

Hunger Task Force tsis yog pub koom noj rua huv peb lub zej zog xwb – peb tseem paab ua kom puab noj qaab nyob zoo ib yaam!

Hunger Task Force muab Lub Khoos Kaas Qha Ua Khoom Noj Haus zoo heev hab cog lug yuav muab tej khoom siv lug tswj kom muaj kev noj qaab nyob zoo.

Peb ua hauj lwm lug qha tej kev paub kws yuav txhawb tau kev noj kom noj qaab nyob zoo, kev txawj ua noj, kev paub npaaj nyaj moog ncig kab khw hab cov hauv kev ua kom lub cev muaj zug nyob rua koj nub!



KEV QHA UA KHOOM NOJ HAUS PEB HLIS IB LWM

Kev Sau Ntawv Nthuav Tawm Raws Caij Nyooq ntawm HUNGER TASK FORCE

LUB CAIJ NTUJ NO XYOO • 2022



NOJ TEJ KHOOM NOJ ZOO KWS FOODSHARE MUAB

FoodShare cov nyaj paab (los sis SNAP) yog lub chaw zoo lug muab khoom noj zoo rua koj tsev neeg, tshwj xeeb thaum koj txuas koj cov nyaj paab nrug rua lwm cov khoos kaas xws le WIC, Stockbox los sis koom noj lug ntawm txee ca khoom noj huv zog. FoodShare cov qhua tuaj yeem siv tau cov nyaj paab lug yuav ntau cov khoom noj zoo xws le cov txiv, cov zaub, cov nqaj, cov mov nplej hab mig nyuj.

Koj tseem siv tau FoodShare qhov nyaj lug yuav cov noob qoob loo hab cov khoom cog kws koj maam coj moog cog ua khoom noj. Kev npaaj miv ntsiv xwb kuj yuav paab tau koj moog ntev lug ua kom koj txuag tau nyaj yuav khoom noj. Yog tas koj siv txee ca khoom noj hab tau txais FoodShare, moog rua ntawm lub khw yuav khoom noj tom qaab koj moog ntsib lub txee ca khoom noj. Npaaj ob peb pluag noj kws yog siv cov khoom sib tov koj tau txais hab ua ib dlaim npe yaam koj yuav siv thaum koj moog ncig tom khw.

Ncu ntsoov saib cov ntawv yuav khoom huv lub khw ua ntej koj yuav moog! Yog tas koj xaav tau kev paab tso npe rua FoodShare los sis lwm cov nyaj paab, Hunger Task Force muaj ob lub chaw paab cuam tug kheej qheb kws muaj neeg ua hauj lwm khoom lug paab koj! Kawm paub ntxiv nyob rua ntawm www.HungerTaskForce.org.

TSWJ QHOV “SNAP-ROV QAAB” & KIV COV NYAJ PAAB MOOG TOM NTEJ

Koj le FoodShare cov kev hloov pauv yuav lug sai-sai nuav. Txij Lub Ob Hlis Ntuj xyoo 2020, txhua tsev neeg kws muaj Food-Share yuav tau txais kev them nyaj txhua ob hlis: cov tsev neeg kws tau txais “FoodShare Qhov Nyaj Taag Le” hab qhov kev them nyaj thib ob “Kev Faaj Seeb Thaum Xwm Txheej Ceev”. Tej zag nyob rua xyoo 2022, cov nyaj paab rua Kev Faaj Seeb Thaum Xwm Txheej Ceev yuav taag lawm. Peb hu ua cov nyaj paab ntawm lub “SNAP-Rov Qaab” tsis tuaj lawm. Ntau cov neeg huv Wisconsin tshwj xeeb yog cov laug, yuav plaam cov nyaj paab tseem ceeb nuav.

Koj puas tau paub tas koj yeej tsis laam plaam cov nyaj paab kws tsis tau siv nuav nyob rua thaum lub hlis taag? FoodShare cov nyaj paab kws seem siv yuav kiv moog tom ntej, ca nyob huv koj dlaim npav rua lub hlis tom ntej. Qhov nuav nwg tshwm sim nwg yaam kws cov neeg siv FoodShare yeej tsis tau ua dlaab tsi le. Cov nyaj paab kaav ntev txuj ib xyoo txij nub tim puab tsim tawm.

