



WIC Farmers Market Nutrition Program (Barnaamijka Nafaqada Suuqa Beeraleyda ee WIC): Isku day wax cusub ee yaala suuqa beeraleyda!

Badi khudaarta iyo dalaga kala duwan ee ku jira cuntadaada iyo cuntooyinka fudud.
Ka billoow mid kamid ah fikradaha hoose!

Khudaar daray ah oo dhadhan leh sida
hummus ama ranch.

*Iskuday

- barankooli
- Kaarootada
- cauliflower
- salar
- Qajaar
- Basbaaska



Isaga tag sharaabka sonkorta leh oo samayso
khudaartaada caafimaadka leh ama biyaha
khudaarta laga sameeyay.

*Iskuday

- balagbeeri iyo sage
- Qajaar iyo mint
- istaroorwbeeri iyo basil

Waxaad ku darsan kartaa dhir hadda lasoo
jaray si ay dhadhan dheeraad ah kuu siiyaan!
Isticmaal miro walba, marka laga reebo mooska.



Raadso dalag aad shiidan karto:

- Khudaarta: asparagus, kaarootada, mushroom, toonta, basasha, basbaaska, tamaandhada, zucchini
- Miraha: tufaaxa, peaches, pears-ka

Waa ay fududahay! Kaliya isticmaal ul iyo buraash subag yar
ama saliid aad marisay si aad uga ilaaliso inaysan qalalin.

Kor u qaad sandhiweejkaaga caadiga
ah ama ku duub:

- saladh
- Basal
- Isbiinaaj
- Yaanyo

Ku dar kaarooto aad burburisay,
saladh, basal, iyo salar
sandhiweej ka samaysan tuna
iyo digaag salad kujiro.



IN BADAN KU RAAXAYSO
DALAGA GUDAHA KASOO
GO'A ADOO ADEEGSANAYA
DHEEFAHA SUUQA
BEERALAYDA

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Ku dar miraha siiriyoolkaaga,
boorashkaaga, baankeega,
ama yogurt-da.

* Ku tijaabi

- balagbeeri
- baluubeeri
- miraha jeeriga
- marionberries
- rasbeeri
- istaroowbeeri



Sare u qaad midabka iyo
dhadhanka ukumahaaga.

* Ku tijaabi

- banbanooniga
- toonta
- kabsarta
- mushroom
- Basal
- Isbiinaaj



Tartiib u jarjar oo ku dar ukunta oo
isku kari ama ka samayso muufo ka
samaysan qudaar iyo ukun!

Ka dhigo habeenka taco mid aad u macaan oo leh
salsa aad guriga ku diyaarsatay.

* Ku tijaabi

- cilantro hadda lasoo jaray
- Basal
- Basbaaska
- Yaanyooyin
- Yaanyo



Kuwaani waxay ku wanaagsn
yihiin in lagu daro fajistas iyo
quesadillas sidoo kale!



Ka qaybqaateyaasha
WIC waxay isticmaali
karaan dheefahooda
suuqa beeraleyda laga
bilaabo Juun 1 ilaa
Oktoobar 31.



Xaafiiskayga WIC:

Lambarka Taleefanka:

Xariirada:

Balantayda Xigta:

Hadafkayga:

Ogsoonow:

Hay'addan waa hay'ad bixisa fursad
loo wada siman yahay. WIC cidna
ma takoorto.
Si aad dukumiintigaan ugu heshid
qaab kale, wac 1-800-841-1410.
Haddii aad tahay macaamiil dhagool
ah ama aad maqal culus tahay,
fadlan wac 711 (Washington Relay)
ama iimayl udir wic@doh.wa.gov.