeegyada aadanaha ee degmadaada ama wac 1-888-711-1151.

Haddii aad tahay 60 sano jir ama ka weyn ama naafo ah islamarkaana dakhligaagu uu xadidan yahay balse uu ka badan yahay lacagta la cayimay, waxaa dhici karta in aad hesho Supplemental Nutrition Assistance Program. La xiriir xafiiska adeegyada aadanaha ee degmada ama wac 1-888-711-1151.

Haddii aad isku qortay Supplemental Nutrition Assistance Program, waxaad kale oo aad ku guuleysanaysaa in lagaa rakhiisiyo kharashka Lifeline (telefoon) iyo/ama aad heshid barnaamijka Telephone Assistance Plan - TAP (Qorshaha Gargaarka Telefoonka). Waxaad la xiriirtaa shirkadda telefoonka ee xaafaddaada si aad u codsatid.



**Caawin cuntada aad u baahan tahay ah hel.
Wac maanta Minnesota Food HelpLine
(Khadka Caawinta Cuntada ee Minnesota)**

1-888-711-1151

Wicitaan telefoon oo degdeg ah oo kaliya ayaad u baahan tahay si aad u ogaato in aad u qalanto SNAP ama aad u ogaato goobaha cuntada laga qaato oo kuu dhow.

Wac maanta si aad u hesho macluumaad dheeraad ah.

Ogaysiiska Xuquuqda Madaniga

Takooridda sharciga ayay jabinaysaa. Waaxda Adeegyada Aadanaha ee Minnesota (DHS - Department of Human Services) kuguma takoorayso arrimo ku salaysan waxyaabaha soo socda:

- asalka
- caqiidada
- xaaladda caawinta bulshada
- naafonimada
- midabka
- diinta
- xaaladda guurka
- jinsiga
- asal qarameed
- jinsi doorashada
- da'da
- fikradda siyaasadeed

Cabooshinka Xuquuqda Madaniga

Xaq ayaad u leedahay inaad dacwad taakooid xaraysatid haddii aad aaminsantahay in hay'dda adeegyada aadanaha si takoorid leh kugula dhqmeen.

Toos ula soo xariir **DHS** kaliya haddii aad qabto cabashada takooridda:

(Iskuduwaha Xuquuqda Madaniga)
(Waaxda Adeegyada Aadanaha ee Minnesota)
(Fursadaha loo Simanyahay iyo Helitaanka loo Simanyahay)
Civil Rights Coordinator
Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040 (cod) ama isticmaal qadka isgaarsiinta aad doorbiddo

Waaxda Xuquuqda Aadanaha Minnesota (MDHR Minnesota Department of Human Rights)

Minnesota dhexdeeda, xaq waxaad u leedahay in aad ka xarayso cabasho MDHR haddii aad rumaysantahay in laguugu takooray arrimaha soo socda:

- asalka
- jinsiga
- midabka
- jinsi doorashada
- asal qarameed
- xaaladda guurka
- diinta
- xaaladda caawinta bulshada
- caqiidada
- naafonimada

Toos ula soo xariir **MDHR** si aad u xarayso cabashada:

(Waaxda Xuquuqda Aadanaha Minnesota)
Minnesota Department of Human Rights
Freeman Building, 625 North Robert Street
St. Paul, MN 55155
651-539-1100 (cod)
1-800-657-3704 (telefoon lacagla'aan)
711 ama 1-800-627-3529 (MN Relay)
651-296-9042 (fakis)
Info.MDHR@state.mn.us (iimeylka)

Waaxda Adeegyada Caafimaadka Aadanaha Maraykanka Xafiiska Xuquuqda Madaniga (OCR - U.S. Department of Health and Human Services' Office of Civil Rights)

Xaq waxaad u leedahay in aad cabasho ka xarayso OCR, hay'adda federaalka, haddii aad rumaysantahay in laguugu takooray sababa la xariira arrimaha soo socda:

- asalka
- midabka
- asal qarameed
- da'da
- naafonimada
- jinsiga
- diinta

Toos ula soo xariir **OCR** si aad u xarayso cabashada:

(Agaasimaha)
(Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka Xafiiska u qaabilsan Xuquuqda Madaniga)
Director
U.S. Department of Health and Human Services' Office for Civil Rights
200 Independence Avenue SW
Room 509F
HHH Building
Washington, DC 20201
1-800-368-1019 (cod)
1-800-537-7697 (TDD)
Cabasho Website (Complaint Portal):
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Sida ku xusan sharuucda xaquuqda raayadka ee federaalka iyo **Waaxda Beeraha ee Maraykanka** (U.S. Department of Agriculture - USDA), sharciyaada raayadka iyo xeerarka, USDA, hay'adaheeda, xafiisyadeeda, iyo shaqalaheeda, iyo shirkadaha ka qeyb-qato barnaamijyada waxda ama bahiya barnaamijyada USDA waxa ka mabnuuc ah midab takoorida ku saleysan asalka, midabka, asal qarameed, jinsiga, diinta, naafonimada, da'da, fikrad siyaasadeed, ama ka aar goosasho ariimo la xidiida barnaamijyada madaniga ama howl aay maalgalisay ama qabatay hay'ada USDA.

Shaqsiyaadka naafonimada haysato ee u bahan qabaab kale in loola socodsiyo aqbaaradka barnaamijyada (tusaale ahaan, qoraalka dadka indhaha la', qoraal far waaweyn, cajalado, Luqada Maraykanka Dhegaha la' Lagula Hadlo [American Sign Language], i.w.m.), waa in aay la soo xiriran hay'ada (gobolka ama gudaha) meesha aay ka codsadeen caawimada dowlada.

Shaqsiyada dhagoolada ah, maqalka ku adagyahay, ama hadalka naafada ka ah waxa aay la xiriri karan USDA iyaago u marayo Adeegyada Laliska Federaalka (Federal Relay Service) oo laga helo 1-800-877-8339. Sido kale aqbaaradka barnaamijka waxa laga yaaba in lagu qoro luuqado kale oo aan ahaan ingiriska.

Dacwo ku aadan midab takoorka si aad uga xareysid barnaamijka, soo buuxi Foomka Dacwadda Takooridda ee Barnaamijka USDA ([USDA Program Discrimination Complaint Form](#)) (AD-3027) ee lagu helo buugga internetka ee ah http://www.ascr.usda.gov/complaint_filing_cust.html ama xaafis waliba oo aay ledahay

hay'ada USDA waxadna ku soo qorta warqada aqbaarad dhaameystiran ee lagu codsaday foomka. Si aad u codsatid foomka dacwadda, waxad soo wacda 1-866-632-9992. Soo dir foomka oo ama waraqda u soo dir hay'ada USDA adigu ku so dirayo cinwaankan:

- 1 ku so dir: (Waaxda Beeraha ee Maraykanka)
(Xafiiska Caawiyaha Xoghayaha ee Xuquuqda Madaniga)
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- 2 fakis: (202) 690-7442; ama
- 3 iimeylka: program.intake@usda.gov.

Hay'ada waa hay'ad bixiso fursado loo simaanyahay.



Si aad macluumaadkan ugu hesho qaabab kale oo aad isticmaali karto, weydiiso shaqaalaha degmadaada. Wixii ah kaalmo dheeraad ah oo ku saabsan helitaanka loo simaanyahay ee adeegyada aadanaha, la xiriir Isuduwaha ADA (Qodobka Maraykanka Naafada ah) ee degmadaada. ADA4 (2-18)

Hay'ada waa hay'ad bixiso fursado loo simaanyahay.