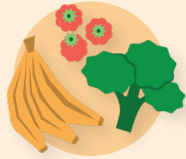


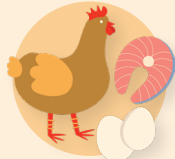
Healthy SNAP Tennessee

Laga bilaabo Luulyo 31, 2026, qaar ka mid ah cuntooyinka la warshadeeyay iyo cabitaannada ay ku qoran yihiin sonkor, sonkorta qasabka, sharoobada xaruurta, ama sharoobada xaruurta ee sokorta furuktos ku badan tahay inay yihiin maadada koowaad ay ka sameysan tahay, ma sii ahaan doonaan kuwo lagu iibsano karo dheefaha SNAP.

Alaabada U Qalanta



**Miraha iyo
Khudaarta**



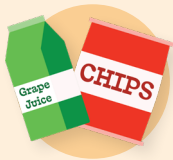
**Hilibka Digaagga iyo
kalluunka**



**Caanaha iyo
waxyaabaha laga
sameeyo**



Badarka iyo Rootiga



Cuntooyinka Fudud



Dhirta iyo Iniinta



**Sonkor hal walax
leh oo loo isticmaalo
karinta iyo dubista**



Caanaha Dhallaanka

Alaabada Aan U Qalmin

Alaaboyinka qoraaya sonkorta ama sharoobada xaruurta sokorta furuktos ku badan tahay inay yihiin maadada koowaad oo laga sameeyay.



Cuntooyinka badan ee leh sonkor, sonkorta qasabka, sharoobada xaruurta, ama sharoobada xaruurta sokorta furuktos ku badan tahay inay yihiin maadada koowaad oo laga sameeyay.



Sharaabyada iyo cabitaannada tamarta leh ee ay ku jiraan biyo gaas leh iyo sonkor, sonkorta qasabka, sharoobada xaruurt, ama sharoobada xaruurta sokorta furuktos ku badan tahay inay yihiin labada maadooyinka koowaad oo laga sameeyay.

