

Mudane/Marwo Waalid/Masuul,

Iskuulkeena wuxu bixiya maalin waliba cuno caafimaad leh. Qoracda qiimaheeda waa \$1.30 (K-5), \$1.35 (6-8), \$1.45 (9-12). Qadada qiimaheeda waa \$ 2.50 (Pre-K, K-5), \$2.55 (6-8), \$2.65 (9-12).

Caruurtada waxa laga yaaba in aay xaq oo yeeshan cuntada bilaashka ah ama qiimaheedo yaryahay ee iskuulka. Si aad codsi u gudbisid, so buuxii warqadaha Arjiga Faiidooyinka Waxbarashada adigu raacayo tilmaamaha. Arji cusub waa in la soo dhibta sanad waliba. Dugsiyada bulshada, arjigaga wuxu kale oo ka caawinaya dugsiyada in aay heelan dhaqale waxbarasho iyo qiimo dhimiisyo.

Dhaqalaha gobolka waxa oo naga caawiya in aan bixino cuntada qiimaha yar ee dugsiyada, si ardeyda idil ee loo ogoladay in aay helan cuntada bilaashka ah ama mida qiimaha yar aay cunto oo helan. Dhaqalaha gobolka waxa kale oo aay naga caawiyaa, in aay ardeyda dhagato dugsiyada barbarinta/bilowga aay heelan qoraac bilaash ah, sida owgeed ardeyga ka qeyb gasho dugsiyada barbarinta waxa aay helalayaan qorac bilaash ah.

Ku soo dir Arjiga Faiidooyinka Waxbarashada:

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Yaa la siin kara cuntooyinka bilaashka ah ee dugsiyada? Caruurta laga dhalay guryaha ka qeyb qato barnaamijyada loo yaqaan Supplemental Nutrition Assistance Program - SNAP (Ku Caawinta Nafaqooyinka Siyadada ah), Minnesota Family Investment Program - MFIP (Barnaamijka Malgashiga Qoysaska Minnesota), ama Food Distribution Program on Indian Reservations - FDIPIR (Barnaamijka Cunto Qeybinta ee Lo Qondeyaay Dadka Hindida ah), iyo la korsadayasha, kuwa guri la'aanta ah, muhajiirinta, iyo caruurta soo caraartay ayaa heli karo cuntooyinka bilaashka ah ee dugsiyada iyaago oo aan so cadeyn dhaqalaha qoyskooda soo galo. Ama caruurta waa aay heli karan cuntada bilaashka ah ee dugsiyada haddii dhaqalaha gurigooda oo la eegyahay sida ku qeexan sharaxada daqliga tiirada qoyska.

Waxan qaata barnaamijka WIC iyo Caawinta Caafimaadka. Caruurta ma heli karan cuntada bilaashka ee dugsiyada? Caruurta laga dhalay guryaha ka qeyb qato barnaamijyada WIC iyo Caawinta Caafimaadka waxa laga yaaba in aay oo qalman cuntooyinka bilaashka ah ee dugsiyada. Fadlan buuxii arjiga.

Miyan codsan kara haddii qof ka mid ah qoyskeyga ahayn muwadiin mareykan ah? Haa. Adiga iyo caruurtada ma ahaan in aad ahaatin muwadinin mareykan ah si aad ugu qalantan cuntooyinka raqiiska ah ama bilaashka ee dugsiyada.

Yaan u qoran kara in u yahay xubin qoyskeyga ka mid ah? Adiga iyo dadka idil ee ku nool guriga, xididka aad tihin ama inaan ahayn (sida ayeeyo/awoowe, qarabada kale, iyo saxiibada).

Ka waran haddii daqligeyga ahayn isku mid mar waliba? Qor lacagta inta badan ku soo gasho. Haddii sida caadiga ah aad heshid sacaado dheerad ah, ku dar, balse haku darin haddii aay saacadaha dheeradka yihiin kuwo marmar ah.

Aqbaaradka aan bixiyo miya la eegii doona? Haa, waxana laga yaaba in lagu weydiyo in aad soo dirto cadeymo qoral ah.

Side aqbaaradkeyga lagu xiifdinaya? Aqbaaradka aad ku qorto foomka iyo ogolaansha in cunagaga la siinayo cunto bilaash ah, waxa loolaa dhaqmi doona sii macluumaad amman ah. Ogolaansha cuntada bilaashka ee dugsiyada ee la siinaayo cunagaga waxa laga yaaba in laala wadago waxyaha kale sida qeybta nafaqaada, waxbarashada, caafimaadka, iyo barnaamijyada kale ee bixiyo faiidooyinka kuwas oo lagu xiro in qofka loo ogolaado cuntooyinka bilaashka ee dugsiyada. Haddii aad rabto aqbaarad dheeri ah, eeg qeybta danbe ee Arjiga Faiidooyinka Waxbarashada.

Fadlan nala wadag aqbaaradka laga codsaday ee ku sabsan jinsiga ilmahaga, taas ayaa naga caawineyso in aad hubino in adeeg buxo la siinayo bulshadeena. Aqbaaradkan wajib ma ahaan si lagugu ogolaado faiidada cunada ah ee dugsiyada.

