

## Faa iidooyinka Midhaha iyo Khudaarta

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Ka faa iidaso Faa iidaada Midhaha iyo Khurdaarta !!

Isku day wax cusub!



- U kaxee carruurta socdaalkaaga soo socda ee wax iibsiga oo dhex soco qaybta wax soo saarka. Tilmaan miraha iyo khudradda badan ee kala duwan kuna dhiirrigeli carruurtaada in mid waliba doorto wax cusub oo uu tijaabiyo. Carruurta waxay u badan tahay inay cunaan cuntooyinka ay soo xushaan.
- Ma ka daashay saladh baraf ah? Soo qaad saladhkaaga cagaarka noocyadiisa kala duwan; isbinaajka iyo romaine waa xulashooyin wanaagsan. Kadib ku dar qaar ka mid ah yaanyada, qajaarka, karootada la jarjaray, basbaaska iyo ka sarraysii jarjarka afokadhada.
- Qaraha Honeydew waa macaan waana raaxo oo lagu qaso qarayaasha kale.
- Hubi [Talooyin Ka Caawinaya Carruurta Inay Ku raaxaystaan Miraha iyo Khudaarta](#).
- Isku day raashin cusub. Barnaamijka Minnesota WIC, ka dooro Tab, ka dibna fiiri qaybta Raashinka iyo Talooyinka. Ama isticmaal lingaxan [Raashinka Miraha iyo Khudaarta ee WIC](#). Ka raadi fikrado badan halkan [Raashinkayga MyPlate](#).

Kaydi Miraha iyo Khudaarta si ay u ahaadaan kuwo cusub.

- Wax ka baro nafaqada, kaydinta, iyo maaraynta noocyada kala duwan ee [Miraha iyo Khudaarta](#).

## Baadh siyaabo cusub oo aad u diyaariso miraha iyo khudaarta.

- Solaygu wuxuu ku darayaa dhadhan miraha iyo khudaarta. Isku day inaad dubto cananaaska, asparagus, ama basbaaska midabbada badan leh. Si aad u hesho talooyin ku saabsan dubista eeg [Kor u Qaad Dubista](#).
- Khudaarta lagu dubo foornada way fududahay. Soo jar khudrad cusub, saliid ku dar, ku saydhi xawaashyada diyaar bayna u tahay in la dubo! Tilmaamaha dubitaanka, ka eeg [Khudrada La Dubay](#).



## Wax soo-saar badan oo cusub hadda? Kaydi miraha la qaboojiyey iyo khudrada.

- Khudaarta la qaboojiyey waxay ku habboon yihiin cuntada degdegga ah. Kaliya ku dar qaybta loo baahan yahay oo ku soo celi inta hadhay qaboojiyaha. Waxay si fiican ugu shaqeeyaan maraayada iyo casseroles.
- Ku dar beeri la qaboojiyay daqiiqda iyo macmacaan. Samayso [Macmacaan](#) adiga kuu gaar ah

## Su'aalaha ku saabsan helitaanka Miraha iyo Khudaarta ay oggoshahay WIC.

- Dhammaan miraha iyo khudaarta cusub way oggoshahay WIC. Maahan in lagu sawiro barnaamijka. Waxaa jira noocyo aad u tiro badan oo miro iyo khudrad cusub ah, oo aad u tiro badan in lagu ilaaliyo keydka barnaamijka. Si aad wax badan uga ogaato miraha iyo khudaarta la ogol yahay ee WIC, eeg [Tilmaamaha Dukaameysiga MN ee WIC](#).
- Su'aalo kale? Ka hubi shaqaalahaaga WIC.

## Tixraac - Liis-ka dhammayska-tiran ee Lingaxyada

[Tips to Help Kids Enjoy Fruits and Veggies](https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate) (https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate)

[WIC Fruits and Vegetables Recipes](https://www.health.state.mn.us/people/wic/recipes/gv.html)

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[Recetas de Mi Plato](https://www.myplate.gov/es/myplate-kitchen/recipes) (https://www.myplate.gov/es/myplate-kitchen/recipes)

[Fruits and Veggies](https://fruitsandveggies.org/fruits-and-veggies/) (https://fruitsandveggies.org/fruits-and-veggies/)

[Gear Up for the Grill](https://fruitsandveggies.org/stories/iv-for-050311-jacqueline-gomes/) (https://fruitsandveggies.org/stories/iv-for-050311-jacqueline-gomes/)

[Roasted Vegetables](https://www.health.state.mn.us/people/wic/recipes/fv.html#roasted) (https://www.health.state.mn.us/people/wic/recipes/fv.html#roasted)

[Smoothies](https://www.health.state.mn.us/people/wic/recipes/beverages.html#smoothies) (https://www.health.state.mn.us/people/wic/recipes/beverages.html#smoothies)

[Guía de Compras WIC de MN](https://www.health.state.mn.us/docs/people/wic/vendor/fpchgng/spanishshopguide.pdf)

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