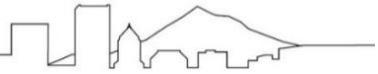


# Portland Public Schools Nutrition Services



## Codsiga Reerka ee Namuunadda ah looguna talagalay Cuntada Dugsi ee Bilaashka ah iyo Kuwa Qimahooda La Dhimay ee 2023-24

Gacaliye Waalid/Mas'uul:

Carruurtu waxay u baahan yihii cunto caafimaad leh si ay wax u bartaan. Portland Public Schools waxay ardayda u fidisaa cuntooyin caafimaad leh maalin dugsi kasta. Carruurtaada ayaa laga yaabaa inay u mutaysan yihii cuntooyin bilaash ah ama cunto qiimaha laga dhimay.

	Dugsiga Hoose	Dugsiga dhexe	Dugsi sare	Adult
Quraacda	\$1.60	\$1.60	\$1.60	\$3.00
Qadada	\$3.00	\$3.00	\$3.50	\$5.50
Qiimaha jaban*	\$0.00	\$0.00	\$0.00	N/A

\*Xeerarka Miisaaniyadda ee Oregon ayaa mar kale ku jira maalgelinta miisaaniyadda gobolka si loo daboolo kharashyadan.

### 1. AYAA HELI KARA CUNTADA BILAASHKA AH AMA QIIMANHA LA DHIMAY?

- Dhammaan carruurta ka tirsan reer ka hela dheefaha SNAP,[the Food Distribution Program on Indian Reservations (FDPIR) ama TANF, ayaa mutaysnaan u leh cuntada bilaashka ah.
- Carruurta ugu hoos jirta korriin ku meelgaar ah hoosta mas'uuliyad sharci hay'ad daryeel korriin ama maxkamad ayaa u mutaysan cunto bilaash ah.
- Carruurta ka qaybqaata barnaamijka Head Start ee dugsigooda ayaa u mutaysan cunto bilaash ah.
- Carruurta qancisa qeexidda guri la'aanta, ama baxsi ku jiridda, ama muhaajiriinta ah ayaa u mutaysan cunto bilaash ah.
- Carruurta waxay heli karaan cuntooyin bilaash ah ama qiimaha laga dhimay haddii u dakhliga reerkaagu u yahay inta u dhexeysa xadadka Xeerarka Ugu Mutaysnaanta Dakhli ee Federaalka . Carruurtaadu waxa laga yaabaa inay mutaystaan cunto bilaash ah ama qiimaha laga dhimay haddii dakhliga reerkagu u yahay ama u ka hooseeyo xadadka jaartigan.

### Federal Reduced Price Meals

Participants may qualify for reduced price meals if the household income falls at or below the limits on this chart.

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
- 1 -	26,973	2,248	1,124	1,038	519
- 2 -	36,482	3,041	1,521	1,404	702
- 3 -	45,991	3,833	1,917	1,769	885
- 4 -	55,500	4,625	2,313	2,135	1,068
- 5 -	65,009	5,418	2,709	2,501	1,251
- 6 -	74,518	6,210	3,105	2,867	1,434
- 7 -	84,027	7,003	3,502	3,232	1,616
- 8 -	93,536	7,795	3,898	3,598	1,799
Each add'l household member add	9,509	793	397	366	183

### Oregon Expanded Income Guidelines (EIG)

Oregon students may qualify for EIG meals at no charge if the household income falls at or below the limits on this chart and above the limits on the Federal Reduced Price Meal chart.

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
- 1 -	43,740	3,645	1,823	1,683	842
- 2 -	59,160	4,930	2,465	2,276	1,138
- 3 -	74,580	6,215	3,108	2,869	1,435
- 4 -	90,000	7,500	3,750	3,462	1,731
- 5 -	105,420	8,785	4,393	4,055	2,028
- 6 -	120,840	10,070	5,035	4,648	2,324
- 7 -	136,260	11,355	5,678	5,241	2,621
- 8 -	151,680	12,640	6,320	5,834	2,917
Each add'l household member	15,420	1,285	643	594	297

