

**Hunger Task Force tsis yog pub koom noj rau hauv peb lub zej zog xwb – peb tseem pab ua kom lawv muaj kev noj qab nyob zoo ib yam thiab!**

Hunger Task Force muab Lub Khoos Kas Qhia Ua Khoom Noj Haus zoo heev thiab cog lug yuav muab tej khoom siv los tswj kom muaj kev noj qab nyob zoo.

Peb ua hauj lwm los faib tawm cov chaw muab kev pab uas pab tau zoo uas pab txhawb koj li kev noj khoom noj kom muaj kev noj qab nyob zoo, cov kev txawj ua noj, kev paub npaj nyiaj ncig kiab khw thiab cov hauv kev ua kom lub cev muaj zog nyob rau koj hnuab!



# KEV QHIA UA KHOOM NOJ HAUS PEB HLIS IB LWM

*Kev Sau Ntawv Nthuav  
Tawm Raws Caij Nyog ntawm  
HUNGER TASK FORCE*

## CAIJ NPLOOJ NTOO ZEEG 2022



### TAM SIM NO QHIB LAWM: McCARTY EDUCATION KITCHEN!

Sab hauv Hunger Task Force lub chaw ua hauj lwm loj tshiab ntawm West Milwaukee, McCarty Education Kitchen muab cov kev pab cuam ua lub chaw qhia kev ua khoom noj rau cov tub ntxhais hluas hauv zos, cov neeg lis hauj lwm ntawm chaw rau khoom noj thiab Stockbox thiab cov tswv cuab ntawm lub zej zog. Tau txais kev pab txhawb dav los ntawm Brian A. McCarty Pob Peev Nyiaj Pab Txhawb Rau Tsev Neeg, chaw ua noj zoo nkauj no yuav muab kev pab cuam ua qhov chaw sib sau los kawm paub txog kev ua noj thiab ua noj ua ke hauv zej zog.

Xyoo kawm no, McCarty Education Kitchen yuav txais tos cov tub ntxhais kawm ntawm nws thawj cov chaw kawm. Thaum uas cov tub ntxhais kawm siv cov hli ntawm lub caij nplooj ntoo zeeg thiab lub caij nplooj ntoo hlaw mus cog qoob loo nyob rau hauv School Garden thiab tsim cov ntawv qhia ua khoom noj nyob rau hauv chaw sim ua noj nyob ntawm Task Force Farm, nrog rau qhov chaw tshiab uas tsis txaus ntseeg no, Hunger Task Force yuav txais tos cov tub ntxhais kawm los rau McCarty Education Kitchen ncuaj sij hawm cov hli lub caij ntuj no! Cov zaj kawm no yuav pab txhawb tau cov me nyuam sim ua cov khoom noj tshiab, khoom noj zoo rau kev noj qab haus huv thiab yuav muab cov kev tawm mus kawm tshawb fawb sab nrauv ntxiv li tsib zaug rau Hunger Task Force rau cov tub ntxhais kawm hauv zos.

Rau ntaub ntawv kev paub ntxiv txog McCarty Education Kitchen, los sis thov qhov kev tawm mus kawm sab nrauv, txuas lus rau peb ntawm [nutrition@hungertaskforce.org](mailto:nutrition@hungertaskforce.org).



