



Qalabka Xirmada Tafaariiqda ee SNAP Tennessee Healthy

Tennessee waxaa ka go'an kor u qaadista caafimaadka iyo fayo-qabka qoysaska ka qaybqaata Barnaamijka Kaalmada Nafaqada Dheeraadka ah (SNAP). Waaxda Adeegyada Aadanaha ee Tennessee (Tennessee Department of Human Services, TDHS) ayaa heshay oggolaansho federaal ah si ay u hirgeliso wax ka beddelo dhiirrigelinaya xulashooyin cunto oo ka caafimaad badan oo loogu talagalay qoysaska helaaya dheefaha SNAP. Iyadoo qayb ka ah wax ka beddelkan, qaar ka mid ah cuntooyinka la warshadeeyay iyo cabitaannada ay ku qoran tahay sonkor ama sharoobada xaruurta sokorta furuktos ku badan tahay inay yihiin maadada koowaad ee ka sameysan, ma sii ahaan doonaan kuwo lagu iibsano karo dheefaha SNAP laga bilaabo Luulyo 31, 2026.

Qalabkan xirmada waxaa loo sameeyay si uu u siiyo ganacsatada hagitaan cad, ilooyin, iyo agab muuqaal ah si ay u taageeraan kala guurka habsamiga leh ee xeerarka cusub ee iibsiga SNAP, iyagoo weli si wax ku ool ah ugu adeegaya qoysaska Tennessee.

— Loogooyinka iyo Koodhahka QR —



Department of

Human Services

[TN.Gov/HumanServices/Healthy-Snap-Tennessee](https://tn.gov/humanservices/healthy-snap-tennessee)



Warqadda Alaabaha U Qalma



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 xaruurta, ama sharoobada xaruurta sokorta furuktos ku badan tahay inay yihiin labada maadooyinka koowaad oo laga sameeyay.



Macluumaad dheeraad ah oo ku saabsan Healthy SNAP Tennessee iskaan garey koodhka QR.

— Warqadda Calaamadda Maadooyinka Laga Sameeya —



Fadlan hubi calaamaddee magaca maadada laga sameeyay si aad u go'aamiso in alaabtu ku habboon tahay in lagu iibsado iyadoo la adeegsanayo dheefaha Barnaamijka Caawinta Nafaqada Dheeraadka ah (SNAP). Laga bilaabo Luulyo 31, 2026, qaar ka mid ah cuntooyinka la warshadeeyay iyo cabitaannada gaaska leh ee ay ku qoran tahay sonkor, sonkorta qasabka, sharoobada xaruurta, ama sharoobada xaruurta sokorta furuktos ku badan tahay inay yihiin maadada koowaad laga sameeyay, ma sii ahaan doonaan kuwo lagu iibsan karo dheefaha SNAP.



Alaabada U Qalanta

Nutrition Facts

Serving Size 55g
Servings Per Container

Amount Per Serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160g	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Sugars 12g	20%

Protein 3g

Vitamin A	10%
Vitamin C	20%
Calcium	45%
Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Enriched flour, high fructose corn syrup, soybean oil, bleached wheat flour. Contains 2% or less of wheat starch, salt, dried strawberries, dried apples, baking soda, citric acid, gelatin, modified wheat starch, yellow corn flour, caramel color, xanthan gum, cornstarch, and turmeric extract color.



Alaabada Aan U Qalmin

Nutrition Facts

Serving Size 55g
Servings Per Container

Amount Per Serving
Calories 380

% Daily Value*

Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450g	20%
Total Carbohydrate 67g	24%
Dietary Fiber 1g	5%
Sugars 33g	60%

Protein 4g

Vitamin A	0%
Vitamin C	0%
Calcium	40%
Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Sugar, Enriched Flour, Water, High Fructose Corn Syrup, Tallow, Dextrose, Egg, Contains 2% Or Less Of: Soybean Oil, Modified Food Starch, Glycerine, Whey, Corn Starch, Salt, Baking Soda, Soy Lecithin, Cellulose Gum, Natural And Artificial Flavors, Yellow 5.



Department of
Human Services



Macluumaad dheeraad ah oo ku saabsan Healthy SNAP Tennessee iskaan garey koodhka QR.

Warqadaha Dhejiska

Xulashooyinka 5x5



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Waxaa jiri doona wax ka beddelo lagu sameynayo alaabada lagu iibsano karo SNAP laga bilaabo **Luulyo 31, 2026**. Wixii macluumaad dheeraad ah iskaan garey koodhka QR.



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Waxaa jiri doona wax ka beddelo lagu sameynayo alaabada lagu iibsano karo SNAP laga bilaabo **Luulyo 31, 2026**. Wixii macluumaad dheeraad ah iskaan garey koodhka QR.



Department of Human Services [TN.Gov/HumanServices/Healthy-Snap-Tennessee](https://www.tn.gov/human-services/healthy-snap-tennessee)

Xulashooyinka 8.5x11



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Waxaa jiri doona wax ka beddelo lagu sameynayo alaabada lagu iibsano karo SNAP laga bilaabo **Luulyo 31, 2026**. Wixii macluumaad dheeraad ah iskaan garey koodhka QR.



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Waxaa jiri doona wax ka beddelo lagu sameynayo alaabada lagu iibsano karo SNAP laga bilaabo **Luulyo 31, 2026**. Wixii macluumaad dheeraad ah iskaan garey koodhka QR.



Department of Human Services [TN.Gov/HumanServices/Healthy-Snap-Tennessee](https://www.tn.gov/human-services/healthy-snap-tennessee)

Xulashooyinka 11x8.5



Waxaa jiri doona wax ka beddelo lagu sameynayo alaabada lagu iibsano karo SNAP laga bilaabo **Luulyo 31, 2026**. Wixii macluumaad dheeraad ah iskaan garey koodhka QR.

Xulashooyinka 17x11



Waxaa jiri doona wax ka beddelo lagu sameynayo alaabada lagu iibsano karo SNAP laga bilaabo **Luulyo 31, 2026**. Wixii macluumaad dheeraad ah iskaan garey koodhka QR.



TN Department of Human Services

TN.Gov/HumanServices/Healthy-Snap-Tennessee

Boorarka



Baraha Bulshada

Healthy SNAP Tennessee

Waxaa jiri doona wax ka beddelo lagu sameynayo alaabada lagu iibsano karo SNAP laga bilaabo Luulyo 31, 2026. Wixii macluumaad dheeraad ah, fadlan booqo websaydka TDHS Healthy SNAP: TN.Gov/HumanServices/Healthy-Snap-Tennessee.

1080x1080



1080x1350

