



# Anchorage School District

## Student Nutrition

1307 Labar Street • Anchorage, AK 99515 • 907-348-5145 • <http://www.nutrition.asdk12.org>

Nyob Zoo Txog Niam thiab Txiv/Tus Saib Xyuas Me Nyuam,

Koj tus me nyuam yuav muaj cai rau cov puas mov noj dawb los sis tus nqi qis. Kev noj zaub mov zoo yog ib yam tseem ceeb rau kev noj qab haus huv thiab kev noj qab nyob zoo ntawm peb cov tub ntxhais kawm ntawv. Lub Anchorage School District muab cov puas mov zoo rau txhua lub tsev kawm ntawv txhua hnuv. Pluas tshais rau tsev kawm qib pib raug nqi \$2.50; Pluas su rau tsev kawm qib pib raug nqi \$4.25. Pluas tshais rau tsev kawm qib nrab raug nqi \$2.75; Pluas su rau tsev kawm qib nrab raug nqi \$4.75. Pluas tshais rau tsev kawm qib siab raug nqi \$3.00; Pluas su rau tsev kawm qib siab raug nqi \$5.25. Yuav saib seb koj tus me nyuam puas muaj cai rau cov puas mov noj Dawb los sis Txo Nqi, mus rau npe thov rau hauv online ua lus As Kiv los sis Lus Xab Pees Niv los ntawm mus siab [www.nutrition.asdk12.org](http://www.nutrition.asdk12.org). Yog tias lawv muaj cai rau cov puas mov noj, lawv cov puas tshais thiab cov puas su yuav noj tsis poob nyiaj los sis txo nqi txog \$0.30 rau cov puas tshais thiab \$0.40 rau cov puas su. Yog tias koj tsis tuaj yeem mus sau npe thov rau hauv online tau, koj thov tau daim ntawv thov ua Lus As Kiv, Lus Xab Pees Niv, Lus Tas Kas Lov, Lus Xas Moos, Lus Kaus Lim. Thov cim tseg tias cov ntawv thov sau npe yuav siv sijhawm ntau zog los lis. Hauv qab no yog cov lus nug thiab lus teb uas nquag nug los pab koj lis koj daim ntawv thov.

- Leej twg thiaj tau txais cov puas mov noj dawb los sis txo nqi?
  - a. Cov me nyuam nyob hauv tsev neeg uas tau txais txiaj ntsig los ntawm Supplemental Nutrition Assistance Program (SNAP, Lub Khoos Kas Pab Khoom Noj) los sis Temporary Assistance for Needy Families (TANF, Lub Khoos Kas Pab Khoom Noj Ib Ncuu Rau Cov Yim Neeg Uas Xav Tau), yog muaj cai rau cov puas mov noj dawb. Txhawm rau kom tau txais kev lis ntaub ntawv rau qhov muaj cai rau puas mov noj dawb kom ceev zog xa ib daim theej ntawm koj Direct Certification Letter (Daim Ntawv Pov Thawj Xa Ncaj Nraim) mus rau Student Nutrition (Tus Tub Ntxhais Kawm Ntawv Lub Khoos Kas Pab Khoom Noj) mus rau [SNAdmin@asdk12.org](mailto:SNAdmin@asdk12.org) los sis xa daim ntawv mus rau lub tsev kawm ntawv, Xa Rau: Tus Thawj Coj Saib Xyuas Tsev Noj Mov.
  - b. Cov me nyuam ntsuag uas hnuv nyooq nyob rau qhov raug saib xyuas rau hauv lub koom haum saib xyuas me nyuam ntsuag los sis lub tsev hais plaub.
  - c. Cov me nyuam uas tau koom nrog lawv lub tsev kawm ntawv qhov kev pab Head Start (Lub Khoos Kas Hej Sab Taj) los kuj muaj cai ib yam.
  - d. Cov me nyuam uas raug raws li cov ntsiab lus ntawm tus tsis muaj tsev nyob, tus khiav tawm, los sis neeg thoj nam los kuj muaj cai ib yam.
  - e. Cov me nyuam yuav tau txais cov puas mov noj dawb los sis txo nqi yog tias tag nrho koj tsev neeg **qhov nyiaj khwv tau los xam tag nrho (ua ntej txiav se tawm los sis cov nqi txiav tawm, xam nrog qhov muab sib faib tawm)** poob rau cov ciam txwv ntawm Federal Income Eligibility Guidelines (Tsoom Fwv Theem Nyiaj Khwv Tau Los Uas Muaj Cai Raug Pab) raws li daim ntawv hauv qab no:

