

Waa maxay xeerarka shaqada ee FoodShare iyo shuruudaha shaqada ee FoodShare?

Codsadayaasha iyo xubnaha FoodShare qaarkood waa inay raacaan xeerarka shaqada ee aasaasiga ah ee FoodShare ama ay buuxiyaan shuruudaha shaqada si ay u sii wataan helitaanka dheefaha:

- Haddii aad jirto da'da 16 ilaa 59, waa inaad raacdaa xeerarka aasaasiga ah ee shaqada haddii aan lagaa dhaafin. Markaad buuxiso codsiga FoodShare ama aad cusboonaysiiso dheefahaaga, waxaad ogolaatay inaad raacdo xeerarka shaqada ee aasaasiga ah ee FoodShare iyo in aad u diiwaangashan tahay shaqada.
- Haddii aad tahay 18 ilaa 64 jir oo aan lahayn carruur da'doodu tahay 13 sano iyo ka yar oo ku nool gurigaaga, waxaad heli kartaa saddex bilood oo keliya oo Dheefaha FoodShare ah muddo saddex sano ah ilaa inaad buuxisay maahee shuruudaha shaqada ee FoodShare ama lagaa dhaafay shuruudaha.

Hay'addaadu waxay si faahfaahsan kuugu sharxi doontaa xeerarka shaqada ee aasaasiga ah ee FoodShare iyo shuruudaha shaqada inta lagu jiro wareysigaaga.

Waa maxay barnaamijka FoodShare Employment and Training (FSET, Shaqada iyo Tababarka ee FoodShare)?

Barnaamijka FSET waa barnaamij bilaash ah oo iskaa wax u qabso ah kaas oo ka caawiya xubnaha FoodShare inay dhisaan xirfadahooda shaqo iyo inay helaan shaqooyin. Haddii aad u baahan tahay inaad buuxiso shuruudaha shaqada ee FoodShare, ama aad hadda shaqayso oo aad rabto inaad kordhiso xirfadahaaga, FSET ayaa laga yaabaa inay ku caawiso.

Su'aalo ma qabtaa?

La xiriir hay'addaada haddii aad qabto wax su'aalo ah. Si aad u hesho cinwaanka ama lambarka taleefanka hay'adaada, booqo dhs.wisconsin.gov/forwardhealth/resources.htm ama ka wac Adeegyada Xubnaha 800-362-3002 (TTY iyo adeegyada turjumaadda ayaa diyaar ah).



Bayaanka Takoor La'aanta ee USDA

Sida waafaqsan sharciga xuquuqda madaniga ah ee federaalka iyo xeerarka iyo siyaasadaha xuquuqda madaniga ah ee U.S. Department of Agriculture (USDA, Waaxda Beeraha ee Mareykanka), hay'addan waxaa laga mamnuucay inay qof takoorito iyadoo lagu saleynayo jinsiyadda, midabka, asalka qaranka, jinsiga (oo ay ku jiraan aqoonsiga jinsiga iyo dookha galmada), caqiidada diinta, naafanimada, da'da, fikirka siyaasadeed, ama aargoosiga ama aargudashada ka dhanka ah hawl waafaqsan xuquuqda madaniga ahaa ee hore.

Macluumaadka barnaamijka waxaa laga yaabaa in lagu heli karo luuqado aan Ingiriisi ahayn. Dadka naafada ah ee u baahan hab kale oo isgaarsiineed si ay u helaan macluumaadka barnaamijka (tusaale ahaan, farta indhoolka, daabacaad weyn, cajalad maqal ah, Luqadda Calaamadaha Mareykanka), waa inay la xiriiraan hay'adda (gobolka ama deegaanka) halkaas oo ay ka codsan karaan dheefaha. Dadka dhegoolaha ah, dadka maqalka adag ama kuwa qaba naafada hadalka waxay la xiriiri karaan USDA iyagoo ka wacaaya Federal Relay Service (Adeegga Gudbinta ee Federaalka) (800) 877-8339.

Si aad u gudbiso cabasho ku saabsan takooridda barnaamijka, Cabtuhu waa inuu buuxiyaa Foomka AD-3027, Foomka Cabashada Takooridda Barnaamijka USDA kaas oo lagu heli karo khadka tooska ah: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, xafiis kasta oo USDA ah, adigoo wacaya (833) 620-1071, ama qoraya warqad loo dirayo USDA. Warqadda waa inuu ku qoran yahay magaca, cinwaanka, lambarka taleefanka qofka dacwoonaya, iyo sharraxaad qoraal ah oo ku saabsan falka takooridda ah ee la sheegay si faahfaahsan oo ku filan si loogu wargeliyo Assistant Secretary for Civil Rights (ASCR, Kaaliyaha Xoghayaha Xuquuqda Madaniga ah) nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee la sheegay. Foomka la buuxiyay ee AD-3027 ama warqadda waa in loo gudbiyaa:

- (1) **boostada:**
Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314; ama
- (2) **fakis:**
(833) 256-1665 ama (202) 690-7442; ama
- (3) **iimaylka:**
FNSCIVILRIGHTSCOMPLAINTS@usda.gov

Hay'addaan waxay bixisaa fursado siman.



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**

Division of Medicaid Services
(Waaxda Adeegyada Medicaid)
P-16063SO (02/2026)



FoodShare



WISCONSIN



Waa maxay FoodShare Wisconsin?

