



OKTOOBAR 2020

SNAP-Ed



Rootiga Kuusaha iyo Bocorka Leh

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta
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Waxa Xilli-sannadeedka Soo Go'o: Oktoobar

- Mircood
- Rummaan
- Bataati
- Bocor



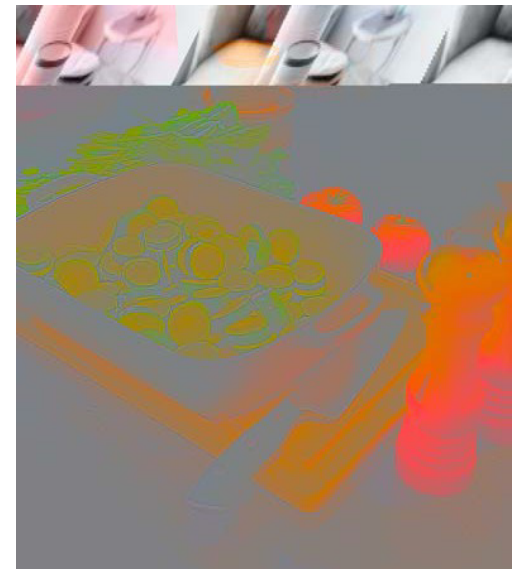
Wax-soo-saarka La Soo Bandhigay: Bocorka

Xilliga Ugu Wanaagsan: Dayrta

Xulashada: Si aad u hesho bocorka darayga ah, dooro kuwa adag oo culus

Sida loo Diyaariyo: Ku dar bocorka la kariyey, darayga ah ama bocorka gasacadaysan ee alaabta la dubay, maraqyada, ama goosaarta

Kaydinta: Ku kaydi bocorka darayga ah meel qabow oo mugdi ah ilaa aad jarjartid kadibna firinjeerka geli, ku kaydi bocorka gasacadaysan firinjeerka ka dib markaad furto



Ilaalso waqtiga, jarjar khudaar badan

Marka xigta waa inaad soo baxsato looxa jarjaritaanka, jarjar khudaar dheeraad ah hadhow dambe! Markaad haysato khudaar u diyaarsan in la cuno waxay ka dhigaysaa qoyskaaga inay u bataan inay khudaarta cunaan waxayna samaysaa cunto fudud oo wanaagsan.

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