### LUB KHOOS KAS OUTPOST MUAB KEV TXO NQI LI 50% RAU COV KHOOM NOJ TSHIAB



**Cov xov xwm zoo!** Cov neeg tau txais FoodShare muaj kev txaus siab uas txuag tau li 50% thaum ncig yuav khoom kiab khw nyob ntawm Outpost Natural Foods plaub qhov chaw ntawm Milwaukee. Thaum pib lub xyoo no, Outpost thiab Hunger Task Force tau qhib lub khoos kas Khoom Noj Rau Tib Neeg, uas yog lub khoos kas muab kev txo nqi li 50% rau yam khoom noj tshiab rau cov neeg koom nrog FoodShare. Thaum uas cov nqi khoom noj haus nce siab, lub khoos kas Khoom Noj Rau Tib neeg yuav pab cov tsev neeg uas tu ncuaj khoom noj kom tau txais cov khoom zoo uas lawv xav tau rau lawv tus kheej thiab lawv tsev neeg. Qhov kev txo nqi yog tawm qauv los ua kom cov neeg yuav khoom uas muaj kev khwv tau nyiaj tsawg yuav tau khoom noj ntau ntxiv txhawm rau kom lawv tsis txhob tos cov chaw rau khoom noj los sis lwm cov chaw pab khoom noj thaum muaj xwm txheej ceev nkaus xwb.

# KAWM PAUB TXOG KHOOM NOJ

## NYEEM DAIM NTAWV LO - Feem Pua % Tus Nqi Txhua Hnub

Feem Pua Tus Nqi Txhua Hnub (%DV) nyob rau hauv daim ntawv lo qhia Qhov Tseeb Txog Khoom Noj yog qhov lus qhia rau cov khoom noj ntawd nyob rau kev noj ib zaug. Qhov khoom noj uas peb noj muaj cov txhab khoom noj uas tseem ceeb uas peb xav tau txhawm rau ua kom peb lub cev muaj kev noj qab nyob zoo: roj, plus tees, carbohydrates, yam khoom noj uas tsis yog nqaij, vivtasmeees, xws li vivtasmeees A thiab vivtasmeees C, thiab txab khoom noj, xws li calcium thiab txab hlau. Ntau cov khoom noj nyob rau hauv lub kem ntawv qhia qhov tseeb txog khoom noj yog qhia ua rau pom uas siv %DV.

Cov kws tshwj xeeb txog khoom noj paub zoo lawm tias txhua hnub tsim nyog noj txhua yam khoom noj ntau li cas thiaj muaj kev noj qab nyob zoo. Feem Pua Tus Nqi Txhua Hnub yuav qhia ua rau koj pom txog txoj hauv kev uas qhov khoom noj no tuaj yeem pab tau koj ua tau raws li koj cov hom phiaj txog khoom noj txhua hnub, thiab kuj tuaj yeem pab koj txiav txim tias seb qhov khoom noj yog qhov khoom muaj txhab khoom noj tshwj xeeb siab los sis qis. Siv %DV los ua cov kev xaiv yam uas muaj kev kawm txog tej yam uas koj noj thiab haus.

Qhov %DV yog muaj nyob rau sab xis ntawm lub kem ntawv qhia qhov tseeb txog khoom noj. Raws li cov lus qhia raws ncuav, 5% los sis tsawg tshaj ntawd yog qhov qis nyob rau yam khoom noj ntawd thiab 20% los sis tshaj ntawd yog qhov siab nyob rau yam khoom noj ntawd. Siv qhov cuab yeej no los pab koj npaj cov khoom noj, xaiv khoom noj zoo rau kev noj qab haus huv thiab tswj kev sib pauv khoom noj haus thoob plaws hnub.

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

### Nutrition Facts

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

Amount per serving  
**Calories 230**

|                               | % Daily Value |
|-------------------------------|---------------|
| <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.

## COV KEV UA UB UA NO NYOB RAU LUB CAIJ NPLOOJ NTOO ZEEG UAS PAB UA KOM PEB MUAJ KEV NOJ QAB NYOB ZOO

Cov hnub uas ntev ntawm lub caij ntuj sov tej zaum yuav muab tso tom qab, tab sis qhov ntawd tsis tau txhais tias nws yog lub sij hawm tso tseg kev lom zem nyob rau sab nrauv! Txawm tias huab cua muaj kev hloov pauv uas tej zaum yuav muaj ciam txwv rau koj cov kev ua ub ua no nyob rau lub caij ntuj sov uas nyiam tshaj plaws los xij, nws yog qhov tseem ceeb uas los tsim cov kev ua ub ua no raws li ib txwm (thiab yog qhov uas txaus siab) txhawm rau pab ua kom koj muaj kev txav mus los nyob rau ncuav sij hawm lub caij nplooj ntoo zeeg.

