



# 3Labo jibbaarka VT (3SquaresVT)

*Barnaamijka Kaalmada Nafaqada Dheeraadka ah ee Vermont  
(ee horay loogu aqoon jiray Kaarka Cuntada (Food Stamps))*

## Aasaasyada

### Waa maxay 3SquaresVT?

- 3SquaresVT wuxuu dadka reer Vermont ka caawiyaa kala dheereynta miisaaniyadda cuntadooda iyo in ay celcelis ahaan saddex cunto cunaan maalintiiba.
- Faa'iidooyinka bishiiba marka ah waxay ku yimaadaan kaarka EBT (xawilidda faa'iidooyinka elektaroonigga ah) kaasoo u shaqeeya sida kaarka bangiga lacagta loogala baxo oo kale.
- Haddii qof kasta oo gurigaaga ku nool uu jiro 65+ama uu qaato SSI (dakhliga nabadsugidda dheeraadka ah (lacagta waayeellada)), waxaa faa'iidooyinka si toos ah laguugu soo shubi karayaa kaydka bangigaaga bil kasta.

### Kumaa Heli Kara Faa'iidooyinka 3SquaresVT?

- Dadka dakhligoodu uu xaddidan yahay: xadka dakhliga waa la kordhiyey sidaas awgeedna dad badan oo reer Vermont ah ayaa hadda u qalma.
- 3SquaresVT qof kasta oo u qalma ayuu u furan yahay, oo ay ku jiraan shakhsiyaadka, qoysaska, dadka da'da ah iyo dadka naafonnimada qaba.
- Dad fara badan ayaa u qalma 3SquaresVT oo laakiin aan ogeyn.
- Sharciyo gaar ah ayaa u fududeynaya qoysaska ay ku nool yihiin dadka da'da ah ama dadka naafonnimada qaba in ay u qalmaan faa'iidooyinka.
- Si aad u ogaatid haddii aad u qalantid faa'iidooyinka, aad barta internetka ah [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com).

### Wax Intee Le'eg Ayaan Heli Karaa?

- Faa'iidooyinka bishiiba marka ah waxay ku saleysan yihiin dakhliga iyo tirada dadka guriga ku nool. Marka uu dakhligaagu hoos u dhacaba, faa'iidooyinkaaga 3SquaresVT way sii kordhayaan.
- Faa'idada ugu badan waa **\$200** oo loogu talo galay halka qof ee aan dakhliga lahayn. Waa **\$368** inta ay helayaan qoyska ka kooban 4 qof ee dakhligooda go'an ee bishiiba uu yahay **\$1000** (marka jarjaryada laga gooyo ka dib).
- Xubin shaqaalaha 3SquaresVT ayaa eegi doona dakhliga bishiiba ku soo gala iyo kharashyadaada si go'aan looga gaaro qaddarka faa'idadaada.

### Sidee ayaan u Codsadaa?

- Soo wac **1-800-479-6151** ama booqo [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) si aad codsi u gudbisatid.
- Si lagaaga caawiyo buuxinta codsigaaga: Telefoonkaaga ka garaac **2-1-1** ka dibna weydiiso **Hay'adda Waxqabadka Bulshada** ee kuugu dhow.
- Haddii aad tahay qof da` ah, wac **1-800-642-5119** kaas oo ah **Khadka Caawinta Dadka Da`da ah ee Vermont**.



**Vermont Campaign to  
End Childhood Hunger**

*Fartiintaan waxaa qayb ahaan maalgeliyey USDA, oo ah adeeg  
bixiye iyo shaqaaleeye fursaddiisa loo siman yahay.*

4/10/09

 **VERMONT**  
DEPARTMENT FOR CHILDREN AND FAMILIES  
ECONOMIC SERVICES DIVISION