



PORTLAND PUBLIC SCHOOLS

food service

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Ka: **Parent/Guardian**
Ku: **Dawn Hilton**
Food Service Department
92 Waldron Way
Portland, ME 04103
(207) 874-8231
Taariikh: **August 22, 2022**
Re: **Codsiga Faaidada Cuntada**

Gacaliye Waalid/Masuul,

Waxaa farxad noo ah inaan ku dhawaaqno in cuntadu aysan wax lacag ah ka qaadi doonin dhammaan ardayda sannad dugsiyeedka 2022-2023. Gobolka Maine ayaa sanadkan maalgelin doona qaybta waalidka ee cuntada. Iyadoo aysan jirin wax kharash ah oo kugu kacaya, waxaan ka codsaneynaa dhammaan qoysaska inay soo buuxiyaan codsiga/ sahanka aad heshay. Foomkan ayaa aad muhiim ugu ah warbixinta degmada ee deeqaha iyo maalgelinta. U qalmida waxay sidoo kale kaa caawin kartaa kharashyada codsiga kuleejka, ka dhaafida ujrada, ama kharashyada intarneedka deegaanka.

Ardaydu waxay ku sii wadan karaan iibsashada caanaha \$0.50 midkiiba.

Codsiga Faa'iidada Cuntada waa in loo adeegsadaa ardayda dhigata dugsiyada soo socda: Longfellow, Lyseth, Ocean Ave, Casco Bay High, iyo Portland High.

Foomka Aruurinta Dakhliga Qoyska waa in loo isticmaalo ardayda dhigata dugsiyada soo socda: Cliff Island, East End, Peaks Island, Presumpscot, Reiche, Rowe, Talbot, King Middle, Lincoln Middle, Moore Middle, iyo Deering High.

Qoysaska carruurta leh ee ku jira labada kooxood ee dugsiyada waa inay buuxiyaan labada foom. Dhammaan macluumaadka la bixiyay waa sir.

Nagala soco Facebook-ga ama booqo mareegahayaga si aad ula xidhiidho.

Si daacad ah,

Dawn Hilton

Mareegta Adeegga Cunnada:

www.portlandschools.org/departments/operations/food_service

Nagala soco Facebook-ga:

<https://www.facebook.com/PortlandMEFoodService>

Codsiyada khadka tooska ah

Sannadkan sii socda, codsigayaga faa'iidada cuntada ee bilaashka ah iyo la dhimay, iyo sidoo kale Foomka Xog ururinta Dakhliga Qoyska ee CEP waxay diyaar u yihiin qoysaska onlayn. Foomamkan waxa laga heli karaa **tab macluumaadka bilaashka ah iyo kuwa la dhimay.**

Menu iyo Qaabka Cuntada

Cuntooyinka oo dhan waxay la kulmaayaan tilmaamaha USDA. Qadada waxaa ka mid ah shanta qaybood ee cuntada: Khudradda, Khudaarta, Hilibka/Hilibka Beddelka, Hadhuudhka oo Dhan, iyo Caano. Ardayda waxaa lasiiyaa dhamaan shanta, laakiin waxaa looga baahan yahay inay doortaan sadex si ay ugu qalmaan cuntada inay noqoto mid dib loo bixin karo. Mid ka mid ah saddexdaas waa inuu ahaado midho ama khudrad. Dhammaan menu-yada waxa lagu dhejiyay kanaalka 3 iyo mareegahayaga oo ku yaal tabka menu-ka.

Qiimaha cuntada 2022-2023

Kahor K - 5

Quraacda: \$0

Qadada: \$0

8oz Caano: \$0.50

Dhexe/sare

Quraacda: \$0

Qadada: \$0

8oz Caano Kaliya: \$0.50

Opening Day Packet Meal Benefit Application
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English

If you need help with translating this information into another language, please call the Multilingual and Multicultural Center at 874-8135.

Acholi

Ka imito kony me kwango ngec man i leb mukene, tim ber go cim i ofic pa *Multilingual* ki *Multicultural Center* i nama 874-8135.

