

ILAHA GUDBINTA CUNTADA

Helitaanka cunto nafaqo leh ayaa qayb muhiim ah ka ah caafimaadkaaga iyofaya-qabkaaga. U adeegso macluumaadkaan si uu kaaga caawiyo helitaanka cuntada caafimaadka leh ee adiga iyo qoyskaagu u bahantahiin si aad u kobocdaan.



American Heart Association.

WAXAA BIXIYAY: _____

HABABKA LOO HELO CAAWIMAAD



211: Waxay kaa caawineysaa inay kugu xirto ilaha bulshada ee gobolka oo dhan, oo ay ku jirto taageerada cuntada. Ka wac 211 taleefan kasta.



Washington Connection: Ka dalbo adeegyo badan (oo ay ku jiraan cunto, lacag, daryeel ilmo, iwm) oo hal meel lagu bixinaayo. Waad cusbooneysiin kartaa iskana qori kartaa barnaamijyo badan oo ku qoran dhowr luqadood. Boqo: www.washingtonconnection.org/



USDA National Hunger Hotline: Ugudbisaa caawimaadda cuntada ee kuugu dhow. Wac: 1-866-348-6479 (TTY: 711), 4 a.m. – 7 p.m.

FURSADAHA CUNTADA

CARUURTA

- Barnaamijyada Quraacda iyo Qado ee Carruurta iyo P-EBT:** Waxay bixisaa cunto bilaash ah ama qiimo jaban oo caafimaad leh looguna talagalay ardayda danyarta ah, ee fasalada K ilaa 12. Ardayda dugsiga codsanaaya sannad dugsiyeedka 2020-2021 sidoo kale waxay siineysaa qoysaska lacag-bixinta P-EBT (lacag dheeraad ah oo ay ku iibsadaan cunto). Ka ogoow inaad u qalanto iyo inkale barta: <https://www.benefits.gov/benefit/366> ka dalbo dugsiga maxaliga ah ee ku yaalo degmadaada.
- Cuntada loogu talagalay Caruurta Xilliga Xiritaanka Dugsiga:** Cuntooyin caafimaad leh oo bilaash ah looguna talagalay carruurta 18 jirada ah iyo wixii ka yar. Ka raadi goobo kuu dhow: <https://www.uwkc.org/free-meals-during-school-closures/>
- Women, Infant and Children (WIC) Program:** Waxay cunto siisaa haweenka uurka leh ama kuwa umusha ah, dhallaanka, iyo carruurta da'doodu tahay ilaa 5 sano. Wac 1-800-322-2588 si aad u hesho xafiiska kuugu dhow oo aad ballan ka samaysato.

LOOGU TALAGALAY DADKA WAAYEELKA

AH EE BAAHIYAHA SI GAAR AH QABA

- Chicken Soup Brigade:** Waxay bixisaa barnaamijyo badan oo guri geyn ah oo loogu talagalay caafimaad ahaan ama cunnooyin u gaar ah iyo cuntooyin laga helo Seattle/King County. Booqo: <https://www.lifelong.org/chicken-soup-brigade> Wac: 1-206-957-1686
- Meals on Wheels:** Barnaamij cunto siiya dadka waayeelka ah. Booqo: Mealsonwheelsamerica.org

LOOGU TALAGALAY CID KASTA

- Washington Basic Food Program (SNAP):** Faa'iidada billaha ah ee cuntada looga iibsado dukaamada cuntada, suuqyada beeraleyda, iwm wixii macluumaad dheeri ah info: <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>
- SNAP Match:** Lacag kasta oo lagu bixiyo faa'iidooyinka SNAP ee tafaariiqleyda kaqeybgalaya si ay u iibsadaan miraha iyo khudaarta cusub ayaa u dhigantaa inay iibsato wax soo saar.
- Food Banks and Meal Programs:** Ka raadi aaladda loo adeegsado kaydka cuntada iyo barnaamijyada kuu dhow: <https://tinyurl.com/wafoodmap>
- Fresh Bucks Vouchers:** Deganayaasha Seattle ee u-qalma ayaa codsan kara inay helaan foojarro. <https://www.freshbuckseattle.org/application-information/#Apply> Wac: 1-206-684-2489

QORAALO: