



MAAYO 2020

SNAP-Ed



Saladhka Baastada Leh

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: Yaanyo

Xilliga Ugu Wanaagsan: Xagaaga
Xulashada: Raadi yaanyo adag oo leh
maqaar birbirqaayo oo dhalaalaya
Sida loo Diyaariyo: Isticmaal
yaanyada lagu dhex jarjaray saladhka,
salsada, ama basbaas shidniga
Kaydinta: Ku kaydi heerkulka qolka oo
ka fog iftiinka qorraxda tooska ah



Dhigaalada COVID-19

Ohio SNAP-Ed iyo Celebrate Your Plate
waxay halkan u joogaan inay kaa
taageeraan macluumaadka ku saabsan
helitaanka cuntada, badqabka cuntada iyo
khayraad kale. Raac lingaxa hoose si aad u
ogaato wax badan oo ku saabsan
warbixinada COVID-19 iyo dhigaalada ka
soo baxa OSU Extension Family and
Consumer Sciences.

www.fcs.osu.edu/news/covid-19-updates-and-resources

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