

# MBUOX HIUV DINGH

## MAIV BUN FOOD STAMPS

**(Maiv zoux ei Maiv Maaih Fu'Jueiv yaac  
Haih Zoux Gong nyei Domh Mienh  
(Able-Bodied Adults Without  
Dependents (ABAWDs) Gong-Leiz)**

(ADDRESSEE)



\_\_\_\_\_ , yiem naav \_\_\_\_\_ ,  
 (MBUOX) (HNOI)  
 yie mbuo dingh maiv bun food stamp meih aqv weic zuqc meih duqv zipv liu food  
 stamp yiem \_\_\_\_\_ , caux \_\_\_\_\_  
 (HLAAX/HNYANGX) (HLAAX/YHNYANGX) (HLAAX/HNYANGX)  
 dongh wuov zanc meih yaac maiv duqv ei Maiv Maaih Fu'jueiv yaac Zoux Gong  
 nyei Domh Mienh (ABAWD) neyi gong-leiz.  
 Meih duqv food stamp nyei soux mouc \$ \_\_\_\_\_ oix tiuv daaih duqv  
 mbuo naav \$ \_\_\_\_\_ .

**SE GORNGV MEIH NDORTV MAIV DUQV FOOD STAMPS NOR, MEIH HAIH  
AENGX DUQV FOOD STAMPS DAAUX NQAANG SE GORNGV**

taux naav \_\_\_\_\_ , meih  
 (HNOI)

- Doix cing gorngv meih duqv ei jienv ABAWD nyei gong-leiz zoux.
  - Aengx zoqc yaac 20 norm ziangh hoc yiem yietc norm leiz-baaix, meih oix zuqc zoux nyungc hnangv;
    - Mingh zoux gong,
    - Mingh horqc dorngf fai hoqc nyei jauv,
    - Zorpc jienv mingh deic horqc dongh, hoqc nyei jauv caux zoux gong, fai
    - Mingh workfare ei jienv nquenc zaangc duqv paaiv ziangx heuc meih mingh mbuoqc ziex norm ziangh hoc wuov,
- Oix zuqc maaih nyungc ga'ndiev naav deix jauv weic bungx buoz maiw zuqc ei gong-leiz.
- Maaih dorngx bungx buoz douc baav hnangv (nyungc zeiv hnangv meih butv baengc, meih nyei biauv zong mienh butv baengc daaih meih oix zuqc gou, biauv zong liemh zeih buangh zuqc heiv sic, maiw hah mingh maiw taux, meih maiw hah gorngv, doqc, fai fiev In-Wuonh Nzangc).
- Se gorngv meih duqv bungx buoz maiw zuqc ei gong-leiz nor meih haaix zanc oix zoux sou tov yaac duqv nyei fai zuov jieq ndaangc \_\_\_\_\_, dongh buangv 36 hlaax-nyieqc nyei ziangh hoc. (HNOI)

**OIX DUQV BUNGX BUOZ YIEM GONG NYEI LEIZ-NYEIC NOR, MEIH OIX ZUQC  
BENX**

- Gauh lunx 18 hnyangx fai buangv 50 hnyangx faaux maengx nyei hnyangx-jeiv;
- Buoz-zaux waaic fai m'nqorngv-faamv waacic zoux maiw duqv gong;
- Ei jienv CalWORKs Welfare-to-Work nyei leiz;
- Goux jienv zuqc mun fai butv baengc nyei mienh dongh qiemx zuqc mienh gou, gauh lauh 30 hnoi;
- Mingh jienv tengx guangc diuv fai guangc in nyei gorn ziouc bun maiw duqv ziangh hoc daaih zoux gong buangv 30 norm ziangh hoc fai gauh camv yiem yietc norm leiz-baaix;
- Duqv zipv jienv fai duqv zoux sou tov jienv Beu Sengh Ndortv Gong Nyaanh (Unemployment Insurance benefits);

Cuotv Sou Hnoi: \_\_\_\_\_  
 Sou-gorn Mbuox: \_\_\_\_\_  
 Hoc: \_\_\_\_\_  
 Gong-mienh nyei mbuox: \_\_\_\_\_  
 Hoc: \_\_\_\_\_  
 Dinc Waac Hoc: \_\_\_\_\_  
 Deic-Zepv: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Waac-Naaic? Naaic meih nyei gou, sou-gorn mienh oc.

