

# Foomka Codsiga Kaarka SFMNP ee 2025



SO

## Barnaamijka Nafaqada Suuqa Beeraleyda Waayeelka

**Waa in boostada lagu calaamadiyey ugu danbeyn Maay 9, 2025 si'aad ugu qalantid.**

<b>*Magaca:</b> (oo Af-Ingiriisi ah) _____	
<b>*Cinwaanka:</b> _____	<b>*Abarmanka #:</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<b>*Magaalada:</b> _____	<b>*Zip Code:</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<b>*Telefoon:</b> <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"/>	<b>Email-ka:</b> _____
<b>*Taariikhda dhalashada:</b> (Bisha/Maalinta/Sannadka) <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:
  - \$28,953 Sannadkii ama \$2,413 Bishii 1kii qof
  - \$39,128 Sannadkii ama \$3,261 Bishii 2dii qof
  - Qoysaska ballaaran, ku dar \$848 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".

<b>* Saxiixa Ka-Qayb Qaataha:</b>	<b>* Taariikhda Arjiga</b> <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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<b>Fadlan calaamad saar dhammaan kuwa ku khuseeyo:</b>	<input type="checkbox"/> Hindida Maraykanka ama Dhaladka Alaska
	<input type="checkbox"/> Aasiyaan
	<input type="checkbox"/> Madow ama Afrikaanka
	<input type="checkbox"/> Hisbaanik/Laatiino
	<input type="checkbox"/> Caddaan
	<input type="checkbox"/> Dhaladka Haawaai ama Dhaladka Jasiiradaha Basifiga
	<input type="checkbox"/> Doorbidaya in Aanan ka Jawaabin

<b>Ma isticmaashaa aalad (qalab) casri ah, sida telefoonka gacanta ama tablet-ka?</b>	<input type="checkbox"/> Haa	<input type="checkbox"/> Maya
<b>Ma haysataa khadka internetka oo la isku halayn karo?</b>	<input type="checkbox"/> Haa	<input type="checkbox"/> Maya
<b>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?</b>	<input type="checkbox"/> Haa	<input type="checkbox"/> Maya

# Foomka Codsiga Kaarka SFMNP ee 2025



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 Juun, 2025.

Codsigan waa in boostada lagu calaamadiyey ugu danbeyn Maay 9, 2025 si loogu qalmo.

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

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

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

### **Bayaanka Takoor la'aanta USDA**

Iyadoo la raacayo sharciga xuquuqda madaniga ah ee federaalka iyo Waaxda Beeraha ee Maraykanka (USDA) qawaaniinta iyo siyaasadaha xuquuqda madaniga ah, machadkan waxaa ka mamnuuc ah takoorida ku salaysan isir, midab, asal qaran, jinsi (oo ay ku jiraan aqoonsiga jinsiga iyo nooca galmoodka), naafanimada, da'da, ama aargoosiga ama aargoosiga hawlaha xuquuqda madaniga ee hore. Macluumaadka 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 Ameerikaanka), waa inay la xiriiraan gobolka mas'uulka ka ah ama wakaalada maxaliga ah ee maamusha barnaamijka ama Xarunta USDA's TARGET (202) 720-2600 (cod iyo TTY) ama la xiriir USDA iyada oo loo marayo Adeegga Gudbinta Federaalka ee (800) 877-8339. Si aad u xarayso cabashada barnaamijka takoorka, cabashadu waa in ay buuxiyaan Foomka AD-3027, Foomka Cabashada Takoorka ee Barnaamijka USDA kaas oo laga heli karo onlayn:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, xafiis kasta oo USDA, adigoo wacaya (86) 9232-9 warqad qoraal ah ama USDA. Warqaddu waa inay ku jirtaa magaca, ciwaanka, teleefoonka, iyo sharaxaad qoraal ah oo ku saabsan falka takoorka ah ee lagu eedeeyay qofka dacwooday si faahfaahsan si loogu wargaliyo Kaaliyaha Xoghayaha Xuquuqda Madaniga (ASCR) nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee lagu eedeeyay. Foomka AD 3027 ama warqadda la buuxiyay waa in lagu soo gudbiyaa USDA boostada: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; ama fakis: (833) 256-1665 ama (202) 690-7442; ama iimayl: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

2025 (SO)