



Diseembar 2018

Tufaax Loo Dubay Hal Qof

Ka hel soo'adan iyo kuwa
badan oo kale barta
CelebrateYourPlate.org



Faahfaahinta Kooban ee Wax-soo- saarka: Tufaaxyada Cas

Xilliga Ugu Wanaagsan: Agoosto-Nofeembar

Bislaanshaha: dooro tufaaxyada adag ee aan lahayn nabarrada.

Sida loo nadiifiyo: ku mayr biyo qabow oo ku hool burushka hoolida khudaarta.

Kaydka: tufaaxa ku rid firinjeerka adoo gelinaya bac balaastiig ah oo godad gudaha ku leh ama khaanada khudaarta kuna dabool shukumaan warqad ah oo qoyan.



Shuraakada SNAPshot: Ohio WIC

Hel hadiyadda dhallaan caafimaad qaba oo si wanaagsan loo quudiyay, ilmo, uurey, hooyada naasnuujinayso ama umusha ka dib adigoo ka qaybqaadanayo Barnaamijka WIC! Laga soo bilaabo 1974, WIC waxay bixisay waxbarashada nafaqada iyo naasnuujinta, u gudbinta adeegyada caafimaadka, iyo cuntooyinka nafaqada leh ee u qalma, qoysaska dakhligoodu yar yahay. Eeg goobaha rugaha caafimaadka WIC ee ku taxan qaybta kheyraadka ee mareegta Celebrate Your Plate si aad ballantaada WIC u samaysato.



Talo Cunto Diyaarin: Bisha Badqabka Cuntada

Marka aad cunto karinayso xilli-sannadeedkan fasaxa ah, xusuusnow inay muhiim tahay inaad nadiifiso suxuunta lagu riday cuntooyinka ceeriinka ah. Had iyo jeer ku rid cuntada karsan saxan nadiif ah oo qallalan. Way fiican tahay in aadan dib u isticmaalin suxuunta ay ku jiraan maaddooyinka cayriinka ah, gaar ahaan hilibka iyo khudaarta aan la dhaqin.