



SITEEMBAR 2020

SNAP-Ed



Furulaatada Beeriga Buluuga ah iyo Borotiinka Leh

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

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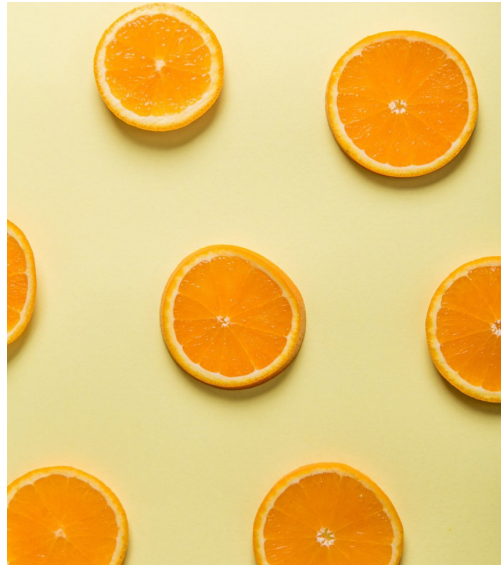
Waxa Xilli-sannadeedka Soo Go'o: Siteembar

Dhalo-cadde

Karooto

Canbaruud

Rasberi



Wax-soo-saarka La Soo Bandhigay ee: Liin bambeelmo

Xilliga Ugu Wanaagsan: Jiilaal

Xulashada: Dooro kuwa kuula muuqada inay adag yihiin oo leh maqaar siman

Sida loo Diyaariyo: Ku dar furulaata, saladh, ama jeex liimo ah si aad ugu dhigto macmacaan fudud

Kaydinta: Ku kaydi heerkulka qolka muddo 1-2 maalmood ah, ka dibna firinjeerka geli



Bisha Digaagga Qaranka

U doorashada digaagta inay tahay borotiinka cuntadaada waa doorasho wanaagsan, oo dufan la'aan ah. Waxaa ku yar dufanta waxaana ku badan borotiinka. Si aad u hesho soo'adan caafimaadka leh ee laga sameeyo hilib digaaga, booqo bogga cunta karinta ee Celebrate Your Plate oo isticmaal cirifta raadinta!

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