

KWŌJ KE AIKUJ MŌÑĀ?



Ewōr m̄weiuk ko rekāāl im reḷap ñan uwaake aikuj ko aḡ rej aorōk.

Kwōj ke aikuj mōñā kiiō kiiō?



Ilo iien kein rej kilōk mōko mōn jikuul ilo iien māāñāñ kein, ewōr mōñā ko ñan armej. Ajiri ro ewōr 18 ak dikḷok aer iiō remaroñ bōk jalele im mōñā ko kijeer jān Summer Food Service Program (Program in Jerbal in Jipañ in Mōñā ilo lien Māāñāñ ak SFSP) im Seamless Summer Option (Kāālōt in Ejjeḷok Problem ilo lien Māāñāñ ak SSO). Ñan loe juon jikin bōk mōñā kijōm eo epaak ñan kwe, jouj im lale www.summerfoodoregon.org, jejetok "Food" ak "Comida" ñan 877-877, ak ñan 2-1-1.



SNAP (raar kūr e food stamps) eo ej jipañ armej bok mōñā. Aplaitok rainin. Kwomaroñ loe aolep kōjeḷā ko kwōj aikuj ilo govstatus.egov.com/or-dhs-benefits im kwomaroñ aplaike ñan SNAP im aplaike ñan jipañ in jāān, insurance, kaajjiriri im jipañ jān domestic violence barāinwōt. Kaltok ilo **211** ak kallōk [opij in DHS eo epaak ñan kwe](#) im kajjitōk ippāer. Bōk jipañ in mōñā ilo iien kwōj kōttar bwe ren lewaj jipañ in jab jermal (unemployment).



Pāāntōre in mōñā, jikin bok mōñā im wāwein in aer maroñ jilikinwōj e. Doulul in Oregon Food Bank eo ej juon doulul in 1,400+ pāāntōre ko rej jipañ doon im jikin ko rej jipañ armej ie rej peḷok ilo aolep Oregon im Southwest Washington. Ilo jet iaan jikin kein armej ro rejjab aikuj diwōjḷok jān wa ko waer ak remaroñ jilkinḷok mōñā ñan m̄weo imōm. Jouj im lale oregonfoodfinder.org ñan loe ewi jikin ko, ak kallōk **2-1-11** ñan bok jipañ.



WIC eo ej leḷok mōñā eo em̄man ñan ājmour im jipañ ñan kaajjiriri jā tittōt ñan baamle ro ewor ajiri ro reddik jān 5 aer iiō im ñan kōrā ro rebōrōro. Tal ñan healthoregon.org/wic im jiburi button in WIC Interest Form. Kwobar maroñ kallōk **2-1-1** im kajjitōk bwe kwon maroñ kōnono ippān juon armej eo mōkade kōn ājmour an kōrā im ajiri. Ri bok kunaer ro rekāāl rej karuwanene!



Kwōj ke aikuj mōñā im ewor 60+ aḡ iiō ak utaḡwe?

Aging and Disability Resource Connection (ADRC ak Doulul in Jipañ Rūtto im Ro Ewor Utaḡwe) eo an Oregon's Older Adult Meals Program (Program in Mōñā ñan Rūtto ro ilo Oregon ak Meals on Wheels) ej leḷok mōñā ñan armej ro ilo aolep Oregon. Aolep rūtto ro ewor 60+ aer iiō remaroñ bok mōñā kein. Rejjab aikuj bok dik wōnaer im ejjeḷok wōñāñ mōñā. ADRC eo ebar maroñ jipañ armej rūtto ak utaḡwe bwe ren kepaake jipañ in mōñā mekarta jete aer iiō. Kepaake adrcoforegon.org ak kallōk **1-855-673-2372**.



Kwōj ke aikuj bar jet kōjeḷā ko?

Ñan bok kōjeḷā ko jet kōn mōñā im bar jet m̄weiuk ko, āinwōt kōjparok in ājmour im kōjeḷā ñan ro ejjeḷok aer jermal, kepaake govstatus.egov.com/or-covid-19.

Kwomaroñ kepaake 2-1-1 info ilo aḡ kallōk **2-1-1**, jejeḷok ZIP code eo aḡ ñan **898211**, ak kepaake 211info.org

Kwomaroñ kepaake Aging and Disability Resource Connection of Oregon ilo **1-855-673-2372** ak kepaake adrcoforegon.org