



BALAARI

DOOLARKAAGA CUNTADA

Hel khudaar iyo miro badan marka aad ku isticmaalaysid **KAARKAAGA EBT NYS SNAP** suuqa beeralayda



Waxay ku fududahay

IN LA BADIYO LACAG BADAN OO CUNTADA AH!

1

KEENSO KAARKAAGA SNAP

xafiiska suuqa beeralayda ama qolka macluumaadka kahor inta aadan dukaameysi aadin

QOLKA
MACLUUMAADKA



SIDA AY SHAQAYSO

2

KA IIBSO CUNTADA U QALMIDA SNAP

suuqa adiga oo wata doolarka Kaarka Snap .

KU BAXAY
NEW YORK



3

WAXAAD QAADAN DOONTAA WAXA AAD BIXISID ay ay lasocoto Lacag Badan oo bilaasha ah – gaaraysa illaa \$20, Suuq Kacasto.

ADIGA WAXAAD BIXINAYSAA \$2 dollar **>>** WAXAAN KUSIINAA \$2 dollar

Isticmaal hadda ama markale si aad u iibsatiid KHUDAAR IYO MIRO MARKAAS SOO GO'AY oo kubaxay Gobolka New York.

For a list of participating farmers markets visit:



Field & Fork Network

doubleupnys.com



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FOOD BUCKS™**

For food help contact the toll free New York State Food Assistance Program Hotline: 1-800-342-3009