

FoodShare cov cai kom mus ua hauj lwm yog dab tsi?

Muaj ib cov neeg uas ua ntawv thov FoodShare los yog FoodShare cov tswv cuab yuav raug rau cov cai kom mus ua hauj lwm, thiab yuav tsum ua kom tau raws li cov cai no xwv lawv thiab tau txais FoodShare cov nyiaj pab los yog tau mus tsis tu ncuat:

- Yog hais tias koj muaj hnub nyoog 16 txog 59 xyoo, koj yuav tsum mus rau npe ua hauj lwm tshwj tias ntshe muaj kev zam (exempt) rau koj lawm no xwb. Koj yuav mus rau npe ua hauj lwm thaum lub sij hawm txiav txim tias koj muaj feem tsim nyog tau txais FoodShare.
- Yog hais tias koj muaj hnub nyoog 18 txog 49 xyoo es tsis muaj cov me nyuam tseem tsis tau muaj hnub nyoog nyob hauv koj lub tsev, tej zaum koj tsuas tau FoodShare cov nyiaj pab mus sij hawm peb lub hlis hauv ib lub sij hawm 36 lub hlis (peb xyoo) tshwj tias ntshe yog koj ua tau raws li txoj cai kom mus ua hauj lwm rau cov muaj hnub nyoog ua tau hauj lwm uas tsis muaj cov tseem tos lwm tus pab (dependents) los yog raug zam rau.

Koj lub chaw ua hauj lwm yuav pab cov cai kom mus ua hauj lwm no rau koj kom meej thaum lub sij hawm koj mus xam phaj rau FoodShare.

Qhov FoodShare Employment and Training (FSET) program Yog Dab Tsi?

Qhov kev pab cuam FSET muab cov kev pab pub dawb rau FoodShare cov tswv cuab txog kev pab qhia kom paub ua hauj lwm thiab pab nrhiav hauj lwm. Yog koj xav tau kev pab nrhiav hauj lwm ua, pab kom koj muaj peev xwm ua tau raws li txoj cai kom mus ua hauj lwm teev tseg (work requirement) rau cov muaj hnub nyoog 18 mus txog 49 xyoo uas tsis muaj cov me nyuam tsis tau muaj hnub nyoog nyob hauv lub tsev, los yog tab tom muaj txoj hauj lwm ua thiab tsuas xav kom koj paub thiab txawj ua zog dua li qub, tej zaum FSET kuj yuav pab tau koj.

Muaj lus Nug?

Tiv tauj koj lub chaw ua hauj lwm (agency) yog koj muaj lus nug. Yog xav tau qhov chaw nyob los yog tus xov tooj rau koj lub chaw ua hauj lwm, mus rau ntawm dhs.wisconsin.gov/forwardhealth/imagency/index.htm, los yog hu rau Qhov Chaw Pab Cov Tswv Cuab (Member Services) ntawm 1-800-362-3002 (muaj TTY thiab muaj kev pab txhais ntaub ntawv thiab txhais lus).



Cov Sob Lus Uas Hais Txog Kev Tsis Pub Cais Neeg Tsis Raws Cai

Raws li tsoom fwm teb chaws tsab cai lij choj hais txog neeg txoj cai thiab U.S. Department of Agriculture (USDA) cov cai tswj thiab cov cai qhia ua hauj lwm hais txog neeg txoj cai, lub USDA, nws cov Koom Txoos Khiav Hauj Lwm, cov chaw ua hauj lwm, thiab cov neeg ua hauj lwm, thiab cov tuam tsev ua hauj lwm uas koom rau hauv los yog tswj fwm USDA cov kev pab cuam raug txwv kom tsis pub muaj kev cai neeg tsis raws cai los ntawm haiv neeg, tsos nqaij daim tawv, keeb kwm teb chaws uas yug los, poj niam/txiv neej, muaj mob xiam oob qhab, hnub nyoog, los yog ua phem los yog ua pauj rau ntawm qhov uas tau tawm lus tsis txaus siab txog neeg txoj cai yav dhau los hauv ib qho kev pab cuam uas tswj los yog tau nyiaj pab los ntawm USDA.

