



**BARNAAMIJKA SINAANTA FAYO QABKA**

**MASHRUUCYADA KU NOOLAANSHAHA CAAFIMAAD QABTA CALFRESH**

**Arjigu Waxa u Ku Eeg Yahay: Febraayo 29keeda, 2024.**  
**Kala xidhiidh Allie McMullen [amcmullen@mhasd.org](mailto:amcmullen@mhasd.org)**



## Guudmarka:

Barnaamijka Sinaanta Fayo qabka waa maal gelinta mashruucyada xoojinta bulshadda oo kordhiya isticmaalka, helitaanka, iyo amaanka cuntooyinka iyo sharaabka caafimaadka qaba, iyada oo sidoo kale la kordhinayo jimicsiga jidhka gdaha deegaanka dadku ku nool yihiin, wax ka bartaan iyo ku ciyaaraan. Helayaashu waxay u adeegi doonaan bulshooyinka ku jira SNAP iyo shakhsiyaadka saboolka ah ee u qalma inay qaataan gunooyinka SNAP ama barnaamijyada kale ee kaalmada Federalka, taas oo ka dhigan inaad leedahay dakhli qoys oo lamid ah ama ka hooseeya 185% Hagitaanka Saboolimada Federalka.

Tusaalayaasha mashaariicda macquulka ah waxaa kamid noqon kara, laakiin kuma xadidna:

- In dalaga darayga la wada heli karo
- In la balaadhiyo ama la xoojiyo beeraha bulshada ama beeraha deegaanka
- Kor loo qaado fursadaha hawlaha jimicsiga
- In laga caawiyo carruurta inay helaan qaab nololeed caafimaad qaba, oo farxad leh
- Ujeedooyinka kahortaga cayilka
- Fasalo jimicsi oo jaban
- Wixii kale ee ay bulshadaadu u baahan tahay ee waafaqsan hadafyadan

Waxa aanu doon doonaynaa mashaariic bixiya xalal hal abuur ah oo lagu hormariyo sinaanta caafimaadka, yeesha saamayn sare oo bulsho, kor u qaada caafimaad qabta, iyo qaab nololeed magool ah, oo caadiyan, oo waxtarkoodu sii jiri doono wixii ka danbeeya maalgelinta hore.

## Asalkii hore

Hay'ada Adeegyada Caafimaadka iyo Bini Aadanka San Diego (Health and Human Services Agency, HHSA) waxay maalgelin ka heshey Waaxda Maraykanka ee Beeraha (United States Department of Agriculture, USDA) SNAP-Ed, oo waxay usoo martay Waaxda California ee Caafimaadka Shacabka (California Department of Public Health, CDPH) wixii ah u Noolaanshaa Si Caafimaadka Qabka ah ee CalFresh. Hadafka maalgelinta waxaa weeye in la hormariyo suuragal ahaanshaha in dadku u qalmaan SNAP waxay ku samayn doonaan doorasho caafimaad qaba gudaha miisaaniyad macquul ah iyo inay doortaan jimicsi qaab nololeedka ah oo waafaqsan DGA wakhtigan iyo hagitaanka cunto ee USDA.

Barnaamijka Sinaanta Fayo qabka, barnaamijka PHS, oo is kaashanaya Mental Health America of San Diego, waxa uu maalgeliyaa hay'adaha bulshada ee aas aasiga ah si ay u noqdaan qandaraas hoosaadlayaasha ee xooga saaraya kor u qaadaya hawlaha caafimaad qabka, iyo qaab nololeed caafimaad qabta. Waxay helaan taageero ilaa **\$25,000** ah oo mashruucaaga ama barnaamijkaaga ah.



Waxa aad ku haboon tahay Barnaamijka Maalgelinta Qandaraas Hoosaadlaha Nolosha Caafimaadka Qabta ee Barnaamijka Sinaanta Fayo qabka haddii aad:

- Cid degan Degmada San Diego. Mashruucu waxa uu u adeegaa shacabka u qalma (hoos lagu sharaxay)
- Qayb muhiim ah oo kamid ah bulshooyinkaaga wadaagista aqoonta iyo macluumaadka la xidhiidha nolosha caafimaad qabkaah iyo kordhinta aqoonta badqabka.
- In fikir wanaagsan laga hayo mashruuca inuu waafaqsan yahay yoolasheena barnaamijyada, oo ururkaagu diyaar u yahay inuu tallaabo qaado.
- Doonayso inay abuurto isbedel bulshadaada ah.