2. **SIDEEN KU GARAN KARAA HADDII CARRUURTAYDU AY UGU MUTAYSAN YIHIIN AHAAN GURI LA'AAN, AMA BAXSI KU JIR, AMA MUHAAJIR?** Miyayna xubnaha reerkaagu lahayn cinwaan joogto ah? Ma waxaad ku wada jirtaan gabaad (shelter), huteel, ama qabanqaabo kale oo guriyayn ku meel gaar ah? Qoyskaagu ma wuxuu u guuraa si ku salaysan xilliyeed ahaan? Ma jiraan carruur kula nool, oo doordibay inay ka tagaan qoyskoodii ama reerkoodii hore? Haddii aad aamminsan tahay inay carruurta reerkaagu qancinyaan arrimahaas la sifeeyay, oo aan la idiin sheegin in carruurtaadu ay heli doonaan cunto bilaash ah, fadlan soo wac ama u soo iimayl garee 503.916.3789.
3. **MA U BAAHANA HAY INAAN U BUUXIYO CODSI CUNUG KASTA?** Maya. U Iisticmaal hal codsi cuntada dugsiga ee bilaashka ah iyo kuwa qiimahooda la dhimay dhammaan ardyada ka tirsan reerkaaga. Ma oggolaan karno codsiga aan dhammayskatirneen, markaa hubi inaad ku buuxiso dhammaan macluumaaadka loo baahan yahay. Ku soo celi codsigaaga oo dhammayskatiran: PPS Nutrition Services, PO Box 3107, Portland, OR 97208.
4. **MA BUUXIYAA CODSI HADDII AAN HELAY SANNAD DUGSIYEEDKAN WARQAD DHAHAYSA CARRUURTAYDA HORAY LOOGU OGGOLAADAY CUNTADA BILAASHKA AH?** Maya, laakiin fadlan u akhri warqadda aad heshay si taxaddar leh oo oo raac tilmaamaha. Haddii innaba carruur ka tirsan reerkaagu ay ka maqan yihiin ogaysiintaada u mutaysnida, la xiriir **Portland Public Schools, PO Box 3107, Portland, OR 97208, 503.916.3402, mealbenefits@pps.net**.
5. **MA KU CODSAN KARAA ONLAYN?** Haa! Waxaa lagugu dhiirrigalinaya inaad ku buuxiso codsiga onlayn halkii codsi warqad ah aad ka u buuxin lahayn haddii aad karto. Codsi onlaynka ah ayaa leh shuruudo la mid ah oo ku weyddiin doona macluumaaad la mid ah kuwa codsiga warqadsa. Booqo [www.schoolcafe.com](http://www.schoolcafe.com) si aad u bilowdo ama AAD uga uga ogaato wax dheeraad ah arrimaha ku saabsan habsocodka codsiga onalynka ah. La xiriir **Portland Public Schools, PO Box 3107, Portland, OR 97208, 503.916.3402, mealbenefits@pps.net** haddii aad qabto wax su'aalo ah oo ku saabsan codsiga onlaynka ah.
6. **CODSIGA ILMAHAYGA AYAA LA II OGGOLAADAY SANNADKII HORAY. MIYAAN U BAAHANA HAY INAAN BUUXIYO MID CUSUB?** Haa. Codsi ilmahaaga ayaa shaqayn doona kaliya sannadkaas dugsiyeed oo maalmaha ugu horreya sannad dugsiyeedkan, ilaa **October 10, 2023**. Waa inaad soo dirtaa codsi cusub haddii u dugsigu kuu sheego mooye in u ilmahaagu u mutaysan yahay sannadka dugsiyeedka cusub. Haddii aadan soo dirin codsi cusub oo u oggolaado dugsigu ama aan laguu wargelin inuu ilmahaagu u mutaysan yahay cuntada bilaashka ah, ilmahaaga ayaa lagu dallici doonaa qiimaha buuxa ee cuntada.
7. **WAXAAN HELAA WIC. CARRUURTAYDU MA HELI KARAAN CUNTADA BILAASHKA AH?** Carruurta ka tirsan reeraha ka qaybqaata barnaamijka WIC ayaa laga yaabaa inay u mutaysan yihiin cuntada bilaashka ah ama qiimaha laga dhimay. Fadlan soo dir codsi.
8. **MACLUUMAADKA AAN BIXIO MA LA SOO HUBSAN DOONAA?** Haa. Waxa laga yaaba inaan ku weyddiisano inaad soo dirto caddayn qoran ah oo dakhliga qoyska aad ka warbixisay ah.
9. **HADDII AANAN U MUTAYSNAYN HADDA, MA CODSAN KARAA HADHOW?** Haa, waxaad codsan kartaa wakhti kasta inta lagu jiro sannad dugsiyeedka. Tusaale ahaan, carruurta leh waalid ama mas'uul ee shaqo-la'aan noqda ayaa laga yaabaa inay mutaystaan cuntada bilaashka iyo qiimo dhimista leh haddii dakhliga reerku hoos uga dhaco xadka dakhliga.
10. **MAXAAN SAMEYYAA HADDII AANAN KU QANAC SANAYN GO'AANKA DUGSIGA EE KU SAABSAN CODSIGAYGA?** Waa inaad la hadasho saraakiisha dugsiga. Waxa kale oo aad weyddiisan kartaa dhageysi adiga oo waca ama u qora: **Portland Public Schools, PO Box 3107, Portland, OR 97208, 503.916.3402, mealbenefits@pps.net**.
11. **MA CODSAN KARAA HADDII QOF KA TIRSAN REERKAYGU AANU AHAYN MUWAADDIN MARAYKAN?** Haa. Adiga, carruurtaada, ama xubnaha kale ee reerka ayaan shuruurd ahayn inaad ahaataan muwaaddin Marykan si aad u codsataan cuntada bilaashka ah ama qiimo dhimista leh.
12. **MAXAA DHACAYA HADDII DAKHLIGAYGU HAD IYO JEER AANU ISKU MID AHAYN?** Liis garee lacagta aad caadi ahaan u hesho. Tusaale ahaan, haddii aad caadi ahaan samaysid \$1000 bishii kasta, laakin shaqoyinka qaarkood aad seegtay bishii lasoo dhaafay oo kaliya aad samaysay \$900, ku dhig meesha inaad samaysay \$1000 bishiiba. Haddii aad u hesho caadi ahaan saacado shaqo dheeraad ah, ku dar, laakiin haku darin haddii aad shaqaysid saacadaha dheeraadka ah mararka qaarkood. Haddii ay shaqo farhaaga ka baxday ama saacadaha hadda laagaadhimo, isticmaal dakhligaaga haatan.

