



Nafaqada haboon iyo qaadashada cuntadu waxay saldhig u tahay fayoobida iyo nolol farxad leh. Ma aha inuu qofna cunto waayo. Barnaamijyada lagu bixiyu cuntada ee ka jira degaanka Santa Clara County waxa maamula haya'do madax banaan iyo kuwa dowle ah. Barnaamijyada badankoodu shuruudo ayay ku xidhan yihiin (sida qoysaska dakhliga yar) deegaanka iyo da'da intaba.



Maxay yihiin Xaashiyaha Cuntadu 'Food Stamps' ayaa u xaq leh helitaankooda?

Xaashiyaha Cuntada waa barnaamij loogu talo galay in lagu kaalmeeyodadka dhakhligoodu yar yahay bil ka bil. Berigii hore Xaashiyaha Cuntada waxay ahaayeen tikityo cunta laga iibsado dukaamo loo qoondeeyay. Bisha Disembar laga bilaabo qoysaska waxa la siin doonaa xaashiyo cunto oo ah kaar loo istimaalo wax iibsiga si eletroniga ah (Electronid Benetit Transfer) Kaarku wuxuu u shaqeeya sida midda bankiga waxna waa lagu iibsana karaa.

Waxaan ahay qof aan sharci lahayn, miyaan xaq u leeyahay helitaanka xaashiyaha cuntada. Barnaamijkee aniga ama qoyskayga khuseeya?

Barnaamijyada badankoodu marka laga reebo xaashiyaha cuntada, U MA BAAHNA inaad tahay mawaadin ama sharci kale wadanka ku leedahay. Caruurta ku dhaltay wadankan xaq ayay u leeyihiin, xataa haddii waalidkood ama cidda ka mas'uulka ahi aysan sharci lahayn. Ka faa'idaysaga barnaamijka cuntado saamayn kuma laha qofka sharcigiisa.

**PRUCOL OR "permanently residing in the U.S. under color of law" is not an immigration status but a benefits term that

Maxay yihiin noocyada kala gedisan ee barnaamijka cuntadu?

Barnaamijyadan waxay u furan yihiin qof kasta, ayadoon loo eegin xaaladdiisa sharci.

Tan Qof kasta:

- Xaashida lagu qaato cuntada - waad u heli kartaa qof ka tirsan qoyskaaga (sida carruurtaada mawaadinka ah in kasta oo xaaladda sharci aysan adiga kuu ogolayn.
- Food Connection - Second Harvest Food Bank's haya'ddani waxay leedahay khad telefon degdeg ah oo ay la xiriiri karan cidda u baahan gargaar cunto.
- Emergency Box/Pantry Program - Barnaamijkan wuxuu siiya qofka cunto ku filan 3-5 cisho.
- Second Harvest Food Bank - Waxay la shaqeysaa ururadda wax quudiyaa adeeg toos ah ayay bixisaa.
- SHARE - Waa mashruuc cuntada ku bedela shaqo ama lacag yar.

Carrurta ku dhalatay Maraykanka waxay xaq u leeyihiin xaashiyaha cuntada lagu bedesho xataa haddii walidkood aysan ahayn mawaadiniin.

Tan Carrurta iyo qoysaska:

- School Breakfast /Lunch program - Wuxuu carrurta ku siiya dugsiyada cunto naqaysan.
- Summer Food Program - Cunto lacag la'aan ah ayuu ku bixiyaa xarumaha kumunitiyada. Codsii qoral looma baahna.
- Family Harvest - Barnaamij bishii mar ah oo qoysaska carrurta yaryar leh lagu gargaaro.

*Eeg bogga saddexaad si aad u fahamto nooyada socotada xaqqo uleh kaalmada



Tan hooyoyinka:

- Women, Infants and Children (WIC) - waa mashruuc federaali ah oo ku kaalmeeya barashad cuntada naqada leh iyo cunto siinba haweenka uurka leh kuwa nuujiya iyo ku leh carrurta (lix sano ka yar).