**Muangx Sic:** Se gorngv meih hnamv daaih naav kang sic dorngc nor, meih haih tov gorngv jieq sic duqv nyei. Naav zeiv sou-qorng nqaang-haav maengx mbuox yietc nyei meih oc. Meih nyei leic zinh maiv tiuv se gorngv meih tov muangx sic ndaangc naav kang dongz buoz nyei hnoi.

- Meih maaic gong fai maaih meih ganh naav jienv aengx zoqc yaac yietc norm leiz baaix zoux 30 norm ziangh hoc fai aengx zoqc yaac yietc norm leiz baaix zornc duqv mbuoqc quoqv-jaax cingv zoqc jiez nyei 30 norm gong-mong nyei nyaanh;
- Mingh jienv horqc dorngf ndaamh-buonc ziangh hoc;
- Maaih sin; fai
- Meih maaif fu'jueiv-lunx (gauh lunx 18 hnyangx) yiem meih nyei biauv zong maiw gunv naaic dauh fu'jueiv maiw zic duqv zipv food stamps.

**MEIH MAIV ZUQC NDORTV FOOD STAMP SE GORNGV**

taux \_\_\_\_\_ , meih  
 (HNOI)

- Longc waac fai fiev njiec sou doix cing meih duqv ei jienv ABAWD gong-leiz zoux nyei.
- Meih duqv bungx buoz (mangc mbaaih ziangh nyei jauv yiem zaaix maengx "OIX DUQV BUNGX BUOZ YIEM GONG NYEI LEIZ-NYEIC").
- Meih maaih dorngx jaev sin nyei (nyungc zeiv hnangv douc baav ziangh hoc meih zuqc butv baengc, meih nyei biauv zong mienh butv baengc daaih meih oix zuqc gou, biauv zong liemh zeih buangh zuqc heiv sic, maiw hah mingh maiw taux, meih maiw hah gorngv, doqc, fai fiev In-Wuonh Nzangc) cingx daaih maiw duqv zoux ei gong-leiz.
- Jiez gorn zoux ei dongh meih jieq daaih ndortv zuqc maiw duqv ei nyei leiz (mangc gu'nguaaic gorngv taux gong nyei leiz-nyeic faai heuc lorz meih nyei sou-gorn mienh).

**36-HLAAX NYIEQC NYEI ZIANGH HOC**

- Yiem buangv 36 hlaax nyieqc nyei ziangh hoc meih hah duqv buo hlaax nyieqc nyei food stamp hnangv cuotv liuz meih duqv ei jienv ABAWD gong-leiz.
- Se gorngv doic zuqc nyungc baav jauv nor meih corc hah duqv jienv food stamp mingh buo hlaax nyieqc maiw zuqc ei ABAWD gong-leiz.

**HNANGV NAAIV ZOUX CINGX DAAIH AENGX DUQV FOOD STAMPS**

- Meih aengx hah duqv food stamp se gorngv meih zoux ei yietc nyungc mbaaih jienv gu'nguaaic wuov deik ABAWD gong-leiz buangv 30 hnoi.
- Se gorngv meih duqv bungx buoz maiw zuqc ei gong-leiz nor meih haaix zanc oix zoux sou tov yaac duqv nyei fai zuov jieq ndaangc \_\_\_\_\_, dongh buangv 36 hlaax-nyieqc nyei ziangh hoc. (HNOI)

**LEIZ-NYEIC:** Paanx taux nyei leiz. Meih hah duqv mangc leiz-nyeic yiem wangc siangx gorn wuov nyei.

MPP Gongx  63-410;  Ganh nyungc \_\_\_\_\_

## MEIH MAAIH LEIZ TOV MUANGX SIC

Se gorngv nquenc zaangc zoux daaih maih horpc meih nyei hnyouv nor, meih maiah leiz tov duqv mienh tengx meih muangx sic. Meih maiah nduqc 90 hnoi bun meih tov duqv muangx sic hnangv. 90 hnoi se yiem nquenc zaangc duqv bun fai fungx cuotv naav zeiv mbuox hiuv nyei sou bun meih liuz diec hnoi wuov hnoi funx jienv daaih.