- 13. MAXAA DHACAYA HADDII XUBNAYAASHA REERKU AANAY LAHAYN DAKHLI AY KA WARBIXIYAAN?** Ma aha waajib inay xubnaha reerku helaan woxoogaa nooca ka midka ah dakhliga aanu idinku weyddiisanay inaad kaga warbixisaan codsiga, ama ma ahaba inay haba yaraate wax dakhli ahi u soo galo. Mar taasi dhacdo, fadlan ku qor 0 dulqorka bannaan. Hase ahaatee, haddii meel kasta oo dulqor bannaan ah ama maraanta lagaga tago, kuwaas laftoodana waliba waxa loo tirin doonaa eber ahaan. Fadlan ka taxaddar marka lagaga tagayo marnida dulqorka bannaan, maadaama aan u qaadan doono inaad sidaas ugu talagashay.
- 14. WAXAAN KA TIRSANNAY CIIDAMMADA. MIYAAN ANNAGU SI KA DUWAN UGA WARBIXINAA DAKHLIGAYAGA?** Mushaharkiina aasaasiga ah iyo gunnooyinkiina lacagaha ah ayaa in looga warbixiyo dakhli ahaan. Haddii aad ugu heshaan gunnooyin lacago ah guriyaynta saldhigga-ka-baxsan, cuntada, ama dharka, waa in waliba looga daraa dakhli ahaan. Hase yeesh, haddii guriyayntaadu ay qayb ka mid tahay Hindisaha Gaar-ahaanaynta Guriyaynta Ciidamada (Military Housing Privatization Initiative), ha ugyu darin gunnooyinka guriyaynta dakhli ahaan. Waxii kasta ee lacagta dheeraad xarbi ah ee ka timaad dagaal geynta ayaa waliba ka reebban dakhliga.
- 15. MAXAA DHACAY HADDII AANAY JIRIN MEEL KU FILAN DUSHA CODSIGA LOOGU TALAGALAY QOYSKAYGA?** Ku liis garee xubnaha qoys ee dheeraadn kasta ahxaashi gaar ah, oo ku soo lifaaq codsigaaga. La xirtiir **Portland Public Schools, PO Box 3107, Portland, OR 97208, 503.916.3402, mealbenefits@pps.net**.
- 16. QOYSKAYGA AYAA U BAAHAN CAAWIMO DHEERAAD AH. MA JIRAAN BARNAAMIJYO KALE OO AAN CODSAN KARNO?** Qoyskaygu wuxuu ubaahan yahay caawimo dheeraad ah. Ma jiraan barnaamijyo kale oo aan u codsan karno? Si aad u ogaato sida loo codsado **SNAP** ama faa'idooyin kale oo gargaar ah, la xiriir xafiiskaaga gargaarka degaankaaga ama wac 2-1-1- ama 1-800-SAFENET (723-3638). Cunuga gargaarka cuntada wac 1-866-348-6479 (1-866-3-HUNGRY). Waqtiga xagaaga, Qoraalka "FOOD" ee 304304 ama booqo [www.Summerfoodoregon.org](http://www.Summerfoodoregon.org) si aad u hesho fursado cunto oo bilaash ah ee xaafaddaada.

Daacadnimo,  
**PPS Nutrition Services**





## TILMAAMAH

## Ilaah Dakhligaa

## Isha Dakhligaa Carruurtta

Ilaah Dakhligaa Ilmaaha	Tusaale (00)jin)
- Dakhliyada laga kashbado shaqada	- Ilmaaha ayaa haysta shaqo joogto ah oo buuxda ama wakhii dhiman ah oo kashbada mushahar ama mushqaayad
- Sooshaal Sekuuritiga	- Ilmaaha ayaa indho-beel ama naafso ah oo qaataata dheefaha Soshaal Sekuuritiga
- Biximaha Naafanimada	- Waalid ayaa naafso, shaqo ka farsiis ah, ama dhintay oo ilmaaha ayaa heila dheefaha sooshaal sekuuritiga.
- Dheefaha Dhaxalka	- Saaxiib ama xubin ehelekha qpskska ka mid ah ayaa si joogto ah u siyyaa ilmaha lacag Kharashayn
-Dakhlii laga helo qof reerka ka baxsan	- Ilmo ayaa ka helo dakhlii joogto ah ka fuundo hawlgab gaar ah, lacag u ururtay, ama ammanoo ah
-Dakhlii laga helo il kasta oo kale	

## IKHTIYAARI LAGU BUUXINAYO Aqoonsiga Isireed Iyo Qowmiyeed ee Carruurtta

Waxaa la nooga baahan yahay inaan ku weyddiinoo macluumaadka ku saabsan isirka iyo qowniyadda carruurtada. Macluumaadkani waa muhiim oo waxay waktar uga jeeelanysaa sidii loo hubin inaan si buuxda ugu adeegeyno jaalidyaaddeena. Ka jawaaшибidda qaybtan ayaa ikhtiyaar ah oo ma saamayn doonto u mutaysnaanta carruurtaa ah ama qiiimaha laga dhimay.