Arabic إذا كنت بحاجة الى المساعدة في ترجمة هذه المعلومات الى لغة أخرى, يرجى الاتصال بدائرة برامج اللغات والثقافات المتعددة في التربية 8135-874 على الرقم

Dari/ Farsi

اگر شما آرزو دارید ترجمه این معلومات را به زبان های دیگر بدانید , لطفا به دفتر کلتور و ترجمه به این شماره به تماس شوید ۸۱۳۵-۸۷۴.

Español

Si usted necesita ayuda traduciendo esta información a otro idioma, por favor llame el Centro Multilingüe y Multicultural al 874-8135.

French

-Si vous avez besoins d'aide avec la traduction dans une autre langue, s'il vous plaît appelez le Centre

Khmer

ប្រសិនបើលោកលោកស្រីមានបញ្ហា ក្នុងការបកប្រែព័ត៌មាននេះទៅជាភាសា បួនទលក់ដទៃដទៃ ពេលពេលស្រាប់/សម្រាប់លោកលោកស្រី ៨៧៤-៨១៣៥។

Kinyarwanda

-Nimwaba mukeneye ubasemurira mu rundi rurimi, tubasavye guhamagara ikigo C'Indimi n'Imico itandukanye kuri 874-8135.

Pashto

که تاسو د دبی معلوماتو په ژباړه کې ژبې ته مرستې ته اړتیا لرئ. مهرباني وکړئ د ثو ژبوالی او کن کلتور مرکز ته زنگ ووهئ ۸۱۳۵-۸۷۴.

Português

Se você precisa de ajuda com a tradução desta informação para Português, por favor, ligue para o Centro Multilingüe & Multicultural no telefone 874-8135.

Somali

Haddii aad u baahan tahay in lagaa caawiyo sidii warbixintaan laguugu tarjumi lahaa af kale, fadlan soo wac Xarunta dhexe Luqadaha iyo Dhaqamada kala Duwan : 874-8135.

Swahili

-Ukihitaji msaada na kutafsiri katika lugha nyingine, tafadhali piga simu ofisi ya Mipango ya Lugha na Kitamaduni kwa 874-8135.

Vietnamese

Nếu quý vị cần giúp đỡ để dịch thông tin này sang ngôn ngữ khác, xin hãy gọi Trung Tâm Đa Ngôn Ngữ và Đa Văn Hóa theo điện thoại số 874-8135.

Dugsiyada Dadweynaha Portland
Waaxda Adeegga Cuntada
2022-2023 Sannad Dugsiyeedka

Gacaliye Waalid/Masuul:

Cuntooyinka dugsiya waxay heli doonaan ardayda lacag la'aan sanadkan, iyada oo aan loo eegin dakhliga qoyska. Caanaha kaliya, waxay ku sii ahaan doonaan \$0.50 maadaama aysan ahayn cunto dhamaystiran. Si kastaba ha ahaatee, waxaanu waydiisanaynaa in qoysasku ay wali buuxiyaan Codsiga Faa'iidada Cunnada maadaama ay tani bixinayso xogta maalgelinta muhiimka ah ee ilaha tacliimeed iyo sidoo kale waxay ku xidhi kartaa qoyskaaga faa'iidooyinka dheeraadka ah. Si aad u codsato, buuxi codsiga qoyska ee SY 2023 ee Cunnada Dugsiya ee Bilaashka ah iyo Qiimaha La dhimay oo ku soo celi: Adeegga Cunnada ee PPS, 92 Waldron Way, Portland, ME 04103
Haddi aad door bidayso, waxa aad ku buuxin kartaa codsiga online at
www.portlandschools.org/departments/operations/food_service/free_reduced_information

