

## Napanapen Omw Fich Ne Angei Aninisin Mwöngö (“Basic Food”): Met Kopwe Fori Omw Kosap Ataieno Omw Fich

### Basic Food Eligibility Requirements: What You Need to Know to Keep Your Benefits

#### **Omw kana benefit repwe kouno ika pwe kose sopweno ne angang**

En mei nomw non tettenin “Able Bodied Adult without Dependents (ABAWD) for Basic Food” (w eiw eita ika Pekin Aninisin Mwöngö Faniten Ekew e Mei Mwukono, lir Mei Pochokun Nge Ese Wor Nour Semirit) anongonong w on omw tongeni angang me ese w or noum me non imw om,

En mei tongeni fich ne angei Aninisin Mwöngö (Basic Food benefits) non unungat maram me non iteiten 36 maram, ika pwe kose pwe ung fan ekew e annukun angang ika “work requirements”.

#### **Met kopwe fori pwe omw Aninisin Mwöngö epwe tongeni sopweno**

Ika ke mw ochen omw kana benefit repwe sopw eno tam seni unungat maram, iw e pi kopwe fori eu (ika pwan ekoch) me nein ekkei fofor me fan:

- Kopwe fori omw aw an “volunteer” fan ew e prokramen Workfare iteiten maram. Ran omw kopwe chiw en fich ne angei aninisin mwöngö, aiw a pwe ungueno epwe fite w ukukun omw kana “volunteer hours” anongonong w on ew e w ukukun omw kana benefit ke kan angei iteiten maram.
- Kopwe angang esap kis seni 20 aw a eu wik are/ika 80 aw a eu maram (average).
- Fiti eu class mei “state approved”, usun eu training program ika mw ichen kaeo, usun ekkei:
  - “Basic Food Employment and Training” (BFET). Ren pwan ekoch poraus katon ew e w ebsite [www.dshs.wa.gov/bfet](http://www.dshs.wa.gov/bfet);
  - Ekew e ekoch prokram fan ew e “Workforce Innovation and Opportunity Act” (WIOA). Ren pwan ekoch poraus katon ew e w ebsite <https://www.dshs.wa.gov/esa/community-services-offices/wioa>;
  - “AmeriCorps VISTA”; ika
  - “Limited English Proficiency (LEP) Pathway”.

#### **Sokopaten osukosuk mei tongeni ataieno omw foforum omw kana aw an angang**

Mw itir kori kem ika pwe kose tongeni fori omw kew e 80 aw a (ika napeseni) me iteiten maram anongonong w on:

- En mei terin non inisum me/ika mokurom;
- En mei angei aninis seni pekin “Labor & Industries” (L&I), “Veterans Administration”, are eu sakkun disability insurance mei private;
- En mei omness are ika pwan ekoch osukosuk w atte me non nonomw um;
- En mei pw isin tutumw unu eman mei samw aw, terin non inisin/mokuran, ika chinap;
- En mei fiti eu prokramen “chemical dependency treatment” (aw ew e, eu prokramen aninisin ekew e chon unuw atte sakaw /safei mei afeiangaw) ika pwan eu prokramen rehab;
- Apply ngeni ika angei ekoch unemployment benefit
- En mei fiti sukun/college half-time (ika napeseni);
- En mei angei aninisin “Refugee Cash Assistance” ika “Matching Grant Funds”.

#### **Met kopwe repotenong**

Kopwe esine ngeni kem ika pwe e:

- Kose tongeni fori omw kew e aw an angang me non eu maram.
- Omw aw an angang repwe kis seni 20 aw a non eu wik.
- Wukukun omw famini moni tonong epwe nuno seni ew e koukun, usun a affat non annukun WAC 388-478-0060.

Ke tongeni sinei pwan ekoch porausen ekew e napanapen ABAWD non ew e w ebsite [www.dshs.wa.gov/abawd](http://www.dshs.wa.gov/abawd).

Kori kem ren 1-877-501-2233 ika pwe e w or omw kapas eis, are ke mw ochen sinei pwan ekoch porausen ekew e prokramen training, are ika kopwe repotei och akesiw inin nonomw um.

Ke tongeni churikem me non am ei w ebsite [www.washingtonconnection.org](http://www.washingtonconnection.org) pwe kopwe apply ren ekoch benefit, atoura omw review, are repotei och akesiw inin nonomw um.