TSOOM FWV THEEM NYIAJ KHWV TAU LOS UAS MUAJ CAI RAUG PAB rau Xyoo Kawm 2020-2021

Tsev Neeg Coob Ntau Tsawg	Ua Xyoo	Ua Hli	Ob zaug rau Ib Hlis	Txhua Ob Lub As Thiv	Txhua Lub As Thiv
1	29,508	2,459	1,230	1,135	568
2	39,868	3,323	1,662	1,534	767
3	50,228	4,186	2,093	1,932	966
4	60,588	5,049	2,525	2,331	1,166
5	70,948	5,913	2,957	2,729	1,365
6	81,308	6,776	3,388	3,128	1,564
7	91,668	7,639	3,820	3,526	1,763
8	102,028	8,503	4,252	3,925	1,963
<b>Rau txhua tus neeg tshaj ntxiv hauv tsev neeg:</b>	<b>10,360</b>	<b>864</b>	<b>432</b>	<b>399</b>	<b>200</b>

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- Cov ntaub ntawv kuv muab puas yuav raug txheeb xyuas?  
Yog, peb los kuj yuav kom koj xa daim ntawv ua pov thawj txog tsev neeg cov khwv nyiaj tau los tuaj rau peb.
- Kuv yuav paub tau li cas tias kuv cov me nyuam muaj cai rau qhov tsis muaj tsev nyob, khiav tawm los sis khiav teb tsaws chaw.
  - a. Puas yog tsev neeg tsis muaj chaw nyob ruaj khov? Puas yog nej nyob ua ke rau hauv ib lub chaw khaum, tsev tos qhua, los sis lwm qhov chaw nyob ib ntus sij hawm xwb? Puas yog koj tsev neeg hloov chaw nyob raws caij nyoog? Puas muaj tej tus me nyuam nrog koj nyob uas khiav tawm ntawm lawv tsev neeg los sis yim neeg? Yog koj ntseeg tias koj cov me nyuam nyob hauv koj tsev muaj raws li qhov piav los no thiab ho tsis tau hais qhia tias koj tus me nyuam yuav tau txais cov puas mov noj dawb, thov hu rau lub chaw ua hauj lwm saib xyuas me nyuam ntawm 742-3833 los sis mus saib lub Child in Transition (CIT, Me Nyuam Kev Loj Hlob Hloov Pauv) lub website nyob ntawm <http://www.asdk12.org/CITH>
  - b. Cov yim neeg uas koom nrog nyob rau hauv kev nrhiav ntsees (ntsees dej qab ntsev thiab ntsees dej tsuag), nrhiav pliag deg, nrhiav koob cws, nrhiav ntsees muag, thauj ntoo, los sis cog qoob loo mus saib tau lub website ntawm Migrant Education (Lub Chaw Muab Kev Kawm Rau Tus Khiav Teb Khiav Chaw) los ntsuam xyuas txog qhov muaj cai raug pab nyob ntawm <https://www.asdk12.org/Page/5557> los sis hu rau Migrant Education nyob ntawm (907)742-4275.
- Kuv yuav thov tau li cas?  
Thov hauv online los sis luam tawm daim ntawv thov los ntawm mus saib [www.nutrition.asdk12.org](http://www.nutrition.asdk12.org) thiab mus xaiv qhov Apply Online for Free and Reduced Priced Meals (Thov Hauv Online rau Cov Plus Mov Noj Dawb thiab Raug Txo Nqi). Cov tub ntshais kawm ntawv nyob rau lwm cheeb tsam los sis cov me nyuam tuaj pib kawm tshiab thov tau rau thaum Lub Xya Hli Nqig los sis Lub Yim Hli Xiab. Yog tias tus tub ntshais kawm ntawv tsis tau txais kev pab them nyob rau lub xyoo tag los, lawv yuav tsis nyob rau qhov noj mov dawb rau thaum pib lub xyoo kawm 20-21.
- Puas yog kuv yuav tau sau ib daim ntawv thov rau ib tus me nyuam?  
