

Qaybinta Cunnada & Xarunta cunnada laga qaybiyo

Xarunta cunnada laga qaybiyo iyo qaybintu waxay u furan yihiin qof kasta, qaar badanna waxay weli haystaan ikhtiyaarrada loo maro.

Feeding San Diego lambarka ah (858)452-3663 ama booqo barta feedingsandiego.org/get-help.

Jacobs & Cushman San Diego Food Bank lambarka ah (866)350-3663 ama booqo barta sandiegofoodbank.org/gethelp.

The Salvation Army booqo barta <https://shorturl.at/hQX67> si aad u ogaato meesha ugu dhow.

Waxa kale oo aad wici kartaa **2-1-1** si aad u ogaato xarunta qaybinta cuntada ee kuugu dhow.

Booqo mareegahayaga sdhunger.org/resources#distribution

Kaalmada cuntadu MA AHAN lacag dadwayne. Isticmaalka kaalmada cuntada si xun uma saameyn doonto xaaladda socdaalka.

Nala soo xiriir

Cinwaanka boostada:
845 Waddada 15aad, Ste 103
San Diego, CA 92101

(619) 501-7917
info@sdhunger.org

Xaashidan waxaa ku turjuntaa oo aad ku faafisaa luqado badan:



Waxaa la cusboonaysiiyay laga bilaabo 02/21/2024



Gobolka San Diego Khayraadk a Kaalmada Cunnada

Gu'ga 2024 waxaa kafaala qaaday:





CalFresh

(sidoo kale loo yaqaan SNAP ama kaadhahka cuntada)

Barnaamijka waxa uu lacag ku bixiyaa kaadhka la midka ah midka debit-ka si loogu isticmaalo dukaamada raashinka & suuqyada beeralayda si ay cunto ugu iibsadaan marka lacagtu cidhiidhi gasho.

Yaa u qalma? Xadka dakhligu wuu kala duwan yahay cabbirka qoyska. Qoyska 4 ka kooban, xadka dakhligu waa \$5,000/bishii.

Xadiga qoyska dhanyahay	Wadarta Dakhliga Bishii 200% FPL	Xaddiga Faa'iidada CalFresh ee billaha ah
1	\$2,430	\$23-291
2	\$3,288	\$23-535
3	\$4,144	\$23-766
4	\$5,000	\$23-973
5	\$5,858	\$23-1155
+ Xubinta Qoyska	\$858	\$219

Tilmaamaha dakhligu waxay dhaqan qelayaan Oktoobar 2023-Septembar 2024

Immisa ayaan helayaa? Faa'iidooyinka waxay ku salaysan yihiin dakhliga qoyska iyo kharashyada.

Ka warbixi dhammaan kharashyada bishii ee xaqa loo leeyahay sida kirada, tas-hiilaadka, daryeelka ilmaha ama biilasha caafimaadka si aad u kordhiso cadadka faa'iidadaada.

Siyaabaha loo codsado: 1) Waxaad arji uga dirtaa Benefits Cal barta ah, benefitscal.com; 2) Wac 2-1-1 San Diego (wac 211); ama 3) Ka hel hay'ad aanfaa'iido doon ahayn oo kuu dhow si ay kaaga caawiso habka: sdhunger.org/getcalfresh.

School Meals & Summer-EBT (Cunnada Dugsiga & Xagaaga-EBT)



Inta lagu jiro sannad dugsiyeedka, quraacda iyo qadada dugsiga waa u bilaash dhammaan ardayda California.

Degmo kastaa waxay waalidka ka ururisaa codsiyada cuntada ama foomamka dakhliga qoyska si ay ugu helaan maalgelin qiimo leh kaas oo ay ku bixinayaan dugsiga.



Summer-EBT ee 2024! Waa barnamij cusub oo bixin doona \$120 lacag-bixin ah oo hal mar ah si loogu iibsado raashinka xilliga xagaaga kaadhka la midka ah kaadhka debi-ka.

Carruurta horay uga diiwaangashanayd CalFresh, CalWorks iyo Medi-Cal ayaa si toos ah loogu cadeeynayaa inay helaan dheefaha. Haddii kale, waalidiintu waxay u baahan doonaan inay ku doortaan qaab dakhli oo kale, si carruurtoodu ay u helaan Summer-EBT. Booqo mareegahayaga sdhunger.org si aad u hesho oo aad u ogaato wixii ku soo kordha.

Cuntada loogu talagalay dadka waaweyn

Cunto jaban oo aad u qiimo hooseeyso ayaa diyaar u ah dadka waaweyn ee da'doodu tahay 60+. Booqo bit.ly/older-adult-meals ama wac 2-1-1.

Meals on Wheels Waxay bixisaa doorasho hal ama laba cunto oo nafaqo leh toddoba maalmood ee toddobaadkii. Waxaad iska Isdiiwaangalisaa meals-on-wheels.org/get-meals/sign-up-get-meals/ ama si aad u hesho macluumaad dheeraad ah, wac (619) 260-6110.

Jacobs & Cushman San Diego Food Bank waxay ku bixisaa sanduuqyada cuntada ee goobaha gobolka oo dhan. Wac (866) 350-3663 ama booqo sandiegofoodbank.org/gethelp.



Women, Infant & Children

Waxay bixisaa taageero naasnuujin, waxbarasho lala bixiyo dheef cuuno, iyo lacag lagu talagalay inay ku iibsadaan cunto caafimaad leh hooyada uurka leh iyo hooyada naaska nuujinaysa iyo carruurta da'doodu u dhaxayso 0-5. Wixii macluumaad dheeraad ah, booqo sdwic.com ama wac 2-1-1.

Yaa u qalma? U qalmitaankawaxay ku salaysan yihiin dakhliga qoyska. Qoyska 2 ka kooban, xadka dakhligu waa \$3,041 bishii. Qoyska 4 ka kooban, xadka dakhligu waa \$4,625/bishii. WIC kuma xisaabiso Gunnada Aasaasiga ah ee Guriyeynta (BAH) ee qoysaska ciidamada.

