

JKIN LELOK MONA

Delon nan mona ko reune ej juon waween eo aorok nan ejmour ne am im aenoman. Kojobal melele in nan jipan bok mona ko rejmour nan kwe im baamle eo am, ko rej aikwij nan mour.



American
Heart
Association.

LELOK JEN: _____

WAWEEEN KO NAN BOK JIPAN



211: Jipan ko rej kobaiki lok iok nan menin jipan ko ilo jujuk in ped ilo ijoko otemjeje, ekoba mona in jipan. Kir lok 211 jen jabrewot talboon.



Washington Connection: Kanne nan jipan ko elon lok (ekoba mona, jeen, kejobarok-ajiri, ko jet.) ilo juon wot jikin. Komaron kokaal im jetam nan elon birokraam ilo jet kajin ko. Etal nan: www.washingtonconnection.org/



Sea Mar Community Resource Navigator: Kir lok: 1-855-289-4503



Help Me Grow Hotline: Eron enaan ipen juon eo enaj jipan iok lale koban ablikijen eo nan kajojo mona im jipan ko nan ejmour. Kir lok: 1-800-322-2588 Mande-Taije 8:00-5:30, Bilaide 8:00-5:00



USDA National Hunger Hotline: Jikin lelok jipan kin mona ebaake iok. Kir lok: 1-866-348-6479 (TTY: 711), 4 jibon. – 7 jota

..... JOKELOT KO NAN MONA

NAN AJIRI



Mona in Jibon an Jikuul im Mona in Raelep Birokraam nan Ajiri im P-EBT: Ej lelok ilo ejelok woneen ak kadiklok-woneen mona ko reune nan ro rekar kin- woneer, rijkuul ro jen K nan 12. Nan nej 2022 jikuul iio nan nej kanne naj bareinwot lelok nan baamle ko P-EBT kolla (jeen jin jipan ko nan wia mona). Lale elane koj maron delon: <https://www.benefits.gov/benefit/366> Kanne ipen lok jikin jikuul ilo bukon eo.



Mona nan Ajiri Ilo len ne Jikuul ej Kilok: Mona ko ejelok woneer reune nan ajiri ro 18 iio deter im diklok. Bukoti jikin ko rebaake iok: <https://www.uwkc.org/free-meals-during-school-closures/>



Kora, Ninnin im Ajiri (WIC) Birokraam: Lelok mona nan ribororo/kora ro emoj aer- keotak, ninnin, im ajiri ro rej nan 5 iio detaer. Kir lok 1-800-322-2588 nan bukot juon opij eo ebaake iok im koman ien nan am lolok.

NAN RITO RO & RO EWOR AER MENIN AIKWIJ KO REJENOLOK



Chicken Soup Brigade: Koman birokraam ko nan jermal ilo bokto boktak mona ko kijen rinaninemj ak mona ko elap aer une-emoj kalikari im kirojiri ko ilo Seattle/King County. Etal nan: <https://www.lifelong.org/chicken-soup-brigade> Kir lok: 1-206-957-1686



Meals on Wheels: Juon birokraam eo ej bokto boktak mona nan rito ro. Etal nan: Mealsonwheelsamerica.org

NAN AOLEP



Washington Birokraam in Mona (SNAP): Jipan ilo aolep allon nan wia mona ilo mon wia mona ko, jikin wia ko an baamor ak riekat ro, ko jet. Nan melele ko jet: <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>



SNAP Match: Aolep tala ko wia kaki kin SNAP jipan kein ilo jikin wia ko nan wia leen wojek ko im bijitebol ko ren mee jipan nan wia men kein.



Food Banks im Meal Birokraam: Lale search tuul ak website nan bukot food banks im birokraam eo ebaake iok: <https://tinyurl.com/wafoodmap>



Auburn Food Bank: Jikin Kakon mona ilo bukon eo ebaake iok: 930 18th Pl NE, Auburn, WA 98002 <https://www.theauburnfoodbank.org/> (253) 833-8925



Fresh Bucks Vouchers: Armej ro remaron delon im rej joke ilo Seattle remaron kanne nan aer maron wor aer baujor. <https://www.freshbuckseattle.org/application-information/#Apply> Kir lok: 1-206-684-2489

KOMLELE: