



MAAYO 2021



## Bur Qalbacle Hilib Digaag iyo Khudaar La Dhex Geliyay

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



Waxa Xilli-sannadeedka soo Go'o: Maayo

Asberjoos

Baqdoonis

Beeri

Isbiinaj



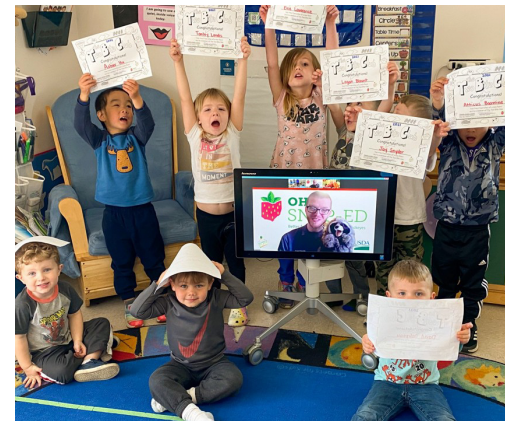
Wax-soo-saarka La Soo Bandhigay: Canab

Xilliga Ugu Wanaagsan: Dayrta

Xulashada: Soo qaado canab buuran, oo adag oo ku dheggan jiridda

Sida loo Diyaariyo: Ku dar saladhka miraha, tixda khudaarta, ama ku tijaabi Burkeena Qalbacaha Hilibka Digaaga iyo Khudaarta La Dhex Geliyay

Kaydinta: Firinjeerka geli canabka muddo hal toddobaad ah



SNAP-Ed Snapshot

Kaaliyaha Barnaamijka Tanner ee ka socda Ismaamulka Knox ayaa dhawaan dhammeeyay taxanayaal SNAP-Ed oo fogaan arag ah oo ay la socdaan carruurta Xarunta Daryeelka Ilmaha ee Gambier. Waxay sameeyeen xaflad qalin jabin ah halkaas oo ay carruurta ku guddoomeen shahaadada ku birista Naadiga Two Bite. Guji hoos si aad u ogaato wax badan oo ku saabsan barnaamijyada SNAP-Ed ee kuu dhow!

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