



Cambuulada Tufaaxa Leh ee La Dallacay

Ka hel soo'adan iyo kuwa badan oo kale barta [CelebrateYourPlate.org/recipes/ apple-corn-chili](http://CelebrateYourPlate.org/recipes/apple-corn-chili)

Oktoobar 2018



Faahfaahinta Kooban ee Wax-soosaarka: Tufaaxyada Cas

Xilliga Ugu Wanaagsan: Agoosto-Nofeembar

Bislaanshaha: dooro tufaaxyada adag ee aan lahayn nabarrada.

Sida loo nadiifiyo: ku mayr biyo qabow oo ku hool burushka hoolida khudaarta.

Kaydka: tufaaxa ku rid firinjeerka adoo gelinaya bac balaastiig ah oo godad gudaha ku leh ama khaanada khudaarta kuna dabool shukumaan warqad ah oo qoyan.



SNAP-Ed Snapshot

Ismaamulka Lucas, Isku-duwaha Barnaamijka Suzanne, ayaa ka caawisay 275 qof oo u qalma SNAP inay marin u helaan Suuqa Beeraleyda ee deegaankooda! Iyada oo la kaashanayo Qalabka Suuqa Beeraleyda ee Celebrate Your Plate, dukaamaystayaashu waxay ku dareemeen kalsooni dheeraad ah raashiinka ay u soo xusheen qoysaskooda.



Talooyinka Cunto Karinta

Isku day khiyaanadan si aad diirka ugu qaado toonta: beddelkii aad gacanta ku fiiqi lahayd, si degdeg ah toonta ugu jajabi siddada mindi weyn, ama geesaha labo looxaan oo khudaarta lagu jarjaro. Maqaarka jilicsan ayaa si buuxda u soo bixi doona, adigoo gelin shaqada diir ka qaadista!