

Taariikhda: _____

Hay'adda _____

Telefoonka _____

Gacaliye (so) _____:
(Qayb-galaha)

Haddii aadan xaq u leheen barnaamajka Suuqa Quudinta ee Beeralayda Da'da wayn (Senior Farmers Market Nutrition Program (SFMNP)) sababtoo ah:

- Dakhligaaga ayaa ka badan caddaadka uu qaanuuniga Fedaraalka oggol yahay.
- Maadan gaarin da'da ugu yar ee layska rabo.
- Ma qabtid deggenaanshada Gobolka Washington (Washington State) ee layska rabo.
- Wax kale:

Haddii aad u malaynayso in go'aankaan qalad yahay, waxaad soo codsan kartaa racfaan sidii dib loogu eego go'aanka. Shaqaalaha SFMNP wuxuu ku sheegi doonaa xuquuqdaada racfaanka iyo waxay kugu caawin doonaan dib u eegidda. Haddii aad racfaan ka qaadanayso go'aankaan, waa inaad racfaanka soo samaysaa 30 maalmood gudeheeda laga bilaabo taariikhda warqaddaan. Maamulaha Barnaamijka Gobolka ee SFMNP, lambarka 1-800-422-3263, ayaa xitaa kugu caawin doono racfaankaaga. Fadhiga racfaanka waxaad keeni kartaa qof saaxib aad tihiin ama qaraabo ah oo adiga kuu hadlo.

Shaqaalaha SFMNP

Sida uu qabo Sharciga Fedaraalka iyo siyaasadda Waaxda Beeraha ee U.S., waxaa hay'addaan ka mamnuucan inay samayso takoorid ku salaysan jinsiga, midabka, asalka jinsiyadda, lab iyo dheddig, da'da ama naafonimada. Sidii aad cabasho u samayso, u soo qor, USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 ama soo wac (800) 795-3272 (cod) ama (202) 720-6382 (TTY). USDA waa bixiyaha fursadda sinnaanta iyo shaqo-bixiye.

Washington SFMNP dad ma kala takooro.