Dugsiyada Dadweynaha Portland waxay bixiyaan doorasho cunto caafimaad leh maalin kasta. Cuntooyinka waxay buuxiyaan heerarka nafaqeynta ee ay dejisay Waaxda Beeraha ee Mareykanka. Haddii ilmuhu naafo yahay, sida ay go'aamisay hay'ad caafimaad oo shati u leh, oo naafadu ay ka horjoogsato ilmaha inuu cuno cuntada caadiga ah ee dugsiya, beddelaad ayaa lagu samayn karaa sida ay u qorto maamul caafimaad oo shati leh. Haddii loo baahdo beddelaad, ma jiri doonto kharash dheeraad ah oo cuntada ah. Fadlan ogow, si kastaba ha ahaatee, in dugsiya aan looga baahnayn inuu sameeyo beddel, ilaa uu buuxiyo qeexida naafada oo uu taageerayo foomka bayaan caafimaad oo dhammaystiran oo uu saxaaxay maamulka caafimaadka deegaanka.

Yaa heli kara cuntada bilaashka ah ama qiimaha jaban ee dugsiya? Arday kasta oo ka diiwaangashan dugsiya dadweynaha ee Maine wuxuu ku heli karaa cuntada dugsiya lacag la'aan!

Macluumaad ku saabsan codsigayga ma loo hayn doonaa sir? Waxaan u isticmaali doonaa macluumaadka ku jira foomkaaga si aan u go'aamino haddii ilmahaagu u qalmo cunto bilaash ah ama qiimo jaban. Waxa laga yaabaa inaan ku wargelino saraakiisha ku xidhan barnaamijyada nafaqada, caafimaadka iyo waxbarashada macluumaadka ku jira foomkaaga si loo go'aamiyo faa'iidooyinka barnaamijyadaas ama maalgelin iyo/ama ujeedooyinka qiimaynta.

Sideen ku ogaan karaa in carruurtaaydu u qalmaan guri la'aan, soo galooti, ama carar? Xubnaha reerkaagu ma haystaan ciwaan joogto ah? Ma wada deggan tihiin hoyga, huteel, ama guri kale oo ku meel gaar ah? Qoyskaagu ma u guuraan xilli xilliyeed? Ma jiraan carruur kula nool oo doortay inay ka tagaan qoyskoodii hore ama gurigooda? Haddii aad aaminsan tahay in carruurta gurigaaga ku jirta ay la kulmaan sharraxaadahan oo aan loo sheegin in carruurtaadu heli doonaan cunto bilaash ah, fadlan soo wac ama iimayl u dir Priscila Bitencourt, (207) 874-8135, bitenp@portlandschools.org

Miyaan u baahanahay inaan u buuxiyo codsi ilmo kasta? Maya. U isticmaal hal codsi dhammaan ardayda reerkaaga. Ma oggolaan karno codsi aan dhammaystirnayn, markaa hubi inaad buuxiso dhammaan macluumaadka loo baahan yahay.

Codsiga ilmahaygu waa la ansixiyay sannadkii hore. Miyaan u baahanahay inaan buuxiyo mid cusub? Haa Codsii cusub waa in la soo gudbiyaa sanad dugsiyeed kasta ilaa dugsiya kuu sheego in ilmahaagu u qalmo sanad dugsiyeedka cusub. Haddii aadan soo dirin arji cusub oo dugsiya oggolaaday ama aan lagu ogeysiin in ilmahaagu u qalmo cunto bilaash ah, ilmahaaga waxa laga qaadi doonaa qiimaha cuntada oo dhan.

Foomka ma la xaqiijin doonaa? U-qalmitaankaaga waa la hubin karaa wakhti kasta inta lagu jiro sannad dugsiyeedka. Saraakiisha dugsiya ayaa laga yaabaa inay ku weydiiyaan inaad soo dirto caddayn qoraal ah.

Ma buuxin karaa codsiga dheefta cuntada hadhow? Haa, laakiin waxaan codsanaynaa in codsiga la dhamaystiro Oktoobar 18, 2022, si xafiisyadeenu u soo gudbiyaan taariikhda dakhliga qoyska oo ay u codsadaan deeqaha iyo maalgelinta tacliinta.