## **Macluumaadka Deeqda Qandaraasle Hoosaadlaha:**

### **Taariikhaha iyo Mudada Ay ku Eeg Tahay TBD**

Si loo codsado, fadlan gudbi hal ka mid ah qaababka soo socda:

1. Codsiga iimeelka u dir [amcmullen@mhasd.org](mailto:amcmullen@mhasd.org)
2. Boosta ugu dir:  
Mental Health America of San Diego  
ATTN: Wellness Equity Program  
4069 30th St, San Diego, CA 92104, USA

### ***Nidaamka Codsiga***

Dhamaan arjiyada waa in la eegaa oo ay qiimeeyaan Gudida Latalinta Barnaamijka Sinaanta Faya qabka (WEP), oo waxaa fududaynaya Mental Health America San Diego. Shaqaalaha Mental Health America San Diego (WEP) ee iska leh go'aanka ugu danbeeya ee nidaamka xulashada.



### *U Qalmida*

- Mashruucu waa inuu noqdaa Degmada San Diego
- Mashruucu waa inuu kor u qaadaa caafimaad qabta, firfircoonida iyo nolosha nafaqa leh ee bulshooyinka u qalma.
- Coodsadayaashu waa inay leeyihiin awood maalin kasta oo lagu buuxiyo shuruucda qandaraaska, sida eegitaanka taariikhda hore, oo laga eegey shuruudo iyo xaalado kale.
- Mashruucu waa inuu u adeegaa **Shakhsiyaadka u qalma SNAP-Ed**, gaar ahaan ka qayb galaaasha SNAP iyo shakhsiyaadka saboolka ah ee kale ee u qalma inay helaan gunooyinka SNAP ama barnaamijyada kaalmada Federalka ah ee qaab kale lagu helo. Waxa sidoo kale kamid ah shakhsiyaadka degan gudaha bulshooyinka ay ku badan yihiin tirada dadka dakhligoodu hooseeyo (boqolkiiba 50 ama wax ka wayn). Weedha “**waxay ka dhigan tahay barnaamijyada kaalmada Federalka la tijaabiyay**” oo ujeedadiisa tahay Hagitaanka sida lagu sharaxay barnaamijyada Federalka ee u baahan dakhliga iyo/ama hantida shakhsi ahaaneed ama qoyska ku sugan saboolnimada boqolnimada 185 ama ka badan Heerka Saboolnimada Federalka (Federal Poverty Level, FPL) si loogu qalmo gunooyinka. Waxaa jira shuruuda dheeraad ah oo u qalan ah si loo helo barnaamijyada, oo bixiya lacag caddaan iyo mid aan lacag ahayn oo kaalmo ah oo sii ya shakhsiyaadka iyo qoyasaka u qalma.

### *Isticmaalka Deeqda*

- Deeqaha waxaa loo isticmaali karaa kharashka shaqada ganacsi ee barnaamijka.
- Coodsadayaashu waa inay gudbiyaan faahfaahinta miisaaniyada ee kharashaadka shaqada ee guud.
- Lacagta waa in lagu isticmaalaa Maay 21<sup>keeda</sup>, 2024.

### *Shuruudaha iyo Xeerarka Kale*

- Codsadayayaasha la ansixiyay waxay usoo gudbin doonaan warbixinta waxqabadka bilaha ah isku duwaha barnaamijka WEP.
- Codsadayayaasha loo ansixiyay waxaa looga baahan doonaa inay saxeeaan Heshiiska Qandaraasle Hoosaadka ee Mental Health America of San Diego (MHASD) taas oo leh shuruudaha iyo xeerarka ay baahisay Degmada San Diego ee Mashaariicda Xoojinta Bulshada Ku Salaysan ee Sadbursiga Caafimaadka Lagaga Jawaabay. (Jaantuska A, waxaa kamid ah Xeerka 1, Waxqabadka Shaqada, qaybta 1.1-1.7).
- Waa inay ka qayb galaan tabobarada taxanaha ah ee awoodooda kor loogu qaadayo iyo aqoon korodhsiga hormarka hay'adeed oo kor u qaadi doonta sii jiritaanka oo siin doonta hormarka hogaamin.
- Waxaa dhici karta inay ka qayb galaan kulanka Gudida Latalinta WEP si ay u bixiyaan warbixinta waxqabadka ama bandhiga mashruucaaga la maalgeleyay.
- Wixii nafaqada waxbarashada ee lagu bixiyo heshiiskan, dhammaan manhajyada iyo qoraalada waa inay ka yimaadaan ilmaha lagu sheegey websaytka USDA SNAP-Ed Connection ama Macluumaadka ku yaala Waxbarashada Naqada ee NEOPB Ansixisay. Waxa aad ka heli kartaa websaytka SNAP-Ed Connection <https://snaped.fns.usda.gov/>.