Se gorngv meih tov muangx sic **ndaangc** maengx dingc taux Nyaanh Sotv (Cash Aid), Medi-Cal, Food Stamp, fai Goux Fu'Jueiv (Child Care) nor:

- Meih nyei Nyaanh Sotv (Cash Aid) fai Medi-Cal maiv tiuv dongh meih zuoq jienv mingh muangx sic nyei ziangh hoc.
- Meih duqv jienv Tengx Goux Fu'Jueiv nyei jauv wuov (Child Care Services) m'niex maiv tiuv dongh meih zuoq jienv muangx sic nyei ziangh hoc.
- Meih nyei Food Stamp maih tiuv zuoq tauv muangx sic fai meih duqv zipv nyei ziangh hoc (certification period) nzengc, dongh haaix nyungc tauv ndaangc.

Se gorngv muangx liuz sic paaiv daaih yie mbuo zuqc nor, meih oix zuqc jaauv nuzonx dongh meih duqv Nyaanh Sotv (Cash Aid), Food Stamp fai Tengx Goux Fu'Jueiv nyei Jauv (Child Care Services) camv jieq ndaangc mingh wuov deix.

Se gorngv oix bun yie mbuo jamv njiec fai dingh meih duqv zipv tengx nyei jauv ndaangc maengx mingh muangx sic nor, mbiuv jienv ga'ndiev naav:

Aeqc yie oix bun, jamv njiec fai dingh maiv zipv:

Nyaanh Sotv (Cash Aid)  Food Stamp  Tengx Goux Fu'Jueiv (Child Care)

Dongh Meih Zuov Jienv Muangx Sic Paaiv Taux:

**Welfare Tengx Iorzh Gong (Welfare to Work):**

Meih maiv zuqc zoux naav deix jauv (activities).

Meih corc haih duqv nyaanh cingv tengx dorch fu'jueiv se gorngv meih mingh zoux jienv gong fai dongh haaix nyungc jauv nquenc zaangc duqv nqoi nzuih bun meih zoux ndaangc maengx meih duqv zipv naav zeiv mbuox hiuv nyei sou.

Se gorngv yie mbuo mbuox meih yie mbuo dingh maiv bun nyaanh weic dieh nyungc tengx nyei jauv (other support services), maiv gunv meih meih zoux naav deix jauv (activities) mv baac yie mbuo maiv bun nyaanh meih aqv.

Se gorngv yie mbuo mbuox meih yie mbuo laengz bun nyaanh weic dieh nyungc tengx nyei jauv (other supportive services) nor, yie mbuo ei jienv naav zeiv mbuox hiuv nyei sou duqv mbuox meih oix hnangy haaix bun caux oix bun mbuoq ziet.

- Oix duqv dieh nyungc tengx nyei jaaux nor, meih oix zuqc ei jienv quenc zaangc heuc meih mingh zoux nyei jauv.
- Dongh meih zuoq jienv muangx paaiv sic nyei ziang-hoc, se gorngv quenc zaangc bun nyei nyaanh maiv gauq tengx meih nor meih maiv zuqc mingh quenc zaangc heuc mingh nyei jauv.

**Cal-Learn:**

- Se gorngv yie mbuo duqv mbuox liuz meih maiv haih tengx meih nor meih maiv haih bieqc Cal-Learn Gongh.
- Yie mbuox kungx cuotv nyaanh tengx yeim Cal -Learn nyei jauv ei dongh yie mbuo duqv ngoi nzuih liuz hnang.

**GANH NYUNGC JAUV**

**Medi-Cal Managed Care Nyei Gong-Mienh:** Dongh yie mbuo oix ei naav zeiv mbuox hiuv nyei sou zoux nyei jauv m'niex haih dingh maiv bun meih dugv managed care beu sengh zorc baengc tengx meih aqv. Se gorngv meih maiah waac-naaic nor heuc mingh lorzh meih nyei beu sengh gong-mienh.

**Teng Fu'Jueiv caux/fai Tengx Zorc Baengc:** Maiv gunv meih maiv duqv nyaanh sotv (cash aid) mv baac meih nyei buonv-deic uix fu'jueiv nyei gorn (child support agency) corc baeqc-baeqc tengx siou uix fu'jueiv nyei nyaanh daaih bun meih nyei. Se gorngv ih zanc ninh mbuo tengx jienv siouh nyaanh bun meih nor, ninh mbuo aengx siou jienv mingh cuotv liuz meih njiec jienv sou heuc ninh mbuo dingh maiv siou aqv. Dongh siou daaih funx ih zanc nyei buonc nyaanh wuov deix oix fungx mingh bun meih mv baac dongh qiemx jienv nquenc zaangc jieq daaih nyei zaeqv nyei nyaanh oix siou jienv maiv bun meih.