**Tsis tau**, thov siv **IB** Daim Ntawv Thov Rau Cov Plus Mov Noj Dawb thiab Txo Nqi rau txhua tus tub ntshais kawm ntawv uas tau sau npe kawm nyob rau hauv Anchorage School District nyob ntawm koj tsev. Peb yuav tsis muab kev pom zoo tau rau daim ntawv thov uas sau tsis tiav. Nco ntsoov sau txhua qhov kom tag. Thov mus thov hauv online los sis xa daim ntawv thov uas sau tiav lawm mus rau Student Nutrition 1307 Labar Street, Anchorage, Alaska 99515. Thov muab txhua tus tub ntshais kawm ntawv tso ua ke rau ntawm daim ntawv thov xam nrog rau cov me nyuam me mus kawm tshiab.
- Kuv puas yuav tau sau daim ntawv thov yog kuv tau txais ib tsab ntawv hais txog xyoo kawm 20-21 hais tias kuv tus me nyuam raug pom zoo cov puas mov noj dawb lawm?  
Tsis tau, tab sis yuav tau nyeem daim ntawv kom zoo thiab ua raws li cov lus qhia. Yog cov me nyuam nyob hauv koj tsev tsis muaj npe nyob rau hauv daim ntawv ceeb toom txog qhov muaj cai raug pab, hu rau Student Nutrition (Lub Chaw Muab Khoom Noj Rau Tub Ntxhais Kawm Ntawv) tam sim ntawd thiaj li zam kom tsis tau them nyiaj noj puas su.
- Kuv puas yuav tau sau daim ntawv thov yog kuv tau txais ib tsab ntawv hais txog xyoo kawm 20-21 hais tias kuv tus me nyuam tau sau npe kawm nyob rau hauv lub tsev kawm ntawv CEP thiab yuav tau txais cov puas mov noj dawb?  
Koj tsis tas thov rau cov me nyuam nyob hauv koj tsev uas tau sau npe kawm nyob rau lub tsev kawm ntawv Community Eligibility Provision (CEP, Tsab Cai Qhia Qhov Muaj Cai ntawm Neeg Zej Zog), tab sis yog tias muaj lwm tus me nyuam nyob hauv koj tsev uas tsis koom nyob rau lub tsev kawm ntawv CEP los sis koj tus me nyuam tau hloov tsev kawm ntawv uas tsis yog tsev kawm ntawv CEP ces koj yuav tau thov rau tus ntawd. Los saib seb koj tus me nyuam puas tau sau npe kawm rau hauv lub tsev kawm ntawv CEP mus saib.
- Kuv tus me nyuam daim ntawv thov raug pom zoo nyob rau xyoo kawm 19-20. Kuv puas yuav tau sau ib daim ntawv thov tshiab?  
Yog, koj tus me nyuam daim ntawv thov tsuas siv tau rau ib ncuu sij hawm luv nyob rau xyoo kawm uas tab tom kawm ntawd xwb dhau ntawd lawm yuav tau rov-txheeb xyuas koj tus me nyuam dua rau lub xyoo kawm 20-21. Txhawm rau zam kom txhob tau them cov puas mov noj rau thaum tag sij hawm, yuav tau rov-thov dua nyob rau ncuu sij hawm Lub Yim Hli Ntuj thiab Lub Kaum Hli Ntuj Tim 1 rau txhua cov tub ntshais kawm ntawv. Sau txhua cov tub ntshais kawm ntawv nyob rau ib daim ntawv thov, tab txawm tias lawv mus kawm cov tsev kawm ntawv sib txawv los xij.
- Kuv yuav paub tau li cas tias kuv cov me nyuam muaj cai raug pab?  
Koj yuav tau txais ib daim ntawv ceeb toom xa tuaj qhia rau koj. Ua tib zoo saib xyuas kom koj tus tub ntshais kawm ntawv qhov chaw nyob raug kho tshiab (tsis yog niam thiab txiv chaw nyob xa ntawv) rau hauv Zangle thiab nyob rau txhua tus tub ntshais kawm ntawv lub tsev kawm ntawv koj thiaj li tau txais cov ntawv ceeb toom txog ntawm koj daim ntawv thov.

