

**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 Ntawm  
HUNGER TASK FORCE

## Lub Caij Nplooj Ntoos Hlaav 2022



### KEV QHA TXUG KHOOM NOJ NYOB NTAWM TEB

Ncua sij hawm lub xyoo kawm ntawv, lub Hunger Task Force Tug Kws Qha Khoom Noj Rua Miv Nyuas yuav moog ncig saib lub zog Milwaukee Nom Tswv Cov Tsev Kawm Ntawv moog qha txug khoom noj rua lub SNAP-cov tub ntxhais kawm tug kws muaj cai rua. Taam le yog ib feem ntawm lub khoos kaas, cov tub ntxhais kawm yuav nquag moog ncig saib lub Hunger Task Force Daim Teb - nyob huv Franklin, Wisconsin – kws puab tau txais txaj ntsig zoo, tau kawm paub kag ntawm teg nyob huv tsev kawm ntawv lub vaaj hab qha ua noj huv tsev ua mov. Nyob ntawm Teb, cov tub ntxhais kawm tau kawm paub txug kev ua vaaj hab kev noj kom noj qaab nyob zoo ua kag ntawm teg.

Cov zaub kws luj hlab nyob huv tsev kawm ntawv lub vaaj, xws le zaub paaj ntsuab, taub ntev hab zaub ntug hauv paug. Ncua sij hawm moog ncig saib qhov chaw, cov tub ntxhais kawm los kuj tau txais kev txhawb nqa kom ua neej nyob kom muaj kev noj qaab haus huv. Puab tau txais txuj hauv kev zoo lug taug kev huv Daim Teb saib tej ntoos oak savanna hab cov chaw ua si yuav tau kev paub ntau yaam.



## PUAS XAAV TAU KEV PAAB NRUG KOJ LE NYAJ MUAG NOJ (FOODSHARE)? PEB TUAJ YEEM PAAB TAU KOJ.

Nyaj Muag Noj (FoodShare) paab cov tuab neeg kws muaj nyaj tsawg lug yuav khoom noj kws puab xaav tau lug tswj kom nyob noj qaab nyob zoo. Hunger Task Force muaj ib paab pawg kws yog 15 Cov Chaw Paab Nyaj Muag Noj (FoodShare Advocates) kws txuas cov tuab neeg moog rua cov chaw paab nyaj kws yog paab ib leeg rua ib leeg ua hom lug kom puab nkaag sab. Peb rau sab ua kom ntseeg tas txhua leej tug kws muaj cai rua kev paab khoom noj kom tau txais kev paab raws qhov puab xaav tau. Nreg nyob rua ntawm ib ntawm peb ob lub chaw rua txais kev paab.

### OB QHOV CHAW. TSIS TAAG YUAV TEEM CAIJ NYOOG!



**ALICIA'S PLACE:**  
4144 N. 56th Street  
(414) 988-6501



**ROBLES CENTER:**  
723 W. Mitchell Street  
(414) 238-6484

# KAWM PAUB TXUG KHOOM NOJ

## Nutrition Facts

8 servings per container  
**Serving size** 2/3 cup (55g)

| Amount per serving            | 230        | % Daily Value* |
|-------------------------------|------------|----------------|
| <b>Calories</b>               | <b>230</b> |                |
| <b>Total Fat</b> 8g           |            | 10%            |
| Saturated Fat 1g              |            | 5%             |
| Trans Fat 0g                  |            |                |
| <b>Cholesterol</b> 0mg        |            | 0%             |
| <b>Sodium</b> 160mg           |            | 7%             |
| <b>Total Carbohydrate</b> 37g |            | 13%            |
| Dietary Fiber 4g              |            | 14%            |
| Total Sugars 12g              |            |                |
| Includes 10g Added Sugars     |            | 20%            |
| <b>Protein</b> 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.

