Marka aan diyaar ahay, ku dhawaad 9 ama 10 bil, waxaan bilaabi karaa in aan nafteyda quudiyo! Waxaan bartaa sida loo isticmaalo suulkeyga iyo faraha si aan u soo qabsado waxyaabaha yaryar.

Ku bilow gabal gabal aad uyar oo ah raashin jilicsan.

Waxaad i siisaa ku celcelin badan aniga oo quudiya nafteyda. Aan taabto kuna cayaaro raashinkena. Waan is-wasakheyaa marka aan wax cuno. Tani waa sida aan wax u barto!

Waxaad i siisaa in yar raashin. Caloosheyda waa yar tahay. Aan go'aan ka gaaro inta aan cuno. Waan ogsoonahay marka aan baahanahay.

Aan isku dayo raashin kala duwan. Haddii aanan ka helin shay marka kowaad, ha ka walwalin. Waxaad i siisaa in yar marka xiga.

Aan wax la cuno qoyskeyga. Waxaan ku fadhiisan karaa kursiga sare ama kursiga taakuleynta marka aan fadhiyo miiska.

Marka aan gaaro hal sanno, waxay u badan tahay in aan cuno raashinka qoyskeyga. Waxaad i siisaa quraac, qado iyo casho, iyo cunto fudud inta u dhexeyso.

Ha i siinin raashin laga yaabo in aan ku margado, sida hilibka duuban, looska, miraha, daangada, bataatada shiilan, canabka, sabiibka, khudaarta ceyriinka, raashinkayga, gabal gabalka hilibka, iyo nacnaca.

raashinka faraha

wuxuu ku bilaabaa ku dhawaad 9 bil

Halkaan waxaan ka heli doonaa qaar ka mid ah xulashooyinka caafimaadka qaba ee leygu talogalay! Waxaad i siisaa hal ama labo qaadada miiska. Aan weydiisto in badan.

Waxaad liiskaan

ku dhajisaa qaboojiyahena si aad u heshid fikradaha raashinka lagu cuno faraha waqtiga quraacda, qadada, cashada ama cuntada fudud

Washington State Department of Health

DOH 961-1001 May 2014 Somali

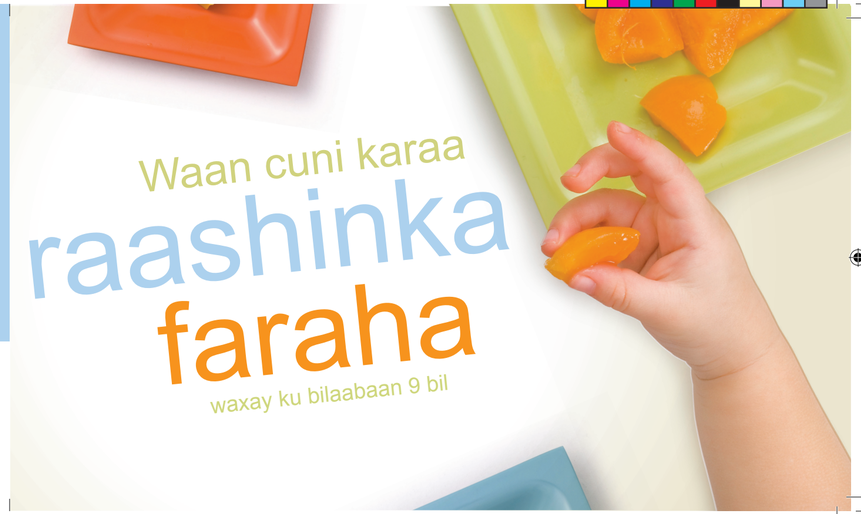
Dadka itaalka darran, waxay heli karaan warqadaan oo ku qoran qaabab kale kaddib marka la codsado. Si aad gudbisid codsi, fadlan wac 1-800-841-1410 (TDD/TTY 711).

Washington State WIC Nutrition Program

Barnaamijka Nafaqada WIC ee Gobolka Washington (Washington State WIC Nutrition Program) ma sameeyo takoor.
Hay'addaan waxay bixisaa fursado siman.

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

Daabacaadaan waxaa laga soo qaatay Barnaamijka WIC ee California (California WIC Program). Dib loo daabaco marka la haysto ruqsad.



Waan cuni karaa raashinka faraha

waxay ku bilaabaan 9 bil

raashinka faraha

waxay ku bilaabaan
ku dhawaad 9 bil

Babbaayga *la jarjaray*

Halkaan waxaad ka heli doontaa qaar ka mid ah xulashooyinka caafimaadka qaba ee leygu talogalay! Waxaad i siisaa hal ama labo qaadada miiska. Aan weydiisto in badan.

Hilibka sida kubadda
cad yaryar

Liinta tangerine
la jarjaray

Digirta cagaaran
la kariyay

Bariiska maroonka

Khajaar
la kariyay

Rootiga pita
gabal gabal

Kharaha bisil
la jarjaray

Digirta
la kariyay iyo la jajabiyay

Tufaax
la googooyay

Bataatada Macaan
la kariyay lana fiiqay

Yaanyada Noolnool
xabad xabad

Canabka
jarjaran

Formaajada
jarjaran

Dubidda badarka aan laga saarin buunshada
korka laga saaray raash-inka ilmaha yar ama la mariyay frutto

Makarooni
iyo Formaajo

Badarka
qaabka-O

Ukunta sida fiican loo kariyay
la jarjaro
(12 bil kaddib)

Fruttada kiwi
la jarjaray

Bur kaakiga jilicsan
gabal gabal

Mooska
la jarjaray

Burka tofu
la jarjaray

Avocadada
jarjaran

Formaajada la dubay
gabal gabal

Karooto
si wanaagsan loo kariyay lana yaryareeyay

Khudaarta isku qasan
la kariyay

Brokoli
la yaryareeyay lana kariyay

Krakarada Graham
(iska ilaali noocyada malabka ilaa 12 bil)

PRINTING SPECIFICATIONS

Title:	**I Can Eat Finger Foods**
Size:	22 x 4.25″
Paper stock:	80# text, matte, white
Ink color:	4-color process
Special instructions:	Prints 2 sides with bleeds. Finished job folds to 7.375 x 4.25″
DOH Pub #:	961-1001