Miyaan buuxiyaa codsiga haddii qof qoyskayga ka tirsan aanu ahayn muwaadin Maraykan ah? Haa Adiga, carruurtaada, ama xubnaha kale ee guriga uma baahnid inaad noqotaan muwaadiniin Maraykan ah si aad u codsataan cunto bilaash ah ama qiimo jaban.

Maxaa dhacaya haddii dakhligaygu aanu had iyo jeer isku mid ahayn? Liis garee cadadka aad caadi ahaan hesho. Tusaale ahaan, haddii aad caadiyan samayso \$1000 bishii, laakiin aad seegtay shaqo bishii hore oo aad samaysay kaliya \$900, hoos u dhig in aad samaysay \$1000 bishii. Haddii aad caadi ahaan hesho saacadaha dheeraadka ah, ku dar, laakiin ha ku darin haddii aad mararka qaarkood shaqeyso oo keliya saacadaha dheeraadka ah. Haddii aad lumiso shaqo ama saacadahaaga ama mushaharkaaga la dhimay, isticmaal dakhligaaga hadda.

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Maxaa dhacaya haddii xubnaha qoyska qaarkood aysan haysan dakhli ay ku sheegaan? Xubnaha qoysku waxa laga yaabaa in aanay helin nooc dakhli ah waxaanu ku waydiinaynaa inaad ka warbixiso arjiga ama maba helin dakhli. Mar kasta oo ay tani dhacdo, fadlan ku qor 0 gudaha garoonka. Si kastaba ha ahaatee, haddii goobaha dakhliga laga tago faaruq ama bannaan, kuwaas sidoo kale waxaa loo tirin doonaa eber. Fadlan ka digtoonow marka aad ka tagayso meelaha dakhliga ee banaan, anagoo u qaadanayna inaad sidaas samayso.

Waxaan ku jirnaa ciidamada. Dakhligayaga ma si ka duwan ayaan u tabinaa? Mushaharkaaga aasaasiga ah iyo gunnada kaashka ah waa in lagu soo wargeliyaa dakhli ahaan. Haddii aad hesho gunnooyin qiimo lacageed oo caddaan ah oo loogu talagalay guryaha, cuntada, ama dharka, waa in sidoo kale lagu daraa dakhli ahaan. Si kastaba ha noqotee, haddii guriyeyntaadu ay ka mid tahay Hindisaha Gaarsiinta Guryeynta Milatariga, ha ku darin gunnadaada guri dakhli ahaan. Mushahar kasta oo dagaal oo dheeraad ah oo ka dhashay hawlgelinta ayaa sidoo kale laga saaray dakhliga.

Maxaa dhacaya haddii boos ku filan ku waayo codsiga qoyskayga? Ku tax xubnaha kale ee qoyska warqad gaar ah oo ku lifaaq codsigaaga.

Qoyskaygu wuxuu u baahan yahay caawimo dheeraad ah. Ma jiraan barnaamijyo kale oo aan codsan karno? Mid ka mid ah sababaha ugu muhiimsan ee aan u xoojineyno muhiimada Codsiga Faa'iidada Cuntadu waa sababtoo ah waxaa laga yaabaa inay kugu xirto faa'iidooyinka kale - sida lacagaha EBT ee faafa. Macluumaad ku saabsan Kaabista Cunnada, Daryeelka Caafimaadka, Kaalmada Lacagta caddaanka ah iyo/ama dalbo Kaalmada Xannaanada Carruurta ee Maine, tag [My Maine Connection](https://www1.maine.gov/benefits/account/login.html) laga helay online at <https://www1.maine.gov/benefits/account/login.html>. Macluumaadka caymiska caafimaadka ee qiimaha jaban, kala xiriir Macaamiisha Daryeelka Caafimaadka La awoodi karo (CAHC) 1-800-965-7476.

Haddii aad qabtid su'aalo kale ama aad u baahan tahay caawimaad, wac (207) 874-8231.

