



Juun 2018

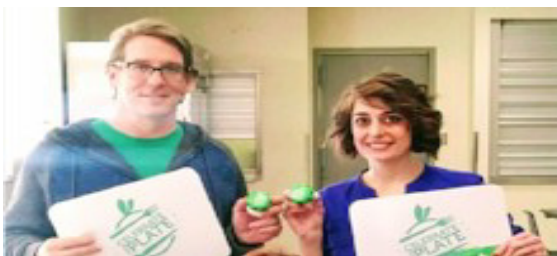
Saladhka Heedu Ku Badan Tahay
Ka hel soo'adan iyo kuwa badan oo kale barta
CelebrateYourPlate.org



Faahfaahinta Kooban ee Wax-soo-saarka: Baytaraaf

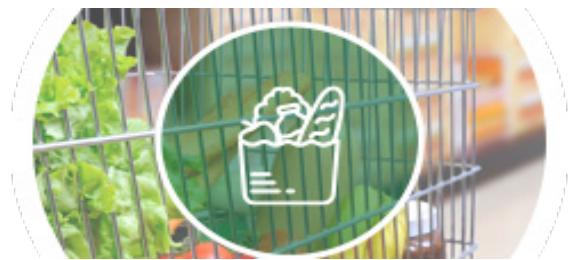
Xilliga Ugu Wanaagsan: Juun-Oktoobar

Baytaraafyada waxay dhadhan aad u badan ku daraan Salad-keena Heedu Ku Badan Tahay waxayna sidoo kale ku daraan ka-hortagayaa badan! Baytaraafyada waxa ku jira faybar aad u badan wayna kala duwan yihiin marka ay timaaddo cunto karinta. Waxaa lagu diyaarin karaa iirinta, khamiirinta, casiiraynta, karkarinta, ama (aan ugu jecelnahay) inaan ku dhex cuno salad!



SNAP-Ed Snapshot

Taxanaha SNAP-Ed ee ku saabsan hadhuudhka isqaba ee Ismaamulka Franklin, Ohio, oo uu hoggaaminayo Isku-duwaha Barnaamijka Danielle, aad buu u guulaystay. Ka qaybgalayaasha ugu badan taxanaha waxa ka go'anayd inay kala badh ka dhigaan hadhuudhtooda isqabta!



Talooyinka Dukaameysiga

Ku dabbaaldeeg xilli-sannadeedkan cuntooyin daray ah! Isticmaal khudaar iyo miraha daray ah xilliyada ay soo go'aan. Way fududahay in la helo, dhadhan badan ayay leeyihiin, inta badana kharash yar ayaa ku baxa. Suuqa beeralayda deegaankaaga ayaa ah isha ugu weyn ee laga helo cuntooyinka soo go'a xilli-sannadeedka!