



AGOOSTO 2022



## Barbarooniga Farmaajada iyo Isteega Leh

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: Agoosto**

Qajaarka

Barbarooni

Beeriga madow

Digirta Lima



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

**Xilliga Ugu Wanaagsan:** Xagaaga  
iyo Dayrta

**Xulashada:** Dooro barbarooniyada adag  
oo midabka iftiimaayo leh oo maqaar  
dhuuqsan leh

**Sida loo Diyaariyo:** Ku dar filfisha maraqa,  
basbaaska dareeraha ah, ama saladh-yada

**Kaydinta:** Geli firinjeerka oo ku rid bac  
balaastig ah muddo hal toddobaad ah



**Maxaa Ka Baxaya  
Gudaha Beertaada?**

Beeraha shaqaalaheena SNAP-Ed  
waxaa ka buuxa noocyo kala  
duwan oo Wax-soo-saar xagaaga  
ah oo macaan! Booqo  
[CelebrateYourPlate.org](http://CelebrateYourPlate.org) si aad u  
hesho soo'o adigoo isticmaalaya  
maaddooyinka beerta ee aad  
jeceshahay sida sukiini.