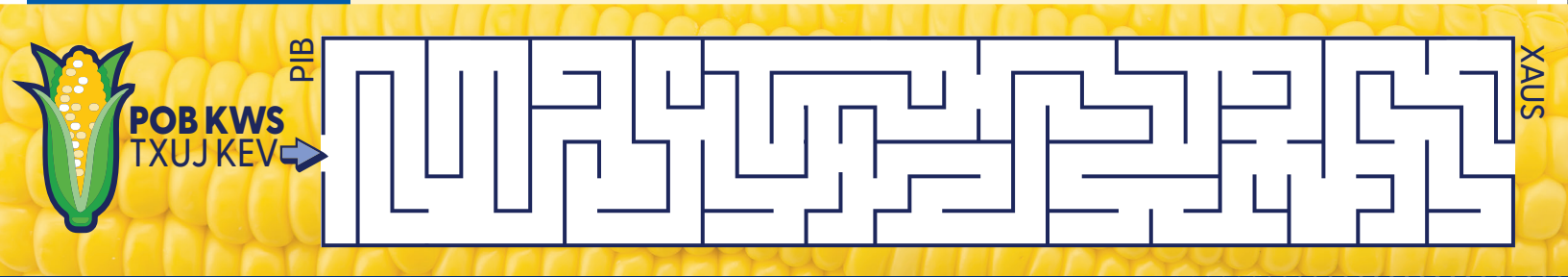
## KEV NYEEM DAIM NTAWV LU RUA – Qhov ntau ntawm Cov Pluag Noj

Dlaim ntawv qha qhov tseeb txug khoom noj tuaj yeem qha koj ntau yaam txug ntawm cov khoom noj koj xaiv, yog koj paub nrhav saib lawm! Ib qhov chaw zoo lug pib yog lug ntawm kev saib rua qhov ntau ntawm ib pluag noj. Tej ntaub ntawv muaj nyob huv daim ntawv lu rua saib raws qhov ib pluag noj ntawm qhov khoom noj. Pob khoom tuaj yeem – hab feem ntau lawm muaj – ntim muaj ntau tshaaj ib pluag noj.

**Ua zoo saib rua qhov ntau ntawm ib pluag noj** hab qhov ntau ntawm cov pluag noj kws koj noj los sis haus lug tshawb saib qhov muaj ntau ntawm cov khas laus lij hab cov txaab khoom noj kws koj noj..

**Piv txwv:** 2 Pluag Noj = Cov Khas Laus Lij + Cov Txaab Khoom Noj x2

➤➤ *Kawm paub ntxiv ntawm [www.fda.gov/NewNutritionFactsLabel](http://www.fda.gov/NewNutritionFactsLabel)*



## COV HOM KEV UA SI

Kev ua si siv lub cev yog ib yaam tseem ceeb ntawm kev noj qaab haus huv zoo. Nwg muaj **plaub hom tseem ceeb ntawm kev ua si**, hab txhua qhov ua si puav leej tseem ceeb rua koj kev noj qaab nyob zoo huv si. Muab sib tov! Sim ua kom txhua hom hum rua koj lub vij lug ua kom ntseeg tas tswj tau xwm yeem taag le.

**Kev Qoj Ib Ce:** Cov kev qoj ib ce suav nrug rua cov kev ua hauj lwm kws siv tej leeg nqaj luj, tshwj xeeb koj lub plawv. Qhov nuav suav nrug rua koj taug taw los sis kev dlha taug kev, kev seev cev, kev ua hauj lwm nyaav, kev luam dlej, kev caij tsheb kauj vaab los sis kev ua kis las.

**Ua Kom Muaj Zug:** Ua kom tej leeg nqaj muaj zug lug paab tsim kom tej leeg nqaj muaj zug. Thawb-nce, nqug-nce, tawm dlaag zug kws siv roj maab hab kev nqaa khoom nyaav yuav paab tau qhov nuav. Txhua leej tsim nyog tsom rua ua qee yaam kws yuav ua kom tej leeg muaj zug yaam tsawg kawg ob zag rua ib vij.

