

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 lwmm 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 SUV 2022



TAU COG LUS TAS YUAV MUAB KHOOM NOJ KOM PHIM RAWLS TEJ KAAB LIG KEV CAI

Nyob ntawm Hunger Task Force, peb ntseeg tas txhua leej muaj cai tau txais tej khoom noj zoo nrug rua muaj ntau yaam. Peb tau cog lug yuav lug muab khoom noj zoo, hab muab kom phim rawls tej kaab lig kev cai. Thooob plawg cov khub ntawm peb lub nev vawj nyob huv zej zog, peb ua hauj lwmm lug ua kom ntseeg tas peb tuaj yeem paab tau le kws txhua leej xaav tau has txug xwm txheej ceev ntawm khoom noj, nrug rua kev swm nrug tej khoom noj hab tej khoom noj kws cuam tshuam. Thaum cov yim neeg pib tsiv saab teb chaws As Kas Niv Thaum lug nyob rua huv Milwaukee Khauj Tim, Hunger Task Force tau ua hauj lwmm nrug cov chaw sawv cev lug txheeb txug ntau cov khoom noj zoo tseem ceeb kws cov yim neeg yuav tau txais. Cov khoom noj xwm txheej ceev kws ntim thawv raug tsim hab muab cov khoom lug ntim rua xws le mov nplej, noob taum, noob txiv, tej txiv qaum kws zab qhuav lawm hab cov nqaj Hlais Ntim Thawv Ca. Muab tshuaj yej Penzeys hab Rishi Tea lug paab txhawb rua puab kws yog muab ntau hom hab muab cov tshuaj yej lug ntim ntxiv rua cov thawv. Cov thawv ntim khoom noj muaj rua cov tsev neeg nyob thooob plawg Milwaukee lug ntawm lub nev vawj faib khoom noj.

Tsis ntev lug nuav, Hunger Task Force tau pib paab nyaj rawls le kws Tsaab Cai Phaj Xwm Paab Neeg Meskas (American Rescue Plan Act) lug tsim lub thawv khoom noj tshab kws pab txhawb tau rua cov Neeg Ua Laj Teb Huv Wisconsin hab cov tsim khoom noj. Khoos Kaas Xaa Khoom Noj Ntim Thawv (Badger Box) muaj tej khoom noj, cov mig nyuj, nqaj hab cov khoom noj ua noob - rua txhua cov kws nyob huv Wisconsin. Lub Khoos Kaas Xaa Khoom Noj Ntim Thawv (Badger Box) ua hauj lwmm nrug lub Hunger Relief Federation - lub nev vawj kws tawm tsaam kev tshaib nqhes thooob plawg lub xeev - lug ua kom ntseeg tas cov tsev neeg nyob ncuva kev dleb hab Cov Neeg Ib Txwm Nyob Teb Chaws Nuav moog cuag tau tej khoom noj zoo, tej khoom noj kws siv tau rua fab kaab lig kev cai.

**HUNGER
TASK FORCE**
FREE & LOCAL



NOJ TAU HAB MOOG CUAG TAU COV PLUAG MOV PAAB DLAWB THOOB PLAWG LUB CAIJ NTUJ SUV

Peb zoo sab lug tshaaj tawm txug kev rov muaj khoom noj paab dlawb hab cov pluag mov zoo lub caij ntuj suv rua cov miv nyuas hab cov hluas hnub nyooq 18 xyoo hab qeg dlua thooob plawg peb lub zej zog xyoo nuav - thooob plawg lub caij ntuj suv! Cov miv nyuas hab cov hluas tuaj yeej "Moog Cuag Tau" nyob ntawm qhov chaw rua cov neeg ua laj teb tsim kev lom zem hab ua hauj lwmm ub nua hab "Noj Tau" dlawb hab cov pluag noj los zoo nyob rua huv puab lub zej zog. Los ua kom ntseeg tas cov miv nyuas muaj cov pluag noj zoo hab muaj qhov chaw lug kawm paub hab ua si, Moog Cuag Tau Hab Noj Tau cov pluag noj nyob ntawm ntau cov chaw thooob plawg Milwaukee qhov chaw npaaj tseg, ua kev qha kawm hab cov khoos kaas su ua si. Ntau qhov chaw ua pluag noj muaj kev ua si lom zem rau cov miv nyuas hab tag nrho ib tsev neeg. Txhua cov pluag mov kws tau muab puav leej zoo hab muaj thooj le USDA cov lus qha. Lug nrhav puab cov chaw muaj cov pluag noj lub caij ntuj suv, cov tsev neeg tuaj yeem **sau ntawv "FOOD" los sis "COMIDA" xaa rua 304-6304** los sis moog saib peb dlaim phaj qha kev ntawm **www.HungerTaskForce.org/summermeals**.

