

# Foomka Codsiga Kaarka SFMNP ee 2026



SO

## Barnaamijka Nafaqada Suuqa Beeraleyda Waayeelka

**Waa in boostada lagu calaamadiyey ugu danbeyn Maay 8, 2026 si'aad ugu qalantid.**

\*Magaca: (oo Af-Ingiriisi ah) \_\_\_\_\_

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

\*Abarmanka #:

\*Magaalada: \_\_\_\_\_

\*Zip Code:

\*Telefoon:  -  -

Email-ka: \_\_\_\_\_

\*Taariikhda dhalashada: (Bisha/Maalinta/Sannadka)  /  /

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:
  - \$29,526 Sannadkii ama \$2,461 Bishii 1kii qof
  - \$40,034 Sannadkii ama \$3,337 Bishii 2dii qof
  - Qoysaska ballaaran, ku dar \$876 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

 /  / 

Fadlan calaamad saar dhammaan kuwa ku khuseeyo - jawaabahaagu waa kuwo iskaa ah.

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

# Foomka Codsiga Kaarka SFMNP ee 2026



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, 2026.

Codsigan waa in boostada lagu calaamadiyey ugu danbeyn Maay 8, 2026 si loogu qalmo.

Si waafaqsan sharciga Federaalka iyo siyaasadda Waaxda Beeraha ee Mareykanka, hay'addan waxaa ka mamnuuc ah in ay sameyso takoor ku saleysan isir, midab, asal ahaan qofka meesha uu ka soo jeedo, jinsiga, da'da, naafonimo ama aargoosi loogu talagalay xuquuqaha madaniga ee hore ee barnaamij kasta ama waxqabad kasta oo ay sameyso ama ay maalgeliso hay'adda USDA. Fadlan hoos ka eego macluumaad dheeraad ah.

## **Takoor la'aan**

### **Ka xoroobidda takoorka**

Hay'addan waxaa ka mamnuuc ah takoor ku saleysan da'da, jinsiga, dookha galmada, dheddig-labaad, muujinta/aqoonsiga jinsiga, xaalka guurka, isirka, caqiidada, midabka, qof asal ahaan meesha uu ka soo jeedo, diinta ama aaminsanaanta, xiriirka siyaasadeed, xaaladda militeri, halyeyga sida sharafta leh hawsha uga baxay, xaaladda halyeyga Waagii Fiitnaam, dhowaan hawsha ciidanimu ka baxay ama xaaladda kale ee halyeyga la ilaaliyo, jiritaanka naafonimo dareen, dhimir, jireed, ama isticmaalka eyga dadka haga ee tababbaran ama xayawaanka adeegga ee qofka naafada ah, mushaarka loo siman yahay ama macluumaadka hido-sidaha. (RCW 49.60.030)

### **Bayaanka Takoor La'aanta ee USDA**

Iyadoo la raacayo sharciga xuquuqda madaniga ah ee federaalka iyo siyaasadaha iyo xeernimaadyada xuquuqda madaniga ah Waaxda Beeraha ee Mareykanka, hay'addan waxaa ka mamnuuc ah takoorka ku saleysan isirka, midabka, qofka asal ahaan dalka aad ka soo jeedo, jinsiga (oo ay ku jiraan aqoonsiga lab iyo dheddig iyo dookha galmo), naafonimo, da'da, ama aargoosiga ama aar-gudashada hawlaha xuquuqda madaniga ee hore.

Macluumaadka barnaamijka waxaa lagu heli karaa luuqado kale oo aanan ahayn Af-Ingiriisi. Shakhsiyadka naafada ah ee u baahan habab kale oo isgaarsiineed si ay u helaan barnaamij (t.a., Braille, daabacaad weyn, cajalad maqal ah, Luuqadda Meedaarta Mareykanka), waa in ay la xiriiraan gobolka ka mas'uulka ah ama hay'adda maxalliga ah ee maamusha barnaamijka ama Xarunta TARGET ee USDA (202) 720-2600 (cod iyo TTY) ama USDA kala xiriir Adeegyada War-lalinta Federaalka (800) 877-8339.

**Si uu u soo gudbiyo cabashada takoorka barnaamijka**, Qofka cabashada soo gudbinaya waa in uu buuxiyaa Foomka Form AD-3027, Foomka Cabashada Takoorka ee barnaamijka USDA kaas oo laga heli karo barta internet-ka: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, xafiis kastoo ay USDA leedahay, iyadoo la wacayo (866) 632-9992, ama la qorayo warqad ku socota USDA. Warqadda waa in ay ku qoran yihiin magaca qofka cabashada soo gudbinaya, cinwaanka, lambarka telefoonka, iyo sharraxaadda qoraalka ah ee tallaabada takoorka lagu eedeeyay oo si fiican u faahfaahsan si loogu wargeliyo Kaaliyaha Xoghayaha Xuquuqda Madaniga (ASCR) dabciga iyo taariikhda xadgudubka xuquuqaha madaniga ah ee lagu soo eedeeyay. Foomka AD-3027 ee la buuxiyay ama warqadda waa in loogu gudbiyaa USDA:

1. **boostada:**

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

2. **fakis:**

(833) 256-1665 ama (202) 690-7442; ama

3. **Email-ka:**

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)



**FALDAN BOOSTADA HA UGU  
DIRIN CODSIYADA  
CINWAANKAN**

*Hay'adan waxaa ay bixisaa fursad loo siman yahay.*