Sannad Dugsiyeedka 2023 Tilmaamaha Dakhliga
Cuntooyinka Qiimaha La dhimay

Si daacad ah,
Dawn Hilton
Food Service Department
hiltod@portlandschools.org
(207) 874-8231

Iyadoo la raacayo sharciga xuquuqda madaniga ah ee federaalka iyo Waaxda Beeraha ee Maraykanka (USDA) xeerarka iyo siyaasadaha xuquuqaha madaniga ah, machadkan waxaa ka mamnuuc ah takoorida ku salaysan isir, midab, asal qaran, lab ama dheddig (ay ku jirto aqoonsiga jinsiga iyo jihataynta galmada), naafanimada, da'da, ama aargoosiga ama aargoosiga hawlihii hore ee xuquuqda madaniga ah. Machuumaadka barnaamijka waxaa lagu heli karaa luqado aan Ingiriisi ahayn. Dadka naafada ah ee u baahan hab kale oo isgaarsiineed si ay u helaan macluumaadka barnaamijka (tusaale, far waaweyn, cajalad maqal ah, Luqadda Calaamadaha Mareykanka), waa inay la xiriiraan Gobolka ama Hay'adda maxaliga ah ee ka mas'uulka ah barnaamijka ama Xarunta TARGET USDA ee (202) 720-2600 (cod iyo TTY) ama kala xidhiidh USDA iyada oo loo sii marayo Adeegga Gudbinta Federaalka (800) 877-8339. Si aad u xarayso cabashada takoorka ee barnaamijka, dacwooduhu waa in uu buuxiyaa foom AD-3027, Foomka Cabashada Takoorka ee Barnaamijka USDA kaas oo laga heli karo online [:https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf](https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf), from any USDA office, by calling (866) 632-9992, ama adigoo warqad u qoraya USDA. Warqaddu waa inay ka kooban tahay magaca qofka cabashada ah, ciwaanka, taleefanka, iyo sharraxaad qoraal ah oo ku saabsan falka takoorka ah ee lagu cedeeyay oo faahfaahsan si loogu wargaliyo Kaaliyaha Xoghayaha Xuquuqda Madaniga (ASCR) nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee lagu cedeeyay. Foomka AD-3027 ama warqadda la buuxiyay waa in loo gudbiyaa USDA iyadoo:

- (1) **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) **fax:** (833) 256-1665 or (202) 690-7442; or
- (3) **email:** program.intake@usda.gov

Machadkani waa bixiye fursad loo siman yahay

Xeerka Xuquuqul Insaanka Maine wuxuu mamnuucayaa takoorka sababtoo ah jinsiyadda, midabka, jinsiga, nooca galmada, da'da, naafanimada jireed ama maskaxda, macluumaadka hidaha, diinta, abtirsiiinta ama asal qaran..

Cabashooyinka takoorka waa in lagu xareeyaa xafiiska Komishanka Xuquuqul Insaanka Maine, 51 State House Station, Augusta, Maine 04333-0051. Haddii aad rabto inaad si elektaroonik ah u xarayso cabashada takoorka, booqo bogga internetka ee Komishanka Xuquuqul Insaanka <https://www.maine.gov/mhrc/file/instructions> oo buuxi su'aalaha qaadashada. Maine waa bixiye iyo shaqo-bixiye loo siman yahay.

(Bayaanka Federaalka oo dib loo eegay 5/2022)

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SIDA LOO DHAXEYYO
SY 2023 CODSIGA QOYSKA IYO CUNTADA DUGSIGA OO BILAASH AH IYO qiimihii jaban