**MEET UP AND
EAT UP!**



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

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%

Vim le caag txhaj pw ntxeev taj nrug rua ib qho pem thaaj tso rua huv lub qaab hauv ncoo?



Nws xaav kom ua npau suav zoo!

KAWM PAUB TXUG KHOOM NOJ

NYEEM DLAIM NTAWV SAU LU RUA – Pem Thaaj

Pem thaaj ntau dhau yuav ua rua qee tug neeg tsis nyaab xeeb, tab sis tej lug qha has txug hom ntawm pem thaaj kuj ua rua nkaag sab nyuaj. Qee yaam pem thaaj yeej ib txwm muaj, ho qee yaam ces yog cov peb yuav lug txhaab rua tej khoom noj. Kev paub txug qhov sib txawv hais txug qhov tseeb ntawm dlaim ntawv sau qha khoom noj tuaj yeem paab koj xaiv tau khoom noj zoo.

Pem Thaaj Xaam Ua Ke suav nrug cov pem thaaj kws yeej ib txwm muaj nyob rua ntau cov khoom noj hab khoom haus, xws li qhov kws kua mig hab cov txiv qaum qaab zib. Qhov nuav los kuj muaj nrug kev muab pem thaaj txhaab ntxiv rua kws yog yaam pum muaj nyob huv cov khoom tsim tawm lug lawm.

Cov Pem Thaaj Tau Muab Txhaab Ntxiv Rua hais txog cov pem thaaj kws tau muab txhaab ntxiv rua ncuu sij hawm ua noj ua haus, ntim khoom noj ua kom qaab zib zog (xws le pem thaaj ua moov), cov pem thaaj tau lug ntawm tej kua dlej qaab zib hab zib ntaab, hab cov pem thaaj tau lug ntawm kev muab tej txiv qaum los sis kua zaub nyoj.

Lug Qha Txug Khoom Noj Khoom Haus rua Cov Neeg Meskas pum zoo kom peb muaj cam txug cov khas laus lij lug ntawm cov pem thaaj tau muab txhaab ntxiv rua kws tsawg tshaaj 10 feem pua ntawm cov khas laus lij xaam ua ke rua ib nub. Piv txwv, 2,000 khas laus lij nyob huv khoom noj khoom haus txhua nub, qhov nuav yuav yog le 200 khas laus lij los sis 50 grams ntawm pem thaaj tau muab txhaab ntxiv rua ib nub. Qhov chaw luj ntawm cov pem thaaj tau muab lug txhaab ntxiv rua-dlej qaab zib, tej khoom noj kws muab ci lawm, tej dlej qaab zib hab yaam qaab zib.

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

LUB SIJ HAWM LUB CAIJ NTUJ SUV ‘KEV KOOM NRUG-LUB CHAW UA SI’ YAAM COV NYOM

Tawm rooj hab moog tshawb saib Milwaukee Khauj Tim Cov Chaw Ncig! Milwaukee Khauj Tim Cov Chaw Ncig muab tej chaw ua si, chaw tawm dlaag zug hab chaw nyob ua ke kws nyaab xeeb. Cov chaw nyob ua si kws muab tau kev lom zem rua lug tawm dlaag zug hab tuaj yeem muab tau cov pluag mov paab dlawb rua cov me nyuas yau. Cov Chaw Haus Npias yog ib qho chaw rua cov laug tau tawm rooj moog sib koom ua ke. Cov chaw ncig muaj chaw ua si dlaav rua taug kev, dlha ua si, caij tshab kauj vaab hab cov chaw ncig feem ntau lawm muaj tej koom rua tau tawm dlaag zug nyob saab nrau zoov.