Coodsadayaashu waxay iimeel ugu diri karaan [amcmullen@mhasd.org](mailto:amcmullen@mhasd.org) ama si toos ah ula hadli karaan (619) 727-3044 wixii su'aalo ah

**Mental Health America of San Diego**

**Barnaamijka Sinaanta Fayo qabka – Mashruucyada U Noolaanshaha Si**

**Badqabka ah ee CalFresh – Codsiga Qandaraas Hoosaadlaha**

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Magaca Hay'ada/Kooxda: \_\_\_\_\_

Cinwaanka: \_\_\_\_\_

Magaalada/Boosta: \_\_\_\_\_

Ruuxa Lala Xidhiidhayo/Shaqada: \_\_\_\_\_ Telefoonka: \_\_\_\_\_

limeel: \_\_\_\_\_ Deegaanka San Diego: \_\_\_\_\_

Xadiga La Dalbaday (ilaa \$25,000): \_\_\_\_\_

Saxeexa: \_\_\_\_\_

Magaca Mashruuca: \_\_\_\_\_

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**Mashruuca oo Kooban:** Fadlan waxa aad faahfaahin kooban naga siisaa mashruuca aad deeqda u doonayso:



**Barnaamijka Sinaanta Fayo qabka – Mashaariicda U Noolaanshaha Si Caafimaad ah ee CalFresh**

**SHEEKADA MASHRUUCA**

Fadlan kaga jawaab su'aalahan meesha lagu siiyay. Sheekadan waa inayna ka badan sadex bog (marka laga reebo miisaaniyada).

1. Si kooban u faafaahi kooxdaada/hay'adaada iyo shaqadeeda.
2. Bulshadee ayuu mashruucan u adeegi doonaa (sheeg oo waxaa aad ku dartaa macluumaadka deegaanka ee ku saabsan qoomiyada/isirka, cinwaanka, iwm.)?
3. Waxa looga baahan yahay shacabkaaga iyo sida gaarka ah ee mashruucan ugu jawaabo?

4. **Fadlan sharax sababta ay hay'adaadu ugu haboon tahay fulinta mashruucan.**

5. **Noo sheeg waxa hay'adaadu u aragto waxa ay bulshooyinka ku xoogan yihiin iyo caqabadaha.**

6. **Sida mashtuucan u kordhinayo isticmaalka , helitaanka, iyo sugitaanka cuntada iyo cabitaanka caafimaadka qaba ama korodhka shaqada jidhka ee deegaanka dadku ku nool yihiin, wax ku bartaan, iyo ku ciyaaraan?**

**7. Sidee ayuu mashruuca ururkaagu soo jeedayay uga qayb qaadanayaa horumarinta caafimaadka iyo badqabka bulshada dhexdeeda**

**8. Haddii lacagta lagu siiyo, waa maxay qorshaha hay'adaada ee ay ku joogtayn karo dheefaha mashruucan mustaqbalka?**

**9. Si kooban u wadaag barnamijkaaga/sheekada hay'adaada oo fiidyaw ama cod aad kaga waramayso (aan ka badnayn 2 daqiiqo).**



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**10. Miisaaniyada - Fadlan waxa aad ku lifaaqdaa miisaaniyada lagu taliyay (1 bog ama wax ka yar) oo sheeg sida deeqda loo isticmaali doono.**

Waxaa taageertay Xarumaha Xanuunka Xakamaynta iyo Kahortaga ee Waaxda Adeegyada Bilaa Aadanka Maraykanka (Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services, CDC/HHS) taas oo qayb ka ah kaalmada dhaqaale oo ah isku gayn \$24,255,805 oo 100 boqol ay maalgelinayso CDC/HHS. Macluumaadku waxaa weeye ka qoraaga oo khasab maaha inay tahay aragtida rasmiga ah, oo sidoo kale ma amaanto, CDC/HHS, ama Dawlada Maraykanku. Shaqadan waxay taageertaa *Live Well San Diego*, himilada Degmada ee deegaan Dhisma Caafimaad Dhaama, Nolol Amaan ah, iyo Magoolid.



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