"
TALLAABADA 1: MACLUUMAADKA ARDAYGA: Qor dhammaan ardayda guriga ku nool

- (a) Qor dhammaan ardayda guriga ku nool
- (b) Ku dar magaca dugsiga ay dhigtaan (haddii la yaqaan)
- (c) Haddii ardaygu yahay ilmo koriya, Hoyla'aan ah ama Soo-galootiga ah, calaamadee sanduuqa lagu dabaqi karo.
- (d) Korinta, soogalootiga, hoylaawayaasha, iyo carruurta carartay, iyo carruurta ku qoran barnaamijka Head Start waxay si gaar ah ugu qalmaan cunto bilaash ah. Haddii aad buuxinayso codsiga carruurta, la xidhiidh dugsiga wixii macluumaad dheeraad ah.
- (e) Haddii ardaygu yahay ilmo korin ah, waalidkooda korinaya ama sarkaalka kale ee matalaya ilmaha waa inuu saxeexaa foomka tallaabada 4. Ma aha inaad qorto lambarka badbaadada bulshada.
- (f) Carruurta la korinayo waa in lagu daraa xubin qoys ahaan. Tani waxay ka caawin kartaa xubnaha kale ee qoyska inay u qalmaan dheefaha.

"
TALLAABADA 2: BARNAAMIJYADA GARGAARKA:

- (a) magaca qofka helaya manfacyadan. U gudub tillaabada 3. Xubin qaangaar ah oo qoyska ka tirsan waa in uu foomka ku saxeexaa Tallaabada 4 laakiin maaha in uu taxo lambarka sooshal sekuuritiga.c
- (b) Haddii qofna qoyska uusan ka qaybgelin SNAP, TANF ama FDPIR, u gudub tallaabada 3.

"
Tallaabada 3: Dakhliga Qoyska: Liis garee dhammaan Xubnaha Qoyska oo ay ku jiraan adiga iyo ardayda ku taxan tallaabada 1. Qor dakhliga guud ee qof kasta.

- (a) Qor magacyada qof kasta oo ku nool gurigaaga. Qoysku waa qof (dadka) wada nool ee wadaaga dakhliga iyo kharashyada, xitaa haddii aysan ehel ahayn.
- (b) Qor cadadka dakhliga guud ee qof kastaa helo ka hor cashuurta iyo wax-ka-jarida kale. Qadarka dakhli kasta waa in lagu galaa tiirka ku habboon.
- (c) Calaamadee sanduuqa inta jeer ee dakhli kasta la helo.
- (d) Haddii aad iskaa u shaqeysato, qor cadadka dakhliga uu qofku ka helo iskii u shaqeysta; tusaale ahaan, dakhliga ka soo gala ahaansho bixiye guri xanaano maalmeed qoyska, ama ka shaqaynta beer. Fadlan wac dugsiga haddii aad u baahan tahay caawimo
- (e) Goob kasta oo dakhli oo bannaan laga tago waa calaamad togan ma jiro dakhli la soo sheego.
- (f) Ka warbixi tirada guud ee qoyska Tiradani waa inay la mid tahay tirada xubnaha qoyska ee ku taxan qaybta 3.

"
TALLAABADA 4: Loo Baahan Yahay - SAXIIXA DADKA WAAWEYN IYO AFARTA LABAAD EE LAMBARKA BADBAADADA BULSHADA

Foomku waa inuu lahaadaa saxeex qof weyn oo qoyska ka tirsan.

- (a) Xubinta qoyska ee qaangaarka ah ee saxiixday waa in ay ku jiraan afarta nambar ee u dambeeya nambarkiisa / keeda. Haddii isaga/iyada aysan lahayn nambarka badbaadada bulshada, calaamadee sanduuqa ku habboon. Lambarka bulshada looma baahna haddii aad ku qorto lambarka kayska SNAP ama TANF ama haddii aad codsanayso ilmo korinta.

"
TALLAABADA 5: Ikhtiyaar ah - Aqoonsiga Qowmiyadaha iyo Qowmiyada CARRUURTA: Looma baahna inaad ka jawaabto su'aashan, laakiin dhammaystirka macluumaadkan waxay gacan ka geysan doontaa hubinta in qof walba loola dhaqmo si caddaalad ah.