FoodShare Wisconsin, oo sidoo kale loo yaqaan SNAP (oo u taagan Supplemental Nutrition Assistance Program (Barnaamijka Kaalmada Nafaqada Dheeraadka ah), waxay ka caawisaa dadka danyarta ah inay iibsadaan cuntada ay u baahan yihiin si ay u helaan caafimaad wanaagsan.

Yaa heli kara Dheefaha FoodShare?

Dadka soo socda ayaa laga yaabaa inay heli karaan Dheefaha FoodShare:

- Muwaadiniinta waayeelka ah
- Qoysaska
- Muhaajiriinta u qalma
- Dadka waaweyn ee keligood ah
- Dadka naafada ah

Xitaa haddii aadan heli karin Dheefaha FoodShare sababtoo ah inaad ahayn muwaadin Mareykan ah, xubnaha qoyskaaga ee ku dhashay Mareykanka ayaa laga yaabaa inay heli karaan Dheefaha.

Immisa dakhli ayaan heli karaa oo aan weli xaq u yeelan karaa dheefaha?

Waxaa laga yaabaa inaad iska diiwaangeliso FoodShare haddii dhammaan dakhliga qoyskaaga uu ka hooseeyo xadka bishii. Si aad u ogaato xadka dakhliga ee hadda jira, booqo dhs.wisconsin.gov/foodshare/fpl.htm.

Qaar ka mid ah noocyada dakhliga ee la tiriyay waxaa ka mid ah:

- Mushaharka shaqada.
- Dheefaha naafada.
- Dheefaha halyeeyada ciidanka.
- Dheefaha Social Security.
- Dheefaha iskaa u shaqeysiga.
- Caymiska shaqo la'aanta.

Si aad u aragto haddii aad heli karto dheefaha booqo access.wi.gov oo guji "See if you can get help (Fiiri haddii aad heli karto caawimo)."

Immisa ayaan heli doonaa?

Cadadka Dheefaha FoodShare ee aad heli doonto waxay ku salaysan tahay dakhligaaga iyo tirada qoyskaaga.

Maxaan ku iibsanaa karaa Dheefaha FoodShare?

Waxaad u isticmaali kartaa Dheefahaaga inaad ku iibsato cunto sida:

- Rootiga iyo boorashka.
- Miraha iyo khudaarta.
- Badeecooyinka caanaha ah.
- Hilibka, kalluunka, iyo digaagga.
- Dhirta iyo abuurka si aad u beerato cunto ay qoyskaagu cunaan.

Uma isticmaali **kartid** Dheefahaaga inaad wax ku iibsato:

- Alaabaha aan cuntada ahayn (cuntada xayawaanka rabaayada ah, alaabta warqadda ah, saabuunta, agabka guriga, agabka qurxinta, daawada cadayga, qurxinta, iwm.).
- Biirka, khamriga, calaqa, sigaarka, ama tubaakada.
- Cunto lagu cuni doono dukaanka.
- Cuntooyinka kulul (cuntada lagu kariyey iyo tan lagu kululeeyay dukaanka).
- Fiitamiinada iyo daawooyinka.

Sideen u isticmaalaa dheefahayga si aan cunto u iibsado?

Dheefaha waxaa lagu shubaa akoonkaaga FoodShare iyadoo la adeegsanayo nidaamka electronic benefits transfer (EBT, Wareejinta Dheefaha elektaroonigga ah). Waxaad gunnooyinkaaga ku heli kartaa kaar balaastig ah oo la yiraahdo kaarka Wisconsin QUEST. Waxaad kaadhkan u isticmaashaa sida kaadhka debitka.

Xaggee ayaan ku isticmaali karaa kaarka QUEST?

Waxaad u isticmaali kartaa kaarka QUEST si aad cunto uga iibsato dukaamada raashinka iyo dukaan xaafadeedka ee aqbala lacagaha EBT.



Waxaa kale oo aad u isticmaali kartaa dheefahaaga:

- Suuqyada beeraleyda qaarkood.
- Goobaha cuntada jameecada ee loogu talagalay dadka waayeelka ah.
- Adeegyada keenista cuntada, sida Meals-on-Wheels.
- Dukaamada qaar ee oonlaynka ah. Booqo dhs.wisconsin.gov/ebt.htm si aad u aragto liiska dukaamada aad ka dalban karto oo aad ku bixin karto cuntada oonlaynka.

Sideen u codsan karaa FoodShare?

Si aad u codsato FoodShare, waxaad buuxin kartaa codsi:

- Oonalynka – Booqo access.wi.gov.
- Taleefan ahaan ama shaqsi ahaan – La xiriir hay'addaada deegaanka.
- Boostada – Booqo dhs.wisconsin.gov/forwardhealth/resources.htm si aad u codsato, ama la xiriir hay'addaada.

Si aad u hesho cinwaanka ama lambarka taleefanka ee hay'addaada, booqo dhs.wisconsin.gov/forwardhealth/imagency/index.htm ama ka wac Adeegyada Xubnaha 800-362-3002 (TTY iyo adeegyada turjumaadda ayaa diyaar ah).

Marka aad codsigaaga gudbiso, waxaad u baahan doontaa inaad wareysi kula yeelato shaqaale hay'adda kamid ah taleefanka ama si fool ka fool ah.

Ma inaan sheegaa lambarkayga Social Security?

Qof kasta oo codsada FoodShare waa inuu bixiyaa lambarkiisa/lambarkeeda Social Security. Haddii aadan haysan lambarka Social Security, waxaad u baahan doontaa inaad mid codsato si aad u codsato FoodShare.