

Tab tom nrhiav ntau qhov chaw kom tau cov khoom noj zoo rau lub cev uas nyob ze koj?



**RAMSEY
COUNTY**
Saint Paul –
Ramsey County
Public Health

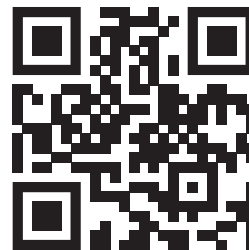
Saib Ramsey County Cov Chaw Pab Khoom Noj lub website mus nrhiav:

- Cov chaw muaj khoom noj rau sawv daws mus nqa dawb.
- Cov chaw muaj puas noj dawb.
- Cov khw muag khoom noj ncig zos hauv tsheb.
- Cov khw tshav puam (farmers' markets).
- Fare for All chaw muag khoom noj txo tus nqi.

Lus qhia paub ntxiv:

- Kawm kom paub seb yuav ua ntawv thov rau cov kev pab cuam (SNAP, WIC) li cas txhawm rau los pab koj kom muaj khoom noj txhua hli ntau dua qub.
- Mus rub kom tau cov ntawv qhia txog cov chaw muaj khoom noj ua lus Spanish, Somali, Hmoob, Karen, Oromo thiab Askiv.

ramseycounty.us/FoodResources



Qhib koj lub smart phone camera app, taw nws rau ntawm tus cim QR code mus rau sab lauj thiab ua raws li qhov pop-up link.

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statewide health
improvement partnership

Hmong