HUNGER TASK FORCE YOG MILWAUKEE LUB TXHAAB KHOOM NOJ PUB DLAWB HAB NYOB HUV ZOG.

KAWM PAUB TXUG KHOOM NOJ

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

KEV SAU NTAWV LU RUA - Txaab Ntsev

Ib txuj hauv kev kws paab ua kom koj lub plawv ua hauj lwm zoo yog txhob noj yaam muaj txaab ntsev (los sis ntsev) ntau nyob rua cov khoom noj kws koj noj. Tuab neeg feem coob, tau kev pum zoo kom noj ntsev tsawg dlua le 2,300mg rua ib nub - qhov kws ntau le ib dlav tshuaj yej. Txheeb saib cov ntawv qha txug khoom noj lug paab koj tswj kev noj ntsev.

Ncu ntsoov txheeb saib qhov **% Noj Txhua Nub**, ncu tseg tas 5% los sis tsawg dlua rua ib pluag noj yog tseem tsawg hab 20% los sis ntau dlua nuav ces yog ntau lawm. Qhov khoom noj kws muaj ntsev le 20% los sis ntau dlua yuav yog tej yaam kws koj yuav tau ua zoo xav hloov rau ntsev kom tsawg zog.

Nuav yog lwm cov lug qha lug txu koj kev noj ntsev:

- Siv cov txuj lom hab cov khoom kws tsis muaj ntsev lug txhaab rua kom qaab.
- Xaiv cov khoom noj ntim poom kws muaj ntsev tsawg los sis tsis-muaj ntsev xws le cov zaub hab cov ua kua.
- Ncu tseg tas ntsev yog ib yaam ua kom xob lwj, yog le ntawd ntau cov khoom ntim ua pob hab cov khoom noj kws ntim ca kom qaab yuav muaj ntsev ntau. Yog muaj sij hawm ces koj npaaj koj le khoom noj yuav paab ua rua koj tswj tau has txug ntsev!

➤➤ Kawm paub ntxiv ntawm www.fda.gov/NewNutritionFactsLabel

Vim le caag cov ntsev whales txhaj nyob rua dlej qaab ntsev nkaus xwb?

Cov dlej ntsim ua rua nwg txhaam!



COV LUG QHA KOM NOJ QAAB HAUS HUV LUB CAIJ NTUJ NO

Kev npaaj tseg rua lub caij ntuj no muaj ob peb cov lug qha lug paab koj hab koj tsev neeg kom nyob noj qaab haus huv!

Noj qhov khoom noj zoo. Noj tej khoom noj kom xwm yeem xws le muaj cov ua noob, cov ua leeg nqaj, cov mig kws muaj qhov rog tsawg, cov txiv hab zaub. Vim peb paub tas qhov nuav tseem ceeb heev nyob rua ib xyoos puag ncig, nwg tuaj yeem tseem ceeb tshwj xeeb ncu sij hawm cov hli lub caij ntuj no. Qhov khoom noj zoo suav nrug txhua pawg khoom noj – tshwj xeeb cov txiv hab zaub – tuaj yeem pab txhawb tau koj tej leeg xaa xuv kom zoo tuaj hab pab tswj tau koj kev noj qaab haus huv.

Kev Tawm Dlaag Zug. Ua hauj lwm moog lug le 30-60 feeb rua ib nub yog yaam kws peb yuav tau ua. Vim nwg kuj nyuaj kws yuav tawm rooj moog ncig, sim ua hauj lwm ub nua saab huv tsev, xws le tawm dlaag zug ua kom cev sib los sis tawm dlaag zug ua kom thev taug, moog taug kev los sis nyom ib ce.

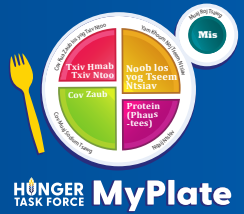
Haus dlej kom txaus. Koj yeej paub zoo tas kev nqhes dlej yog ib yaam nquag muaj nyob rua lub caij ntuj suv, tab sis lub caij ntuj no los yeej pheej hmoo ib yaam hab. Ncu ntsoov haus dlej kom txaus paab tswj koj lub cev kom muaj dlej hab coj tej khoom noj moog yug kom thoob koj lub cev.