Cov neeg muaj mob xaim oob qhab uas nws thov kom muaj lwm cov hau kev los mus pab txoj kev sib cev lus kom paub txog qhov kev pab cuam (piv txwv li, muab cov ntawv pauv kom siv tes kov ces paub tias yog txhais li cas (Braille), ntaus tus ntawv kom loj, muab cov lus kaw cia tau mloog, Meskas Kev Piv Tes Txhais Lus (American Sign Language), thiab lwm yam), yuav tsum hu rau lub Koom Txoos Khiav Hauj Lwm (Lub Xeev los yog hauv zos) nyob ntawm qhov chaw uas lawv ua ntawv thov kev pab. Cov tib neeg uas lag ntseg, hnob lus tsis zoo, los yog muaj teeb meem hais lus tsis tau yuav hu tau rau USDA ntawm Federal Relay Service ntawm (800) 877-8339. Ib qho ntxiv, kev xav paub txog kev pab cuam kuj yuav muaj pab ua lwm hom lus uas tsis yog lus Askiv.

Yog hais tias xav sau ib daim ntawv tsis txaus siab txog qhov kev pab cuam, ua kom tiav daim [USDA Program Discrimination Complaint Form](https://www.ascrusda.gov/complaint_filing_cust.html), (AD-3027) uas nrhiav tau hauv online ntawm: [http://www.ascrusda.gov/complaint_filing_cust.html](https://www.ascrusda.gov/complaint_filing_cust.html), thiab nyob rau ntawm USDA ib qhov chaw ua hauj lwm twg, los yog sau ib tsab ntawv xa mus rau USDA thiab muab tas nrho cov lus kom muab hauv daim foos tso rau hauv tsab ntawv. Yog yuav thov ib daim qauv luam ntawm daim foos tsis txaus siab, hu rau (866) 632-9992. Xa koj daim foos uas muab ua tiav txhij txhua los yog tsab ntawv mus rau USDA uas yog:

- (1) xa hauv tsev xa ntawv mus (mail):
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; los yog
- (3) email: program.intake@usda.gov.

Lub tuam tsev ua hauj lwm no yog ib qhov chaw muab kev pab cuam uas muab vaj huam sib luag rau sawv daws.



State of Wisconsin
Department of Health Services
Division of Medicaid Services
P-16063H (03/2021)



FoodShare



WISCONSIN



Qhov FoodShare Wisconsin yog dab tsi?

FoodShare Wisconsin, kuj muaj lwm lub npe hu ua SNAP (uas yog lub npe hu ua Supplemental Nutrition Assistance Program), pab rau cov neeg uas khwv tau nyiaj los tsawg los mus yuav zaub mov rau lawv kom pab lawv noj qab nyob zoo.

Leej twg thiaj tau txais FoodShare cov nyiaj pab?

Cov neeg hauv qab no kuj yuav tau txais FoodShare cov nyiaj pab:

- Cov neeg laus (senior citizens)
- Cov tsev neeg
- Cov neeg tuaj txawv teb chaws tuaj nyob uas tsim nyog tau txais kev pab
- Cov neeg muaj hnub nyoog uas nws nyob ib leeg
- Cov neeg muaj mob xiam oos qhab

Txawm tias koj yuav tsis tau txais FoodShare cov nyiaj pab vim koj tsis yog xam xaj Meskas, cov neeg hauv koj tsev neeg uas yug nyob hauv teb chaws Meskas kuj yuav tau txais kev pab.

Kuv yuav muaj cov nyiaj khwv tau los npaum li cas es thiaj tseem tsim nyog tau txais kev pab?

Koj yuav tso npe tau txais kev pab FoodShare yog tias tag nrho cov neeg ntawm koj tsev neeg cov nyiaj khwv tau los tseem tsis tau ntau tshaj li qhov nyiaj teev tseg txhua hli. Yog xav paub txog cov nyiaj tau los tus ciam tsis pub tshaj, mus rau dhs.wisconsin.gov/foodshare/fpl.htm.

Ib co piv txwv ntawm hom nyiaj khwv tau los uas muab los suav rau qhov no muaj xws li:

- Nyiaj ua hauj lwm tau.
- Noj nyiaj xiam oos qhab.
- Noj nyiaj qub tub rog.
- Noj nyiaj laus Social Security.
- Nyiaj khwv ntawm yus qhov lag luam ua rau tus kheej (self-employment benefits).
- Noj nyiaj poob hauj lwm.

Xav paub seb koj puas tau cov nyiaj pab, mus rau access.wi.gov thiab nias qhov "See if you can get help (xyuas seb koj puas tau nyiaj pab)."

Kuv yuav tau txais ntau npaum cas?

