



AGOOSTO 2021



Ismariska Sloppy Garden Joes

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



Waxa Xilli-sannadeedka soo Go'o: Agoosto

Canab

Beeriga-madow

Barbarooni

Basbaaska Halabeenyo



Wax-soo-saarka La Soo Bandhigay: Yaanyo

Xilliga Ugu Wanaagsan: Xagaaga

Xulashada: Soo qaado yaanyo leh maqaar birbirqayso oo adag oo dhalaalaya

Sida loo Diyaariyo: Ku dar yaanyada la jarjaray salsada, saladhka, ama baasto

Kaydinta: Ku hay heerkulka qolka oo ka foguee iftiinka qorraxda tooska ah si loogu isticmaalo 1 usbuuc gudahiisa ka dib bislaashaha



SNAP-Ed Snapshot

Kaalayaha Barnaamijka Bri oo ka socda Ismaamulka Allen ayaa dhawaan la wadaagay kaqaybqaatayaasha SNAP-Ed Soo'ada Qajaarka Saladhka ah ee Celebrate Your Plate. 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>