

CALFRESH KEV PAB CUAM TXWV AS KHAUJ DAIM NTAWV NPOG

TSEEM CEEB YUAV PAUB TXOG

IB TUG AS KHAUJ TXWV YOG:

Ib tug as khauj hauv lub tuam txhab tso nyiaj, credit union, lwm yam. uas ib tsev neeg uas txais CalFresh cov nyiaj yuav khaws tau nyiaj los siv rau tej yam uas tso siv yog li ntawm no:

- Yuav ib lub tsev mus nyob hauv;
- Pib ib lub lag luam; los yog
- Kawm ntawv los yog kawm hauj lwm rau tus tuav tus as khauj thiab nws cov me nyuam. (Cov me nyuam yog cov uas yog los yog siv tau los ntawm cov me nyuam nyob rau ntawm tus as khauj tus tuav cov nyiaj ua se.)

Ua ntej qhib ib tug as khauj nruj, koj yuav tsum tau nyiaj ntsuab thiab lwm yam khoom (xws li tuam txhab as khauj, nyiaj tso, teej tug ntsig txog vaj tse thiab av, lwm yam) txwv tsis pub dhau koj cov khoom txwv muaj muab rau koj tau siv. No yog vim:

Yog hais tias koj siv ib co nyiaj los ntawm koj tus as khauj nruj mus them rau xwm txheej ceev, txawm tias qhov xwm txheej ceev yog vim muaj kev ploj tuag los yog lwm yam tshwj xeeb ceev txaus ntshai, cov nyiaj rho yuav siv los ntawm koj cov khoom txwv los ntawm \$2,000 mus rau \$3,250 (Yog tias muaj ib tug neeg nyob hauv tsev neeg xiam oos qhab los yog leej twg hnuv nyoog yog 60 xyoo los laus dua).

TXOJ CAI RAU IB TUG AS KHAUJ NRUJ:

- Koj yuav tsum tau txais CalFresh cov nyiaj lub sij hawm koj mus ua ib tug as khauj.
- Ntau tshaj ib qhov as khauj nruj yeej tau.
- Nws tsis muaj ib qhov txwv ntawm pes tsawg cov tseg tau nyob rau hauv ib tug as khauj nruj.
- Nyiaj hauv tag nhro as khauj nruj tsis suav txog peb tsev neeg cov tau los.
- Koj yuav tsum kos npe ib Daim Ntawv Cog Lus rau As Khauj Nruj ua ntej ib tug as khauj yuav siv tau rau tus As Khauj Nruj.
- Koj yuav siv tau cov nyiaj nyob rau qhov ua tso cai siv xwb.
- Koj yuav tsum khaws cia cov nyiaj, thiab lwm yam paj tau los ntawm tus as khauj nruj **nruj** los ntawm lwm tus as khauj.
- Paj tau los ntawm tus As Khauj Nruj yuav tsum muab tso ncav qhab rau hauv cov as khauj.
- Koj yuav tsum ua tiav ib Daim Ntawv Cog Lus rau As Khauj Nruj rau txhua tus As Khauj Nruj.
- Yog tias koj muaj ib tug as khauj nruj thiab mus rau CalFresh cov nyiaj, cov nyiaj yuav tsum tau suav los ntawm koj cov chaw thiab lwm yam yog tias koj rov qab thov dua rau cov nyiaj.

QHIA COV RHO TAWM

- **Cov Nyiaj Tau Los Qhia Los Ntawm Tsev Neeg**

- Nyiaj rho tawm los ntawm cov nyiaj tau los lub sij hawm, yuav tsis tau qhia mus txog rau koj lwm qhov nyiaj qhia (SAR 7) los yog thaum rov qab txog sij hawm thov dua.
- Lub nroog yuav ua koj cov khoom nrog daim tw ntawm cov nyiaj tau qhia thiab txiav txim seb cov nyiaj rho puas yog rau kev siv lwm yam. Yog hais tias koj cov khoom yog qis li ntawm qhov txwv (\$2,000/\$3,250), koj yuav nyob rau qhov thov tau yog tias thov tau lwm qhov.