Pw tsaug zug. Kev su kom txaus yuav paab tswj kom peb muaj dlaag zug hab paab ua kom tej leeg xaa xuv muaj zug. Peb txhua leej yuav tau pw ntau hab tsawg rua ib mos nwg sib txawv. Cov miv nyuas yuav tau pw ntau zog, tab sis saib qhov kws zoo tshaaj plawg rua koj hab ua kom tau le hov taag le yaam tsawg kawg ces yog 7-8 teev rua ib mos.



MYPLATE QHOV FEEB

Lub Hunger Task Force MyPlate tug qauv muaj nrug cov khoom noj kws nyam noj lug ntawm tsib pawg koom noj: **nqaj**, **cov txiv**, **cov zaub**, **cov ua noob** hab **mig nyuj**.



ZAUB PAAJ POB!



KOJ PUAS TAU PAUB DLUA? Zaub paaj pob yog yam kws tawg paaj! Zaub paaj pob hab zaub paaj caws puav leej yog cov zaub kws tawg paaj. Lwm hom zaub kuj muaj xws le Zaub qhwv hom miv, zaub qhwv hab zaub ntug hauv paug. Ua ke nuav, nwg kuj tseem muaj npe hu ua zaub cruciferous. Kev noj yaam yog txiv hab zaub kom ntau tuaj yuav paab txu tau koj qhov pheej hmoo muaj cov mob khu tsis zoo tu qaab xws le cov mob khees xaws, mob plawv los sis mob ntshaav qaab zib.

Thaum xaiv zaub paaj pob, nwg yuav tawv-tawv, nyaav hab muaj kob dlub tsaus-tsaus hab cov nplooj ntsuab tshab-tshab. Cov zaub paaj caws hab zaub paaj pob kws dle lug tshab tsim nyog muab khaws ca rua huv lub naab roj maab hab ca rua lub tub txag. Qhov kom zoo tshaaj ces siv nyob rua huv sij hawm plaub nub. Cov zaub paaj pob yuav hlaav dlawb-dlawb tuaj vim nwg luj tuaj hab nwg muaj cov nplooj hlaav lug qhwv. Cov neeg ua zaub yuav tseg cov nplooj ca kom ntau rua cov zaub paaj pob, kom tiv thaiv tau dluab tshaav ntuj, kom zaub paaj pob dlawb le qub kom txhob raug dluab ntshaav ntuj rua lub paaj zaub. Koj yuav pum ntau yaam zaub paaj pob ua kob ntshaav, dlaaj hab ntsuab dlawb lag nyob huv tej kab khw, tab sis koj kuj yuav nrhav nwg nyuaj tsawv hab.

KHOOM NOJ UA SI KWS NOJ YOOJ YIM HAB UA TAU SAI

ZAUB PAAJ POB PLEEV MOOV NPJEJ KIB



Thajj tug QR moog saib tug qauv ua khoom noj huv xuv tooj hab saib cov vis dis aus qha kauj ruam ua tug qauv khoom noj!



COV KEV QHA UA

- Tso lub qhov cub kom kub txug 400 degrees.
- Muab dlaim ntawv parchment tso rua huv lub taig ci-vum.
- Muab cov zaub paaj qhwv kws ntxuav lawm txav tso rua huv cov zaub paaj caws.
- Muab cov kua qai dlu tso rua huv lub taig miv aiv. Npaaj ca.
- Muab cov moov nplej tuav, hov txob, ntsev, mig qhuav parmesan hab moov hov txob phawv nyag tso nyag ib lub phaaj. Muab dlu sib tov.
- Muab cov zaub paaj caws ntsw rua huv cov qai taag ntawd ces ntsw tov rua cov moov nplej hab muab tso rua huv lub taig ci-vum.
- Ncu kom ntev le 25 feeb. Tom qaab ncu sav lawm ces muab hloov rua lwm lub phaaj.
- Tso rua huv cov kua ntsw buffalo. Ncu kom ntev le 5 feeb ntxiv.
- Rau noj nrug hom kua ntsw kws koj nyam tshaaj plawg.

COV KHOOM COJ LUG SIB TOV

- 3 lub qai
- 1 + 1/4 khob moov nplej tuav
- 1 dlav tshuaj yej moov hov txob phawv
- 1 dlav tshuaj yej ntsev
- 1 dlav tshuaj yej hov txob lab
- 1 dlav tshuaj yej kua ntsw buffalo
- 1/2 khob mig khov parmesan (nyob ntawm nyam siv)



01.