Mahadsanid,

Sarah Brooks
Director, Nutrition Services

Sida Loo Dhameystiro Arjiga Faiidooyinka Waxbarashada

Dhameystir *Arjiga Faiidooyinka Waxbarashada* ee xili dugsiyeedka 2020-21 haddii wax ka mid ah macluamadka hoos ku xusan aay ku sabsanyihiin qoyskaga:

- Qof ka mid ah qoyskaga hadda ka qeybgalayo Minnesota Family Investment Program (MFIP), ama Supplemental Nutrition Assistance Program (SNAP), ama Food Distribution Program on Indian Reservations (FDPIR). *ama*
- Guriga waxa ka mid ah mid ama in ka badan caruur lagu hayo si ku meel gar ah (hay'ada daryeelka ama maxkamad ayaa sharciyaan masuul ka ah ilmaha). *ama*
- Daqliga guriga soo galo wuxu la eegyahay sida ku xussan sharaxadda hoose (daqliga idil intaa aan wax laga goyn, ma ahaan lacagta lagu siiyo kaliya) Ha xisbin daqli ahaan dhaqalaha kasoo galo daryeelka xiliga ku meel-garka ah, dhaqalaha faiidooyinka federalka ee waxbarashada, qarashka barnaamijka MFIP, ama faiido qiimo leh oo aad ka heshay barnaamijta sida, SNAP, WIC, ama FDPIR. Cidaanka: ha ku darin cidaanka soo dagalamay qarashka caawinta la siiyo ama caawimada aay bixiso hay'ada loo yaqaan Figrada Guryo Ukaliyeynta Militariga. Sharaxadda la raaco ee daqliga waxay dhaqan galeysa waxa ka bilowdo Luuliyo 1da, 2020 ilaa Juun 30ka, 2021.

Totaalka Daqliga Ugu Badan

Tiirada Guriga Ku Nool	\$ Daqliga Sanadkii	\$ Daqliga Bishii	\$ Laabo Jeer Bishii	\$ Daqliga 2badii Isbuc	\$ Daqliga Isbucii
1	23,606	1,968	984	908	454
2	31,894	2,658	1,329	1,227	614
3	40,182	3,349	1,675	1,546	773
4	48,470	4,040	2,020	1,865	933
5	56,758	4,730	2,365	2,183	1,092
6	65,046	5,421	2,711	2,502	1,251
7	73,334	6,112	3,056	2,821	1,411
8	81,622	6,802	3,401	3,140	1,570
Ku kordhi qofki dheeri ah	8,288	691	346	319	160

Tilaabada 1 Caruurta

Qor tiradda dhalanka iyo caruurta ku nool guriga, tariikhdooda aay dhasheen iyo, haddii aay macqultahay, heerka aay dugsiga ka dhiigtan. Buxii meelaha calameysan haddii u lagu hayo si ku meel gar ah (hay'ada daryeelka ama maxkamad ayaa sharciyaan masuul ka ah ilmaha). Sheegista jinsiyada ama midabka cunuga ma ahaan qasab mana sameynayso u ogolanshaha cuntada dugsiga. Aqbartiisa waxay naga cawineysa in aan hubino in bulshadeena idil aan adeeg garsiineyno. Bug kale ku soo buxii haddii aad u bahantahay in aad ku darto caruur dheeri ah.

Tilaabada 2 Nambarka Kiiska

Calamee Haa ama Maya sii aad usheegtid haddii qof ka mid ah gurigiina oo ka qeybqato saddaxda barnaamij ee caawinta lagu sheegay tilaabada 2aad. Haddii aay Haa tahay, ka gudoob tilaabada 3aad. Sida owgeed WIC ama Caawinta Daawada kuma qalansiinayan ujeedkan.

Tilaabada 3 Dadka wa-weyn / Daqliga / 4 Taa Xaraf ee u Danbeyso Nambkar Soshiyaalka.

- Qor dhamman dadka waa weyn ee ku nool guriga, haddii aad wax isku tihin iyo haddi kale (sida, ayeeyo/awoowe, qarabo kale, saxiibo). Ku dar qofkasta oo ah qof weyn oo si ku-meelgar ah u maqan, sida ardey koleejo jiro. Bug kale ku qor haddii aad u bahatid.
- Qor dhamman daqliga ku so galo intaa aan wax laga goyn ka hore, lacagta aad qadato ma ahaan. Ha qorin sacadda intaa ku shaqeyso. Dadka waa weyn aan daqliga so galin, ku qor "0" ama banaan ahaan uga taag. Taan micnaheedo waa cadeyntada aad sheegeysid in u san jiriin daqliga aad ka warbixiso ee so galo dadka waa weyn ee kale.
- Daqliga waliba, buxii meesha calamada sii aad u sheegtid intaa jeer aa daqliga ku so galo: Isbuc waliba, Isbuc dhaaf, bishii laabo jeer, ama biil-waliba.
- Beerta ama daqliga ka so galo shaqada shasi-ahaaned, qor lacagta ku so gaasho qayasteeda marka laga saaro qarashka ganacsiga.
- Qor afarta xaraf ee ugu danbeyso Nambarka Sooshiyalka – Qofka weyn ee ka mid ah guriga ee saxiixayo arjiga waa in aay ku qoran afarta xaraf ee ugu danbeyso Nambarkooda Sooshiyaalka qeybta 3C, ama calameeyan bokiiska haddii aaysan heysan Nambarka Sooshiyaalka.
- Daqliga joogtada ee caruurta – Haddii mid ka mid ah caruurta guriga daggan u so galo daqli joogto ah, sida faiidooyinka SSI ama shaqoyin sacaddo yar, ku qor tilaabada 3B dhamman daqliga so galo caruurta idil. Haku darriin lacagta soo gaasho marmar tusale ahaan haynta ilmaha, ama cows-jariista.