**Qowniyadda (mid calaamee):**  Hisbaanik ama Laatiino  Aan Ahayn Hisbaanik ama Laatino  Aasiyaan  Madow ama Afrikaan Ameerikan  Dhalad Hawaiiama Jasiiradaha Kale ee Basafifiga  Caddaan

Xeerka **Qaddad Dugsiga Qaranka ee Richard B. Russell** ayuu u baahan macluumaadka ku qoran codsigan. Qasab kugima aha inaad biximo macluumaadka, taalkin haadii aadan bixin, uma ogolaan karno imahaaga cintada bilaashka ah ama qiiimaha la dhimay. Waa inaad soo racisa a farta tiro ee ugu dambaysa lambarka sooshaal sekuritigii xubinta reerka ee gaangaarahna ah ee saxeeha codsiga. Afarta tiro ee ugu dambaysa lambarka sooshaal sekuritigii looma baahn markaad ugu codsanayso magaca qorsanayso korriinku kuug hoos jira ama ad qorto Barnaamalka Gargaarka Nafaqada Kaamiliyadah (SNAP), kees lambarka Barnaamalka Gargaarka Ku Meetladaarka ahee Qoyoskaa Baathan (TANF) ama Barnaamalka Cunto Qaybiinta Deegaannada Hindida (FDPIR) amma qodonsasho FDPIR oo kale looguna talagalyay ilmahaaga ama markaado tilmaamto xubinta reerka ee gaangaaarka ahi aamu lahayn lambaryaa sooshaal sekuriti. Waxaan oo istaqeemaa donoona macluumaadkaan in la go'amaano haddi u ilmaahaqgu uu u mutaysan yahay cintada bilaashka ah ama qiiimaha la dhimay, iyo maamulka iyo fulinta barnamaliyada qadsida iyo quracda. Waxa DHIC Kartaa inaan la wadaagno macluumaadkaaga u mutaysiga barnamaliyada waxbarashada, caafimaaka, iyo nafadaa si ay qiiimeeyaaan raasamalleeyaaan amaa go'aamiiyaaan dheefaha loogu talagalyay dib u barnameemka, saraakiisha fulinta sharciiga si ay iigana uga caawiso inay eegaan in lagu xadgudday xeerka ka barnameemka.

Marka la naaco sharciga xuquqda madaniga ah ee Federaalka iyo Waaxda Beerahaa ee Dawlaadha Maraykanika (USDA) iyo xeerka xilxuqida iyo ujeeddooyinked madaniga ah, ayaas USDA, Hay'adahaadeed, xafsiyadeeda, iyo shalgalahceeda, iyo hay'adda ka qaybaqaadanaan ama maamulka barnamaliyada barnamaliyada inay ku qogobaan dadka iyada oo salka ku, hay'sajinsiyad, midab, asal qowmiyadeed, iisii, naafanijad, da'da, moggal celin gama ka darsasho awged hawl hore oo xuquuq madani barnamaliyaa amma hawl kasta oo by raasamaalayso USDA.

## Ha buuxin Loogu Talagalyay Kaliya Isticmaalka Dugsiga

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

How often?

Weekly	○
Bi-Weekly	○
2x Month	○
Monthly	○

Household size	□
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Categorical Eligibility

Date	□
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Confirming Official's Signature

Date	□
------	---

Eligibility:

Free: ○	Reduced: ○	Dened: ○
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Verifying Official's Signature

Date	□
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Ilaah Dakhligaa Ilmaaha	Tusaale (00)jin)
- Dakhliyada laga kashbado shaqada	- Ilmaaha ayaa haysta shaqo joogto ah oo buuxda ama wakhii dhiman ah oo kashbada mushahar ama mushqaayad
- Sooshaal Sekuuritiga	- Ilmaaha ayaa indho-beel ama naafso ah oo qaataata dheefaha Soshaal Sekuuritiga
- Biximaha Naafanimada	- Waalid ayaa naafso, shaqo ka farsiis ah, ama dhintay oo ilmaaha ayaa heila dheefaha sooshaal sekuuritiga.
- Dheefaha Dhaxalka	- Saaxiib ama xubin ehelekha qpskska ka mid ah ayaa si joogto ah u siyyaa ilmaha lacag Kharashayn
-Dakhlii laga helo qof reerka ka baxsan	- Ilmo ayaa ka helo dakhlii joogto ah ka fuundo hawlgab gaar ah, lacag u ururtay, ama ammanoo ah
-Dakhlii laga helo il kasta oo kale	

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## Isha Dakhligaa Qaangaaraayaasha

Ilaah Dakhligaa Ilmaaha	Tusaale (00)jin)
- Dakhliyada laga kashbado Shaqtada	- Dheefaha shaqo la aanta
- Musahar, mushqaayad, gunno lacag kaash ah	- Madghowga shaqaaalaha
- Dakhligaa saafiga ee laga helo iskaa-u-shadaya siga (beer ama neherad)	- Dakhliga Kaabitankaa Sooshaal Sekuuritiga (SSI)
- Haddii aad ku jirto Ciidamada Narayanka:	- Gargaaarka kaashka ah ee laga helo gobalka ama dawlaadha deegaanka
- Musaharka asaasiga ah iyo gunnooyinka lacagta kaashka ah (Ha Ku darin lacagta xarbiga, FSSA ama gunnooyinka guriyaynta -Gunnuyinka guriyaynta saldhigga-ka-baxsan, cuntada iyo dharka	- Biximaha la siiyo afro ama sey la kala tagay
- Dheefaha horay iyo tirسانا ciidamo	- Biximaha taageerada Ilmaha
- Dheefaha shaqo loojinta	- Dheefaha ururmsay
	- Daksiga la kasbaday
	- Dakhlii kiro
	- Biximo lacag kaasha ah oo si joogto ah loog a helo in ka baxsan reerka

