

**Tilaabada 1** Qor dhalanka idil, caruurta, iyo ardeyda ilaa fasalka 12 ee guriga daggan, xita haddii aaysan wax ku ahayn. Haddii aay ka buxsanto intaa, waraq kale ku qor.

Magaca Kowaad ee Cunuga	MI	Magaca Danbe ee Cunuga	Taariikh Dhalasho	Dugsiga	Heerka Fasalka	Cunuga ku jiro gubta heysamada ku meel garka (Hay'ada daryeelka ama maxkamad ayaa sharciyaan masuul ka ah ilmaha.) Haa, calaamey halkan.	Qasab ma ahaan – Llamaha Jinsigiisa ma Hispanic/Latino?  Haa, calaamey halkan.	Qasab ma ahaan - Sheegista jinsiga.* Calaamey mida saxda ah.				
								Mareykan and Hindiida Mareykanka	Ashiyaan	Afrikaanka Mareykanka ah	Dadka Basiifik Islandharka	Cadaan
						○	○	○	○	○	○	
						○	○	○	○	○	○	
						○	○	○	○	○	○	
						○	○	○	○	○	○	
						○	○	○	○	○	○	

\* Magacyada buuxo ee jinsiyoyinka waa sidan: Hindada Mareykanka ama Ku Dhashay Alaska, Ashiyaan, Madow ama Afrikanka Mareykanka Dadka Basiifik Islandharka, iyo Cadaan.

**Tilaabada 2** Qof ka mid ah qoyskiina, oo aad adiga ku jirto miya hadda isticmalo adeegyadan caawimada midkood: SNAP, MFIP, FDPIR? Calaamey hal: **Haa** **Maya**

Caawinta Caafimaadka iyo WIC kuma qalansiinayaan.

Haddii aad calaameysay **Maya** > Dhameystir TILAABADA 3. Haddii aaxd calaameysay **Haa** > Halkan ku qor kiiska ama PMI nambkar:

kadibna aad TILAABADA 4.

**Tilaabada 3** **A. Qor DHAMMAN Dadka waaweyn ee ka midka qoyska adiga aad ku jirto soona sheeg daqliga idin soo galo dhamman.** (Ka gudub TILAABADA 3 haddii aad "haa" uga jaawabtay TILAABADA 2 ama haddii dhamman ka qeybqatayasha aay yihiin caruur ku jirto goobaha la isku hayo sida ku-meel garka ah.)

Qofka Weyn – Magaca Dhameystiran Ujeedka faiidooyinka dugsiyada owgeed, xubnaha ka tirsan qoyskaga waa "Qof waliba oo kula daggan kulana qeybsado qarashka iyo daqliga, xita haddii aaydan wax isku ahayn." Qor magacyada dhamman xubnaha guriga kula daggan ee aan lagu qorin Tilaabada 1 iyo daqligooda u dhameystiran dollar ahaan. Haddii qofka wax dhaqale so galin, qor 0 ama waxba haku qorin meesha. Taan ayaa cadeyn ah in aad balanqadeyso in u saan jirin wax daqli laga warbixiyo. Ku qor wixii ardey sii ku-meel gar ah ugu maqan dugsiyada koleejka.	Musharka Idil ee Shaqada Musharka Sacadda Ha Qorin				Ganacsiga/Iska Ushaqeysiga	Faiidooyinka Bulshada Masruufka Caruurta, Masruuf				Daqliyada Kale					
	Musharka idil intaa aan wax laga goyn  (Ma ahaan cadaadka lacagta guriga u qadatid).	Isbuucii	Labadii Isbuuc	2x Bishii	Bishii	Daqliga Go'aan marka aad bxisid qarashka ganacsiga.  Qiyaas ahaan daqliga go'aan ee bishii ku so gaalo	Lacagaha lagu siiyo	Isbuucii	Labadii Isbuuc	2x Bishii	Bishii	Lacagaha Bukanka, Howlgabka, curyaanta, shaqo la'aanta, Faiidooyinka Cidaanka, iwm	Isbuucii	Labadii Isbuuc	2x Bishii
\$	○	○	○	○	\$	\$	○	○	○	○	\$	○	○	○	○
\$	○	○	○	○	\$	\$	○	○	○	○	\$	○	○	○	○
\$	○	○	○	○	\$	\$	○	○	○	○	\$	○	○	○	○
\$	○	○	○	○	\$	\$	○	○	○	○	\$	○	○	○	○

**B. Afarta xaraf ee Nambkar Sooshiyalka ayaa la iska raba ama jaawab ah**

**Ma Heysto Sooshiyal Nambarka (shardi):**

-   -

AMA

Ma Heysto Nambkar Sooshiyaalka.