01. Kawm Kag-Ntawm Ob Txhais Teg

Ricardo, tug tub ntshais kawm qeb 5 tuaj ntawm Escuela Vieau – lub tsev kawm ntawv kws qha ob yaam lug nyob rua saab qaab teb ntawm Milwaukee – taab tom kawm txug ntawm MyPlate hab txheeb txug cov khoom noj tseem ceeb lug ntawm kev txhawb tej kev ua ub nua kom yooj yim lug ntawm lub khoom hum Hunger Task Force Child Nutrition Educator. Cov tub ntshais kawm nyob ntawm Escuela Vieau tug koom nyob huv lub koom hum Hunger Task Force Farm-rua-Khoos Kaas Huv Tsev Kawm Ntawv



02.

02. Qhov Zoo Tshaaj ntawm Cov Taig Mov Noj

Cov tub ntshais kawm tuaj ntawm Shared Journeys - lub tsev kawm ntawv muaj lub sab dlawb kws nyob huv Lub Tsev Kawm Ntawv Huv Cheeb Tsaam West Allis West Milwaukee – taab tom koom nyob huv zaaj lug qha txug khoom noj. Cov tub ntshais kawm tshawb pum txug txuj hauv kev koom teg nrug MyPlate txhua tsib pawg khoom noj lug ntawm ob txhais teg-ua noj. Mmmmm, cov taig mov kws puab ua tau hov qaab heev hab muaj txaab koom noj zoo!



03.

03. Qhov Khoom Siv Lug Ua Kev Teev Hawm

Txhawb rua coob tug qhua neeg Afghan kws tau tsiv lug ua neej nyob rua huv cheeb tsaam Milwaukee, qhov chaw kws lub Hunger Task Force muab cov thawv khoom noj moog paab rua cov tsev neeg tawg rog kws xaav tau. Cov thawv nuav muaj cov khoom noj kws phim rua faab kaab lig kev cai, suav nrug rua cov khoom siv teev hawm lug ntawm Penzeys hab tshuaj yej lug ntawm Rishi Tea.



Tsoom fwv teb chaws paab nyaj rua lub khoos kaas SNAP-Ed lug muab cov cib fim qha paab txhawb rua kev noj qaab haus huv rua cov neeg tug kws tau txais los sis cov muaj cai tau txais FoodShare. Cov cuab yeej siv qha nuav paab ua kom tuab neeg paub xaiv tau kev noj qaab haus huv zoo zog lug nyob kom ua neej zoo zog.



Lub chaw hauj lwm nuav yog lub chaw muab kev paab hab lub chaw hauj lwm muaj vaj huam sib luag. Lub Khoos Kaas Paab Nyaj Muag Noj (Supplemental Nutrition Assistance Program, SNAP) yuav muaj kev paab kev noj haus zoo rua cov neeg txom nyem. Nwng yuav paab koj yuav tau cov khoom noj haus kom zoo noj dlua. Xaav paub ntau ntshais, hu rua lub chaw lig hauj lwm huv koj lub zog ntawm tug xuv tooj 1.888.947.6583 los sis moog saib <https://access.wisconsin.gov>. Cov ntaub ntawv nuav yog lub USDA's Supplemental Nutrition Assistance Program – SNAP ua tug paab nyaj lug tsim tawm.

PUAS XAAV TAU COV QAUV UA KHOOM NOJ HAB LUG QHA UA KHOOM NOJ?

Peb paab pawg nyob ntawm nuav lug paab koj! Rua lug qha ntshais txug ntawm cov qauv ua khoom noj kws siv tsee ca khoom noj hab Stockbox cov khoom, kawm cov hauv kev (lu ntawv rua, npaaj nyaj moog ncig khw, hab lwm yaam), lug npaaj qhov moog saib Lub Chaw Ua Laj Teb los sis teeb lub chaav qha ua noj haus nyob huv peb lub Tsev Qha Ua Noj Haus Huv Zej Zog, txuas lug rua Hunger Task Force.

Sau Email rua peb: nutrition@hungertaskforce.org

¡SÍGUENOS!