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Ilaah Dakhligaa Ilmaaha	Tusaale (00)jin)
- Dakhliyada laga kashbado Shaqtada	- Dheefaha shaqo la aanta
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	- Daksiga la kasbaday
	- Dakhlii kiro
	- Biximo lacag kaasha ah oo si joogto ah loog a helo in ka baxsan reerka

adka naafada ah ee u baahan hab kale oo wada xirir marka loogu talagalo maciuumaadka barnamalka (tusale ahaan Braille, daabaca farata waawayn, cajaladda madalka, Lugadda Caalamadaya Maraykanika, iwm.) waa inay la xirirraan Hey'adda (Gobolka ama Deeganinka) ay ka cosadsleen dheefaha Shadiisyaadka magall la'aanta ah ama maqalka ku adag yahay ama fanfaniimo hadal leh ayaa kula xiriiri kara USDA Adeegga tebinta Federalka (Federal Relay Service) lambarkan (800) 877-8339. Intaa waxa u dheer, mactiuumaad barnamalka oo dhici kartaa in lagu bixiyo luqadaha aan ingiriisiga ahayn.

Inaad xeryso cabasho kala qoqob barnamalka oo takoor, buuxi Foormka Cabashada USDA ee kala Qoqob Barnamalka, (AD-3027) ee lagu helo onlaysan bartan [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) iyo xafiis Barnamalka, (AD-3027) ee lagu helo onlaysan bartan [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html). Waa warqadda maciuumaad kasta oo lagu weydiistay formka. Inaad weydiisatu nuqul formka cabashada ah, wac (866) 632-9992. U guudbi foormka la buuxiyay ama warqadda USDA.

boosta:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410

faakis:  
(202) 690-7442; ama  
iimay:  
program.intake@usda.gov.

Hay'addan ayaa ah bixiye furasad siman.

# SIDA LOO CODSADO CUNTADA DUGSIGA EE BILAASHKA AH IYO KUWA QIIMAHOOUDA LA

## DHIMAY

Fadlan isticmaal tilmaamaha kaa caawinaya inaad buuxiso codsiga cuntada dugsiga ee bilaashka ah iyo kuwa qimahooda la dhimay. Wixa kaliya ee aad u baahan tahay inaad u soo gudbiso hal codsii reerkii, xitaa haddii ay caruurtaadu dhigtaan in ka badan hal dugsi oo ka tirsan Portland Public Schools. Codsiiga waa in loo buuxiyaa si dhammystiran si loogu shariyeeyo caruurtaada cuntada dugsiga ee bilaashka ah iyo kuwa qimahooda la dhimay. Fadlan u raac tilmaamahan siday isku xigaan! Tallaabo kasta oo ka mid ah tilmaamaha aaya la mid ah tilmaamaha yaa la yaal codsiigaaga. Haddii wakhti kasta ha noqotee aadan hubin waxa ku xiga ee la qabanayo, fadlan la xirir PPS Meal Benefits Office, 503-916-3402, [mealbenefits@pps.net](mailto:mealbenefits@pps.net).

**FADLAN ISTICMAALQALIN (MA AHA QALIN RASAAS) MARKAAD BUUXINAYSO CODSIGA OO ISKU DAY INTA KARTIDAADA AH FAR WAAWAYN UGU QORTO**  
**SILA AKHRISAN KARO.**

## TALLAABO 1: LIIS GAREE DHAMMAAN XUBNAHA REERKA EE DHALLAANKA, IYO CARRUURTA, IYO ARDAYDA AH ILAA HEERKA FASAL EE 12.

Noo sheeg inta dhallaan, caruur, iyo arday ah ee ku nool reerkaaga. MA AHA kaliya uun inaad wax isku ahaataan adiga inay ka mid ah noqdaan reerkaaga?

**Ayaan ku liis gareeyaa halkan?** Marka buuxinayso qaybtaan, fadlan ku dar DHAMMAAN xubnaha ka tirsan reerkaaga ee:

- Caruurta da'da 18 ama kuwa ka yar ah OO waliba lagu taageero dakhliga reerka;
- Daryeelkaaga ugu hoos jira qorshe korin awged, ugu mutaysandhallin ah guri la'aan, muhajirr, ama baxsi ah;

A) Liis garee magaca cunug kasta. Farta waawayn ku qor magaca cunuga kasta. I isticmaal hal sadar oo ka mid ah codsiga canug kasta. Markaad farta waawayn ku qorayso, ku qor hal xaraf sanduuq kasta. Jooji haddii aad weydo meel aad ku qorto. Haddii ay caruurto ka badan tahay sadarrada ka badan tahay sadarrada lagu qorayo dusha codsiga, ku soo liffaaq xaaishi labaaad oo aad ku qorto dhammaan macluumaadka looga baahan yahay caruurta dheeraadka ah.	B) Ilmuuhu ma yahay arday dhigta PPSku calaamadee 'Haa' ama 'Maya' hoosta tiirka cinwaakiisu yahay "Ardayga". Haddii aad ku calaamadsay "Haa," ku qor heerka fasalka ardayga tiirka 'Heerka Fasalka' ee xiga midigta.	C) Ma jiraan caruur qorshe korriin aad ugu hayso? Haddii caruurta aad liis garaysay ay yihiin caruur qorshe korriin kuugu hoos jira, calaamadee sanduuqa "Caruur Qorshe Korriin" ee ku xigta magaca ilmaha. Haddii aad KALIYA aad u codsanayso caruur kuugu hoos jira qorshe korriin, ka dib markaad dhammayso TALLAABO 1, Uga gudub TALLAABO 4.	D) Carruurta qaarkoodna ma yihii guri la'aan, muhajirr, ama baxsi? Haddii aad amminsan tahay inay midkoodna cunug ku qoran qaybtani ay qancinayaan sifayntan, calaamadee sanduuqa "Guri la'aan, Muhaajir, Baxsi ku Jir" sanduuqa ku xiga magaca ilmaha iyo buuxiso dhammaan tallaabooyinka codsiiga.
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## TALLAABO 2: HAATAN XUBNAHA REERKA MIDKOODNA MA QAYBQAAATAAN BARNAAAMIJUYADA SNAP, TANF, AMA FDPIR?