DAKHLIGA LAGU WARBIKINAYO

Dakhliga Shaqada	<i>Kaalmada Dadweynaha/Taageerada Ilmaha/Lacagta La Helay</i>	Hawlgab / Hawlgab / Badbaadada Bulshada & Dakhliga Kale
<p>-Mushaharka, mushaharka, gunnada lacagta caddaanka ah</p> <p>-Dakhliga saafiga ah ee ka soo gala iskaa u shaqaysiga (beero ama ganacsi)</p> <p>Haddii aad ku jirto militariga:</p> <p>-Mushaharka aasaasiga ah iyo gunnada lacagta caddaanka ah (kuma jiraan mushaharka dagaalka, FSSA ama gunnooyinka guryaha ee gaarka loo leeyahay)</p> <p>-- Gunnooyinka guryaha ka baxsan saldhigga, cuntada iyo dharka</p>	<p>-Faa'iidooyinka shaqo la'aanta</p> <p>-Magta shaqaalaha</p> <p>-Dakhliga Amniga Bulshada (SSI)</p> <p>-Kaalmada lacagta caddaanka ah ee laga helo gobolka ama dawladda hoose</p> <p>-Lacag lacageed</p> <p>- Lacagaha taageerada ilmaha</p> <p>-Faa'iidooyinka Mujaahid</p> <p>-Faa'iidooyinka shaqo joojinta</p>	<p>-Social Security (oo ay ku jiraan hawlgabka wadada tareenada iyo faa'iidooyinka sambabada madaw</p> <p>-Dhibaatooyinka hawlgabka gaarka ah ama naafanimada</p> <p>-Dakhliga joogtada ah ee ka soo gala hanti ama hanti</p> <p>-Annuities-Dakhliga Maaigelinta</p> <p>-Rixii la kasbaday</p> <p>-Dakhliga kiraynta</p> <p>-Lacagta caddaanka ah ee joogtada ah ee ka timaada dibadda qoyska</p>

Soo dhameystir Codsigaan adigoo u buuxinaya cunugiiba mid. dadka guriga ku nool we aad wadaagtaan waxii qarash ah iyo waxyaalaha nololmaalmedka weeyaan macnaheeda xataa hadii aydaan qaraabo ahayn waxaad ka codsan kartaa Online-ka: www.portlandschools.org/departments/opertations/food_service/free_reduced_information

Talabada 1: WARBAXINTA ARDAYGA Qor kuli Ardada guriga ku nool

Magaca Awoowga	Magaca Ardayga	Cunug Walid la'aan ah	Guri haysan/sogaloti
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
Magaca awoowe	Magaca Ardayga	Cunug Walid la'aan ah	Gurihaysan/Sogaloti
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
Magaca Awowga	Magaca Ardayga	Cunug Walid la'aan ah	Gurihaysan/Sogaloti
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
Magaca Awowga	Magaca Ardyga	Cunug Walid la'aan ah	Gurihaysan/Sogaloti
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>

Talabada 2: Barnaamijka Caawinta Hadii qof ka mida Guriga uu qaato lacagta caawimid SNAP, TANF ama FDPIRNambarka keyska iyo qofka hela cawimida magacisa. Waad ka boodi karta Talabada sedexad.

Magaca: _____

Nambarka SNAP ama TANF _____ Warqada _____

Talabada 3: Wadarta DAQLIGA Qor Dhaman inta guriga ku nool oo ay ku jiran adiga iyo ardada kor ku xusan iyo daqliga soo gala (intan laga jarin Canshurta).

Magacyada	Daqliga guud														
	Aad ka hesho shaqada canshuurta ka hor	Asbuucii	Labadi Asbuuc	Bishii Laba	bishii	Kalmada, iyo masrufka ILMaha	Asbuucii	Labadii	Bishi/labo	Bishii	Howlgab, Howlgab, Social Security & iyo Daqliga kaloo dhan	Asbuucii	Laba Asbuuc	Bishii laba jer	Bishii
Inta guriga dagan Oo ay ku jiraan ardayda kor ku xusan	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wadarta Tirada Qoyska	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Talabada 4: Ilo bahanyahy – Saxiixa Qof weyn iyo afarta Number ee u dambeya SSN

Waxaan cadeynayaay (balnqadaya) Warbaxinta Codsigaan uu yahay sax iyo daqligeeyga dhan aan shegay. Waxan fahansanahy in warbaxintani lala xariirinayo tabarucida Dowlada, iyo iskuulkunae aan geyn doono wax cadeynaya (jeeg). Waan ogahay hadii si ula kac ah aan been u sheego ILMahaygu waxay humen donaan kalaamadas, Anigana sharciga ayaa I qaban doonas.

