

Na Sumtang leh An Huhnate ah Nangma Ngahding Kilawlnte

ASIAU MIN (INNKUAN I LUTANG)

ASIAU ID NAMBAT

Nangma mawhpunkte (Nasep Ding)

- **Angah thei ding dinmun hi leh hilo khentat theih nading thulehla hongpuak in.**
- **Lahtheih ding teci akisap ciang hongpuak in.** Hong ngah sak thei khading hi ungh. Federal, State zum nasepna tein thulehlate man leh manlo sitcianna nei thei ding hi. Sitcianna sungah zumpi lampan hopihkikna leh khemna om leh omlote kihel hi.
- **Department of Social and Health Services tungah akigen thulehlate in** Health Care Authority leh Health Benefit Exchange **te vaisaina ahi cidamna lam kumpi huhnate ah zong kikhelna om thei khading ahi hi.**
- **Kikhelate theisak** (gtn. omnamun, sumlutzah, cihte.) WAC 388-418-0005 a om bangin. Maikha i ni 10^{na} hong theisak in.
- **TANF panpihna angah nahih leh Child Support (DCS)** lamlahna leh thudotna a om bangbang na dawn kul hi. DCS in nangma kepna nuai a om naupang (te) ading DCS in puahna, bawlciana ding ah panpih ding, a'keh pahihna (akisap leh) za na lak kul hi. DCS i thudotna leh panpihna na neih hangin nangma kepna nuai a om naupante in, kep khuan a neilo nulehpate a lauhuai thei dinmun atun ahik khak leh, DCS tawh kizopna leh thudotnate nial thei hi teh.
- **Sumtang huhna na ngah ciangin** siauh banah, mundang pan sum lutbeh theih nading lampi hanciamna na neih ding kisam hi.
- **Akisam etphatna leh etkiknate puakin.**
- **Sumtang huhna** leh an huhna nangah ciangin **nasep vai lamlahna zui in.**
- **Nangma tangin midang khat in an huhna azang ding na ut leh** ko hong theisak in.
- **Ka Quality Control enciante tawh kithuah in ma pangkhawm in.**
- **Sumtang huhna pen** nangma innkuanpihte bek ading zatding hi.
- **Sumtang huhna pen** nangma innkuanpihte bek ading zatding hi.
- **Huhngeta aneite in na Social Security Nambat (SSN)** a'keh omtheih neihna. Na SSN na piaknop kei leh, ai'keh omtheihna gencianna.

Nangma Tanh (Ko Sepding)

- **Siauhna sang in** nangma min, omna mun, leh na letmat a'keh phalna napiak taangmi kong sansak ding uh hi.
- **DSHS siauhna laidalte hong huh ding.**
- **Sepsak** amanlang ngah theih nading dinmun nahih leh ni 7 sungin an huhna hong siauhsak ding uh hi.
- **Lai ngahna ciaptehna hongpia** zum lai kisamte na a khit ciang ngah khin ahihna theihpihna lai hongpia ding hi.
- Atamzaw ni 30 sungin khensatna khat peuhpeuh theihsakna lai hongkhak ding hi.
- **Office of Fraud and Accountability zum panin thukanna ahi** Faud Early Detection (FRED) kici thukante na hopih nop kei leh zong kingah hi. Thukante na inn ah hong pai ding na phal kei leh zong kingah hi. Thukante na inn ah a hun lemwah ah hong paikik nading in zong ngen thei hi teh. Hih in ngah theih nading dinmun hong ki lamdang saklo ding hi.
- **Na vai tawh kisai in vaisaite thukhenna na thukimpah kei leh** zumnasemte' gencianna na siauik thei hi. Makaipi a'keh tungsiahmakai kiangah hong ki thukhenna vai lungkimlohna aom leh nangma ngahtheihna kitaan lo in ngetkik theihna nanei hi.
- **Temporary Assistance for Needy Families (TANF) huhna tawh kisa** ni-60 sung ciangtanna vai ah kong theihsak uh kul ahi hi. Hih hun ciangtanna pen Basic Food (An Ngahna), a'keh naupang kepna siauhna te tawh kisai khalo hi.

Na EBT Card Tawh Kisai a Theih Thute

- **Hamphatna Zatkialhante:** An leh sumtang huhna khempeuh pen na leina mun leh sum phazahte na EBT tungtawnin DSHS in theih theihna nei uh hi. Kumpizumlam in hamphatna zatkialhna leh sumtang huhnate leh van vanlei kikhek bawl zuaukhemna kancianna aneih nading in vanleina munte leh alei nate tungtawnin thukanna bawl ding ahi hi.
- **EBT card piakkikna:** EBT card piakkik theih nading in sum hong kingen thei khading hi. na EBT card leh na mimal nambat (PIN) bit tak leh hohtakin kemcing in.
- **EBT Card sungah sum kikholte:** Na hamphatna zatloh in kha tampi koih in ahik kei leh tua sungah sum zatloh akizomin sawt aom leh an huhna kisam takpi lai mah hiam cih theih nadingin zum lam panin kong hopih ding uh hi.

