



NOFEEEMBAR 2020

SNAP-Ed



Cambuulada Tufaaxa Leh
ee La Dallacay
Ka hel soo'adan iyo fikrado cunto
oo badan, oo caafimaad leh oo
qiimo jaban barta
CelebrateYourPlate.org



Waxa Xilli-sannadeedka Soo
Go'o: Nofeembar

Baytaraaf

Koostada Khudaarta-Cagaaran

Canbaruuda

Koostada Swiss



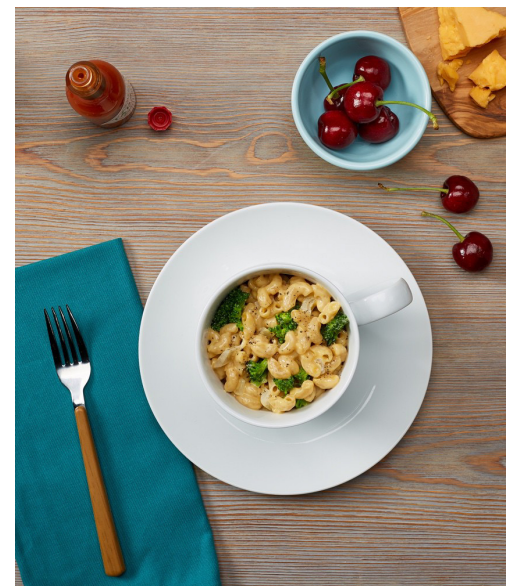
Wax-soo-saarka La Soo Bandhigay:
Tufaaxa

Xilliga Ugu Wanaagsan: Dayrta

Xulashada: Soo qaado tufaax adag,
dhalaalaya, maqaar siman

Sida loo Diyaariyo: Ku dar tufaaxa saladh-yada,
badeecada la dubay, ama u gur si jarjaran

Kaydinta: Ku kaydi tufaaxa darayga ah ilaa
saddex toddobaad firinjeerka, gaar ahaan
khaanada khudaarta



Qaybta Soo'ada Hal ilaa Laba
Qof Loogu Talagalay

Cunto u karinta hal qof waligeedna may
fududayn! Laga soo bilaabo cuntooyinka
cunto-diiriyaha loogu kululeyn karo si
degdeg ah, ilaa furulaatada macaan, booqo
CelebrateYourPlate.org oo dooro qaybta
soo'ada "Hal-Laba Qof Loogu Talagalay" si
aad u aragto soo'ooyin badan.

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