Haddii qof ka tirsan reerkaagu (oo aad adigu ka mid tahay) haatan u ka qaybqaato hal ama in ka badan barnaamijiyada gargaarka hoosta ku qoran, caruurtaada ayaa u mutaysan cuntada bilaashka ah ee dugsiga:

- Barnaamijika Caawimada Nafaqada Kaamiliinta ah (SNAP) ama
- Gargaarka Ku Meel Gaarka ah ee Qoysaska Baahan (TANF) ama
- Barnaamijika Cunto Qaybinta Deegaannada Hinidida (FDPIR).

## TALLAABO 2: HAATAN XUBNAHA REERKA MIDKOODNA MA QAYBQAAATAAN BARNAAAMIYADA SNAP, TANF, AMA FDPIR?

- A) Haddii ayna qofna ka qaybqaadan reerkaaga barnaamijaya kor ku qoran midkoodna:
- Kaga tag bannaanida TALLAABADA 2 oo u gudub TALLAABADA 3.
- B) Haddii qof ka tirsan reerkaaga barnaamijaya kor ku qoran:
- Qor kees lambarka SNAP, TANF, ama FDPIR. Waxa kaliya ee aad u baahan tahay inaad bixiso hal kees lambar.
  - Haddii aad ka qaybqaadato mid ka mid ah barnaamijayan oo aadan aqoon kees lambarka, la xirri: DHS. Uugdub TALLAABO 4.

## TALLAABO 3: KA WARBIXI DAKHLIGA DHAMMAAN XUBNAHA REERKA

### Sideen uga warbixiyaa dakhligayga?

- Iisticmaal jaartiga ciinwaankoodu yahay "Ilaха Dakhliga Qaangaarayaasha" iyo "Ilaха Dakhliga Carruuta," ee ku daabacan gadaasha foomka codsiga si aad u ogaaato haddii ay reerkaagu leeyihin dakhli ah inay ka warbixyaan.
- Ka warbixi dhammaan xaddiyada KALIYA DAKHLIGA GUUD ah. Kaga warbixi dhammaan dakhliga iyaga oo doollar buuxa ah. Ha ku darin sentiyada.
  - Dakhliga guud waa wadarta dakhli ee la helay kahor canshuurta
  - Dad badan aaya u maleeeya inuu dakhligu yahay inta ay "guriiga kula soo hoydaan" oo aan ahayn qaddarka wadarta, "guud" ah. Hubi in dakhliga aad kaga warbixiso codsigan AAN loo yarayn canshuur, ama qaddar xilliyeed caymis in la bixiyo, ama wax kasta oo qaddarro kale looga jaro lacag bixintaada.
- Ku qor "0" dulal-qor kasta oo ayna jirin dakhli laga warbixyo. Dulal-qor dakhli kasta oo bannaan lagaga tago aaya loo tirin doonaa eber ahaan. Haddii aad ku qorto '0' ama bannaan aad kaga tagto, waxaad caddaynaysaa (wacad ku qaadysaa) inayna jirin dakhli aad ka warbixiso. Haddii ay saraakiisha deegaanku ka shakiyaan in dakhliga reerkaaga si khalddan looga warbixiyay, codsigaayaa la soo baari doonaa.
- Calaamadee inta jeer ee nooc kasta oo dakhli la helo adiga oo isticmaala sax ku samaynta sanduuqyada dul-qor kasta ee dhinaca midig ka ah.

### 3.A. KA WARBIXI DAKHLIGA AY KASBADEEN CARRUURTU

- A) Ka warbixi dhammaan dakhliga ay kasbadeen ama ay heleen carruurtu. Ka warbixi dakhliga guud ee isku darsan ee DHAMMAAN carruurta ku liis garaysan TALLAABO 1 ee reerkaaga guraha sanduuqa u ku qoran yahay "Dakhlil Wadarta ilmaha." Kaliya tiri dakhliga carruurta qorshe korriin ku jira haddii aad u codsanayo kalidood iyaga oo ka mid ah inta kale ee reerkaaga.

*Waa maxay Dakhliga Ilmuu?* Dakhliga ilmaha aaya ah lacag laga helo in ka baxsan reerkaaga oo sii TOOS ah loo siyo carruurtaada. Reerar badan ayaan haba yaraate dakhli cunug.

### 3.B KA WARBIXI DAKHLIGA AY KASBADEEN QAANGAARAYAASHU

#### Ayaan halkan ku liis gareeyaa?

- Markaad buuxinayso qaybtaan, fadlan ku dar DHAMMAAN xubnaha qaangaaraaha ah ee reerkaaga ku nool eee aad wadaagtaan dakhliga iyo kharashyada la nool yihin, xitaan haddii aanay la xirriira iyo xitaa haddii aydaan wax isku hayni iyo xitaa haddii ayna helin dakhli iyaga u gaar ah.
- **HAKU darin:**
  - Dadka kula nool ee aan laakiin aan lagu taageerin dakhliga reerkaaga OO aan dakhliku soo biixin reerkaaga.
  - Carruurta iyo ardayda horay ugu liis garaysan TALLAABADA 1.