Ntawm no yog qee cov tswv yim zoo rau kev koom nrog kev tawm dag zog thaum uas nyob rau lub caij nplooj ntoo zeeg uas zoo nkauj.

**Cheb nplooj qhua nyob rau sab nrauv.** Kev cheb nplooj qhua yuav pab ua rau koj lub cev yav sau, nrob qaum, thiab plab muaj zog. Kev cheb nplooj qhua yog qhov uas me nyuam yaus thiab neeg laus los yeej tuaj yeem ua tau.

**Mus saib koj lub kiab khw neeg ua liaj teb hauv zos.** Siv koj qhov kev mus kom muaj txiaj ntsig zoo uas yog siv kev caij tshab kauj vab los sis kev mus ko taw hloov qhov kev tsav tshab mus rau lub khw. Ua kom koj qhov nyiaj ntau tshaj li ob npaug nyob ntawm Milwaukee kaum ob lub kiab khw neeg ua liaj teb los ntawm kev siv koj daim npav QUEST los ntawm MKE Lub Khoos Kas Tuav Khub Kiab Khw (Market Match Program). Kawm paub ntxiv los ntawm kev mus saib txoj kab txuas nkauj mus no: [bit.ly/EBTMKE](http://bit.ly/EBTMKE)

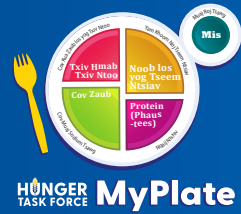
**Mus de txiv ev paum thiab mus de taub.** Pab txhawb nqa cov neeg ua liaj teb hauv zos los ntawm kev mus saib lawv cov liaj teb thiab cov vaj txiv hmab txiv ntoo. Ua kev nqa me ntsis los ntawm kev khaws taub los sis ntim txiv ev paum txhawm rau nqa mus tsev.

**Tsim nkees tua tsiaj noj khoom nyob saub nrauv.** Nrhiav cov nplooj qhua, cov txiv qhib, cov ceg ntoo thiab lwm cov khoom uas poob nyob rau lub caij nplooj ntoo zeeg. Nkees tua tsiaj noj khoom yuav pab ua rau koj muaj kev txav mus los thiab pab ua rau koj tsom kwm lwm cov hom phiaj ncuav sij hawm koj qhov kev tawm dag zog!



# MYPLATE QHOV FEEB

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



## QOS LIAB THIAB. QOS TSW HA

Qos Liab (Sweet Potatoes) thiab Qos Tsw Ha (Yams) – nws zoo ib yam xwb, puas yog? Yog lawm, tsis yog! Cov lus no siv sib hloov tau vim yog ob yam no yog hom zaub ntug cag uas muaj txab hmoov nplej, thiab feem ntau lawm lo lus "qos tsw ha (yams)" uas koj pom nyob rau hauv khw muag khoom noj yog txhais tias qos liab. Qos tsw ha muaj tus yam ntxwv sab nrauv ua ntoo, muaj txab hmoov nplej ntau zog, thiab tsis qab zib heev. Qos liab muaj tus yam ntxwv sab nrauv du-du uas muaj xim liab thiab feem ntau lawm lub plawv yuav ua xim txiv kab ntxwv thiab qab zib tshaj li qos tsw ha. Qos liab los kuj muaj xim dawb thiab xim paj yeeb ib yam thiab!

Koj yuav tsis pom ntau yam qos tsw ha uas tseeb tiag nyob rau hauv Teb Chaws Mes Kas cov khw muag khoom noj. Qos tsw ha xav tau tus yam ntxwv kev cog tshwj xeeb thiab feem ntau lawm nyiam cog nyob rau As Fiv Kas, Es Xias, Mes Kas Qab Teb, thiab Mes Kas Nruab Nrab Teb thiab Is Dias Hnub Poob. Txawm tias koj pom cov kos poom qos tsw ha nyob rau hauv kiab khw los, koj yuav saib pom nyob rau hauv daim npe cov feem xyuam xyaw tias nws yog qos liab. Teb Chaws Mes Kas Chav Hauj Lwm ntsig txog Kev Ua Liaj Teb (U.S. Department of Agriculture) xav kom lo paib ob yam no thaum tau muag qos liab ua qos tsw ha.

