



Maayo 2024



Rootiga Faransiis Hal qof loogu talagalay

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



Waxa Xilli-sannadeedka soo Go'o: Maajo

Kabaash
Kabaashka Kale
Isbinaaj
Farawla



Wax-soo-saarka La Soo Bandhigay: Farawlaha

Xilliga Ugu Wanaagsan: Gu'ga & xagaaga
Xulashada: Soo qaado farawla adag oo leh midab cas oo dhalaalaya
Sida loo Diyaariyo: Ku dar jeexyo saladhka khudaarta ah, caanaha fadhiyo, ama furulaatada
Kaydinta: Firinjierka ku kaydi muddo 3 maalmood ah



Bisha Saladhka ee Qaranka

Bishan Maajo waxaan u dabaaldagaynaa Bisha Salaadhka ee Qaranka! Haddii aad jeceshahay in saladhkaagu noqdo mid dhiraysan, macaan, oo borotiin ama miro leh, liiskeena cunta diyaarinta ayaad ka heli kartaa waxaas oo dhan. Booqo bogga liiska cunto diyaarinta ee Celebrate Your Plate si aad u hesho in ka badan 20 soo'ooyinka saladhka ah.

CelebrateYourPlate.org

©2023 Ohio SNAP-Ed