Na Theih Ding Kilawm (An Bulpi)

- **An huhna hong kisiauh ciangin thulehla hong kipuakte dik leh diklo etciana in** Federal zum tuamtuamte ah theih sakna kapuak uh hi. Thulehlate aman kei leh, an hong siaute in huhna ngah khalo ding uh hi. An huhna hong siaute in a theih gegu thumanlo hong puak aleh, tuate upadi bangin thubawl na thuak kha ding ahi hi. An huhna vai ah thukhun palsatna khat peuh aom leh tua huhna kipia nawnlo ding, sum ki liausak ding, a'keh thong ah kikhum thei ding hi.
- **An huhna pen e** for anything of value such as cash, drugs, weapons, or anything other than food from an authorized retailer (trafficking), you may be disqualified from receiving food assistance benefits for a minimum period of one year up to a maximum lifetime disqualification on the first offense. Washington State pan na pusuakin state dangah na pai leh zong hih khalnate a kizom paisuak ding ahi hi.
- **An Huhna ngah nading ah nasep neih loh phamawhna aom**, na sep namuh naikei leh, huhna ngah theih nading dinmun panin kha khat sung thuzuihloh masakna tawh hamphatna hong ki khawlsak ding a; kha thum leh thuzuihlohna anihveina leh; kha guk leh thukhun na zuih madong kha thumta in hamphatna siauhna hong ki taansak toto ding hi.
- **An Huhna Thukhunte na zuih kei leh** Hih laidal tung ah akisuaksak khinsa dantahna dungzui in anuhna ngah theihna panin hong ki lakhia ding hi.
- **An huhna na ngah nading tuatna ah na innkuanbup sum bei zum na zaksak ding kisam ahi hi.** Na sum beina leh sum zat zah lah theihding teci nanei kei leh, tua na sumbei teng An Huhna ngah nading tuatna ah hong kihel saklo ding cih deihna nei in hong kisheng ding hi.

Na Theih Ding Kilawm (An Bulpi)

- **Temporary Assistance for Needy Families (TANF)** nangah a leh, na tate leh zi a'keh pasal pen Child Support Division te in keptheihna pia cihna ahi hi. Cihnopna ah, DCS in nang ading hong kipia ding huhnate, nang hong kihuh zah tawh kituak in huhna aomte hong kepsak thei cihna ahi hi. **TANF na ngah laitak in** naupang huhna a'keh hamphatna nangah khak leh DCS tungah thakhat in hong theisak pah in.
- **TANF huhna hong khawl leh a** naupang huhna kikhelna apiangsak thei naupang omna kikhin leh omna aki khel leh DCS hong theisak pah in.
- **TANF huhna nangah leh**, tomkalsung naomna inn saap man sum ngetbehna nanei thei hi.

Federal civil rights thukhun leh U.S. Department of Agriculture (USDA) civil rights thu bawlpahatna leh ngimna dungzui in, USDA, amau kizoppih Agencyte, zumte, nesemte, kizoppih kipawlinate, a'keh USDA program a zangte in mina, cipuak, pianna gam, biakna, numei pasal hihna, nulehpa kipulakna (amau kipulak tawmna akipan), numei pasal hihna, dammawhna, kum, khatguak hihna, innkuan/ nulehpa dinmun hihna, sumlut zia hangin kumpi huhna ngahna program, gamvai muhna, a'keh mipi hamphatna hihna bullethna ngeina leh sepna, USDA sepna tawh kizokha leh panpih khakna (program khempeuh hi khinlo hi) ah ki deidan bawl na phallo ahi hi. Ahoih kiksakna leh lungkimlohna tenna ciangtan ni pen khat leh khat kibanglo hi.

Damlohinhmawhna anite hih program tawh kisai kizopna thulehla theihnopna aom leh (gnt., Braille, large print, audiotape, American Sign Language, cihte ah.) amau tawh kisainate ah a'keh USDA's TARGET Center ahi (202) 720-2600 (aw leh TTY) a'keh Federal Relay Service at (800) 877-8339 tungtawn in USDA kizopna bawlthei ahi hi. Bekthamlon, nasepna thulehla dangte zong Manglai lo adang tawh zong kingah thei ding hi.

Program khatpeuh ah kideidanna aom a leh tungsiyah ah lot theih nading in, hih sung a om http://www.ascr.usda.gov/complaint_filing_cust.html a USDA Program Discrimination Complaint Form, AD-3027 leh USDA zum khat peuhpeuh a'keh USDA zum tungah asung a om kisamte gelh in lai kikhak theih ahi hi. Lungkimlohna zaksakna laidal na deih leh (866) 632-9992 hopih in. Hi ni ma in na siauna laidal kicing khemeuh USDA ah hongkhak in:

1. Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Ave, SW
Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; a'keh
3. Email: program.intake@usda.gov

USDA pen mi khempeuh deidan omlo in liangko kikim nasepna, leitawi piakna hi.

Anuaiah letmat kathuhna hangin, DSHS hamphatna leh phatuam nasepte hong ki gencian na dungzui in ngah theihna leh mawhpauakna kanei hi. Huhna ngah ding leh ngahloh ding pen letmat ka tuhna leh thuhlohna tungah kingahlo ahiah lam kathei a, ahizongin mawhpaihna aom khak zenzen leh keima mawhpauak hiding hi cih ka thukim pih hi.

ASIAUTE' LETMAT THUH DING

NI

ASIAUH-PIH TE' LETMAT THUH DING

NI

DSHS NASEMTE' ACES ID:

Letmat Ka thuh kei ding hi.