- **Qhia Kev Hloov Ntawm Tsev Neeg**

- Rho nyiaj tawm los ntawm koj Tus As Khauj Nruj yuav tsum qhia li ntawm 10 hnuv ntawm lub hnuv tim uas cov nyiaj tau rho tawm.
- Lub nroog yuav saib koj cov khoom txwv los ntawm 10 hnuv los ntawm daim ntawv qhia.
- Qhov vim li cas txog koj qhov rho nyiaj yuav txiav txim seb puas thov tau cov nyiaj ntxiv.
- Yog hais tias koj cov khoom yog qis li ntawm qhov txwv (\$2,000/\$3,250), koj yuav nyob rau qhov thov tau yog tias thov tau lwm qhov.

NUJ NQES

- **Yuav Ib Lub Tsev Mus Nyob Hauv:**

Koj kuj siv tau cov Nyiaj Los Ntawm Tus As Khauj Nruj rau:

- Tso nyiaj, nqes, tso nyiaj, them nqi paj
- Nqi kaw
- hloov thiab kho

Koj siv tsis tau cov Nyiaj Los Ntawm Tus As Khauj Nruj rau:

- Yuav khoom hauv tsev
- Tej khoom tsev

- **Kawm ntawv los yog kawm hauj lwm rau tus tuav tus as khauj thiab nws cov me nyuam:**

Koj kuj siv tau cov Nyiaj Los Ntawm Tus As Khauj Nruj rau:

- Nqe, nqe kawm ntawv, ntawv, kawm ntawv cov khoom, tshuab, tshwj xeeb xav tau khaub ncaws
- Tub ntxhais tsev nyob thiab zaub mov
- Nqes mus rau thiab los ntawm tsev kawm ntawv/ kev kawm
- Kev pab cuam saib xyuas me nyuam xav tau thaum kawm ntawv

NUJ NQES TXUAS NTXIV:

- **Pib Ib Lub Laj Luam Tshiab:**

Koj kuj siv tau cov Nyiaj Los Ntawm Tus As Khauj Nruj rau:

- Yuav, hloov, thiab khaws cia cov tshuab lag luam
- Cuab yeej, khaub ncaws, lwm yam pab los yog khaub ncaws yuav tsum, thiab khau
- Them rau cov txais nyiaj cov paj thiab paj rau lag luam cov nqi los yog lwm yam khoom siv
- Xauv thiab them rau chaw ua hauj lwm los yog tshooj qhov chaw
- Neej ua hauj lwm cov nyiaj xyoo
- Khoom, xa tawm, thiab nqi xa
- Lag luam cov nqi, se, is saws las, ntawv khaws cia los yog lwm yam kev pab cuam tshwj xeeb

Koj siv tsis tau cov Nyiaj Los Ntawm Tus As Khauj Nruj rau:

- Tus kheej cov siv, xws li ua si

POV THAWJ

Koj yuav tsum muab pov thawj rau lub nroog thaum ua ib tug As Khauj Nruj thiab rho nyiaj tawm los ntawm tus As Khauj Nruj.

- **Tej Cov Piv Txwv Los Ntawm Cov Pov Thawj Tsim Thiab/Los Yog Rho Nyiaj Tawm Muaj Xws Li Cov No:**

- Phauj ntawv qhia, daim sob lus los yog daim tw los ntawm lub tuam txhab tuav nyiaj, credit union uas pom lub npe thiab chaw nyob ntawm lub tuam txhab tuav nyiaj thiab cov npe ntawm cov as khauj, as khauj naj npawb, thiab
- Tag nrho cov as khauj cov nyiaj seem thiab lwm yam ua txij li thaum hnuv tim koj kos npe rau Daim Ntawv Cog Lus Rau Tus As Khauj Nruj

- **Tej Cov Piv Txwv Ntawm Cov Pov Thawj Qhia Tias Koj Siv Koj Cov Nyiaj Li Cas Muaj:**

- Cov tshev ua khij tawm
- Cov ntawv sob lus kos npe los ntawm tus muag cov khoom los yog kev pab cuam uas qhia tias yog dab tsi thiab tus nqes los ntawm cov siv them
- Daim tw
- Txwv As Khauj Tuam Txhab Tuav Nyiaj tus nqi seem cov ntawv qhia