



Sitembar 2024



## Tufaax Loo Dubay Hal Qof

Ka hel liiska cuntada iyo fikrado  
cunto oo badan, oo caafimaad  
leh oo qiimo jaban barta  
[CelebrateYourPlate.org](http://CelebrateYourPlate.org)



**Waxa Xilli sannadeedka soo  
Go'a: Sebteembar**

**Tufaaxa**

**Garruunje**

**Qajaar**

**Canab**

**Baradho**

**Qare**

**Wax soo saarka La Soo  
Bandhigay: Tufaaxa**

**Xilliga Ugu Wanaagsan: Dayrta**

**Xulashada: Soo qaad tufaax  
adag, dhalaalaya, maqaar siman**

**Sida loo Diyaariyo: Ku dar  
tufaaxa saladhyada, cuntada la  
dubay, ama gur iyagoo la saafay**

**Kaydinta: Ku kaydi tufaaxa  
darayga ah gudaha furinjyeeerka  
ilaa saddex toddobaad  
(Natiijooyinka ugu fiican ee ee  
ka dhasha khaanada khudaarta)**

**Bisha Quraacda Wanaagsan**

Sebteembar waa Bisha  
Quraacda Wanaagsan! Ku  
bilaabida maalintaada cunto  
nafaqo leh waa inaysan  
noqon wax adag. Booqo  
bogga cunto diyaarinta  
Celebrate Your Plate si aad u  
hesho 40 kamid ah liisaska  
quraacda caafimaadka leh  
aadkana u fudud.

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