**Mbenc Taux Hmuangv-Doic nyei Jauv (Family Planning):** Se gorngv meih lorzh taux nor meih nyei wangc siangx gong-dorngx (welfare office) oix bun meih duqv hiuv tauv naav nyungc tengx nyei jauv.

**Muangx Sic Nyei Sou-Gorn:** Se gorngv meih tov muangx sic nor, Saengv Zaangc Muangx Sic Gorn (the State Hearing Division) ziouc tengx meih jieq jienv sou-gorn. Meih maiah leiz mangc duqv meih nyei sou-gorn ndaangc maengx mingh muangx sic yaac maiah leiz heuc ninh mbuo yienx cuotv dongh nquenc zaangc duqv njiec jienv ninh mbuo wuov bung nyei waac daaih bun meih zaaih duqv tauv i hnoi ndaangc maengx muangx sic nyei hnoi. Saengv zaangc m'niex dorh meih nyei sou-gorn bun Wang Siangx Gorn (Welfare Department) caux jienv Meiv Guoqv Zorc Baengc Tengx Mienh nyei Gorn (U.S. Departments of Health and Human Services and Agriculture). (**W&I Code Sections 10850 and 10950.**)

## OIX TOV MUANGX SIC NOR:

- **Fiouh jienv naav minc sou.**
- Dorh naav zeiv sou mingh yienx cuotv wuov ndaangc bung caux ga'haav bung daaih siou jienv. Se gorngv meih lorzh taux nor, meih nyei sou-gorn mienh haih tengx meih yienx cuotv naav minc sou daaih bun meih nyei.
- **Fungx fai dorh naav zeiv sou mingh bun:**

### FAI

- **Baeqc heuc mingh: 1-800-952-5253** fai se gorngv m'normh dung fai maiv haih gorngv waac nyei mienh dongh longc TDD nor, heuc **1-800-952-8349.**

**Qiex Zuqc Tengx Nor:** Meih haih baeqc heuc mingh taux saengv zaangc nyei hoc yiem gu'nguaaic wuov naaic taux meih maiah muangx sic nyei leiz fai heuc ninh mbuo tengx lorzh caengx leiz nyei jauv tengx meih. M'niex meih haih lorzh duqv mienh baeqc tengx caengx leiz nyei jauv meih yiem meih nyei buon-deic wangc siangx nyei gong-dorngx (welfare office).

Se gorngv meih ganh nduqc dauh mingh muangx sic ndoqc haih nor, meih haih dorzh yietc dauh doic mingh mbienx jienv meih.

## TOV MAUNGX SIC

Yie oix tov mienh muangx sic weic laiax Wangc Siangx nyei Gorn (Welfare Department) yiem \_\_\_\_\_ Nquenc zoux daaih nyei jauv paanx taux yie nyei:

Nyaanh Sotv (Cash Aid)  Food Stamp  
 Medi-Cal  
 Ganh nyungc (fiev mbaah jienv) \_\_\_\_\_

**Weic Hnangv Naav:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Se gorngv meih qiexm zuqc dorngx aengx fiev gauh camv nor, mbiuv jienv naav liuz aengx jaa jienv ganh minc sou.**

Yie qiexm zuqc saengv zaangc tengx baeqc-baeqc lorzh mienh tengx yie faan waac. (Meih nyei mienh muoz fai a'nziaauc doic maiv haih tengx meih faan waac yiem sic dorng.)

Yie gorngv dongh naav nyungc waac: \_\_\_\_\_

DONGH TOV MAIV DUQV, ZUQC TIUV, FAI ZUQC DINGH MAIV TENGX WUOV DAUH NYEI MBUOX

CUOTV SEIX HNOI	HOC
DEIC-ZEPV	
MUNGV	SAENGV ZIP CODE
LOUC MBUOX	HNOI

Yie oix njiec jienv mbuox ga'ndiev wuov dauh mienh div yie yiem sic dorng. Yie nqoi nzuih bun naav dauh mienh maah leiz mangc duqv yie nyei sou-daan fai mingh muangx sic div yie. (Naav dauh mienh se haih benx meih nyei a'nziaauc doix fai meih nyei mienh muoz doix mv baac ninh maiv haih tengx meih faan waac.)

MBUOX	HOC
DEIC-ZEPV	
MUNGV	SAENGV ZIP CODE