

# Foomka Codsiga Kaarka SFMNP ee 2024



SO

## Barnaamijka Nafaqada Suuqa Beeraleyda Waayeelka

**Waa in boostada lagu calaamadiyey ugu danbeyn Maay 24, 2024 si'aad ugu qalantid.**

*Magaca: (oo Af-Ingiriisi ah) _____	
*Cinwaanka: _____	*Abarmanka #: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
*Magaalada: _____	*Zip Code: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
*Telefoon: <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/>	Email-ka: _____
*Taariikhda dhalashada: (Bisha/Maalinta/Sannadka) <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	

Barnaamijka Nafaqada Suuqa Beeraleyda Waayeelka (SFMNP) wuxuu waayeelka dakhligoodu hooseeyo siyaa frutto saafi ah iyo khudaar oo loog a dan leeyahay in lagu horumariyo xaladdooda caafimaadka iyo nafaqada. Wuxuu kaloo kaalmeeyaa beeraha deegaanka iyada oo la ko rdhinaayo isticmaalidda suuqyada beeralayda iyo miisaska ku yaal dhinacyada waddada.

### Si aad xaq ugu yeelato SFMNP, waa inaad ka soo baxdaa shuruudaha soo socda:

- Waa inaad tahay 60 jir ama aad ka weyn tahay (ama 55+ haddii aad tahay Maraykanka dhaladka ah)
- Waa in dakhligaagu uusan ka badneyn:
  - \$27,861 Sannadkii ama \$2,322 Bishii 1kii qof
  - \$37,814 Sannadkii ama \$3,151 Bishii 2dii qof
  - Qoysaska ballaaran, ku dar \$829 Bishii qof kasto oo dheeraad ku ah
- In aad deggan tahay Degmada King, Washington

### Marka aad saxiixaysid foomkaan, waxaad caddaynasaa inaad:

- ka soo baxaysid dhamaan sharuudaha xaq-u-yeelashada kor ku xusan
- fahamtay in foomkan lagu darayo xulasho bakhtiyaa-nasiib ah
- Fadlan ogow, haddii lagu doorto, waxaad boostada ku heli doontaa kaadhkaaga \$80 ee cawimada SFMNP iyo macluumaadka "Xaquuqda iyo Masuuliyadda".

* Saxiixa Ka-Qayb Qaataha: _____	* Taariikhda Arjiga <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
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Fadlan calaamad saar dhamaan kuwa ku khuseeyo:

- Hindida Maraykanka ama Dhaladka Alaska
- Aasiyaan
- Madow ama Afrikaanka
- Hisbaanik/Laatiino
- Caddaan
- Dhaladka Haawaai ama Dhaladka Jasiiradaha Basifiga
- Doorbidaya in Aanan ka Jawaabin

Ma isticmaashaa aalad (qalab) casri ah, sida talefoonka gacanta ama tablet-ka?  Haa  Maya

Ma haysataa khadka internetka oo la isku halayn karo?  Haa  Maya

SFMNP Mobile App-kaagu wuxuu kuu ogolaanaya inaad gasho macluumaadka faa'iidada SFMNP-gaaga, Tixraacdo taariikhda iibsigaaga, kana hesho iibiyeyaasha maxalliga ah. Ma xiisaynaysaa inaad soo dejiso app-kan?  Haa  Maya

# Foomka Codsiga Kaarka SFMNP ee 2024



Codso Online:  
**[AgingKingCounty.org/SFMNP](https://AgingKingCounty.org/SFMNP)**

Waxaad Arjiga oo Dhamaystiran U Dirtaa:  
**Senior Farmers Market Nutrition Program**  
**140 Lakeside Ave, Suite A-180**  
**Seattle, WA 98122**

Haddii aad u baahantahay caawimaad buuxinta arjigan,  
fadlan la xariir:  
**Community Living Connections**  
**1-844-348-5464 (toll-free)**  
**[communitylivingconnections.org](https://communitylivingconnections.org)**

**Ha dalban codsi mid ka badan, codsiyada dheeraadka ah waa la saari.** Tirsiga codsiyada SFMNP oo badan darteed, Waaxda Arimaha Bulshada ee Seattle ma hayso kaarar ku filan oo ay siiso codsade kasta. ADS waxay adeegsan doontaa nidaam xulasho oo baqtinasiib ah. Kaararka SFMNP boostada ayaa loo soo dhigayaa qaatayaasha ugu danbeyn Juulay, 2024.

Codsigan waa in boostada lagu calaamadiyey ugu danbeyn Maay 24, 2024 si loogu qalmo.

