

## Calinrikkuma-qaq SNAP-amek ikayuutengyugngaanga?

Aang, caliyugngakuvet kiarrluten, calisqekatgen caliluten, wall'u caliyamek elitnauryarluten.

## Makumiungunrilnguut-qaq ikayuutengyugngaanga?

Elpet pisciigalkuvet ilaten US-aami yuurtellret unangyugngaanga. SNAP-amek unangetungerpet US citizen-aarucukuvet US citizen-aarucugngaanga.

## Qaill pitalriamek unangyugngasia?

Tangru kan'a cuqyun ikayuutekait calinrilnguut. Calikuvet ikgellruciqq ikayuuten. Ukut cuqyutet aturciqut October 1, 2023 tekiluku September 30, 2024.

Alaska SNAP-am cuqkiurai			
Yugtutacit enemi	Nunarpagmi	Nunacuarni I	Nunacuarni II
1	\$374	\$477	\$581
2	\$686	\$875	\$1,065
3	\$983	\$1,253	\$1,525
4	\$1,248	\$1,591	\$1,937
5	\$1,482	\$1,890	\$2,300
6	\$1,778	\$2,268	\$2,760
7	\$1,966	\$2,506	\$3,051
8	\$2,246	\$2,865	\$3,487
Cipingakata ilangutkait	\$281	\$358	\$436

## Naken nallunrivsiaryugngasia?

Qayagauruku public assistance office-aaq wall' paqluku web site-aa wani:  
<http://health.alaska.gov/dpa/>

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## Qaillun ilanka nerluaqeryugngaanga?

Ilaten auluk'luaqeryugaten. Ilaten tamalkuita yuuluaqaasqumaaten, anglirisqumaluki elitesqumaluki-llu irniaten. SNAP-akun neryunarqellrianeq kiputelaqvet ikayurciqaten.



Umyuaqerkat ilaten nerluaqaasqumakuvki calrunaki-llu yuusqumakuvki:

- Nautulit neqkat...cungaglit, acsat, pupiit-llu avukaqluki.
- Cucukaqluki neqnrqellriit qecunerraat, kumlaciumalriit, caqumalriit kinercirat-llu.
- Ner'aqluci unuakutarkanek, kelipaneq, sugg'alineq, paraluruanek-llu unuaqaqaan.
- Uqurinrilnguut kemget mulukuumeq-llu avumalriit
- Caaksuaruqu'urluku temen unuaqaqaan.

Paqeskiu; [ChooseMyPlate.org](http://ChooseMyPlate.org)



Governor Mike Dunleavy  
Commissioner Heidi Hedberg  
State of Alaska

Department of Health

Division of Public Assistance  
<http://health.alaska.gov/dpa/>

# SNAP-am Ami'ulikaq pinirivkalara.





## Cauga Supplemental Nutrition Assistance Program (SNAP)?

SNAP-am ikayurai yuut akingevlaalriit caliarilnguut-llu neqkanek kipucugngarivkarluki. SNAP – aq akiunrituq taugaam neqnek kipucigngaluni kipusvigmek.

## Ikayuutengyugngaunga-qaq?

Ikayuutet cuqliumaut unanguteten tangerrluki.

- **Akingutet:** *Quyurmi Akingun* uunguq akinguten caliavnek ilangangqavkenani. Akilitarkaten enevet tungiinun, mikelngurmun akilitarka q aulukenrilkevnun, iirunun atulten yuinaq akimiarmek cipluku iraluaqan tegganrukuvet wall'u apqucingqerquvet temevkun wall'u mikelnguun aulukutiinun, akingutevnek ilangaqaniutnguciqut aperluku-llu *Utrutarka q Akingun*.
- Akingutet aprumaut: *Quyurmi Akingun aipaa Utrutarka q Akingun*. Yuinaat pingayun cipluku allrakulegmek wall'u temliqellriamek ilangqerquvet, *Utrutarka q Akingun* cuqyutekluku ikayuutengyugngauten. SSI-amek wall'u TANF-aangetukuvet akinguten cuqcmangaituq. Amlleret akingutait cuqyutngulartut.
- Tangrru akingutet cuqait SNAP-amek imirikuvet. Ukut cuqyutnguciqut October 1, 2023 tekilluku September 30, 2024.

Akingutet Cuqait		
Enem iluanelnguut amllertaciit	Quyurmeng Akingutet iralumi	Utrutarkat Akingutet iralumi
1	\$1,973	\$1,518
2	\$2,670	\$2,054
3	\$3,366	\$2,590
4	\$4,063	\$3,125
5	\$4,760	\$3,661
6	\$5,456	\$4,197
7	\$6,153	\$4,733
8	\$6,849	\$5,269
Amllenerukata cali	+ \$697	+ \$536

\* Yugyalriit amllenerulartut ikayuutait

- **Teguqainaucet:** Teguqainaucet ilangqertut Bank-aneq. Ikayuutengyugngalriit quyurmeng qemangqaangqessugngaut \$2750. Ilangqerquvet tegganermek wall'u apqucilegmek, qemangqaaci quyurpeci amllertayugngauq \$4250. Qemangqaarit SSI-angtulit TANF-aangetulit-llu naaqutnguyuitut. Enet nunakuarcuutet-llu naaqumangaitut.

## Calissuutengqernarqua-qaq?

Calissuutengqernarqaaten ikayuumayukuvet. Imiravnun ilagaucuumiilnguut calissuuteteng maninrilngermegtegggu canrituq, taugaam nallunairnarqait akinguteteng.

## Qaillun imiriyugngasia?

Unangyugnganayukekuvet ikayuutnek imiriyuglutent-llu, watnakina:

- Qayagaurluki wall'u ullagluki Public Assistance-aami calitulit imirarkaryugniluten. Tuyuryugngaaten cali wani imirarkartangqertuq: <https://health.alaska.gov/dpa/Pages/features/orgapplications.aspx>. Imirluku piyunartarcirpetun. Atren, kingunren igauullukek sainarluku, tuyuqluku wall'u utrulluku kingunranun.
- Apqaurcelluten tungaunak wall'u qayagaurcuutekun. Kina piyunarqucillrukuvgu taum kiucicugngaaten.
- Nasvilluki akingutvet kalikainek, enemun, kenurranun akilitarkaten, Cali mikelngurnun tegganernun-llu aulukucet, allanun-llu mikelngurnun allam aulukekainun akilitutet ilakluki. Calistem apriiciqaaten canek kalikanek tangersuuciminek.

Alerquutet maliggluki makut: Federal civil rights law cali U.S. Department of Agriculture (USDA) civil rights regulations and policies, USDA-m calistai, avayai, calivii, ilagautellriit aulukilriit-llu USDA-m arulaskainek allakaucingaitut watqapik yut tangerrluku.

Allakaucilriamek elpekikuvet USDA-m ikayuutainek calitulit qanemyuarauteksukuvki una uumek imiriyugngauten: Program Discrimination Complaint Form (AD-3027), wall'u qayagaulukten wavet: (866) 632-9992. Kalikat waten tuyuqsugngaut yuvrirtekaitnun:

1. Kalikakun: Food and Nutrition Service, USDA1320 Braddock Place, Room 334, Alexandria, VA 22314; wall'
2. Tuyurluku : (833) 256-1665 / (202) 690-7442; wall'
3. qayagaurluki: (833) 620-1071; wall'
4. email:

FNSCIVILRIGHTSCOMPLAINTS@usda.gov.  
USDA & HHS - equal opportunity providers & employers.