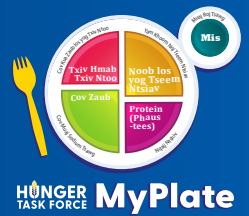
Siv dlaim npe txheeb huv qaab nuav lug ua kom ntseeg tas koj lub caij ntuj suv yog ib lub sij hawm muaj kev ua si lom zem tshaaj nyob thoo plawg Milwaukee nyob ntawm lub khauj tim cov chaw ncig ua si:

- Moog nreg rua ntawm qhov chaw muaj Cov Pluag Mov Lub Caij Ntuj Suv hab moog txais pluag su pub noj DLAWB los sis rua cov miv nyuas kws nub nyoog qeg dlua 18 xyoo. Nyob ib plag hab lom zem nrug tej kev ua si kws muaj nyob ntawm qhov chaw ncig ua si.** Sau FOOD xaa rua 304-304 hab tau txais kev sau ntawv nrug rua qhov chaw nyob rua cov chaw nyob ze koj tshaaj!
- Moog saib ib ntawm peb Cov Chaw Kawm Txug Yaam Muaj Sa Nyob Huv Nroog hab kawm txug puab cov kev ua si nyob rua lub caij ntuj suv hab ntau yaam kev moog ncig saib.** www.urbanecologycenter.org
- Nrhav lub chaw ncig ua si nrug rua ntau cov chaw tawm rooj hab moog tawm dlaag zug le 30-60 feeb rua ib nub.**
 - Moog saib qhov Chaw Haus Npias, haus dlej cawv, tham nrug phooj ywg hab noog yaas suab.** Cov Chaw Haus Npias los kuj muaj hauv kev xaiv tau tej dlej kws tsis muaj cawv tov!
 - Lom zem le 15 feeb taug kev ua si ib ncig ntug dlej los sis paag dlej.**
 - Moog kov dlej ntawm qhov chaw tsuag dlej los sis paag luam dlej.**



MYPLATE QHOV FEEB

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



LUB VAAJ COG KHOOM NOJ

Cov zaub yog ib ntawm MyPlate tsib pawg khoom noj. Tej khoom noj muaj raws caij nyoog ua rua nwg yooj yim lug ua ib nraab ntawm koj cov taig txiv qaum hab cov zaub nyob rua txhua pluag mov. Ncua nruab nraab ntawm lub khw muag khoom noj hab cov kab khw muag khoom cog huv zog, muaj ntau hom ntawm cov nqe khoom pheej yig hab yooj yim lug nrhav tau nyob rua lub caij ntuj suv hab caij nplooj ntoo zeeg.

Taub dlaaj lub caij ntuj suv yog ib yam zaub zoo ua ib txuj hauv kev xaiv nyob rua cov hli lub caij ntuj suv. Ntau yaam taub, suav nrug rua taub txaij ntev, taub dlaaj hab taub plab, muaj khas laus lij tsawg hab muaj viv tas mees C ntau - ua rua koj tej leeg xaa xuv ua hauj lwm zoo, viv tas mees A - ua rua qhov muag noj qaab nyob zoo hab pum kev zoo, hab tej khoom noj muaj hlaab - paab ua rua tej kev zum zaub mov ua hauj lwm zoo. Taub dlaaj lub caij ntuj suv qaab heev tsis has yuav muab ua sav lawm los sis tseem nyoog, yog le ntawd nwg muaj ntau txuj hauv kev xaiv! Nws tsis taag yuav muab tev tawv le vim tas dlaim tawv los kuj muaj txaab khoom noj ntau heev; tsuas yog muab yang dlej txag kom huv xwb ces yeej coj lug npaaj ua noj tau lawm.

Noj nyoog los tau, muab txhoov ua tej nplais miv coj lug noj ua si los sis muab txhoov ua tej nplais noj txom ncauj. Muab txhoov ua tej nplais coj lug hau los sis xyaw fawm los sis muab ua xyaw nrug lwm cov zaub kom muaj txaab khoom noj ntau tuaj. Koj tuaj yeem muab txhoov ua tej nplais miv (los sis siv lub cuab yeej chais khoom) rua muab huv xyaw fawm. Hab muab ua xyaw khob cij zucchini maam coj moog ci los yeej zoo heev. Rua kev paub ntiv txug ntawm txuj hauv kev siv hab muab cov txiv qaum hab cov zaub khaws

ca, moog saib www.fruitsandveggies.org. Puas xaav saib lub khw muag khoom cog huv zog? Moog saib www.farmfreshatlas.com.

