

# Inye ọ́ha na eze ihe oriri na ibu nsogbu ọ́ha na eze: Ka osi metụ́ta nbata na opụ́pụ́ na obodo a na ekwu maka ya

Inata emyemaka ihe oriri sitere na aka ngalaba nri na ihe na enye na ahu (Food and Nutrition Service - FNS) emeghi onye ije nsogbu govementi na ọ́ha na eze. Nke a pụtara na agaghi agbara onye ọ́bia na ala Amerika ụgbọ nwa nkpi, jụ na o gaghi abata, ma ọ́bụju na ọ́gaghi enweta akụkwọ ndu, maka o na nata onyinye food stamps, ihe onyinye Special Supplemental Nutrition Program for Women, Infants and Children (WIC), iri nri ehihe na efu ma ọ́bu nri ebudara ọ́nu ahịa ya ma ọ́bu inye aka sitere na aka Food and Nutrition Service (FNS).

Ichọọ nkọwa kariri nkea, biko jee hu anyi na mbosara ejuri mara anyi a na-akpọ Internet na:

**[www.fns.usda.gov](http://www.fns.usda.gov)**

**ma**

Obu inweghi ihe ndi bekee na akpo kọmputa, di gi nso, biko kpọọ anyi na igwe a naghi akwụ ụgwọ na **1-800-221-5689** kwuo ka ezitere gi akwụkwọ nkọwa ndia.

*Ulọ ọ́rụ ọ́chichi etiti na ahu maka ihe ewetere na ubi (United States Department of Agriculture - USDA) na enye onye ọ́bula ohere na eleghi mmadu anya na ihu, ọ́na enyekwa ọ́ru.*

Igbo