



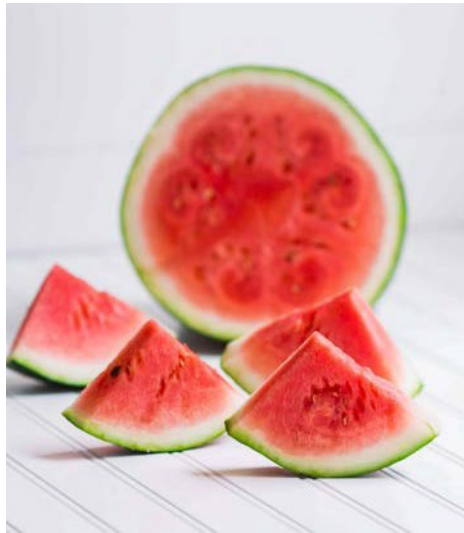
JUUN 2020

SNAP-Ed



## Iidaanka Kulaylaha

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



### Waxa Xilli-sannadeedka Soo Go'o: Juun

Jeeri

Xabxab

Dhafaruug

Qare

Farawla



### Wax-soo-saarka La Soo Bandhigay: Sukiini

**Xilliga Ugu Wanaagsan:** Xagaaga

**Xulashada:** Raadi sukiini adag oo maqaar dhalaalaya leh

**Sida loo Diyaariyo:** Isticmaal sukiiniga lagu dhex jarjaray maraq khudradeedka, ama lagu dubay xawaashka aad jeceshahay

**Kaydinta:** Ku kaydi firinjeerigaaga



### Dhigaalada COVID-19

Waxaan isku soo uruurinay liiska dhigaalada gobolka oo dhan ee ka yimid shuraakada bulshadeena

oo ay ku jiraan Guddiga Waxqabadka Nafaqada ee Gobolka, si aan caawimaad u siino walaalaheena reer Ohio. Raac lingaxa hoose si aad wax badan u ogaato.

[www.celebrateyourplate.org/around-town/covid-19-resources](http://www.celebrateyourplate.org/around-town/covid-19-resources)

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