Qhov koj yuav tau txais kev pab FoodShare ntau npaum cas yog nyob ntawm seb koj cov nyiaj tau los npaum cas thiab koj tsev neeg muaj puas tsawg leej.

Kuv siv tau FoodShare cov nyiaj pab mus yuav tau dab tsi?

Koj siv tau cov nyiaj pab no yuav zaub mov xws li:

- Nplem thiab cereals.
- Txiv hmab txiv ntoo thiab zaub.
- Khoom uas siv mis nyuj ua (dairy products).
- Nqaij, ntsees, thiab nqaij qaib (poultry).
- Yub thiab noob txiv coj los cog kom ua tau zaub rau koj tsev neeg noj.

Koj siv **tsis tau** cov nyiaj uas muab pab koj mus yuav:

- Tsis yog khoom noj (qhauv rau tsiaj noj, txhua yam siv ntawv ua, xub npum, lauj kaub tais diav, khoom los tu yus ib ce, tshuaj txuam hniav, qhaub piab thas plhu, thiab lwm yam).
- Npias, cawv, cawv ntsim, luam yeeb, los yog nplooj luam yeeb txhoov.
- Zaub mov uas yuav noj tau hauv lab noj mov.
- Zaub mov kub (xws li, zaub mov uas ua siav hauv taj laj thiab muag tawm).
- Cov tshuaj qab los (vitamins) thiab tshuaj noj.

Kuv yuav siv tau qhov kev pab cov nyiaj no mus yuav zaub mov li cas?

Yuav muab cov nyiaj pab tso rau hauv koj qhov FoodShare tus as-khauj (account) uas yog siv ib qho kev xa raws tshuab fais fab (electronic benefits transfer (EBT) system). Koj yuav siv tau ib diam npav yas hus ua Wisconsin QUEST card mus muab koj cov nyiaj pab. Koj siv tau daim npav no zoo ib yam li ib daim debit card.

Kuv siv tau daim QUEST card no qhov twg?

Koj siv tau daim QUEST card no mus yuav khoom noj ntawm covkhw muag zaub mov noj thiab cov taj laj muag zaub mov me me uas lees yuav EBT cov nyiaj them.

Koj puav leej siv tau koj cov nyiaj:

- Nyob ntawm tej co taj laj tshav puam muag zaub.
- Nyob ntawm tej qhov chaw muaj zaub mov noj rau ib pawg neeg laus.
- Rau cov kev pab xa pluas noj tuaj, xws li qhov hu ua Meals-on-Wheels.
- Ntawm qee cov khw saum huab cua. Mus rau dhs.wisconsin.gov/ebt.htm xyuas cov npe khw uas koj muas thiab them tau rau khoom noj khoom haus saum huab cua.

Kuv yuav ua ntawv thov rau FoodShare li cas?

Yog yuav ua ntawv thov rau FoodShare, koj yuav tau sau kom tiav daim ntawv thov (application):

- **Hauv online:** mus rau access.wi.gov.
- **Hu xov tooj los yog mus ntsib kiag tus kheej:** Tiv tauj lub chaw ua hauj lwm (agency) uas nyob ze koj.
- **Xa ntawv hauv tsev xa ntawv mus:** Mus rau dhs.wisconsin.gov/forwardhealth/resources.htm mus muab daim ntawv thov kev pab (application), los yog tiv tauj koj lub chaw ua hauj lwm.

Yog xav tau qhov chaw nyob los yog tus xov tooj ntawm koj lub chaw ua hauj lwm, mus rau dhs.wisconsin.gov/forwardhealth/imagency/index.htm, los yog hu rau Qhov Chaw Pab Cov Tswv Cuab (Member Services) ntawm 1-800-362-3002 (muaj TTY thiab muaj kev pab txhais ntaub ntawv thiab txhais lus).

Thaum koj xa koj daim ntawv thov kev pab tag lawm, koj yuav tau raug xav phaj los ntawm lub chaw ua hauj lwm ib tus neeg ua hauj lwm uas yog tham xov tooj los yog tuaj ntsib tim ntsej tim muag.

Kuv puas yuav tsum tau muab kuv tus lej cim Social Security naj npawb?

Txhua txhua tus neeg uas ua ntawvtuaj thov kev pab ntawm FoodShare yuav tsum tau muab nws tus lej cim Social Security naj npawb. Yog koj tsis muaj tus lej cim Social Security naj npawb, koj yuav tsum tau mus ua ntawv thov kom tau ib tus ua ntej koj ua ntawv thov FoodShare.

