



# FOOD ASSISTANCE

## The Emergency Food Assistance Program (TEFAP, Dhakhliga Barnaamijka Kaalmada Cuntada Degdeg ah)

### Si aad u hesho cuntooyinka TEFAP (USDA), waxaad naftaada ku dhawaaqaysaa in:

1. Magacaaga iyo tirada reerkaaga ee aad sheegtay ay tahay mid sax ah.
2. Aad ku nooshahay gobolkaas. (Ma jirto mudo ugu badan oo loo baahan yahay inaad deganaato).
3. Dakhligaagu uu yahay ama ka hooseeyaa 400% ee Shuruudaha Faqriga ee Dowladda (ee hoos ku yaal).
4. Aad ogolaatay in cuntada TEFAP (USDA) ay tahay mid guriga lagu isticmaalo, qoyskuna uu u baahan yahay cuntadan.\*

### Markaad helayso cuntada TEFAP (USDA), waxyaabaha soo socda LOOMA baahna:

- Cinwaan, lambarka aqoonsiga bulshada, ama aqoonsi kale
- Cadaynta: Dhalashada, heerka socdaalka, tirada qoyska, ama dakhliga.
- Laguma diidi doono cuntada TEFAP (USDA) haddii aadan rabin inaad bixiso wax macluumaad ah oo aan shardi ku ahayn TEFAP.

### 400% Sabool – Iyada oo ku saleysan dakhliga saafiga ah (canshuurta kadib)

| Xajmiga Qoyska                                   | Dakhliga Sanadkii | Dakhliga Bishii | Laba Jeer Dakhliga Bishii | Dakhliga Labadii Todobaadba | Dakhliga Todobaadkii |
|--------------------------------------------------|-------------------|-----------------|---------------------------|-----------------------------|----------------------|
| 1                                                | \$62,600          | \$5,217         | \$2,608                   | \$2,408                     | \$1,204              |
| 2                                                | \$84,600          | \$7,050         | \$3,525                   | \$3,254                     | \$1,627              |
| 3                                                | \$106,600         | \$8,883         | \$4,442                   | \$4,100                     | \$2,050              |
| 4                                                | \$128,600         | \$10,717        | \$5,358                   | \$4,946                     | \$2,473              |
| 5                                                | \$150,600         | \$12,550        | \$6,275                   | \$5,792                     | \$2,896              |
| 6                                                | \$172,600         | \$14,383        | \$7,192                   | \$6,638                     | \$3,319              |
| 7                                                | \$194,600         | \$16,217        | \$8,108                   | \$7,485                     | \$3,742              |
| 8                                                | \$216,600         | \$18,050        | \$9,025                   | \$8,331                     | \$4,165              |
| Xubin kasta oo qoyska ah oo dheeraad ah, ku dar: | \$22,000          | \$1,833         | \$917                     | \$846                       | \$423                |

Waxay dhaqan galaysaa laga bilaabo Oktoobar 2025 ilaa ogeysiis lagu soo saarayo tilmaamaha cusub ee dakhliga.

### \*\* Bayaanka Takoor La'aanta ee Waaxda Beeraha (United States Department of Agriculture, USDA):

Iyadoo la raacayo sharciga xuquuqda madaniga ee federaalka iyo xeerarka iyo siyaasadaha xuquuqda madaniga ah ee USDA (Waaxda Beeraha ee Mareykanka, United States Department of Agriculture), USDA, hay'adaha, xafiisyada, shaqaalaha, iyo machadyada ka qayb qaata ama maamula barnaamijyada USDA waxaa laga mamnuucay takoorka ku salaysan: qowmiyad, midab, asal qaran, diin, jinsi, naafo, da'aan, xaalad guur, xaaladda qoyska/waalidka, dakhli laga helo barnaamij gargaar bulsho, aaminsanaanta siyaasadeed, ama aargoosi/ciqaab sabab la xiriirta hawlo xuquuq madani ah hore, barnaamij kasta oo ay USDA qabato ama maalgeliso (ma aha dhammaan saldhigyada in ay khuseeyaan dhammaan barnaamijyada). Daawaynta iyo wakhtiyada kama dambaysta ah ee cabasho gudbinta way ku kala duwan yihiin barnaamijka ama dhacdada.

Dadka naafada ah ee u baahan habab kale oo isgaarsiineed si ay u helaan macluumaadka barnaamijka (tusaale, qoraal Braille, daabacaad weyn, cajalad cod ah, luqadda calaamadaha Mareykanka, iwm.) waa inay la xidhiidhaan hay'adda gobolka ama deegaanka ee barnaamijka maamusha, ama la xidhiidhaan USDA iyagoo adeegsanaya Telecommunications Relay Service lambarka 711 (cod iyo TTY). Intaa waxaa dheer, macluumaadka barnaamijka waxaa lagu heli karaa luqado aan ahayn Ingiriis.

Si aad u gudbiiso cabasho takoorka barnaamijka, buuxi Foomka Cabashada Takoorka Barnaamijka USDA, AD-3027, kaas oo laga heli karo internetka Sida Loo Gudbiyo Cabasho Takoorka Barnaamijka iyo xafiis kasta oo USDA ah, ama qor warqad loo dirayo USDA oo aad ku bixiso dhammaan macluumaadka lagu codsaday foomkaas. Si aad u codsato nuqul foomka cabashada, wac (866) 632-9992. U gudbi foomkaaga buuxa ama warqadda USDA adigoo adeegsanaya:

**Boostada:** Maraykanka. Waaxda beeraha  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW, Mail Stop 9410  
Washington, D.C. 20250-9410  
**Fakis:** (202) 690-7442  
**lameel:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

\* Cuntada dib looma iibin karo.

\*\* Nuqul Bayaanka Bilaa Takoorka U.S. DEPARTMENT OF AGRICULTURE (USDA, WAAXDA BEERAHA MAREYKANKA) ayaad heli kartaa marka aad dalbato.

USDA waa bixiye, shaqo-bixiye, iyo amaah-bixiye fursad siman.