



JUUN 2021



Shakshuukada Khudaarta Leh (Frittata)

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



Waxa Xilli-sannadeedka soo Go'o: Juun

Jeeri

Xabxab

Dhafaruug

Qare

Farawla



Wax-soo-saarka La Soo Bandhigay: Sukiini

Xilliga Ugu Wanaagsan: Xagaaga

Xulashada: Raadi sukiini adag oo maqaar dhalaalaya leh

Sida loo Diyaariyo: Isticmaal sukiiniga lagu dhex jarjaray maraq khudradeedka, ama lagu dubay xawaashka aad jeceshahay

Kaydinta: Ku kaydi firinjeerigaaga



SNAP-Ed Snapshot

Kaaliyaha Barnaamijka Becky oo ka socda Ismaamulka Clermont ayaa dhawaan la wadaagay soo'ooyin badan oo CYP leedahay kaqaybgalayaasha SNAP-Ed oo ka socday Guddiga Ismaamulka Clermont ee DD. Sawirkan waxaa uu muujinaya ka qaybgale sameeyay Sabaayada Muuska CYP! 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>