Qos tsw ha thiab qos liab muaj kev sib txawv nyob rau hauv kev tshawb fawb txog nroj ntsuag. Qos liab yog hom nroj nyob rau caj ces zaub dej (morning glory). Nws muaj vivtasmees A thiab C, potassium thiab muaj antioxidant ntau heev uas tuaj yeem txo tau kev pheej hmoo mob khees xaws. Qos tsw ha yog tau cuam tshuam rau hom nroj nyob rau caj ces paj lis lij thiab nyom. Nws yog yam muaj potassium, folic acid, zinc, thiab qee yam vivtasmees B.

Yam tsis quav ntsej txog tias koj yuav muab lawv hu li cas, qos tsw ha thiab qos liab yog ib feem xyuam xyaw ntawm khoom noj thiab muaj txiaj ntsig ntau heev rau kev txhab ntxiv rau khoom noj qab zib thiab tsis qab zib.

### NOJ HMO UAS CEEV THIAB YOOJ YIM

THAS QHAUS QOS LIAB THIAB NOOB TAUM DUB



### COV FEEM XYUAM XYAW

- ncuav hmoov nplej los sis pob kws
- 2 1/2 khob cov qos liab, uas muab txhoov ua thoog me-me lawm
- 1 diav roj ntoo
- 1 diav cov kua txob hmoov
- 1 1/2 diav cov kua txob hmoov
- 1/2 diav cov hmoov ground cumin
- 1/4 diav cov hmoov kua txob loj
- 1 khob cov noob taum dub ntim poom, muab lim lawm + yaug dej lawm
- 1/2 ntawm ib sab dos daj, txhoov ua thoog me-me lawm
- 1/2 diav ntsev
- 1 nplais qij, txhoov mos-mos (los sis hmoov qij)
- 1 lub kua txob ntsuab, muaj ko, muaj noob thiab txhoov mos-mos

Thajj tug QR mus saib tus qauv ua khoom noj dis cis tauj thiab saib cov vis dis aus tus qauv ua khoom noj uas qhia ib kauj ruam rau ib kauj ruam!



### COV KEV QHIA UA

- Ua kom lub qhov cub kub txog li 425°F.
- Txhoov qos liab thiab muab hliv rau lub phiab sib tov loj. Kib nrog rau roj ntoo, hmoov kua txob, hmoov cumin thiab hmoov kua txob loj.
- Muab ncu kom ntev li 20 feeb los sis kom txog thaum muab diav taum rau muag-muag lawm.
- Rau 2 diav roj rau lub yias uas loj pes nrab thaum uas lub yias kub tsawv lawm. Rau cov dos uas txhoov lawm, 1/2 diav ntsev thiab kib kom txog thaum muag-muag tso (thaj tсам li 5–7 feeb). Rau qij thiab kua txob ntsuab thiab kib mus ntxiv li ob feeb. Qhwv cov noob taum.
- Lub sij hawm muab qhwv sib xyaw ua ke! Muab daim ncuav pua hauv qab, tso cov qos liab uas sib tov lawm rau hauv, tso cov noob taum rau txheej saum toj thiab txhab ntxiv tej yam khoom noj uas koj nyiam tuaj saum toj kawg nkaus (tsis yuam: txiv as vaus kas daus, zaub txhwb, txiv lws suav, kua txiv qaub kab ntxwv tshiab, pob kws thiab tshij qhaus tis caj).



01.