Ma heysto SS Nambor

Saxiixa qofka weyn: _____ Afarata Number ee u danbeya SSN: _____
 Qor Magac: _____ Talefan: _____ Email: _____
 Cinwaan: _____ Date: _____

*** FOR SCHOOL USE ONLY***

Annual Income Conversion: Weekly x 52, Every 2 weeks x 26, Twice a month x 24, Monthly x 12

Total Income: _____ Household Size: _____ Free _____ Reduced _____ Denied _____ Categorically eligible free: _____

Determining Official's Signature: _____ Date: _____

For verification purposes only – Confirming Official 's Signature: _____ Date: _____

Talabada 6: ISIRKA CARUURTA iyo JINSIYADOODA: Doorasho. Qasab **maaha** inaad ka jawaabto su'aalahan.

Hal jinsiyad ka calaamadee:

Hal isir ka calaamadee:

Hispanic or Latino

Asian

American Indian ama Alaska Native

maha Hispanic ama Latino
Islander

White

Native Hawaiian ama Other Pacific

Black ama African American kuwo kale

**Sanad dugsiyedka 2023 Tilmaanta Daqliga
Cuntada Qarashka jaban**

RAQISIYAY

TILMAAN BAXINTA DAQLIGA

Tirada inta guriga ku nool	Bishii
1	1,989
2	2,686
3	3,386
4	4,086
5	5,786
6	5,486
7	6,186
8	6,886
Qof haduu ku Darsamo waxaa ku darsamaya:	
	700

Wasaaradda beeraha ee Maraykanku(USDA) waxay dhamaan barnaamijyada iyo hawlgalkeeda ka mamnuucaysaa eexda ku salaysan isir, midab, dhalasho, da', laxaad li'i, lab/dhaddig, xaaladda xaasnimo, waalidnimo, diin, jinsi qumman ama labeeb, fikradaha siyaasadeed, aargoosi, ama in qofku kaalmo ka helo dowladda, ama astaamaha hiddaha oo loo adeegsado shaqo siinta, ama barnaamij ama howlgal kasta oo ay ku shaqo leedahay ama maalgaliso Wasaaradda Beeruhu. Haddii aad u baahantahay inaad xarayso cabaysho ku saabsan eex waxaad buuxin kartaa foomka: [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html) ee laga helo bogga internetka ee http://www.ascr.usda.gov/complaint_filing_cust.html ama la xiriiir xafiis ka mid ah xafiisyada USDA , ama ka soo wac telfoonka (866) 632-9992 si aad u codsato foomka. Waxa kalood soo qori kartaa warqad aad ku faahfaahisa warbaxinta ku jirta foomka cabashada oo dhan. Warqadda oo aad soo buuxisay noogu soo dir cinwaanka: U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, ama ku soo dir faakis 833)256-1665 ama (202) 690-7442 , ku soo dir email: program.intake@usda.gov :

Dadka dhagaha culus ama hadalku ku adag yahay waxay kala soo xiriiri karaan USDA, Khadka guud ee Dowladda oo ah (800) 877-8339

Xerka xaquuqda aadanaha waxuu mamnuucaya Takoorid Jinsi, Midab lab dhadig, Naafoonimo, ama maskax dorson. Hadad rabto inaad soo gubbiso cabasho Onli-ka ku so dir <https://www.Maine.gov/mhrc/file-a->

Qoraalka dowlada oo la eegay 1/3/2020