Tan dadka waayeelka ah iyo naafada:

- Senior nutrition - Barnaamijkan wuxuu qado ku siiyaa dadka waayeelka ah maalin kasta, meelo kala gedisan oo dalka oo dhan ah.
- Brown Bag - Waa barnaamij todobaadle ah oo yoolkiisu yahay kabidda cuntada waayeelka.
- Meals on Wheels - Wuxuu cuntada aarsiiya waayeelka iyo dadka naafada ah. disabilities.



Food Connection – Second Harvest Food Bank

Tel: (800) 984-3663

Luqadhooda: Spanish, Vietnamese and English

Adeegyadooda: Nafaqeynta bulshada waxa ka tirsan barnaamijyada kala ah Family Harvest, Brown Bag, Partners in Need Program iyo kuwo kale.

Meals on Wheels

Tel: (800) 510-2020

Luqadhooda: Spanish, Vietnamese

Adeegyadooda: Cunto kulul oo ay u geeyaan dadka waayeelka iyo naafada ee guryaha ku xayiran maalin kasta Isniin ilaa Jimce.

SHARE Program

Tel: (800) 773-7427

Adeega: Waxaad ka heli kartaa cunto qiimaheedu yahay \$30 -\$40.00, laakin waxaad bixin \$15.00 ama ama laba saac oo shaqada bulshada ah.

Summer Food Program for Children

Tel: (800) 281-FOOD

Adeegooda Bixinta qado xagaaga oo la siiyo carruurta komunitiyo kala gedisan. Wac si aad u ogaato goobta kuugu dhow.

California Food Policy Advocates

Tel: (408) 437-3130

Luqaddu waa: Spanish

Adeegooda: War siinta ku saabsan nafaqada carruurta lagu siiyo goobaha dugsiyada iyo mashruucyada xagaaga (summer program), xaashiyaha cuntada iyo mashruuca haweenka iyo dhalaanka (WIC)..

Mushruuca `Food Benefit Programs`

Xaashiyaha Cuntada `Food Stamps`

Social Services of Santa Clara County

Central Application Assistance Center

1919 Senter Rd., San Jose, CA 95112

Tel: (408) 271-5600

Adeegyadooda: Bixinta Cunto, lacag caddaan ah, gargaar xagga caafimaadka ah oo loo fidiyi qoysaska dhaligoodu yar yahay.

Xafiiska `North County Office`

1110 L`Avenida, Mountain View, CA 94043

Tel: (650) 314-1300

Adeegyadooda: Bixinta Cunto, lacag caddaan ah, gargaar xagga caafimaadka ah oo loo fidiyi qoysaska dhaligoodu yar yahay.

Xafiiska `South County Office`

190 Leavesly Rd., Gilroy, CA 95020

Tel: (408) 846-3900

Adeegyadooda: Bixinta Cunto, lacag caddaan ah, gargaar xagga caafimaadka ah oo loo fidiyi qoysaska dhaligoodu yar yahay.



Cuntada & Nafaqada

Mashruuca WIC (Hooyada, Dhalaanka iyo Carrurta).

CA State Information

Tel: (888) 942-9675 or (888) WIC-WORKS

Adeegyadooda: War siinta ku saabsan goobaha mashruucu ku yaal gobolka oo dhan. Bixinta xaashiyo lagu bedesho cunto ama nafaqada dhalaanka, wax barshada waaldiinta, kaalmo sidii loo heli lahaa talo bixin ku saabsan arrimaha dhalitaanka xiliga caadiga ka hor, cafimaadka haweenka uurka leh, naas nuujinta, duugista ama asasidda haweenka dakhliga yar iyo carruurta shanta sano ka yar. Kuma xirna sharci lahaanshada.

WIC – Gardner Family Care

3030 Alum Rock Ave., San Jose, CA 95127

Tel: (408) 254-5197

Luqadaha: Spanish, Vietnamese and English

Adeegyada: bixinta foojar lagu bedesho cunto caafimaad leh sida caanaha, juuska, ukunta, jiiska iyo cuntada siiriyaalka, kaalmaynta haweenka nuujinaya oo loo raadiyo daryeel caafimaad iyo adeegyo kaleba..

WIC – Gardner Health Center

160 E. Virginia St., San Jose, CA 95112

Tel: (408) 294-1323

Luqadaha: Spanish, Vietnamese and English

Adeegyada: bixinta foojar lagu bedesho cunto caafimaad leh sida caanaha, juuska, ukunta, jiiska iyo cuntada siiriyaalka, kaalmaynta haweenka nuujinaya oo loo raadiyo daryeel caafimaad iyo adeegyo kaleba.