**C. Caruurta lagu qoray Tilaabada 1 mid ka mid ah miyu qata daqli joogto ah, sida faiidooyinka SSI ama mushar?**

Ma Heysto SSI ama mushar?

Tootalka daqliga joogtada usoo galo caruurta, haddii u jiro:

\$	Isbuucii	Labadii Isbuuc	2x Bishii	Bishii
	○	○	○	○

**Tilaabada 4** Waxan cadeynaya (balanqadaya) in aqbaaradka idil ee aan ku qoray arjigan yahay wax sax iyo ruun ah yihiin iyo in dhamman qoyska xubnaha katirsan aan sheegay iyo daqliga na soo galo. Waan fahansanahay in aan aqbaaradkan bixiyay sabab la xirirta caawinta dhaqale ee aan gobolka iyo fedeeralka ka helayno owgeed, taasna laga yaabo in shaqalaha dugsiyada aay habsadan saxnimada aqbaaradka aan bixiyo. Waxan fahansanahay in haddii aan bixiyo aqbaarad qaldan ama been ah in aay keenayso in aan heli waayo faiidooyinka aan helo, misna laga yaabo in la igu soo oogo fal'dambiyeed sida ku qeexan sharuucda fedeeralka iyo gobolka. Aqbaaradka aan bixiyay waxa laga yaaba in lala wadago Barnaamijta Daryeelka Caafimaadka ee Minnesota (Minnesota Health Care Programs) sida oo ogolanayo sharciga gobolka, ilaa aan aniga calaameyo bokiiskan ah:  Hala wadagiin aqbaaradkeyga Barmaaijta Daryeelka Caafimaadka ee Minnesota

**Saxiixta** qofka weyn ee Guriga Xubinta ka ah (waajib) \_\_\_\_\_ Magaca Qor: \_\_\_\_\_ Taariihda: \_\_\_\_\_

Cinwaanka: \_\_\_\_\_ Magalada \_\_\_\_\_ Zibka \_\_\_\_\_ Guriga Taleefoonka: \_\_\_\_\_ Taleefoonka Shaqada: \_\_\_\_\_

**Office Use Only** Total Household Size: \_\_\_\_\_ Total Income: \$ \_\_\_\_\_ per \_\_\_\_\_ Approved:  Case Number – Free  Foster – Free  Income – Free  
 Income – Reduced-Price Denied:  Incomplete  Income Too High Signature of Determining Official: \_\_\_\_\_ Date: \_\_\_\_\_

## Foomkan Ma Waajiba?

Foomkan waa in la buxiiya si loo codsado cunada bilaashka ah ama qiimaha dhiiman ee dugisyada, marka laga reebo:

- (1) Haddii dugsigaga bixiyo cuno bilaash ah oo la siiyo ardeyda idil codsi buxin la'aan guriga ka yimaado (*Ku Sharaxan Xeerka U Qalmida Bulshada, Xeerka 2 ama Xeerka 3*).
- (2) Lagu ogeysiiyay in caruurtada si toos ah lugu saxiixay faaidooyinka cunada dugisyada iyado la eegayo ka qeybgalkiina Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP), Food Distribution Program on Indian Reservations (FDPIR) ama ku jiro xarun heysmo ku meel gar ah.

## Orahda Qeynuunka Asturiista/Sida Aqbaarad Loo Isticmaalayo

Qeynuunka Qadada Dugisyada ee loo yaqan Richard B. Rusell wuxu waajib ka dhiga aqbaaradka ku qoran arjigan. Qasab ma ahaan in aad bixiso aqbaaradkan, balse haddii aadan bixin waxa dhaceeyso in aan awoodii weyno in aan ilmahaga siino cunada bilaashka ah ama raqiiska ah ee dugisyada. Waa in aad ku qorta afarta xaraf ee u danbeyo Sooshiyaal Nambarka qof weyn oo ah xubin guriga ka tirsan u saxiixay arjigan. Afarta xaraf ee u danbeyo Sooshiyaal Nambarka waajib ma ahaan in aad qortid marka aad codsiga u buxiineysid cunug ku jiro guryaha ku-meel garka ah, ama aad siisid barnaamijtan MFIP, SNAP, ama caawinta nambarka FDPIR, ama aad sheegtid xubinta guriga ka mid ah ee saxiixayo arjiga in u saan laheyn Sooshiyaal Nambarka.

