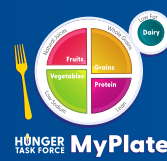


# KEV QHIA UA KHOOM NOJ HAUS PEB HLIS IB LWM

Ib Phau Ntawv Luam  
Tawm txog  
HUNGER TASK FORCE



**HUNGER  
TASK FORCE**  
FREE & LOCAL

**LUB CAIJ NTUJ SOV • 2024**



## KAWM COV KEV COJ UA NEEJ NYOB HUV

### QHOV KHOOS KAS NTAWM-VAJ-MUS-RAU-PHAJ PAB COV HLUAS XAV KAWM UA NOJ TAU HAUNT SOOV

Twb txog lub caij ntuj sov lawm, thiab Hunger Task Force saib rov qab rau qhov uas qhov khoos kas uas tau rhawv dua tshiab hu ua Ntawm Vaj Mus Rau Phaj tau mus zoo npaum licas xyoo kawm ntawv tas los no! Qhov khoos kas no tau nthuav dav zuj zus mus zoo lawm, vim tias 400 tus me nyuam kawm ntawv tau muaj cib fim koom los ntawm 13 hoob kawm los ntawm rau lub tsev kawm ntawv hauv thaj tsam koog kawm ntawv West Allis-West Milwaukee (WAWM) thiab Milwaukee Public Schools (MPS).

Qhov khoos kas Ntawm-Vaj-Mus-Rau-Phaj qhia txog cov zaj kawm MyPlate nrog rau cov kev sib pab kawm, thiab muab kev kawm rau cov me nyuam los ntawm cov tsev neeg uas khwv nyiaj tsawg zoo txog cov kev xaiv khoom noj huv lawv thiaj ntseeg tias lawv npaj tau cov puas mov qab thiab huv tom tsev nrog lawv tsev neeg.

Thoob xyoo kawm ntawv, cov menyuam tau pib lawv qhov kev kawm txog tej no pib hauv lawv cov hoob kawm thaum tus Qhia Kev Noj Haus Huv Rau Tej Me Nyuam. Lawv tau kawm txog kev noj haus huv thiab tej yam hauv khoom noj uas yug lub cev siv MyPlate ua ib qho kev coj. Tom qab ntawd, lawv tau xyaum tej uas lawv tau kawm hauv lub McCarty Education Kitchen, uas lawv tau ua cov puas mov qab thiab zoo yug lub cev. Ces tom qab ntawd lawv qhov kev lom zem tau xaus thaum mus rau tim lub School Garden rau ntawm lub Hunger Task Force Farm uas lawv tau nqes tes mus de thiab sau zaub. Qhov uas nqes tes ua haujlwm li no tau pab lawv saib khoom noj tshiab rau nqes thiab to taub qhov uas noj tej yam huv tseem ceeb npaum licas.

Qhov khoos kas Ntawm-Vaj-Mus-Rau-Phaj txhawb cov me nyuam thaj tsam no thiab tau qhia lawv tias peb cov khoom noj los qhov twg los, yuav ua licas xaiv tej yam huv, thiab qhov tseem ceeb tshaj mas yog tias qhov uas ua tej puas mov uas huv yog yam lom zem thiab txhawb zog kawg. Saib rau yav tom hauv ntej mas, muaj cov kev npaj nthuav qhov khoos kas mus dav zuj zus ntxiv, yog li peb mam ntxiv rau lub hoob kawm thiab ib lub tsev kawm ntawv tshiab lub caij nplooj ntoos zeeg no!

**SUMMER EBT** muab ib cov tsev neeg nrog kev pab nyiaj yuav khoom noj rau lawv cov me nyuam rau lub caij ntuj sov.

**\$120**  
**RAU TXHUA  
TUS MENYUAM**

### LEEJTWG THIAJ TSIM NYOG TXAIS TAU SUMMER EBT?



Muab hais los mas, cov me nyuam uas tsev neeg khwv nyiaj tsawg los, cov uas raug lawv tias tsim nyog txais, lossis tsim nyog txais puas mov dawb lossis txo nqi (free or reduced price, FRP) tom tsev kawm ntawv thiaj tsim nyog txais Summer EBT.