#### a) liis garee magacyada xubnaha reerka

- b) Ka warbixi dakhliga laga helo shaqada.** Kaga warbixi dhammaan dakhliga laga helo shaqada meesha codsiga ku taal ee "Ka Kasbashada Shaqada". Taasi badiyya waa lacgta laga helo ka shaqaynta shaqooyinka. Haddii aad leedahay meherad iskoo u shaqaysi ah ma aad leedahay beer, waxaad ka warbixin doontaa dakhligaaqaa saafiga ah.

- c) Ka warbixi dakhliga laga helo gargaarka dowladda/taageerada ilmaha/taageerada afada ama seyga. Ka warbixi dhammaan dakhli khuseeyaa duul-qorka codsiga ee "Gargaarka Dowladda/Taageerada Ilmaha/Taageerada Afada Ama Seyga . Haka warbixin inta tahay qiiimaha lacgta dheeefo kasta gargaar dowlaadeedqoimaha lacgta caddaanka ah ee AAN ku qornayn iaartiga. Haddii dakhli laga helo taageero ilmo ama taageero afo ama sey, kaliya ka warbixi biximaha ay maxkamaddu amartay. Biximaha aan rasmiga ahayn ee laakiin joogtada ah waa in looga soo warbixiyaa ahaan dakhli "kale" gudaha qaybta xigta.**

- Maxaan sameeyaa haddii aan ahay iskiii u shaqayste?** Ka warbixi dakhliga aad ka hesho shaqoadaas ahaan qaddar safii ah. Taasi waxa lagu xisaabiyya iyada oo laga jaro wadar ahaan kharashyada raac tilmaamaha TALLAABADA 3, qaybta A.

### TALLAABO 3: KA WARBIXI DAKHLIGA DHAMMAAN XUBNAHA REERKA

	ah.		
d) <b>Ka warbixi dakhliga laga helo benshinka/hawl ka fariisiga/dhammaan dakhliga kale.</b> Ka warbixi dhammaan dakhliga khuseeyaa duul-qorka ku yaal codsiga ee benshinka/hawl ka fariisiga/dhammaan dakhliga kale.	e) <b>Ka warbixi wadarta tirada reerka.</b> Gelli wadarta tiro ee xubnaha reerka gudaha du-qorka "Wadarta Xubnaha Reerka (Carruuta iyo Qaangaaraayaasha)." Tiradaasi WAA inay la mid noqotaa tirada xubnaha reerka ee ku qoran <b>TALLAABO 1</b> iyo <b>TALLAABO 3</b> . Haddii ay jiraan xubno ka tirsan reerkaaga oo aadan ku qorin codsiga, ku noqo oo iyagana ku dar. Aad aya muhiim u tahay inaad liis garayso dhammaan xubnaha reerka, maadaamat tirada reerkaagu ay saamayn ku leedahay mutaysigaaga cuntaada bilaashka ah iyo kuwa qiiimahooda la dhimay.	f) <b>Bixi afarta tiro ee ugu dambaysa Lambarkaaga Sooshaal Sekuuritiga.</b> Xubin qaangaare ah oo reerka ka tirsani waa inuu galiyaa meesha loogu talagalay afarta tiro ee ugu damabyasa Lambarkooda Sooshaal Sekuuriti. Waxaad u mutaysan tahay inaad codsato dhoeffaha xitaa haddii aadan lahayn Lambarka Sooshaal Sakuuritiga. Haddii ayna xubnaha reerku lahayn Lambar Sooshaal Sakuuriti, kaga tag meeshan bannaanida oo calaamadee sanduuqa midigta ka xiga ee ay ku qoran tahay "Calaamadee haddii aaru jirin #SS."	
<b>TALLAABO 4: MACLUUMAADKA KULA XIRIIRKA IYO SAXEEEXA QAANGAARAHA</b>			
<p><i>Dhammaan codsiyada waa inay saxeexaan xubnaha qaangaraha ah ee reerku. Qofka oo saxeexa codsiga, ayuu xubintaas reerku waatd ku qaadaaya in dhammaan macluummaadka looga warbixiyay si run iyo dhammaystiirnaan ah . Ka hor intaadan buuxin qeybtan, fadlan waliba hubi inaad akhrisato bayaannada xogdhovrka iyo xuquuqdaa madaniga ee ku yaal gadaasha codsiga.</i></p>			
A) Bixi macluummaadka lagugula soo xirirayo. Ku qor cinwaankaaga hadda dulqorka loogu talagalay haddii macluummaadkan la heli karo. Haddii aadan lahayn ciwaan joogto ah, taasi kama dhigayso carruutaada u mutaysi la'aan cuntaada dugsiga ee bilaashka ah ama qiiimaha laga dhimay. Inaad na siliso lambar telefoon, ciwaan iimayl, ama labadaba ma aha waajib, laakiin haddii aad na siiso waxay naga caawin doonta inaan adiga si dhakhsso leh kuula soo xiriirno haddii aan u baahano .	B) Far waawayn ku saxeex magacaaga. Far waawayn kuqor magaca qofka qaangaaraaha ah ee saxeexaya codsiga oo qofkaas ayaa saxeexaya gudaha sanduuqa "Saxeexa qaangaaraaha".	C) Ku qor taariikhda maanta. Meesha bannaan ee loogu talagalay, ku qor taariikhda maanta gudaha sanduuqa.	D) Nala wadaag aqoonsiga isireed iyo qowmiyadeed carruutaada (waa ikhtiyaari). Gadaasha codsiga, waxaan kugu weyddlisanyaa inaad nala wadaagto macluummaadka ku saabsan isirka iyo qowmiyadda carruutaada. Dulqorkaasi waa ikhtiyaari oo saamay kuma laha u mutaysiga carruutaada cuntaada dugsiga ee bilaashka ah ma qiiimaha laga dhimay.



