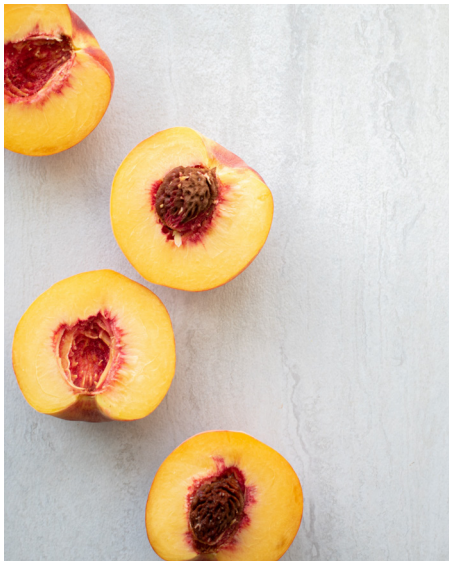




Baradhada Saladhka ah

Ka hel soo'adan iyo fikrado
cunto oo badan, oo caafimaad
leh oo qiimo jaban barta
CelebrateYourPlate.org



Waxa Xilli-sannadeedka soo
Go'o: Luuliyo

- Sabuul
- Cambaruud
- Sukiini Yaanyo
- Batiiq



Wax-soo-saarka La Soo Bandhigay: **Batiiq**
Xilliga Ugu Wanaagsan: **Xagaaga**

Xulashada: Soo qaado batiiq udgoon, jiidimo siman leh oo aan lahayn nabaro.

Sida loo Diyaariyo: Ku dar batiiqa jarjaran saladh miro ah, salsa, ama kabaab

Kaydinta: Ku kaydi batiiqa aan la jarjarin heerkulka qolka muddo 1 toddobaad ah



SNAP-Ed Snapshot

Kaaliyaha Barnaamijka Sarah oo ka socota Ismaamulka Auglaize ayaa dhawaan la wadaagtay Celebrate Your Plate Soo'ada Bur Aasiyaan Foolyada iyo Hilib Digaaga Leh iyada oo u maraysay barnaamijka SNAP-Ed ee fogaan araga ah oo ay la wadaagtay ka qaybgalayaasha Guddiga Ismaamulka Mercer ee DD. Guji hoos si aad u ogaato wax badan oo ku saabsan barnaamijyada SNAP-Ed ee kuu dhow!

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