

# KWŌJ KE AIKUJ ʘŌÑĀ?



**Ewōr kein jibāñ ko rej bellak ñan tōpar aikuj ko am rej aurōk.**

## Kwōj ke aikuj ʘŌÑĀ kiiō?



Ilo iien kein rej kilōk ʘŌÑĀ jikuuj ko ilo iien Jamar, ewōr ʘŌÑĀ ko ejelak wonear rej bellak ñan armij. Ajiri ro 18 aer iiō im diḷḷok remāroñ bōk ʘŌÑĀ im men ko jet kijeer jān Būrookraam in Jerbal in Jibāñ in ʘŌÑĀ ilo lien Jamar (Summer Food Service Program, SFSP) im Kāālōt eo Ejimwe ilo lien Jamar (Seamless Summer Option, SSO). Ñan bukōt juōn jikin bōk ʘŌÑĀ kijōm eo itūrim, jouj im lale [www.summerfoodoregon.org](http://www.summerfoodoregon.org), jejet "Food" ak "Comida" ñan **877-877**, ak kūr lak **2-1-1**.



**SNAP** (etan kar food stamps) ej jibāñ eok wia ʘŌÑĀ. Kadelōñe etam rainin. Bukōt aolepen melele ko kwōj aikuj ilo [govstatus.egov.com/or-dhs-benefits](http://govstatus.egov.com/or-dhs-benefits) in jibañ ikijen mōña (Supplemental Nutrition Assistance Program, SNAP), jān, injuran, kaajiriri im jibāñ jān jōrān ilo juōn jikin. Kūr lak **211** ak kūr [opij in Oregon Rā eo ej Jerbal ippān Armij \(Oregon Department of Human Services, ODHS\) eo itūrim](http://opij.inOregonRa.com) ippen kajjitōk ko am. Bōk jibāñ in ʘŌÑĀ ilo iien eo kwōj kōttar ñan injuran eo am jān am jab jerbal.



**Jikin ajej ʘŌÑĀ, jikin bok ʘŌÑĀ im wāwein ko aer māroñ jilikinwōj e:** Doulul in Jikin Ebbok Moña ilo Oregon (Oregon Food Bank) eo ej koba 1,400+ jikin ajej ko rej jibāñ doon im jikin ko rej jibāñ armej kin ʘŌÑĀ rej bellak ibelakin Oregon im Southwest Washington. Ilo jet ian jikin kein armej ro rejjab aikuj diwōjḷok jān wa ko waer ak remaroñ jilkinḷok ʘŌÑĀ ñan ḡweo ḡmōm. Lale [oregonfoodfinder.org](http://oregonfoodfinder.org) ñan l bukōt jikin ko tūrim, ak kūr lak **2-1-1** ñan bōk jibāñ.



**WIC** eo ej leḷok ʘŌÑĀ eo emman ñan ājmour im jibāñ ñan kaajiriri jā tittōt ñan baamle ro ippen ajiri ro reddik jān 5 aer iiō im ñan kōrā ro rebōro. Etal ñan [healthoregon.org/wic](http://healthoregon.org/wic) im jipede kakōle in WIC Interest Form (WIC, Pepa in Kanne). Kwōmāroñ bar kūr lak **2-1-1** im kajjitōk bwe kwōn māroñ kōnono ippen juōn armej eo emelōtlōt kōn ājmour an kōrā im ajiri. Ri bōk kunaer ro rekāal rej karuwanene!



## Kwōj ke aikuj ʘŌÑĀ im ewōr 60+ aḡ iiō ak utaḡwe?

Doulul in Jipañ Rūtto im Ro Ewōr Utaḡwe (Aging and Disability Resource Connection, ADRC) eo an Būrookraam in ʘŌÑĀ ñan Rutto ro ilo Oregon Moña ilo Wā ("Meals on Wheels") ej leḷok ʘŌÑĀ ñan armej ro ilo aolep Oregon. Aolep rūtto ro ewōr 60+ aer iiō remāroñ bōk ʘŌÑĀ kein. Ejjelak aikuj in kwalok kōllā eo am im ejjelok wōñān ʘŌÑĀ. ADRC eo ebar māroñ jibāñ armej rūtto ak utaḡwe bwe ren kepaake jibāñ in ʘŌÑĀ jokdoon jete aer iiō. Lale [adrcforegon.org](http://adrcforegon.org) ak kūr lak **1-855-673-2372**.

## Kwōj ke aikuj melele ko relaplak kin kein jibāñ ko?

Ñan melele ko relaplak kin ʘŌÑĀ im kein jibāñ ko jet, āinwōt kōjparok in ājmour im kōjeḷā ñan ro ejjelok aer jerbal, lale [govstatus.egov.com/or-covid-19](http://govstatus.egov.com/or-covid-19).



Kwōmāroñ tōpare 2-1-1 info ilo aḡ kūr lak **2-1-1**, jejeḷok ZIP code eo aḡ ñan **898211**, ak lale [211info.org](http://211info.org).

Kwōmāroñ bar tōpare Jikin Koneek im Ebbok Jibañ ikijen Yiiō im Nañinmej (Aging and Disability Resource Connection of Oregon) ilo **1-855-673-2372** ak kepaake [adrcforegon.org](http://adrcforegon.org).