



Hilib Digaaga iyo Khudaarta La Shiilo Lana Isku Walaaqo

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

Abril 2019

Faahfaahinta Kooban ee Wax-soo-saarka: Asberjoos

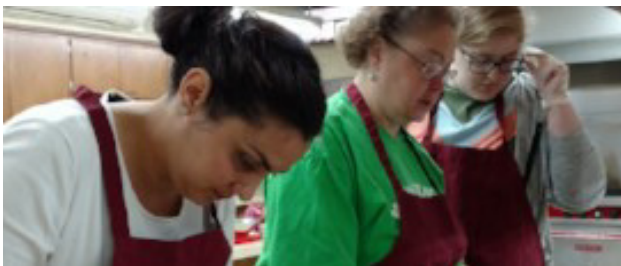
Killiga Ugu Wanaagsan: Guga: Asberjooska waxaa la goostaa Febraayo - Juun

Bislaanshaha: U fiirso warmaha cagaarka ah ee dhalaalaya oo leh jirida adag

Sida loo nadiifiyo: ku mayr hoosta biyo qabow, ku jebi farahaaga qaybta hoose

Sida loo diyaariyo: Ku kari qaybaha asberjooska ama faraqyada isqaba digsi adigoo ku sayrinaayo saliid saytuun iyo far-iyo-suul milix iyo filfil ah. Ikhtiyaari: ku dar toon daray ah iyo casiirka liinta.

Kaydka: Ka jar injiga hoose ee warmaha, ku xir xarig caag ah, ku rid koob ay kaga jiraan biyo ilaa inji ah xagga hoose oo ku rid talaajadda



Shuraakada SNAPshot:

Mid-Ohio Foodbank

Mid-Ohio Foodbank waxay fahansan tahay in cunista khudaarta iyo miraha badan ay keento caafimaad guud oo wanaagsan. Sannadka 2018, Foodbank waxa uu qaybiyey in ka badan 28 milyan oo rodol oo Wax-soo-saar daray ah iyada oo loo sii marinayo hay'adaha shurakada ee ku sugan 20-kooda deegaan ee adeega ismaamulka ee Bartamaha iyo Bariga Ohio. Si aad u ogaato wax badan oo ku saabsan helitaanka Wax-soo-saarka deegaankaaga, booqo mareegtoda: midohiofoodbank.org.

Talo Cunto Diyaarin

Nadiifi ka hor inta aadan cunin! Si fiican ugu raaci miraha iyo khudaarta biyo qulqulaya oo qabow- looma baahna saabuun ama wasakh-tire. Ha ahaadaan ansalaatada iyo caleemaha cagaaran ee kale kuwo daray ah adigoo sugaya inaad dhaqdo ilaa aad diyaar ka noqoto inaad isticmaasho!