**DUGSIYADA DADWEYNAHA PORTLAND**  
**WADAAGISTA MACLUUMAADKA QIIMAH A LACAG LA'AANTA AH AMA HOOS LOO**  
**DHIGAY LALA WADAAGAYO BARNAAMIJYADA KALE**

Waalidka/Mas'uulka Qaaliga ah:

Maclumaadka aad ku bixiso Arjiga Qarsoodiga ee Cuntada Lacag La'aanta ah ama Qiimaheeda Hoos Loo Dhigay waxaa kaliya loo isticmaali karaa si loo go'aamiyo u qalmida ardaygaaga(ardaydaada) ee Cuntooyin Lacag La'aan ah ama Qiimaheeda Hoos Loo Dhigay. **Maclumaadka waxaa kale oo laga yaabaa in loo isticmaalo si loo go'aamiyo u qalmida ardaygaaga(ardaydaada) ee helida faa'iidooyinka barnaamijyada kale.**  
**Barnaamijyadan soo socda waa in aan haysanaa oggolaanshaaga si aan dadka ula wadaagno maclumaadkaaga.**

Dirista foomkani waxba kama bedeli doono in ardaygaagu(ardaydaadu) helo cuntooyin lacag la'aan ah ama qiimaheeda hoos loo dhigay.

Saxiixa iska-dhaafitaankan MAAHA SHURUUD LOOGA BAAHAN YAHAY ka qayb qaadashada mid kasta oo ka mid ah barnaamijka nafaqada dugsiga.

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— **Maya! MA DOONAYO** in maclumaad ka socda Arjigayga Cuntooyinka Lacag La'aan ah Ama Qiimaheeda Hoos Loo Dhigay Ee Dugsiga lala wadaago mid ka mid ah barnaamijyada hoos ku qoran.

**Haddii aad calaamadisay “Maya” halkan ku jooji. Maaha in aad buuxiso ama u dirto foomkan. Maclumaadkaaga qofna lala wadaagi maayo.**

- **Haa! WAXAAN** doonayaa in mas'uuliyinta dugsigu ay maclumaadka ka socda Arjigayga Cuntooyinka Lacag La'aan ah Ama Qiimaheeda Hoos Loo Dhigay Ee Dugsiga la wadaagaan: (Calaamadee barnaamij kasta oo aad rabto in maclumaadkiisa la bixiyo.)
- Lacag iska dhaafida ama hoos u dhigida barnaamijka la xiriira waxbarashada/dugsiga – safarada aqoon kororsiga, buugaagta waxbarasho, kharashka fasalka shaybaarka ee la doorto, kharashka waxbarasho ee kulliyadda, kharashka dugsiga habeenkii, kharashka dugsiga xagaaga, kharashka adeega la bixiyo ee dugsiga barbaarinta carruurta “kindergarten”, ama kharashka pre-K, kharashka Dugsiga Dibadda, kharashka imtixaanaadka PSAT/SAT/ACT
  - Barnaamijyada hoos u dhigida kharashka cayaaraha
  - Lacag iska dhaafida ama hoos u dhigida barnaamijyada maamulka dugsiga - Kharashka Barnaamijka Dugsiga Ka hor & Ka dib, Kharashka Baska/Gaadiidka, Kharashka hawlaha ardayga (qoob ka cayaarka), Kharashka Kaarka Guddiga Arday. Bedelka dugsiga la doortay (u qalmidu waa qayb "miisaan leh" oo loogu talagalay bakhtiyaanasiibka bedelka dugsiga)
  - Lacag iska dhaafida ama hoos u dhigida adeegyada caafimaadka/ilkaha

**Haddii aad calaamidisay dhammaan barnaamijyada kor ku qoran, buuxi foomka hoose. Waan fahamsanahay in aan maclumaadka (magaca ardayga, xaalada F/R, iyo/ama maclumaadka la iskala soo xiriirayo) kaliya siinayo barnaamijyada aan calaamadiyay. Waxaan caddeynayaa in aan ahay waalidka/mas'uulka sharciga ah ee ilmaha(carruurta) ee arjiga loo sameeyay.**

Magaca Daabacan ee Waalidka/Mas'uulka: \_\_\_\_\_

Saxiixa Waalidka/Mas'uulka: \_\_\_\_\_ Taariikhda: \_\_\_\_\_

Cinwaanka: \_\_\_\_\_

Magaca Ilmaha: \_\_\_\_\_ Dugsiga: \_\_\_\_\_

Magaca Ilmaha: \_\_\_\_\_ Dugsiga: \_\_\_\_\_

Magaca Ilmaha: \_\_\_\_\_ Dugsiga: \_\_\_\_\_