



# Ua Kom Wisconsin Noj Qab Haus Huv Dua Qub

## FoodShare Pab Cov Neeg Uas Tau Nyiaj Tsawg Yuav Khoom Noj

Koj yuav ua ntawv thov tau FoodShare online ntawm [access.wi.gov](https://access.wi.gov) los yog ua ntawv xa mus thov ntawm qhov chaw khiav hauj lwm muab kev pab ntawm koj, hu xov tooj mus los yog mus ntsib lawv kiag. Koj yuav tau tham tim ntsej tim muag nrog ib tus neeg khiav hauj lwm. Qhov tham no yuav tham hauv lub xov tooj los tau, tshwj tias ntshe koj xav mus tham tim ntsej tim muag nyob rau ntawm qhov chaw khiav hauj lwm no xwb. Yuav kom paub qhov chaw khiav hauj lwm muab kev pab ntawm koj, hu rau 1-800-362-3002 los yog mus rau ntawm [dhs.wi.gov/em/CustomHelp](https://dhs.wi.gov/em/CustomHelp). FoodShare cov nyiaj pab muab xa ua ib daim ntawv yas (plastic card) tuaj rau koj hu ua Wisconsin QUEST card. Koj yuav siv nws zoo ib yam nkaus li ib daim credit card los yog lub tuam txhab cia nyiaj daim debit card. Cov kiab khw muag khoom noj feem ntau yeej txais yuav daim QUEST card no.

### Yuav kom muaj npe tau txais kev pab, koj yuav tsum tau:

- Ua ib daim ntawv thov kev pab
- Tham nrog FoodShare ib tus neeg khiav hauj lwm
- Muaj raws li kev pab cuam cov cai
- Muaj ntaub ntawv pov thawj rau qeev cov lus teb
- Cov nyiaj tau los nyob txij li los yog qis dua kev pab cuam tus ciam tsis pub tshaj

Nyob hauv FoodShare nws tsis muaj qhov muab cov khoom muaj npe los xam ua nyiaj tsis pub tshaj.

Cov neeg uas lawv nyob ua ke thiab yuav khoom noj haus ua ke yog “ib tsev neeg.” Cov txij nkawm thiab, feem ntau, lawv cov me nyuam uas muaj hnuv nyoog 22 xyoos rov hauv yuav tsum yog ib tsev neeg.

Tej nyiaj tau los feem ntau yuav raug muab suav tib si. Tom qab muab koj tsev neeg cov nyiaj tau los tas nrho los sib ntxiv ua ke lawm, muaj ib cov nuj nqi uas koj qhia tuaj xws li nqi tsev, nqi them zov me nyuam, nqi them pab yug me nyuam, thiab lwm yam., yuav muab rho tawm ntawm koj qhov nyiaj hli tau los kom paub seb koj qhov nyiaj hli uas seem ntawd tshuav li cas. Cov FoodShare nyiaj muas noj uas muab rau koj yog nyob ntawm seb muaj tsawg leej nyob hauv koj tsev neeg thiab koj qhov nyiaj seem muaj li cas.

### Koj Yuav Muab FoodShare Mus Yuav Tau Dab Tsi:

#### Cov nyiaj pab FoodShare yuav muab siv tau mus yuav:

- Qhaub cij thiab qhaub noom ntse mis (cereals),
- Txiv hmab txiv ntoo thiab zaub,
- Nqaij, ntses, thiab nqaij qaib (nqaij tsiaj nyeg muaj tis),
- Khoom mis nyuj, thiab
- Yub ntoo thiab noob los cog khoom noj rau tsev neeg tau noj.