Aqbaaradka waxa loo isticmalaya sii aan u ogaano in ilamaha u qalmo in u helo cunada bilaashka ah ee dugisyada. Waxa laga yaaba in aan la wadagno aqbaaradkaga hay'adaha kale eek a shaqeeeyo waxbarashada, caafimaadka, iyo naafaqada si dhanka horumarinta barnaamijta loo eego, malgalin, ama la ogaado faaidooyinka barnaamijta kale, dib u eegis barnaamij owgeed, ama loo gudbiyo hay'adaha amniga sii bariitan ku xadgudub barnaamij sharuucdisa loo baro. Waxan u bahanahay ogolaanshaga qoral ahaan ka hore intaa aan lala wadagin aqbaaradkaga hay'adaha kale.

Degmooyinka Dugisyada Bulshada marka la joogo, ardey waliba cunadiisa waxa lagu diwangaliya siistam alaada kombutaarka taas u gobolka idil aay wadagan si aay u wargeliyaan Waxda Waxbarashada ee Minnesota (MDE) sida waajibka ah sharciyan gobolka. MDE ayaa isticmasho aqbaaradka si aay: (1) U dhaqangeliso barnaamijyo gobol iyo mid federal, (2) Xisaabin ugu sameeyso malgalinta mushaarada dugisyada bulshada, iyo (3) Sii loo qiimeeyo heerka barnaamijyada waxbarashada ee gobolka.

Aqbaaradka ku qoran foomkan waxa laga yaaba in lala wadago Barnaamijka Daryeelka Caafimaadka ee Minnesota ilaa qofka buxiyay foomka u ka calaameeyo bokiiska Tilaabada 4 ee ah hala wadagiin aqbaaradkan sababta owgeed.

## Orahda Qeexayso Midabtakoorka

Sida wafaqsan sharuucda fedeeralka ee xuquuqda madaniga iyo Waxda Beeraleyda (USDA) xuquuqaha, sharciyada iyo sharuucda madaniga, USDA, hay'adaha ka midka ah, xafiisyadooda, shaqalahooda, shirkadaha ka qeybqato dhaqangalinta barnaamijyada USDA waa ka mabnuuc midabtakoorka ku saleysan jinsiyada, midabka, asalka, jinsiga, naafanimi, da'da, ama ka aargoosasho dhacdooyin hore ee madani barnaamijkoodano ha noqdee ama howlo aay qabtan ama malgasheen USDA. Shaqsiyaadka naafada ah ee u bahan qab qas ah in loola xiriiro si aay u helan aqbaaradka barnaamijka (tusale ahaan, Far waaweyn qoral ku qoran, cod-la duway, iyo luqada dhagasha/dhagolaayasha), waa in aay la xiriiran Hay'da (gobolka ama degmadda) halka aay ka codsadeen faaidooyinka. Shaqsiyaadka dhagaha la, maqalka ku adagyahay, ama carabka adag, waxay la xiriiri karan USDA qeybteeda Adeegyada Lalayeesha ee Nambarka (800) 877-8339. Sido kale, aqbaaradka barnaamijka waxa laga yaaba in lagu diyaariyo luqado kale aan ahay ingiriis.

Si aad u buxsatid cabaasho midabtakoorka, so buxii foomka USDA Program Discrimination Complaint Form (Cabaashooyinka Midabtakoorka ee Barnaamijka USDA), (AD-3027) ee intarneetka: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), iyo xafiis waliba uu aay ledahay USDA, ama warqad usoo qor caabasho USDA waraqdana ku sheeg aqbaaradka idil ee lagaga codsaday foomka cabashada. Si aad u codsatid kobiga foomka cabashada, soo wac (866) 632-9992. Foomka aad buxiisay ama warqada ku soo dir USDA cinwaanka: (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 (2) fakiiska (202) 690-7442; ama (3) ii-meelka [program.intake@usda.gov](mailto:program.intake@usda.gov). Xafiiska waa xafiis bixiyo fursado loo siimanyahay.

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### Office Use Only: Verification

Date Verification Sent: \_\_\_\_\_ Response Due: \_\_\_\_\_ 2<sup>nd</sup> Notice: \_\_\_\_\_  
Result:  No Change  Free to Reduced-Price  Free to Paid  Reduced-Price to Free  Reduced-Price to Paid  
Reason for Change:  Income  Case number not verified  Foster not verified  Refused Cooperation  Other: \_\_\_\_\_  
Signature of Confirming Official: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Verifying Official: \_\_\_\_\_ Date: \_\_\_\_\_