

## CEEFTOOM RAU CALFRESH COV NEEG TAU TXAIS KEV PAB TSEEM CEEB — THOV NYEEM

Txij thaum Lub Xya Hli 1, 2014, Lub Xeev txoj cai lij choj raug hloov lawm. Tej zaum qee tsev neeg tseem tuaj yeem tau txais Lub Xeev Qhov Kev Pab Them Cov Nqi Hluav Taws Xob thiab Nqi Dej losyog Roj Cua (SUAS). Qhov kev pab no TSUAS yog muab pab rau ib lub sijhawm xwb. Nws TSUAS yog rau CalFresh cov tsev neeg xwb. Cov tsev neeg uas yuav tau txais qhov kev pab no yog cov uas:

- tsis muaj cov nqi hluav taws xob thiab nqi dej losyog cua roj uas tsis raug suav nrog rau cov nqi xauj tsev nyob/nqi them vaj tse,
- cov uas yeej tsis tau txais CalFresh qhov kev pab ntau tshaj plaws rau lawv tsev neeg qhov ntau-tsawg,
- cov uas yeej tsis tau txais kev pab txo cov nqi chaw nyob ntau tshaj plaws li; lossis,
- cov uas yeej tsis tau txais ibqho kev pab tshaj ntxiv los ntawm Qhov Tsis Tau Txais Tus Nqi Vim Tsis Muaj Tsev Nyob.

Koj tsev neeg muaj cai rau SUAS. Ibqho nqi them hauv ib lub xyos puag ncig ntawm \$20.01 yuav raug muab tso rau hauv koj tus as-qhauj nyiaj ntsuab Electronic Benefit Transaction (EBT). Qhov kev pab SUAS (\$20.01) tuaj yeem siv yuav khoom noj haus tau lossis rho ua nyiaj ntsuab tau. Yog tam sim no koj tsis muaj tus as-qhauj nyiaj ntsuab EBT, yuav teeb ib tug rau koj. Qhov kev pab them no tso cai rau lub zos siv cov nqi raug txo them cov nqi hluav taws xob thiab cov nqi dej losyog nqi roj cua siab kawg nkaus (Standard Utility Allowance – SUA) yuav cov khoom noj haus. Ntawm koj qhov kev txheeb xyuas qhov tseeb rau zaum txuas mus ntxiv, yog koj tsev neeg tsis yog tus muaj cai txuas mus ntxiv (raws li cov ntau ntawv saum to saud), koj yuav tsis tau txais qhov nyiaj pab \$20.01 ntawm SUAS. Yog koj xav paub ntau ntxiv, hu rau koj tus neeg pab lis haujlwm.



### **Ua raws li cov lus qhia no thiaj li pab txuag tau koj cov nqi siv hluav taws xob thiab dej losyog roj cua tau tom tsev:**

- Muab tej ubno ib puag ncig ntawm cov qhov rooj qhov rais tshem tawm
- Npog losyog qhwv koj lub tshuab dej kub lossis teeb ib daim ntau npog
- Teeb lub tshuab dej kub rau theem 140 degrees lossis theem “tab tom” yog koj muaj lub tshuab ntxuav tais diav. Tsis yog li ntawd ces, teeb nws rau theem 120 degrees lossis theem “qis.” Kuaj xyuas koj lub tshuab ntxuav tais diav seb koj puas tuaj yeem teeb rau theem 120 degree.
- Hloov lub teeb ci hom flourescent – cov no siv hluav taws xob tsuag dua 75% kav ntev 10 npaug
- Nquag tu lossis hloov lub lim cua ntawm lub tshuab cua txias thiab lub qhov cub tas li
- Teeb lub tshuab tswj xyuas qhov kub ntawm lub qhov cub rau theem 68 degrees lossis qis dua, thiab teeb lub tshuab cua txias rau theem 78 degrees lossis siab dua, raws li theem tso cai uas phim rau kev noj qab haus huv. 3 feem pua txog ntau dua 5 feem pua ntawm cov hluav taws xob yuav raug siv rau txhua txhua theem degree ntawm lub qhov cub uas tau teeb siab dua 68 degrees thiab rau txhua txhua degree ntawm lub tshuab cua txias uas raug teeb qis dua 78 degrees
- Kho cov raj dej xaus losyog to thiab cov kais dej nrog
- Npog cov duab ntxoov ntxoo ntawm cov qhov rai uas tim mus rau sab qab teb thiab/lossis sab hnuv poob thaiv cov duab ci kub. Thaum lub caij ntuj no, qhib kom muaj duab ntxoov ntxoo ci nkag los thiaj pab ua rau cov chav nyob hauv tsev sov so.
- Ua kom cov khoom noj khov uas nyob hauv lub tub txias yaj ua ntej yuav muab los ua noj
- Siv lub teeb ci ntawm lub tshuab ncu kuaj xyuas seb zoo licas lawm thaum ua noj lossis ncu hloov rau qhov qhib xyuas
- Teeb qhov kub ntawm lub tub txias rau theem 36° txog 39° F thiab qhov txias ua dej khov rau theem 0° txog 5° F
- Tua cov teeb ci, cov this-vis thiab cov khoom siv thaum tsis siv lawm
- Rho cov hluas hluav taws xob ntawm lub koos pij tawj lossis lwm yam khoom siv tawm qhov ntawd yuav ua rau muaj hluav taws xob khiav tseem nws tua lawm losxij