



ABRIIL 2020



Doolshada Beeriga Buluuga ah Leh ee Koobka Ku Jirta

Ka hel soo'adan iyo fikrado
cunto oo badan, oo caafimaad
leh oo qiimo jaban barta
[CelebrateYourPlate.org](https://www.celebrateyourplate.org)



SNAP-Ed Snapshot

Shaqaalaha SNAP-Ed ee Ismaamulka Allen waxay horseedeen xiisado Arrimo Cunto Karin oo taxane ah oo loogu talagalay dadka waaweyn bishii la soo dhaafay ee Febraayo. Inta lagu jiray fasalka, kaqaybgalayaashu waxay heleen fursad ay ku bartaan sida loo kariyo cuntooyin caafimaad leh oo kala duwan! Si aad u ogaato wax badan oo ku saabsan SNAP-Ed oo aad u hesho fasal kuu dhow, guji hoos.

<https://fcs.osu.edu/programs/nutrition/snap-ed>



Wax-soo-saarka La Soo Bandhigay: Beeriga buluuga ah

Xilliga Ugu Wanaagsan: Xagaaga
Xulashada: Hubi si aad u xaqiijiso in beeriga uusan nabar ama dhaawac lahayn **Sida loo Diyaariyo:** Ku isticmaal furulaato, kor saaro quraacdaada, ama kaligiis u cun cunto fudud ahaan **Kaydinta:** Firinjeerka ku kaydi muddo 10-14 maalmood ah



Ikhtiyaarada Borotiinka ee Miisaaniyadda ku jira

Digirta, misirta, iyo falfaliirayda waa ilaha ugu weyn ee borotiinka waxaana la kaydin karaa wakhti dheer waxayna isqaadan karaan noocyo badan oo cuntooyin kala duwan ah. Qaybta ugu fiican ayaa ah inay yihiin kuwo qiimo jaban!

Isku day cunto karis aan hilib lahayn toddobaadkan adigoo isticmaalaya mid ka mid ah beddelladan.