WIC – Indian Health Center

1333 Meridian Ave., San Jose, CA 95125

Tel: (408) 445-3420

Luqadaha: Spanish, Vietnamese and English

Adeegyada: bixinta foojar lagu bedesho cunto caafimaad leh sida caanaha, juuska, ukunta, jiiska iyo cuntada siiriyaalka, kaalmaynta haweenka nuujinaya oo loo raadiyo daryeel caafimaad iyo adeegyo kaleba.

WIC – Santa Clara County Dept. of Health

976 Lenzen Ave., San Jose, CA 95126

Tel: (408)792-5101

Language(s): Spanish, Vietnamese and English

Adeegyada: bixinta foojar lagu bedesho cunto caafimaad leh sida caanaha, juuska, ukunta, jiiska iyo cuntada siiriyaalka, kaalmaynta haweenka nuujinaya oo loo raadiyo daryeel caafimaad iyo adeegyo kaleba. Ballan ku tag.

Community Nutrition Sites

African-American Community Services Center

304 N. 6th Street, San Jose, CA 95112

Tel: (408) 292-3157

Adeegyadooda: War siin iyo tilmaan,cunto degdeg ah, dhar iyo barnaamijyo dhaqameed. Talaadoyinka waxa ka jira barnaamij waayeelka Senior Brown Bag.

Alma Center Senior Nutrition Site

136 W. Alma, San Jose, CA 95110

Tel: 408-288-8758

Language(s): Spanish

Adeegyadooda: Qado siinta daka waayaalka ee lidanka sano ka weyn.

Asian Americans for Community Involvement

2400 Moorpark Ave #300, San Jose, CA 95128

Tel: 408-975-2730

Adeegyadooda: Talaado, Arbaco, Jimce waxay bixiyaan qado. Cunto kalena way qaybiyaan..

Catholic Charities of Santa Clara County-Burbank Senior Nutrition Site

2400 Clove Drive, San Jose, CA 95128

Tel: (408) 293-0623

Luqadaha: Tagalog, Spanish and Vietnamese

adeegyada: Waxay furan yihiin 9 subax.-2 galab. Isniin ilaa Jimce. Qado ayaa jirta la siiyo lixdan sano dadka dhaafay.

Catholic Charities of Santa Clara County- Gilroy Senior Nutrition Site

7371 Hanna Street, Gilroy, CA 95020

Tel: (408) 842-4200

(way soctaa)



Cuntada & Nafaqada

Adeegyada: Qado la siiyo lidanka sano dadka dhaafay aalmaha Isniinta ilaa Jimcaha.

Catholic Charities of Santa Clara County- John XXIII Senior Center Nutrition Site

195 East San Fernando Street, San Jose, CA 95112
Tel: (408) 282-6807

Adeegyada: Axad ilaa Khamiis qado ayay bixiyaan.

Catholic Charities of Santa Clara County-Morgan Hill

17666 Crest, Morgan Hill, CA 95037
Tel: (408) 799-1413

Language(s): Spanish

Adeegyada: Qado ayaa la siiya waayeelka Isniin ilaa Jimce.

Christian Community Academy

1523 McLaughlin Avenue
San Jose, CA 95122
Tel: (408) 279-6393

Luqadaha: Spanish and Vietnamese

Adeegyada: Waxay bixiyaan Raashin bil la cuno. 7 galabnimo fiidka Arbacada. Marka hor wac oo hubi..

City Team Ministries

1174 Old Bayshore Hwy. , San Jose, CA 95113
Tel: 288-2185

Luqadaha: English, Spanish and Vietnamese

Adeegyada Cunto basil ayaa la bixiyaa.

Cupertino Community Service

10185 N. Stelling Road, Cupertino, CA 95014
Tel (408) 255-8033

Adeegyada: Labadii bilood mar ayaa cunto la qaybiyaa, wararka socotana iyo adeeyo kalena waa laga helaa.

