

Tau txais zaub mov tshiab ntau zog nrog tus nqi qis dua

Ntxiv SNAP/EBT rau koj cov neeg ua liaj ua teb koom
nrog Market Bucks li peb npaug



Nws ua hauj lwj li cas:

- 1 Mus saib:** Mus Rau ntawm Lub Rooj Muab Cov Ntaub Ntawv ntawm lub khw muag khoom qoob loo txhawm rau los pib
- 2 So:** So koj daim npav EBT rau tus nqi koj xav siv. Peb yuav ua raws li koj qhov kev yuav duas las-rau-duas las (siab txog \$10). Koj tuaj yeem tau txais siab txog \$10 hauv Market Bucks thiab \$10 hauv Lub Khw Kev Tsim Khoom Market Bucks txhua qhov kev mus ntsib.
- 3 Khw Muag Khoom:** Siv koj li Market Bucks nrog cov neeg muag khoom tsim nyog ntawm lub khw muag khoom ua liaj ua teb.

Kawm paub ntxiv thiab nrhiav khw uas muaj koom nrog
kev lag luam nyob ze koj ntawm [hungersolutions.org/
farmersmarkets](https://hungersolutions.org/farmersmarkets)

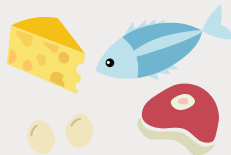
los sis hu rau Minnesota Tus Xov Tooj Pab Cuam Khoom
Noj Khoom Haus 888-711-1151



Yam koj tuaj yeem yuav nrog SNAP ntawm lub khw ua liaj ua teb:



Txiv Hmab Txiv Ntoov
thiab Zaub*



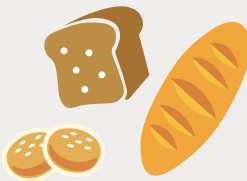
Nqaij, Ntses, Qe,
thiab Mis Nyuj



Khoom Muag Ua Los
Ntawm Zib Ntab thiab
Nplooj Ntoov Maple



Kua Nplaum, Jellies,
Zaub Pos, thiab Cov
Kua Txuj Lom



Cov Khaub
Noom Ci



Cov Noob thiab Cov Nroj
Tsuag uas Siv Lom Tsim
Ua Khoom Noj

*Kev Tsim Nyog Tau Txais Lub Khw Market Bucks.

SNAP yog dab tsi?

SNAP sawv cev rau Lub Khoos Kas Pab Cuam Khoom Noj Khoom Haus Ntxiv, yav tas los hu ua nyiaj muas noj. SNAP pab cov tsev neeg tsim nyog yuav khoom noj ntawm cov khw muag khoom noj, khw muag khoom yooj yim, thiab khw muag khoom.

Kuv puas tuaj yeem tau txais SNAP?

Kev tsim nyog tau txais SNAP yog nyob ntawm tsev neeg qhov coob tsawg thiab cov nyiaj tau los. Koj tuaj yeem tshawb xyuas seb koj puas tsim nyog tau txais SNAP hauv online ntawm: hungersolutions.org/snap-screener los sis hu rau Minnesota Tus Xov Tooj Pab Cuam Khoom Noj Khoom Haus ntawm 888-711-1151.

Kuv yuav thov SNAP tau li cas? Koj tuaj yeem thov rau SNAP hauv online ntawm MNBenefits.org los sis koj tuaj yeem tau txais daim ntawv thov xa tuaj rau koj los ntawm kev hu rau Minnesota Food HelpLine 888- 711-1151.

Market Bucks yog qhov kev pab cuam ntawm