

# Sida Loo Dalbo 3SquaresVT



## 1. Gudbi dalab. Waxaad dalban kartaa seddex qaab oo kala duwan:

- Ka dalbo khadka tooska ah ee ah [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov)
- Si shaqsi ah uga codso xafiiska degmadaada oo la imow dukumiintiyadaada (ka hel xafiiska degmadaada adigoo garaacaya 2-1-1)
- Buuxi codsi warqad ah (nuqul ka samee diiwaanadaada) una dir:

DCF/Economic Services Division  
Application and Document Processing  
280 State Drive, Waterbury, VT, 05671-1020

Si aad u hesho codsi, booqo [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) ama wac **1-800-479-6151**.

Turjubaanka luqadda, wac 1-855-247-3092.

Caawinta buuxinta, wac Hay'adda Waxqabadka Bulshada ee xaafaddaada ama wac 2-1-1 si aad uga caawiso arjiga deegaanka.

Haddii aad tahay 60 ama ka weyn, ka wac Khadadka Caawinta 1-800-642-5119.

## 2. Wareysiga taleefanka ee Khabiirka Faa'iidooyinka 3SquaresVT

Kadib ka baaraandegista dalabkaaga, Adeegyada Dhaqaalaha ayaa warqad kuugu soo diri doona boostada oo kaa codsanaya inaad u wacdo si ay kuugu wareystaan taleefan. Uma baahnid ballan si aad u soo wacdid, waana inaad dhameystirto wareysiga sida ugu dhakhsaha badan. Wac wareysigaaga Isniinta ilaa Jimcaha inta udhaxeysa 8 subaxnimo ilaa 4 galabnimo **1-877-403-7688**. Waxaad booqan kartaa xafiiska degmadaada si wareysi fool-ka-fool ah haddii aad doorbideyso.

### Waxa loo diyaariyo wareysigaaga 3SquaresVT:

#### Loo baahan yahay:

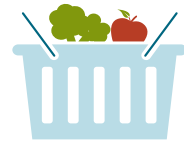
- Cadayn aqoonsi (Lambarka Sooshiyaal Sikiyuuriti iyo aqoonsi shaqsiyeed)
- Caddaynta dakhliga (tusaale ahaan: jeegagga mushaharka, bayaan saxeexan oo laga helay loo-shaqeeyahaaga, iwm.)

#### Dheeraad ah / Ikhtiyaar ah (si lagaaga caawiyo inaad hesho faa'iidada ugu sareysa):

- Kharashaadka caafimaadka haddii aad ka weyn tahay 60 ama aad naafo tahay (tusaale ahaan: biilasha caafimaadka, warbixinta caymiska, rasiidhada farmasiga, masaafada, iwm.)
- Maxkamadu amartay masruufka caruurta oo la bixiyo (cadeynta bixinta iyo amar maxkamadeed)

Oct 2023

# Maxaa dhacaya kadib markaad codsato?



## 1. Ka baaraandegista codsigaaga

- Waxay ku qaadan kartaa ilaa 30 maalmood Adeegyada Dhaqaalaha inay ka baaraandegaan dalabkaaga. Si aad u hubiso xaaladda dalabkaaga, wac **1-800-479-6151** (riix 1 ee miisaska otomaatigga ah ama ku hay khadka wakiilka) ama booqo **www.mybenefits.vt.gov** (oo guji “hel faa’iidooyinkayga”). Turjubaanka luqadda, wac **1-855-247-3092**.
- Haddii lagu oggolaado waxtarrada 3SquaresVT, waxaad ku heli doontaa warqad boosta ah oo kuu sheegaysa inta dheefahaagu noqon doono bil kasta iyo inta lagaa shahaado (qoysaska waxaa la aqoonsan yahay 12 ama 24 bilood).

## 2. Qaadashada dheefaha

- Haddii qof kasta oo reerka ka mid ahi uu 65 + yahay ama uu qaato SSI, dheefaha si toos ah ayaa loogu shubaa koontadooda bangiga bisha ugu horreysa ee bil kasta (hase yeeshe, dheefaha bisha ugu horreysa waxay ku imaan doonaan kaarka EBT).
- Dhammaan qoysaska kale waxay ku heli doonaan kaarka EBT (Wareejinta Faa’iidooyinka Elektarooniga ah) boostada.
- Marka aad sameysid lambarkaaga PIN, waxaad diyaar u tahay inaad isticmaasho kaarkaaga. Waxaa laga aqbalaa at dukaamo raashin badan iyo suuqyada beeralayda Vermont waxaana loo isticmaalaa sidii kaarka bangiga
- Waxtarrada waxaa laguugu shubayaa kaarkaaga bisha ugu horreysa. Faa’iidooyinka ayaa wareegaya bil kasta.

## 3. Sida loo sii wado helitaanka gargaarka

- Kalabadhka muddada shahaadayntaada waxaad heli doontaa “Warbixin Ku-meelgaar ah”. Xitaa haddii aysan waxba is beddelin, waa inaad buuxisaa, saxiixdo, oo aad soo celisaa foomkan.
- Waa inaad dib-u-caddeyn ku sameysaa dhammaadka muddada shahaadadaada (12 ama 24 bilood) si aad u sii wadato helitaanka dheefaha. Adeegyada Dhaqaalaha ayaa kula soo xiriiri doona markay tahay in dib loo xaqiijiyo. Waxaad dib uga qiimeyn kartaa khadka tooska ah, shaqsi ahaan xafiiska degmadaada, ama boostada.

## 4. Rafcaan ka qaadashada go’aan

- Haddii aadan ku raacsaneyn go’aanka aad hesho, waxaad xaq u leedahay inaad rafcaan ka qaadata. Wac Xarunta Adeegyada Dheefaha si aad iskaga diiwaangeliso rafcaanka **1-800-479-6151**. Ka wac Caawinta Sharciga Vermont **1-800-747-5022**.

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