



MAARSO 2020

SNAP-Ed



Afakaadho Goosaar ah

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



SNAP-Ed Snapshot

Kaaliyaha Barnaamijka SNAP-Ed ee Ismaamulka Crawford Whitney ayaa dhawaan baray ardayda wax ka barata Dugsiga Hoose ee Bucyrus wax ku saabsan cunto fudud oo caafimaad leh. Waxay sharaxday sida loo sameeyo goosaarta afakaadhada degdeg ah ee fudud iyadoo la isticmaalayo bacaha dib loo sijilayn karo! Si aad u barato wax badan oo ku saabsan SNAP-Ed oo aad u hesho barnaamij kuu dhow, raac lingaxa hoose. www.fcs.osu.edu/programs/nutrition/snap-ed



Wax-soo-saarka La Soo Bandhigay: Afakaadhada

Xilliga Ugu Wanaagsan: Jiilaalka-Xagaaga

Xulashada: Dooro afakaadho adag oo wax yar diismayso marka la riixo

Sida loo Diyaariyo: U isticmaal sida ismaris ahaan dusha sare ee saanwiijka ama rootiga kulaysan, saladhka ama goosaarta dhexdeeda, ama isaga gaarkiisa

Kaydinta: Ku dhaaf heerkulka qolka muddo 2-4 maalmood ah, ka dibna firinjeerka geli



Tallooyinka Miisaaniyadda: Gooso Wax-soo-saarkaaga Gaarka ah

Markaad ku sugan tahay dukaanka raashinka, iska ilaali kharashaadka dheeraadka ah adigoo ka tagaayo raashiinka horay loo jaray.

In kasta oo ku habboonaantu ay wanaagsan tahay, iibsashada miraha iyo khudaarta isqaba inta badan way ka raqiisan yihiin waxaana la kaydin karaa waqti dheer.