#### Cov nyiaj pab FoodShare yuav muab siv tsis tau mus yuav:

- Khoom uas tsis yog khoom noj, xws li khoom rau tsiaj noj, khoom siv da dej, cov khoom uas yog ntawv, thiab khoom siv hauv vaj hauv tsev; khoom tu ib ce, tshuaj txhuam hniav, thiab tshuaj thas nplhu.
- Dej cawv thiab luam yeeb
- Tshuaj qab los thiab tshuaj kho mob
- Cov khoom uas yuav noj tau hauv kiab khw
- Khoom noj uas kub sov

# **XAIV COV KHOOM NOJ UAS YUAV PAB NTXIV RAU LUB CEV KOM NOJ QAB NYOB ZOO YAV PEM SUAB HAUV LUB NEEJ!**

## **Xyuas kom koj kev noj haus thiab kev qoj ib ce khiav mus los nyob sib luag zos**

- Nco ntsoov nyob nraim hauv koj cov calorie txhua hnuv.\*
- Qoj ib ce khiav mus los yam tsawg kawg 30 feeb yuav luag txhua hnuv hauv lub lis piam.
- Qoj ib ce khiav mus los tsis so li 60 feeb hauv ib hnuv kuj yuav pab tau koj kom tsis hnyav ntxiv tuaj.
- Yuav kom tsis txhob hnyav ntxiv tuaj, txhua hnuv yuav tau khiav mus los li ntawm 60 feeb mus rau 90 feeb.
- Cov me nyuam los yog cov hluas yuav tau khiav mus los li 60 feeb hauv ib hnuv, los yog yuav luag txhua hnuv.

## **Yuav tau paub ceev cov khoom noj uas muaj roj, qab zib thiab daw ntsev (sodium)**

- Cov khoom rog ntau yog tau los ntawm ntses, txiv laum huab xeeb, thiab roj zaub.
- Ceev txhob noj cov khoom uas muaj roj xws li butter tej ntawd.
- Twm daim label uas luag qhia txog cov khoom uas muaj roj thiab daw ntsev tab sis muaj tsawg.
- Xaiv cov khoom noj thiab dej haus uas muaj cov suab thaj qab zib (sugar) tsawg.



\*Rau li 2,000 calorie diet, koj yuav tsum tau lwm yam los ntxiv rau li nram no.

- Yam ua noob (grains) - 6 ounces txhua hnuv.
- Zaub - 2 1/2 khob txhua hnuv.
- Txiv hmab txiv ntoo - 2 khob txhua hnuv.
- Mis nyuj - rau cov me nyuam 2 xyoos rau 8 xyoos, haus 2 khob txhua hnuv, dua li cov ces 3 khob.
- Nqaij thiab taum pauv - 5 1/2 ounces txhua hnuv.

Ceeb toom: Yuav nrhiav kom paub seb yuav siv npaum li cas thiaj haum rau koj lub hnuv nyoog, koj yog poj niam los puas txiv neej, thiab tej kev siv lub cev ua hauj lwm mus los, mus xyuas tau ntawm [MyPyramid.gov](http://MyPyramid.gov)

Yog koj muaj lus nug ntxiv hu rau 1-800-362-3002 los yog xyuas tau ntawm [dhs.wi.gov/em/customerhelp](http://dhs.wi.gov/em/customerhelp).

Department of Health Services yog ib tus tswv hauj lwm thiab yog ib qhov chaw pab cuam muab vaj huam sib luag rau sawv daws. Yog koj muaj mob xiam oob qhab li cas thiab xav tau cov ntaub ntawv qhia no ua lwm hom ntawv, los sis xav kom muab txhais ua lwm hom lus, thov hu rau (608) 266-3356 (suab) los sis (888) 701-1251 (TTY).

Yog koj muaj lus nug txog neeg txoj cai hu rau (608) 266-9372 (suab) los sis (888) 701-1251 (TTY). Los yog, raws li tsoom fvw teb chaws txoj cai thiab tsoom fvw qhov Chaw Ua Hauj Lwm Fab Kam Ua Qoob Loo (U.S. Department of Agriculture) txoj cai, qhov chaw ua hauj lwm no txwv tsis pub cais ib tus twg vim nws yog txawv haiv neeg, tsos nqaij daim tawv, keeb kwm teb chaws, poj niam/txiv neej, hnuv nyoog, kev ntseeg, kev ntseeg txog fab kev tswj hwm teb chaws, los yog muaj mob xiam oob qhab.

Yuav sau ib daim ntawv tsis txaus siab, sau rau USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 los yog hu rau (800) 795-3272 (suab) los yog (202) 720-5964 (TTY). USDA yog ib qhov chaw pab cuam thiab yog ib tus tswv hauj lwm muab vaj huam sib luag rau sawv daws.

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