



SNAP-Ed

Baastada Sukiiniga

Ka hel soo'adan iyo kuwa badan oo kale barta CelebrateYourPlate.org

Luuliyo 2019



Faahfaahinta Kooban ee Wax-soo-saarka: Sukiini

Xilliga Ugu Wanaagsan: Xagaaga

Bislaanshaha: Sukiiniga waa inuu ahaadaa mid adag, qiyaas ahaan dhuuban, midab cagaaran oo guud leh, oo ku culus cabbirkooda.

Kaydka: Sukiiniga waxa lagu kaydin karaa firinjeerka muddo hal toddobaad ah. Ha biyo raacinin ama ha jarin sukiiniga ilaa aad diyaar u tahay inaad isticmaasho. Sukiiniga waa la sadex-geeseen karaa ama waa la jarjari karaa oo lagu qaboojin karaa bacaha sinyeerka sare leh ama weelasha kale ee hawada aysan geli karin.

SNAPshot: Ismaamulka Richland

Kaalayaha Barnaamijka SNAP-Ed ee Ismaamulka Richland Teresa ayaa dhawaan baray taxanaha waxbarashada nafaqada ee SNAP-Ed oo ay la socoto Waxqabadka Bulshada ee loogu talagalay Dhallinyarada Kartida leh. Shuraakadaan dhexdeeda, CACY waxay bixisay raashinka halka SNAP-Ed ay bixisay barnaamijka waxbarashada iyo u diyaarinta cuntada ee sharaxaada cunta karinta. Teresa iyo kooxdeedu waxay bareen kaqaybgalayaasha sida loo akhriyo calaamadaha nafaqada intii ay socotay taxanaha waxa ay sameeyeensoo'ooyin badan oo ay ku jiraan Biisaha Khudaarta ee Celebrate Your Plate, Saladhka Sabaayada Taco, iyo Jalaatada Khudaarta Ciirta! Booqo bogga mareegta Laanta OSU ee ismaamulkaaga si aad u hesho macluumaad dheeraad ah oo ku saabsan barnaamijyada SNAP-Ed ee ka jira aaggaaga.

