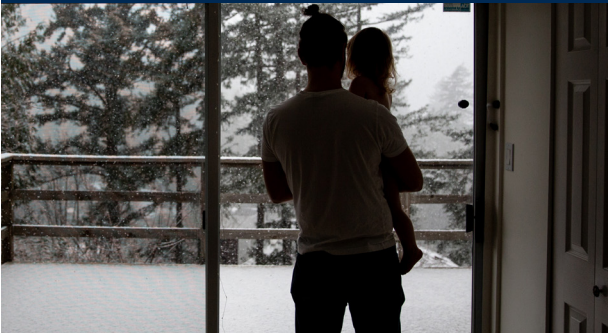


Ibiciro vyo gushusha mu nzu birashobora kuba umutwaro ukomeye cane ku mahera twategekanije, ariko umugambi w'ubufasha bujanye n'ibicanwa vy'igihe gitegekanijwe irahari kugira ifashe!



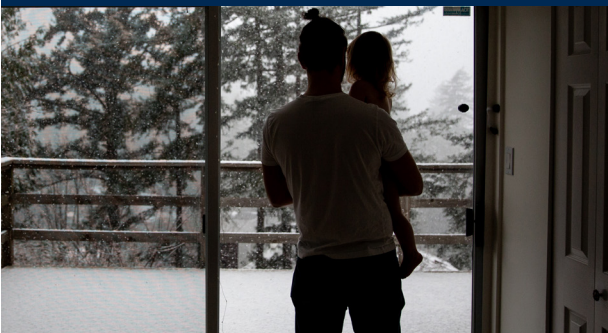
Umugambi w'ubufasha bujanye n'ibicanwa vy'igihe gitegekanijwe urashobora gufasha mu kuriha igice ca fagitire yawe yo gushusha mu nzu n'amasoko ntanganguvu.

Nimba amahera winjiza ahuje n'ibisabwa, urashobora kwemererwa gufashwa—hatitaweho ko ufise canke ukotesha, canke nimba uriha izindi fagitire ku ruhande canke nk'igice co gukotesha. Iyi fishi yo gusaba ni inkaratasi zibiri gusa kandi ishobora kuzuzwa kubuhinga ngurukanabumenyi, kuri posita canke wewe ubwawe uhari. Nimba ufise ibibazo bijanye no gusaba canke wipfuza gufashwa gusaba, urashobora

- **Guhamagara kuri 2-1-1 kugira baguhuze n'ikigo kikwegereye.**
- **Nimba ufise imyaka 60 canke uyirengeje, hamagara kuri 1-800-642-5119 uhabwe ubufasha ukeneye.**
- **Ukeneye serivise zo gusobanura canke guhindura indimi, hamagara kuri 1-800-479-6151 usabe umusobanuzi.**

Ja kuri vermontfoodhelp.com/fuel-energy-assistance urabe nimba wemerewe!

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**Nimba uhawe ubufasha
bw'igitoro, vyokunda
ko wemererwa
3SquaresVT!**



3SquaresVT, irafasha ku mahera y'imfungurwa z'abantu benshi muri Vermont, ni umugambi uzwi mu gihugu nka SNAP. Buri kwezi 3SquaresVT ifasha

abantu bemerewe kugura imfungurwa ku badandaza ivyo kurya barenga 600 no mu masoko y'abarimyi arenga 40 muri Vermont—n'ahantu hose muri Amerika bemera SNAP.

Abantu benshi bemerewe 3SquaresVT ariko ntibabizi! Kugira urushirizeho kumenya ibindi, ja kuri vermontfoodhelp.com, rungika ubutumwa bwa 'VFBSNAP' kuri 85511 canke uhamagare kuri 2-1-1 baguhuze n'ikigo kikwegereye.

Ubu butumwa bufatwa mu mugongo igice na USDA Runo rwego rutanga amahirwe angana.



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