



Dhalo-cadaha La Dubo

Ka hel soo'adan iyo kuwa
badan oo kale barta
CelebrateYourPlate.org

Sitembar 2018



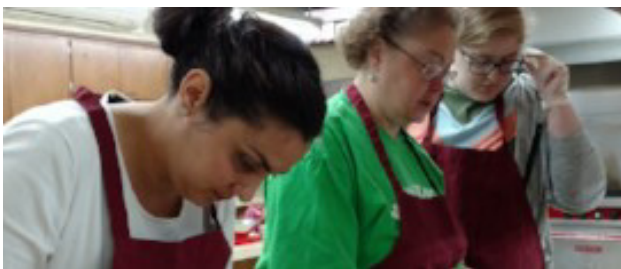
Faahfaahinta Kooban ee Wax-soo-saarka: Dhalo-cadde

Xilliga Ugu Wanaagsan: Sitembar-Noofembar

Bislaanshaha: raadi madaxyo kuwaas oo cad ama labeen cad leh oo is haysta una muuqda kuwa culus.

Sida loo nadiifiyo: ku raaci biyo qabow.

Sida loo diyaariyo: adigoo isticmaalaya mindi, u kala jar madaxa dhalo-cadaha ubaxyo yaryar oo la cuni karo. **Kaydka:** madaxa ku rid bac si dabacsan u sijilaysan, oo leh shukumaan warqad ah si ay u nuugto qoyaan kasta oo dheeraad ah muddo 4-7 maalmood ah



SNAP-Ed Snapshot

Intii lagu guda jiray Fasalka Arrimaha Cunto Karinta ee Ismaamulka Wayne, Isku-duwaha Barnaamijka Darcy iyo Kaaliyaha Barnaamijka Sara ayaa baray ka qaybgalayaasha ilaa 6 toddobaad oo xiisado ah. Ka qaybgalayaashu waxay la wadaageen inay barten sida loo qorsheeyo cuntooyinka ay ku jiraan dhammaan 5-ta kooxood ee cuntada iyo inay si caqli-gal ah u doortaan raashinka!



Talo Cunto Diyaarin

Nadiifi ka hor inta aadan cunin! Si fiican ugu raaci miraha iyo khudaarta biyo qulqulaya oo qabow- looma baahna saabuun ama wasakh-tire. Ha ahaadaan ansalaatada iyo caleemaha cagaaran ee kale kuwo daray ah adigoo sugaya inaad dhaqdo ilaa aad diyaar ka noqoto inaad isticmaasho!