



Maarso 2024



## Samayso Mid Kuu Gaar ah Baaquli Baacug/ Jiiska Dhannaan ah

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



**Waxa Xilli-sannadeedka soo Go'o: Maarso**

Gocosaa

Boqoshaa

Kabash-xidideed

Biqilka



**Wax-soo-saarka La Soo Bandhigay: Qajaarka**

**Xilliga Ugu Wanaagsan: Xagaaga**

**Xulashada:** Dooro qajaaro adag oo leh midab cagaaran oo madow

**Sida loo Diyaariyo:** Ku dar saladh-yada, samee maraqa tzatziki, ama u adeeg jeexyada cunto fudud ahaan

**Kaydinta:** Qajaarada firinjeerka ku hay muddo 1 toddobaad ah



**Todobaadka Quraacda Dugsiga Qaranka**

4ta-8da Maarso waa Todobaadka Quraacda Dugsiga Qaranka! Toddobaadkan waxa uu diiradda saarayaa muhiimada ay ardaydu u leedahay in ay subaxdooda ay si wanaagsan u bilaabaan iyagoo samaynaayo doorashooyin caafimaad leh si ay ugu shidaal qaataan waxbarashada maalinta. Booqo bogga cunto diyaarinta Celebrate Your Plate si aad u hesho quraac caafimaad leh carruurtaadu ay jeclaan doonaan!

[CelebrateYourPlate.org](http://CelebrateYourPlate.org)

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