



Mudane/Marwo Waalid/Masuul,

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 dugiysada, 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 dugiysada barbarinta/bilowga aay heelan qoraac bilaash ah, sida owgeed ardeyga ka qeyb gasho dugsiyada barbarinta waxa aay helalayaan qorac bilaash ah.

Si aad u dalbato, ku buuxi Arjiga Faa'iidooyinka Waxbarashada khadka tooska ah ee bogga:

1. Gal Bogga Edina oo guji badhanka Campus -ka Infinite.
2. Under "More" oo ku yaal menu -ka dhinaca.
3. Aarjiga onlaynka waxaa laga heli doonaa "Dheefta Cuntada."
4. [Tilmaamaha](#) tallaabo-tallaabo ah ayaa ka caawin doona qoysaska inay dhex maraan buuxinta arjiga onlaynka ah.

AMA, daabac oo ku soo dir Arjiga Faiidooyinka Waxbarashada:

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Yaa la siin kara cuntooyinka bilaashka ah ee dugiysaga? 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 maclumaad 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 faaiidooyinka kuwas oo lagu xiro in qofka loo ogolaado cuntooyinka bilaashka ee dugsiyada. Haddii aad rabto aqbaarad dheeri ah, eeg qeybta danbe ee Arjiga Faaiidooyinka 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 faaidada cunada ah ee dugsiyada.

Haddii aad qabtid wax su'aal ah ama aad u bahantahay caawin, so wac Joanne Meyer, 952-848-3811.

Sida Loo Dhameystiro Arjiga Faiidooyinka Waxbarashada

Dhameystir Arjiga Faiidooyinka Waxbarashada ee xili dugsiyeedka 2022-23 haddii wax ka mid ah macluumaadka 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 yaqan Figrada Guryo Ukaliyeynta Militariga. Sharaxadda la raaco ee daqliga waxay dhaqan galeysa waxa ka bilowdo Luuliyo 1da, 2022 ilaa Juun 30ka, 2023.

Totaalka Daqliga Ugu Badan

Tiirada Guriga Ku Nool	\$ Daqliga Sanadkii	\$ Daqliga Bishii	\$ Laabo Jeer Bishii	\$ Daqliga 2badii Isbuc	\$ Daqliga Isbucii
1	25,142	2,096	1,048	967	484
2	33,874	2,823	1,412	1,303	652
3	42,606	3,551	1,776	1,639	820
4	51,338	4,279	2,140	1,975	988
5	60,070	5,006	2,503	2,311	1,156
6	68,802	5,734	2,867	2,647	1,324
7	77,534	6,462	3,231	2,983	1,492
8	86,266	7,189	3,595	3,318	1,659
Ku kordhi qofki dheeri ah	8,732	728	364	336	168

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 Sooshiyaalka – 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.

Tilaabada 4 Saxiixa iyo Aqbaaradka Laga Helo

Qofka weyn ee guriga xubin ka tirsan ah waa in u saxiixa foomkan. Haddii aadan dooneyn in aqbaaradkaga lala wadago shirkadaha Barnaamijka Daryeelka Caafimaadka, calaamad sar bokiiska "Hala wadagin" ee tilaabadan 4.

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 dugsiyada 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 Dugsiyada ee loo yaqan Richard B. Russell 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 dugsiyada. 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 isticmaalaya sii aan u ogaano in ilamaha u qalmo in u helo cunada bilaashka ah ee dugsiyada. Waxa laga yaaba in aan la wadagno aqbaaradkaga hay'adaha kale eek a shaqeeyo 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 Dugsiyada 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 sameyso malgalinta mushaarada dugsiyada 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 calaameyo 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 degmada) 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, 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. Xafiiska waa xafiis bixiyo fursado loo siimanyahay.

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