KHOOM NOJ UA SI KWS NOJ YOOJ YIM HAB UA TAU SAI KHOB CIJ ZUCCHINI



COV KHOOM COJ LUG SIB TOV

- 3/4 txhua khob-moov nplej
- 3/4 khob moov nplej dlaaj
- 1/2 dlav tshuaj yej moov ua kom qaab rog (baking powder)
- 1/2 dlav tshuaj yej tawv ntoo cinnamon (+ 1/2 tshuaj yej npaaj ca)
- 1/4 tshuaj yej ntsev
- 1 qai (nkaub qai dlaaj)
- 1/2 khob pem thaaj
- 1 khob taub txhoov
- 1/3 khob roj canola los sis olive
- 1/2 khob dlej
- 1/2 dlav tshuaj yej vanilla extract
- 1/2 khob noob txiv walnuts los sis pecans
- 1/3 khob txiv raisins los sis chocolate ua nplais

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

- Ua kom lub aus veej kub txug le 350°F. Muab Grease hab moov nplej tso rua huv lub yag.
- Nyob huv lub taig luj, muab cov moov pleev lug dlu ua ke, muab cov moov ua kom qaab rog, 1/2 dlav tshuaj yej moov ntoo cinnamon, hab ntsev. Muab ua ib lub qhov rua huv plawv ntawm cov moov nplev sib tov; tso rua ib saab.
- Nyob huv lub taig nruab nraab, muab cov qai, pem thaaj, cov taub txhoov, roj, dlej, hab vanilla lug sib tov ua ke. Muab cov taub zucchini sib tov rua cov moov nplej. Yog tas nyam, muab qhwv cov noob txiv, cov txiv raisins hab/los sis cov chocolate txhoov. Muab ib dlav roj batter tso rua huv lub yag. Muab 1/2 dlav tshuaj yej cinnamon kws seem siv tso rua sau lub khob cij.
- Muab ci ntev le 50 feeb los sis kom txug thaum tug ntoo kws muab ntxig rua huv plawv rhu tau dlu lug. Muab tso rua huv lub yag le 10 feeb kom txag. Muab tshem tawm ntawm lub yag hab ua kom txag nyob rua sau dlaim ntaij hlau. Muab hlais ua nplais hab noj tau!



01.

01. Cov Chaw Qha Rua Cov Laug

Peb lub khoos kaas SNAP-Ed muab cov chaw qha kev ua noj haus rua cov tswv cuab tug muaj cai rua nyob huv zog, suav nrog rua cov laug kws tau txais khoos kaas Stockboxes! Hunger Task Force tug neeg ua hauj lwm yuav moog saib cov khub huv zej zog moog qha cov ncauj lug has txug MyPlate, kev nyeem cov ntawv sau lu rua, npaaj peev nyaj moog ncig khw hab ntau yaam ntxiv. Sau E-mail rua peb lug teeb cov chaw qha rau koj paab pawg - nutrition@hungertaskforce.org.



02.

02. Moog Ncig Saib Tsev Kawm Ntawv

Lub caij Nplooj Ntoo Hlaav dlhau lug nuav, Hunger Task Force tau ua tswv cuab npaaj lub khoos kaas "Garden-to-Plate (Ua Noj Haus Ntawm Vaaj)" nyob ntawm Teb. Muaj coob tug tub ntxhais kawm kws koom nrog tau txais cov zaaj qha txug khoom noj nyob huv lub chaav kawm hab tau coj moog saib Dlam Teb, qhov kws puab tuaj yeem cog tau hab moog sau tau puab tej khoom tsim tau lug. Lub caij ntuj suv, cov tub ntxhais kawm qub ntawd rov moog rua Hunger Task Force Dlam Teb moog kawm ntxiv txug khoom noj hab kev paub npaaj khoom noj.



03.

03. Tug Ntxhais Kawm Xyum Hauj Lwm Ua Kws Paub Txug Khoom Noj

Cov tub ntxhais kawm kws xyum hauj lwm yog ib feem tseem ceeb heev ntawm peb lub khoos kaas SNAP-Ed. Jayden, Tug Kws Xyum Hauj Lwm Ua Khoom Noj tuaj ntawm lub Mount Mary University, tau siv sij hawm tsib vij nyob ntawm Hunger Task Force lug paab muab kev qha ua khoom noj rua" cov tub ntxhais kawm, cov luj paub taab lawm hab cov laug. Peb vaam tas nwg yuav muaj moo kawm tav hab yuav dlhau moog ua ib Tug Kws Paub Tshwj Xeeb Txug Khoom Noj Muaj Npe Teev Tseg!



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 haujlwm no yog lub chaw muab kev pab 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. 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

SOJ QAAB SAIB PEB!