**Xwm Yeem:** Kev ua hauj lwm xwm yeem nkaus tseem ceeb lug paab cov tuab neeg kom zaam tau kom txhob qaug. Qaug tuaj yeem ua rua tej leeg tsis muaj zug, tswj tsis tau tej khoom nyob ib puag ncig los sis lwm yaam khoom.

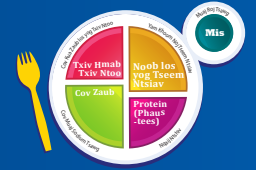
**Kev Sab Ntev:** Kev ua sab ntev tawm dlaag zug yuav paab tswj tau koj cov leeg kom xooab hab paab pov thaiv tau kev raug mob hab qaug. Sim rau sab maj mam nyom ib ce los sis Qoj Ib Ce Ib Yaam Le Kom Teg Taw Lawj Xeeb.

*Txawm le caag los xaiv hom kev tawm dlaag zug kws koj nyam, muaj kev lom zem hab ua cov kws koj nyam! Tsuas yog le 30 feeb rua ib hnuv tuaj yeem muaj feem tseem ceeb rua koj kev noj qaab haus huv hab noj qaab nyob zoo.*





# MYPLATE QHOV FEEB



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

## LUB ZUG LUJ NTAWM TXAAB NQAJ!



**KOJ PUAS TAU PAUB?** Txaab nqaj yog ib ntawm tsib pawg khoom noj MyPlate hab tuaj yeem tau lug ntawm tej khoom cog los sis tsaj txhu. **Cov txaab nqaj-tau lug ntawm khoom cog** muaj xws le noob taum pauv, noob taum ntsuab, noob taum qhuav, cov noob txiv, yaam ua noob hab cov taum paaj. Txiv laum huab xeeb zum los yeej nyob nuav ib yaam nkaus. **Txaab nqaj-kws tau lug ntawm tej tsaj** muaj xws le nqaj, nqaj qab, qai, ntseg, hab ntseg hav txwv. Txaab nqaj tseem ceeb lug tsim, tswj, hab hloov pauv tej tsig nqaj nyob huv koj lub cev. Koj cov leeg, cov nqaj

nruab nrog cev hab cov tsig nqaj feem ntau lawm ces yog tsim lug ntawm txaab nqaj. Cov khoom noj muab lug ntawm ntau yaam txaab nqaj kws sib txawv, yog le ntawd kev kws koj xaiv ntau hom khoom noj tuaj yeem ua rua koj lub cev tau txais ntau yaam txaab khoom noj. Qhov ntau ntawm cov khoom noj muaj txaab nqa kws koj tsim nyog noj nce raws ntawm koj lub nub nyoog, qhov yog quas puj txiv neej, qhov sab, qhov nyaav hab qeb kev siv lub cev. Muaj coob tug neeg Meskas yeej ua tau raws le cov lug qha has txug kev noj qaj, nqaj qab, hab qai tab sis ua tsis tau raws le cov lug qha has txug cov khoom noj hav txwv, cov noob txiv, cov yog noob hab cov taum paaj. Kev ua tau raws le cov lug qha rua cov pawg khoom noj ncau tawm tuaj yeem paab ua rua koj lub cev tau txais khoom noj zoo, suav nrug rua cov roj kws noj tsis rog, tej khoom noj kws muaj leeg hab viv tas mees D.

Sim noj ntau yaam khoom noj kws sib txawv ntawm cov muaj txaab nqaj kom thoob plawg lub vij – nwg yog ib txuj hauv kev zoo lug sim cov khoom noj tshab!

