

BOX TONG FIENX BUN TAUX MEIH MBUO ZIPV LONGC CALFRESH NYAANH NYEI MIENH KUV WAAC – ZUQC DOQC MANGC LONGX

Benx zuqc yiem naaiv cietv hlaaz saengh 1, 2014, ninh mbuo nquenc zong doh leiz duqv goiv yienx siang. Meih dauh baav buonc mienh sei haih duqv zipv longc ninh mbuo nquenc zong tengx cuotv buonc uom-douz SUAS nyei nyaanh. Naaiv deix nyaanh nor sei KUNGX cuotv bun dongh maaih tengx laengz ndaamh dornx nyei ziangh hoc hnangv. Za'gengh KUNGX bun CalFresh mienh nyei jaa-dingh hnangv. Dongh jaa-dingh haih duqv zipv longc naaiv deix fu'loqc nyaanh dongh:

- Dongh maiv maaih ganx ca'lengc cuotv sou-nyaanh daan yiem ninh mbuo gaav biau v yiem/biau-ziouv,
- Dongh maav gaengh duqv zipv longc CalFresh nyaanh camv buangv gauz bouc dauh wuov liouh bun jaa-dingh hlo a'fai faiz ndongc haaix,
- dongh maiv duqv zipv longc liouh zanv zorqv zanv cuotv liouh yiem-laamz nyei jaa-zinh; a'fai,
- maiv gaengh duqv zipv longc jaa bieqc camv faaux nyei nyaanh bun taux wueic zuqc zorqv cuotv bun maiv maaih biau v yiem nyei jaa-zinh.

Meih nyei biau v zong jaa-dingh duqv zipv longc tengx SUAS. Yietc hnyangx cuotv zuqc \$20.01 oix zuqc dorh mingh dapv bieqc meih nyei fungx nyaanh jauv (EBT) sou-gorn. Naaiv SUAS nyaanh (\$20.01) haih longc dorh mingh maaiz lai-hnaangx a'fai maaiz baeqc nyaanh. Se gorngv ih zanc meih maiv maaih EBT sou-gorn nor, oix zuqc fih mbenc zoux norm bun meih. Naaiv deix cuotv nyaanh jauv se bun ninh mbuo kaa div longc liouh zorqv cuotv dongh jaaiz jiez nyei uom-doux jaaz (Wuonv ginc bun cuotv uom-doux jaaz – SUA) liouh tengx bun maaiz lai hnangx nyaanh. Yiem meih nyei da'nyeic nzunc tengx fih laengz nyei ziangh hoc, se gorngv meih maiv maaih ze'buonc duqv zipv longc tengx meih nyei horpc jaa (gan gu'nguaaic deix waa-fienx wuov), meih yaac maiv duqv zipv longc \$20.01 SUAS nyaanh. Se gorngv meih oix hiuv waa-fienx jaa camv faaux nor korh waac mingh buangh meih nyei goux gong mein.



Zoux gan naaiv deix jaauv dorh mingh jaa bieqc tengx meih zanv biau-douz zoqc njiec:

- lungx ndau sa'dripv gaengh dorn caux domh gaengh
- Beu longx meih nyei zouv uom-jorm ndongh caux maiv bun douz zieqc a'fai oix zuqc benc maaih ga'naai-beu
- Zatz meih nyei uom-jorm ndongh nyei douz thermostat yiem naaiv 140 ndi-gri jorm a'fai "hnangv ngc lox" se gorngv meih maaih nzaaz nzormc yienv uom. Mv ze nor, zuqc buov douz jorm 120 ndi-gri a'fai "gauh aiv njiec." Zaah dimv mangc meih nyei nzaaz nzormc yienv uom mangc gaax se gorngv meih hai longc uom-jorm 120 ndi-gri uom-jorm.
- Tiuv yienx incandescent dou-nqorngv caux fluorescent douz – ninh mbuo nyanc douz 75% zoqc njiec aengx caux gauh uonv fangx longx jix 10 gouv
- Nzaaz a'fai ziangh diuh tiuv yienv meih nyei furnace dou-nzauc aengx caux zoux ae-namx siang-jei
- Zatz furnace dou-nzauc yiem 68 ndi-gri a'fai gauh aiv njiec, aengx caux zoux ae namx yiem 78 ndi-gri a'fai gauh hlang faaux, ndie-sai bun paav wuov. 3 ber sen mingh taux 5 ber sen nor gauh qiemx longc douz camv faaux yiem yietc nyungc nd-gri nyei dou-nzauc gauh hlang faaux 68 ndi-gri aengx caux liouh norm norm ndi-gri nor zoux nzaau-namz nor oix zuqc zatz gauh aiv 78 ndi-gri
- Oix zuqc zorc ninh tong qiex nyei cui nzaaz louh aengx caux uom liouc cuotv uom-gorn
- Guon meih dorngx bun laangh yiem gaengh dorn bun huih mingh mba'hnoi ndortv wuov bung aengx caux /a'fai lorz ga'naaiv ngaevq jienv mba'hnoi ndortv nyutc yiem lungx jorm lungx. Dongh juangv nyei ziangh hoc, koi nqoi laangh nyei dorngx bun nyutc pui ziangh hnoi bun tengx oz jorm.
- Lai hnaangx ziemx namz yiem ziemx nyei dorngx wuov liuz cingx daaih dorh mingh zouv
- Longc oven douz zaah dimv mangc gaaz zuoc nyei fai maiv zuoc dongh zouv nyei ziangh hoc a'fai jorm div mingh koi gaengh mangc
- Zatz refrigerator namz yiem 36° mingh taux 39° F aengx caux namz yiem 0° mingh taux 5° F
- Guon jienv ninh nyei douz, television aengx caux yietc zungv douz dongh maiv qiemx longc wuov
- Tutv cuotv computer hlaang a'fai da'diuc dongh guon liuz corc haih nyanc douz wuov