Sida uu qabo Sharciga Fedaraalka iyo siyaasadda Waaxda Beeraha ee U.S., waxaa hay'addaan ka mamnuucan inay samayso takoorid ku salaysan jinsiga, midabka, asalka jinsiyadda, lab iyo dheddig, da'da ama naafnimada ama aargoosasho kahor hawsha xuquuqaha rayidka ah ee kujira barnaamij kasta ama hawl kasta oo laqabto ama laga maalgeliyo dhinaca USDA. Si aad cabasho u samayso, u soo qor, USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 ama soo wac (866) 632-9992 (cod) ama (800) 877-8339 (TTY). Cabashada waxaa loo diri karaa dhinaca iimaylkan [program.intake@usda.gov](mailto:program.intake@usda.gov), or faxed to (202) 690-7442 forms ee looga helo sitoos ah boggaan internetka ah: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>. USDA waa fursad lamid ah daryeel bixiyaha iyo loo shaqeeyaha.

## **Bayaanka lidka ku ah midab-takoorka**

### **In laga madax banaanaado midab-takoorka**

Machadkan waxaa laga mamnuucay midab-takoorka kusaabsan nooca qofka, dhallashada, caqiidada, diinta, midabka, asalka dhallashada, da'da, xaalad halyeeynimo ama ciidan, jiheyn galmo, naafonimo, ama isticmaalka hagd ee ama adeega xayawaan latababaray (adeega xayawaanku waa waa xayawaan si gooni ah loogu tababarey in uu qabto shaqada ama guto hawlaha asaga oo u qabanaya qofka qabba naafada). (RCW 49.60.030)

### **USDA**

Sida waafaqsan qaanuunka xuquuqaha rayidka Dowlada iyo Wasaarada Beeraha ee Mareynka (USDA) xeerarka xuquuqaha rayidka iyo siyaasadaha, Wasaarada Beeraha ee Mareykanka, Wakaaladaheeda, xafiisyadeeda, iyo shaqaalahaheeda, iyo machadyada kaqayb-qaadanaya ama maamulaya barnaamijyada Wasaarada Beeraha ee Mareykanka waxaa sidoo kale mamnuuc ka ah midab-takoorka kusalaysan dhallashada qofka, midabka qofka, asalka dhallashada qofka, nooca qofka, naafonimo, da'da, ama aargoosi kahor hawsha xuquuqaha rayidka ee barnaamij kasta ama hawl laga qabto ama laga maalgeliyo dhinaca Wasaarada Beeraha ee Mareykanka.

Dadka qabba naafooyin kuwaas oo u baahan qaabab xiriir kale oo bedelaad ah ee kusaabsan macluumaadka barnaamijka (tusaale ahaan. Luuqada dadka indhoolaha ah ee Braille, khad weyn, cajal dhagaysi ah, Luuqada Calaamada dadka indhoolaha ah ee Mareykanka ah, iwm.), waxaa khasab ku ah in ay laxiriiraan Wakaalada (Gobolka ama degmada) halkaas oo ay kacodsanayaan dheefaha. Dadka dhagoolaha ah, ay ku adagtahay in ay maqlaan ama qabba naafooyin hadalka ah waxay kala xiriiri karaan Wasaarada Beeraha ee Mareykanka tooska Adeega Xoojinta Dowlada lambarkan (800) 877-8339. Intaas waxaa sii dheer, macluumaadka barnaamijka waxaa lagu sameyn karaa luuqado aan ahayn Ingiriisi.

**Si aad u dirtid fayl cabasho kusaabsan midab-takoorka**, buuxi Foomka Cabashada Midab-takoorka Barnaamijka Wasaarada Beeraha ee Mareykanka, (AD-3027) uga gal sitoos ah boggaan internetka ah:

<https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, iyo xafiis kasta oo Wasaarada Beeraha ee Mareykanka ah, ama warqad qoran ugu dir cinwaanka Wasaarada Beeraha ee Mareykanka kuna sheeg warqada dhammaan macluumaadka lagu codsaday foomka. Si aad u codsatid nuqul kusaabsan foomka cabashada, wac (866) 632-9992. Ugu soo gudbi foomkaaga oo buuxa ama warqada dhinaca Wasaarada Beeraha ee Mareykanka adiga oo kusoo gudbiya:

(1) **Boosto ugu dir cabashada midab-takoorka dhinaca:** U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) Faakis ugu dir **cabashada midab-takoorka dhinaca** :(202) 690-7442; ama

(3) Iimayl ugu dir **cabashada midab-takoorka dhinaca:** [program.intake@usda.gov](mailto:program.intake@usda.gov).

***Hay'adan waa fursad lamid ah daryeel bixiyaha.***