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

COV TXIV LAUM HUAB XEEB ZUM KWS TSIS TAU CI



Thaj 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 KHOOM COJ LUG SIB TOV

- 1 khob txiv laum huab xeeb zum
- 2 dlav tshuaj yej zib ntaab
- 1 dlav tshuaj yej moov cinnamon
- 2/3 khob mig tsis muaj roj
- 3/4 khob cereal tuav lawm los sis paaj pleg

### COV KEV QHA UA

- Muab cov txiv laum huab xeeb zum, zib ntaab, hab cinnamon tso huv lub taig luj
- Muab sib tov ua ke
- Txhaab kua mig nyuj qhuav tsis muaj roj hab cov cereal tag nrho los sis cov paaj pleg
- Tov ua ke kom txug thaum sib nplaum ua ke lawm
- Muab dlav noj mov dlaus coj lug dlov ua lub qai rua ntawm koj ob lub xib teg
- Muab lub qai kws dlov tau lawm cov lug tso rua huv lug taig los sis lub phaaj plab
- Muab coj moog tso huv lub tub txag ua kom khov le 30 feeb – ces rau noj tau lawm!
- Qhov noj seem ces rov muab tso rua huv lub tub txag-tau noj ua si



### 01. Moog Saib Tsev Kws Muaj Kev Kaaj Sab Lug

Taam le yog cov chaw muaj khoom noj pib txais tog cov qhua lug rua saab huv lawm, peb Cov Kws Paub Txug Khoom Noj Zoo Huv Zej Zog tuaj yeem muab tau SNAP-Ed le khoom noj hab cov qauv khoom noj kom moog cuag tau cov qhua. Lub hlis dhau lug, nyob ntawm Tsev Kws Muaj Kev Kaaj Sab Lug, cov qhua tau kawm paub txug kev nyeem cov ntawv lu rua, feem ntau lawm yog cov lug qha txug MyPlate hab ntau cov hauv kev sib txawv lug ua kom cov txiv qaum qhuav, xws le txhaab nwg moog rua cov txiv qaum tov nrug oatmeal hab zaub nyoog los sis ua Khob Noom Noj Ua Si.

01.



### 02. Lub Khoos Kaas Buddy

Tsis ntev lug nuav, peb Tug Kws Qha Khoom Noj Rua Miv Nyuas tau muab cov khoom noj txom ncauj ua si hab lub MyPlate zaaj lug qha rua cov miv nyuas nyob huv Lub Khoos Kaas Cov Quas Puj Neeg Muv Xas Lees Kev Sib Koom Teg Ua Ke Huv Milwaukee (Milwaukee Muslim Women's Coalition Buddy Program). Lub khoos kaas yog kev ua khub ntawm neeg Afghan thoj nam tawg rog nrug cov tub ntxhais kawm Meskas kws hnuv nyoog ib yaam. Lug ntawm lub Khoos Kaas Buddy, cov miv nyuas kws yog neeg Afghan kawm paub ntau cov ncauj lug kws pib lug ntawm kev nrhav tsev kawm ntawv tshab moog rua ntau hom ntawm tej khoom noj zoo, ua ke nuav yog kev tsim phooj ywg tshab!

02.



### 03. Kev Cog Cov Yub nyob ntawm Teb

Cov neeg ua teb nyob ntawm Hunger Task Force Daim Teb taab tom yuav pib txug lub caij cog qoob loo lawm kws yog siv cov taig lug cog cov yub kws tsis ntev ces yuav muab koj moog cog rua tom lub Tsev Kawm Ntawv Lub Vaaj kws nyob tom Teb Lawm. Thoob plawg lub caij cog qoob loo hab lub caij sau qoob loo, cov tub ntxhais kawm muaj ntau txuj hauv kev lug cog noob, muab hloov chaw, koj moog cog hab sau qoob loo nyob ntawm lub vaaj.

03.



Tsoom fwm 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 vaaj 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. Nwg yuav paab koj yuav tau cov khoom noj haus kom zoo noj dlua. Xaav paub ntau ntxiv, 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 ntxiv txug ntawm cov qauv ua khoom noj kws siv txee 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](mailto:nutrition@hungertaskforce.org)

### SOJ QAAB SAIB PEB!

