

Ku hel cunto daray ah oo badan lacag yar

Ku **saddex** jibaar SNAP/EBT-kaaga suuqa beeralayda ee ka qeybqaata [barnaamijka] adigoo adeegsanaya Market Bucks.



Sida ay u shaqeyso:

- 1 Booqo:** Tag Saldhiga Macluumaadka ee ku yaala suuqa beeralayda si aad u bilowdo
- 2 Dhex mari:** Dhex mari kaarkaaga EBT si aad u bixiso qaddarka aad rabto inaad kharash gareyso. Waxaanu bixin qaddar u dhigma inta aad wax ku iibsato (ugu badnaan \$10). Waxaad heli kartaa ugu badnaan \$10 Market Bucks iyo \$10 Produce Market Bucks booqasho kasta.
- 3 Dukaameyso:** Ku kharash garee Market Bucks-kaaga iibiyayaasha ogol ee ku yaala suuqa beeralayda.

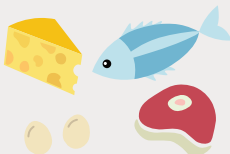
Wax badan ogow oo hel suuq ka qeybqaadata oo kuu dhow
hungersolutions.org/farmersmarkets
ama wac Khadka Caawimaada Cuntada ee Minnesota
888-711-1151



Waxa aad wax kaga iibsan karto SNAP suuqa beeralayda:



Miraha iyo Khudaarta*



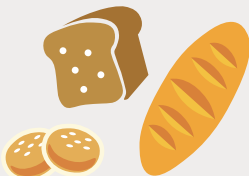
Hilibka, Kalluunka, Ukunta, iyo Caanaha



Badeecooyinka Malabka iyo Mabalka (Maple)



Jaamka, Macma-caanka, Qajaarka, iyo Suugooyinka



Badeecooyin ka La Dubay



Iniinta iyo Dhirta Soo Saara Cuntada

*U qalma Produce Market Bucks

Waa maxay SNAP?

SNAP waxay u taagan tahay Barnaamijka Kaalmada Nafaqada Kaabista ah, oo hore loogu yaqaanay warqada cuntada. SNAP waxay ka caawisaa qoysaska u qalma inay cunto ka iibsadaan dukaamada raashinka, dukaamada alaabada, iyo suuqyada beeralayda.

Ma heli karaa SNAP?

U qalmida SNAP waxay ku saleysan tahay tirada iyo dakhliga qoyska. Waxaad ka xaqiijin kartaa onlayn haddii aad u qalanto SNAP: hungersolutions.org/snap-screener or by calling the Minnesota Food HelpLine at 888-711-1151.

Sideen u codsadaa SNAP?

Waxaad ka codsan kartaa SNAP onlayn MNBenefits.org ama waxa codsiga warqada ah laguugu soo diri karaa boostada marka aad wacdid Khadka Caawimaada Cuntada ee Minnesota 888-711-1151.

Suuqyadu waa barnaamij ka mid ah