Dorcus Kitchen

920 S. Capitol Ave., San Jose, CA 95127
Tel: (408) 251-1515

Luqadaha Spanish and English

Adeegyada: Cunto, wax kala jadjad ah oo carruurta , waayeelka iyo haweenka la siiyo.

Orchard Community Church

157 E. Rincon Ave., Campbell, CA 95008
Tel: (408) 379-1682

Adeegyada: Kiishsah yar oo loo isticmaalo baahida guria ayay ballansi ku bixiyaan.

First Presbyterian Church

49 N. 4th St., San Jose, CA 95112
Tel: (408) 297-7212
Website: www.fpcs.org

Adeegyada: Waxay bixiyaan xaashiyo lagu bedeshocunto iyo waxyaalaa degdega ah. Mararka qaarkood xaaladaha degdega ah deeq lacageedna way bixiyan.

Gilroy Hills Bilingual Seventh Day Adventist Church

1575 Mantilli Drive, Gilroy, CA 95020
Tel: (408) 842-8564

Luqadaha: Spanish

Adeegyada: Cunto iyo waxyaalo kale.

Hank Lopez Senior Program

1694 Adrian Way, San Jose, CA 95122
Tel: (408) 926-3895

Luqadaha: Spanish

Adeegyada: Maawelada waayeelka, cunto iyo war siin ku saabsan adeegyada bulshada.



Cuntada & Nafaqada

Heartbeat Pantry Bethel Church

1201 S. Winchester Blvd., San Jose, CA 95128

Tel: (408)246-6790

Luqadaha: Spanish

Adeegyada: GoobWaayeelka nafaqeyo barnaamijka qado ay bixiso mashruuca brown bag. Warar ku saabsan socotada (immigrants) iyo tilaamo kale.

IRCC, Inc .

420 Park Ave., San Jose, CA 95110

Tel: (408) 971-7857

Luqadaha: Vietnamese

Adeegyada Gargaar cunto iyo tilmaan hay'ado kale..

Indo-American Senior Center-Senior Nutrition Site

488 N. 6th Street, San Jose, CA 95112

Tel: (408) 271-7321

Adeegyada: Qado bizin iyo war siin ku saabsan socotada.

InnVision -Georgia Travis Center

66 E. Rosemary St.

San Jose, CA 95112

Tel: (408) 453-3124

Luqadaa: Spanish

Adeegyada: Barnaamij nafqayn ah..

InnVision- Montgomery Street Inn

358 N. Montgomery Street, San Jose, CA 95110

Tel: (408) 271-5160

Luqadaha: Spanish

Adeegyada: Cunto basil iyo arrimo maareyn..

Jewish Community Center - Senior Nutrition Center

14855 Oka Road, Los Gatos, CA 95032

Tel: (408) 358-3636

(waa socotaa)

Luqadaha: Yiddish and Russian

Adeegyada: Wararka socodaalka, cuntada, marka hore wac

Korean American Community Services

1800B Fruitdale Avenue, San Jose, CA 95128

Tel: (408) 920-9743

Luqadaha: Korean

Adeegyada: Wararka socdaalka, cunto basil.

Loaves and Fishes

San Jose #1: 389 E. Santa Clara, San Jose, CA 95113

San Jose #2: 2980 Senter Rd., San Jose, CA 95111

Tel: (408) 293-4505

Luqadaha: Spanish

Adeegyada: Laba meelood oo cunto basil lagu siiyo ku aan xaaska lahayn.

First United Methodist Church

24 North Fifth Street, San Jose, CA 95110

Tel: (408) 294-7254

Website: www.sjfirst.org

Luqadaha: Spanish, Vietnamese

Mountain View Community Services Agency

204 Stierlin Road, Mountain View, CA 94043

Tel: (650) 968-0836

Luqadaha: Asian and Spanish

Adeegyada: Baahida degdega ah ee cunto, gabood iyo dhar. Marka hore wac oo ballan qabso.

Our Daily Bread - St. Thomas Episcopal Church

231 S. Sunset, Sunnyvale, CA 94086

Tel: (408) 736-4108

Adeeyada: Cunto iyo wararka socdaallada..



Our Lady of Guadalupe Church

2020 E. San Antonio, San Jose, CA 95116
Tel: (408) 258-7057

Luqadaha: Spanish and English
Adeegyada: Qaybinta cuntada iyo wararka sodaallada.