### 0.1 Cov Vaj Txiv Hmab Txiv Ntoo nyob ntawm the Hunger Task Force Farm

Koj puas paub tias Hunger Task Force Farm tau cog txiv ev paum thiab txiv phias ntau tshaj li 20 hom uas sib txawv uas muaj ntau tshaj li 800 tsub? Hunger Task Force txaus siab heev rau peb cov vaj txiv hmab txiv ntoo, thiab txhua tej lub caij nyoog Lub Chaw Ua Liaj Teb cog tau cov txiv hmab txiv ntoo tshiab-tshiab tshaj li 30,000 lbs. los faib pub dawb rau cov tsev neeg hauv zos. Koj tuaj yeem hais tau tias cov vaj txiv hmab txiv ntoo yog "qhov tseem ceeb" ntawm tej yam uas koj ua!



02.

### 0.2 Kev Muab Qauv Ntses Salmon Ntawm Stockbox Rau Cov Laus (Seniors Sampling Stockbox Salmon)

Nyob rau ob peb lub hlis dhau los, Hunger Task Force Tus Neeg Xyaum Hauj Lwm Fab Khoom Noj, Pausa Chang, tau mus saib txhua tej lub chaw muag khoom noj rau Neeg Laus uas muag cov khoom hauv Stockbox txhawm rau muab cov npav qhia ua khoom noj tshaj li 1,700 daim thiab cov qauv qhov qab ntawm khoom noj Apple Celery Salmon Salad. Daim ntawv qhia ua khoom noj no phim rau cov khoom los ntawm Stockbox nrog rau cov feem xyuam xyaw uas tshiab txhawm rau qhia kom pom qhov uas yooj yim (thiab qhov qab!) txoj hauv kev uas cov neeg laus tuaj yeem npaj tau cov khoom noj uas muaj txab khoom noj uas lawv tau txais los ntawm Hunger Task Force.



03.

### 0.3 Hais Tias Tshij-y (Say Cheese-y!)

Hunger Task Force tau txais tos Khris Middleton ntawm Milwaukee Bucks los rau peb cov chaw ua hauj lwm loj ntawm West Milwaukee tom qab kev pub dawb Goodles li 6,240 thawv los ntawm Middleton Lub Chaw Pab Khoom Noj Rau Tsev Neeg (Middleton Family Foundation). Goodles yog mev thiab tshij (mac & cheese) uas tsim tawm tshiab, uas muaj plaus tees, cov txhab khoom noj ntawm yam khoom qoob loo, tshij tsis txuam lwm yam, thiab plaus npais aus tiv (probiotics) li 14 gram. Peb vam tias yuav faib cov khoom noj uas zoo rau kev noj qab haus huv no mus rau peb lub nev vawj hauv zos.



Lub khoos kas SNAP-Ed uas tau txais peev nyiaj pab los ntawm tsoom fww muab cov hww tsam kev kawm pab txhawb kev ua neej kom muaj kev noj qab nyob zoo rau cov neeg uas tau txais los sis muaj cai tau txais FoodShare. Cov cuab yeej siv fab kev kawm no pab ua kom tib neeg paub xaiv tau kev noj qab haus huv zoo zog los nyob kom ua neej zoo zog.



Lub chaw hauj lwm no yog lub chaw muab kev pab thiab 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. Xav paub ntau ntxiv, hu rau lub chaw lis hauj lwm hauv koj lub zos ntawm tus xov tooj 1.888.947.6583 los sis mus saib <https://access.wisconsin.gov>. Cov ntau ntawv no yog lub USDA Lub Khoos Kab Pab Nyiaj Muas Noj – SNAP ua tus pab nyiaj los 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! Rau ntaub ntawv kev paub ntxiv txog cov ntawv qhia ua noj uas siv chav rau khoom noj thiab Stockbox cov khoom, kawm cov hww tsam (kev nyeem daim ntawv lo, kev ncig kiab khw, thiab lwm yam), los npaj qhov mus saib Lub Chaw Ua Liaj Teb los sis teeb lub chav qhia ua noj haus nyob hauv peb lub McCarty Education Kitchen, txuas lus rau Hunger Task Force.

Sau Email rua peb: [nutrition@hungertaskforce.org](mailto:nutrition@hungertaskforce.org)

## SOJ QAB SAIB PEB