- Kuv tau txais WIC; kuv tus me nyuam puas yuav tau txais cov puas mov noj dawb?  
Cov me nyuam nyob hauv tsev uas koom nrog Special Supplemental Nutrition Program for Women, Infants, and Children (WIC, Lub Khoos Kas Muab Khoom Noj Tshwj Xeeb Rau Cov Poj Niam, Me Nyuam Mos thiab Me Nyuam Yaus) yuav muaj cai raug pab, yuav tau thov rau lawv.
- Yog tias kuv tsis muaj cai raug pab tam sim no, kuv mam thov tom qab puas tau?  
Yog, koj tuaj yeem thov tau txhua lub sij hawm rau hauv ncuaj sij hawm lub xyoo kawm thiab thov tsawg zaus los tau raws li qhov koj xav thov. Txawm li cas los xij, yog raug pom zoo lawm es koj tsis xav thov kom txog lwm lub xyoo kawm mam thov los yeej tau.
- Yuav ua li cas yog kuv tsis pom zoo nrog lub koog tsev kawm ntawv qhov kev txiav txim siab txog ntawm kuv daim ntawv thov?  
Koj tuaj yeem hu rau Student Nutrition mus sib tham txog qhov txiav txim raukoj qhov muaj cai raug pab. Koj tuaj yeem sau ntawv thov hais kom saib xyuas ncaj ncees mus rau: Student Nutrition Director 1307 Labar Street, Anchorage, Alaska 99515.
- Kuv puas yuav thov tau yog muaj qee tus neeg nyob hauv kuv tsev tsis yog neeg pej xeeb Mes Kas?  
Tau. Koj, koj cov me nyuam, los sis lwm tus hauv tsev neeg tus tsis yog pej xeeb neeg Mes Kas muaj cai thov tau cov puas mov noj dawb thiab txo nqi.
- Yuav ua li cas yog kuv cov nyiaj khwv tau los nws tsis tau li qub tas li?  
Sau **tag nrho cov nyiaj khwv tau losuas** koj ib txwm tau txais. Piv txwv, yog koj ib txwm khwv tau \$1000 rau ib lub hlis, tab sis yog koj tsis tau mus ua hauj lwm rau qee lub sij hawm rau lub hlis tag los thiab koj tsuas khwv tau \$900 xwb, yuav tau sau tias koj khwv tau \$1000. Yog koj nquag ua hauj lwm tshaj lub sij hawm ib txwm ua, tab sis tsis raug muab xam nws nrog rau hauv, yog koj tsuas ua hauj lwm tshaj sij hawm rau qee zaus xwb. Yog koj poob hauj lwm los sis koj lub sij hawm ua hauj lwm los sis nqi zog raug txo lawm, siv koj cov nyiaj khwv tau los tam sim no. Thov nco ntsoov sau daim foos qhia txog tag nrho cov nyiaj khwv tau los tas li (txhua lub as thiv, txhua ob as thiv-ib zaug, txhua ob hlis-ib zaug los sis txhua lub hlis) los sis koj daim ntawv thov raug xa rov qab thiab/los sis qeeb lawm.
- Yog qee tus neeg hauv tsev neeg khwv tsis nyiaj yuav sau li cas?  
Yog cov neeg hauv tsev neeg khwv tsis tau nyiaj li, thov sau 0 rau kem ntawd. Yog cov kem sau cov nyiaj khwv tau los twg tsis sau rau, peb yuav muab xam tias lawv qhov khwv tau nyiaj yog 0.
- Peb ua tub nrog. Peb puas yuav hais qhia peb cov nyiaj khwv tau los kom sib txawv?  
Cov nyiaj them rau koj thiab cov nyiaj ntsuab muab pub dawb rau koj yuav tsum hais qhia ua cov nyiaj khwv tau los. Yog koj tau txais nyiaj pab them rau vaj tsev, khoom noj, khaub ncaws hnab, los sis tau txais Family Subsistence Supplemental Allowance (Lub Khoos Kas Pab Nyiaj Ntxiv Rau Tsev Neeg), yuav tau muab xam tias yog cov nyiaj khwv tau los. Txawm li cas los xij, yog koj lub tsev yog ib feem ntawm Military Housing Privatization Initiative (Lub Tsev Uas Lub Yeej Tub Rog Muab Rau Ua Chaw Nyob) (Joint Base Elmendorf-Richardson (JBER, Lub Yeej Tub Rog Elmendorf-Richardson Uas Sib Koom Nyob Ua Ke), Lub Tsev Nyob Muab Ua Ntiag Tug Ntawm Yeej Tub Rog yog lub chaw uas muaj cai los teeb tsa), tsis txhob muab koj li nyiaj pab rau vaj tsev los xam ua cov nyiaj khwv tau los. Tej qhov nyiaj twg uas them rau kev tawm mus ua tsov rog vim los ntawm kev raug xa mus ua hauj lwm yuav tsis muab xam nrog ua cov nyiaj khwv tau los.
- Yuav ua li cas yog daim ntawv thov tsis muaj chaw txaus sau rau kuv tsev neeg?  
Sau thov hauv online, yog koj yuav tsum tau xa lwm daim ntawv theej kom sau tag cov npe ntawm koj tsev neeg, sau rau lwm daim ntawv, mam muab nws tso nrog koj daim ntawv thov.
- Kuv tsev neeg xav tau kev pab ntau ntxiv. Puas muaj lwm cov kev pab uas peb yuav thov tau?  
Xav nrhiav ntxiv cov kev pab nyob rau hauv Alaska mus saib [www.dhss.alaska.gov/dpa](http://www.dhss.alaska.gov/dpa).

Hu rau los sis tiv toj rau Student Nutrition Office (Lub Chaw Ua Hauj Lwm Ntawm) rau ntawm tus email [SNAdmin@asdk12.org](mailto:SNAdmin@asdk12.org) los sis hu rau tus xov tooj (907) 348-5145 los sis yog thov kev pab ntxiv.

Sau npe,

Andrew Mergens  
Tus Thawj Coj Qib Siab Ntawm, Student Nutrition