Portuguese Social Service Organization (POSSO)

1115 East Santa Clara Ste. A, San Jose, CA 95116
Tel: (408) 293-0877

Luqadaha: Portuguese
Adeegyada: Qado la siiyo waayeelka Taaldo, Khamiis iyo Jimaha.

Sacred Heart Community Service

1381 S. First St., San Jose, CA
Tel: (408) 283-5800

Luqadaha: Spanish, Vietnamese
Adeegyada: Haya' do isku jir ah gargaar cunto siiya, qoysaska iyo kuwa aan guryaha lahayn ee San Jose.

Salvation Army

359 N. 4th Street, P.O. Box 2 D, San Jose, CA 95109
Tel: (408) 282-1165

Luqadaha: Spanish
Adeegyada: Gargaar marka masiibo dhacdo, gabood habeen-ku-dhax ah oo ragga cuntana la siiyo, hoy iyo talooyin iyo tilmaamo maalin kastaba, caawino waayeelka dhkhligoodu yar yahay iyo gaadiid..

Santa Maria Urban Ministry

778 S. Almaden, San Jose, CA 95110
Tel: (408) 292-3314

Luqadaha: Spanish
Adeegyada: Cunto iyo waraka socdalka.s.

Santa Teresa Catholic Church

794 Calero Avenue, San Jose, CA 95123
Tel: (408) 629-7777

Language(s): Spanish
Services: Emergency bags of groceries

Second Harvest Food Bank

750 Curtner Ave., San Jose CA 95125-2118
Tel: 408-266-8866
Web Site: www.2ndharvest.net

Luqadaha: Spanish and Vietnamese
Adeegyada: Qaybinta cuntada.

Seventh Day Adventist

San Jose:
281 N. 33rd Street, San Jose, CA 95116
Tel: 272-4574

Luqadaha: Luqadaha Asiyaanka iyo Spanish.
Adeegyada: Qaybinta cuntada iyo wararka sodaallada.

Mountain View:

1425 Springer Rd., Mt. View, CA 94040
Tel: (650) 967-2189
Luqadaha:
Adeegyada : Bixinta cunto basil.

Sunnyvale Community Services

810 W. McKinley, Sunnyvale, CA 94086
Tel: (408) 739-0833

Luqadaha: Spanish, Vietnamese and Chinese
Adeegyada: Cunto loo qaybiyo dadka Sunnyvale.

St. Isabel Kitchen

1375 E. Santa Clara Street, San Jose, CA 95116
Tel: (408) 292-2123
Luqadaha: Spanish and Portuguese
Adeegyada: Cunto iyo wararka socdaalada.



St. Joseph's Family Center

7350A Church St., Gilroy, CA 95020

Tel: (408) 842-6662

Luqadaha: Spanish

Adeegyada: Qado la siiyo dibjirks, brown bag/grocery services, ka caawinta xagga ijaarka guryahah iyo korontada oo laga

St. Vincent de Paul Society

San Jose: 2040 S. Seventh St., San Jose, CA 95112

Tel: (408) 993-9500

Mountain View:

2044 Old Middlefield Way, Mountain View, CA 94043

Tel: (650) 903-0438

Gilroy:

7680 Monterey St., Gilroy, CA 95020

Tel: (408) 842-5524

Website: www.svdp.org

Luqadaha: Spanish

Adeegyada: Kaalmeynta ijaarka iyo korontada. Siin cunto laba maalmood goobaha shaqada San Jose iyo Los Altos, gargaar cunto, dhar iyo qalabka guryaha.

Vietnamese American Cultural & Social Council

611 N. 13th Street, San Jose, CA 95112

Tel: (408) 971-8280

Luqadaha: Vietnamese

Adeegyada: Wararka socdaallada iyo cunto bisil

Yu-Ai Kai

(Japanese American Community Senior Services)

588 N. Fourth Street, San Jose, CA 95112

Tel: (408)294-2505

Luqadaha: Japanese.

Adeegyada: Goob nafaqeynta waayeelka Isniinta ilaa Jimcaha, iyo adeeg bulsho oo kala duwan.

