



SNAP-Ed

Keeg
Hadiyadeedka
La Yaabka ee
Shukulaatada Leh
Ka hel soo'adan iyo kuwa
badan oo kale barta
CelebrateYourPlate.org

Janaayo 2019



Faahfaahinta Kooban ee Wax-soo-saarka: Bocorka Qaboobaha

Xilliga Ugu Wanaagsan: Agoosto-Nofeembar

Bislaanshaha: markaad dooranayso bocor, qaado mid cabbirkiisu dhammaystiran yahay. Diirka kore waa inuu noqdaa mid adag oo qallafsan.

Sida loo nadiifiyo: ku dhaq biyo oo ku xoq buraashka lagu xoqo khudaarta.

Diyaarinta: Si loo kala jaro bocorka, saxan ku habboon cunta-diiriyaha ku rid oo geli cunta-diiriyaha muddo 6 daqiiqo ama ilaa uu ka jilco. U ogolow bocorka inuu qaboobo oo u kala jar laba qayb, adigoo ka soo xaaqaayo iniinaha kana saarayo saxarka. Ka fiiq wareegta oo bocorka u kala jar sadexgeesle.



Shuraakada SNAPshot: Samaynta Bulsho Caafimaad leh (Creating Healthy Communities)

Abuuritaanka Barnaamijka Bulshada Caafimaadka leh ee Ismaamulka Adams waxay kala shaqeysay Prather's IGA si loo hirgeliyo dariiq hubineed oo caafimaad leh sanadkii 2018. Agabyada suuq-geynta ee Barnaamijka Cuntada Wanaagsan ee Halkan ayaa la dhigay bakhaarka oo dhan si loo ogaado halka laga helayo cuntooyin caafimaad leh. Iibinta ugu sareysa ee shayaalka hubinta caafimaadka leh waa casiirka rummaanka POM, qaybo gaar ah oo miro ah iyo salad-yo gaar ah/khudaar daray ah.



Talo Cunto Diyaarin

Qorsheyso oo si fiican wax u karso. Hore ugu diyaargarow oo geli firinjeerka maraayada khudaarta ka samaysan, fuudka, ama cuntooyinka kale Tani waxay badbaadinaysaa wakhti iyo lacag.. Ku dar khudaarta haraaga ah cuntada jacburka ah ama isku qas si aad maraq uga samayso. Miraha aadka u bislaaday waxay ku fiican yihiin in laga sameeyo furulaato ama in la dubo!