



Khudaarta Duban

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

Oktoobar 2019



Faahfaahinta Kooban ee Wax-soo-saarka: Barbarooni

Xilliga Ugu Wanaagsan: Luuliyo – Sitembar

Bislaanshaha: U fiirso barbarooniga adag ee leh maqaarka iftiimaaya, midabka dhalaalaya

Sida loo nadiifiyo: Ku mayr hoosta biyo qabow oo soconaayo

Sida loo diyaariyo: Ka saar jirida iyo iniinaha barbarooniga ka hor inta aadan diyaarin

Kaydinta: Ku kaydi bac balaastig ah, iyada oo aan la dhaqin khaanadda kaydinta ee firinjierka muddo 5 maalmood ah



Tilmaamta Hawlaha Jireed

Iskala bixinta maalin kasta waxay yeelan kartaa faa'iidooyin badan.

Waxay kaa caawinaysaa wareegga waxayna kaa dhigaysaa mid dabacsan, taas oo kuu horseedayso inaad in badan socoto oo aadan dareemin xanuun.



SNAP-Ed Snapshot

Kaaliyayaasha Barnaamijka SNAP-Ed Becky, Allison, iyo Sarah ee ka socda Ismaamulka Clermont ayaa dhawaan booqday Xerada Maalinta YMCA iyo Adeegyada Waayeelka ee Ismaamulka Clermont si ay ugu heesaan heeso ku saabsan muhiimada ay leeyihiin miraha iyo khudaarta. Wax badan ka ogow fasalada SNAP-Ed ee kuugu dhow

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