[www.HungerTaskForce.org/Summer-EBT](http://www.HungerTaskForce.org/Summer-EBT)

LUB HUNGER TASK FORCE YOG MILWAUKEE TIB QHO **CHAW PAB KHOOM NOJ** DAWB UAS NCAJ KE.

# LUS SAM XEEB TXOG KEV NOJ QAB HAUS HUV

## NYEEM COV NTAWV LO – Percent % Daily Value (Feem Puas % Ntawm Tej Ua Noj Tuaj Ib Hnub)

Qhov Percent Daily Value (%DV) ntawm daim ntawv lo qhia kev noj qab haus huv yog ib qho koj qhia tias ib qho khoom noj muaj licas rau licas. Cov khoom uas peb noj mas muaj tej yam uas peb toob kas yug ceev lub cev kom nws nyob huv mus li: rog, protein, carbohydrates, fiber thiab cov vitamees, xws li vitamees A thiab vitamees C; thiab tej txo tooj txo hlau, xws li calcium thiab iron. Cov khoom yug lub cev feem ntau mas nyob ntawm daim ntawv lo thiab raug sau qhia ua ib feem ntawm ib puas hu ua %DV.

Cov kws tshaj lij pab qhia txog kev noj haus paub tias tej yam yug lub cev mas yuav tsum noj ntau npaum licas tuaj ib hnub. Qhov Percent Daily Value qhia tias khoom noj twg mas pab tau yug ncau cuag koj cov homphiaj thiab pab tau txiav txim seb ib qho khoom noj twg puas muaj ib yam twg ntau lossis tsawg. Siv %DV pab ua zoo siv tswv yim txiav txim tias yuav xaiv tej yam khoom noj haus twg.

Qhov %DV mas nyob ntawm daim ntawv lo feem qhia txog cov txo yug lub cev sab xis. Muab hais ib daim duab loj los, 5% lossis tsawg zog txhais tias yam ntawd muaj khoom yug cev ntawd tsawg thiab 20% rov saud mas txhais tias muaj khoom yug cev ntawd ntau. Siv yam twj no pab koj sib piv cov khoom noj, xaiv tej yam huv dua thiab hwj xwm tej yam noj uas muab sib hloov tuaj ib hnub.

Kawm tau 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 6mg	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 as a general nutrition guide.

Siv Daim Lo Qhia Txog Tej Yam Yug Lub Cev Thiab MyPlate Los Mus Pab Xaiv Tej Yam Uas Huv Dua



### Ua Exawxais Cuag Ncau Thiab Haus Dej Kom Txaus Thiaj Muaj Lub Caij Ntuj Sov Ua Noj Qab Nyob Zoo

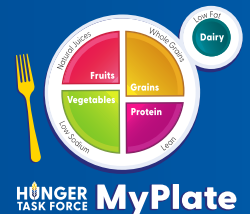
Lub caij ntuj sov no yog lub sijhawm zoo tshaj ua ub no nraum zoov, thiab qhov mus kev yog ib yam kev ua exawxais zoo tshaj rau cov tsev neeg thiab cov laus zog. Nws pab tau qhov kev noj qab haus huv ntawm lub plawv, ua rau cov nqaij ntshiv tuaj zog, txhawb kom lub siab lub ntsws thiab pab kom nyob ua neej zoo siab. Mus nraum zoov nqus pa tshiab tob thiab lub hnub qhov kaj pab hwj xwm qhov ceeb thawj thiab txo yus li feem uas yuav muaj mob nkeeg thiab pab kom tau cib fim nrog luag sib raug zoo.

Qhov haus dej kom txaus tseem ceeb heev, haj yam tseem ceeb rau cov hlis uas huab cua sov li no. Dej pab hwj peb lub cev qhov kub txias, txhawb cov pob aij txha thiab pab kom lub cev nyob zoo. Qhov uas muaj dej tsis txaus hauv lub cev ua tau rau nkees thiab kiv taub hau, thiab haj yam muaj tseeb rau cov laus. Nqa ib lub poom dej thiab noj tej khoom muaj dej ntau xws li txiv thiab zaub thiaj muaj dej txaus hauv lub cev. Mus kev cuag ncau thiab haus dej txaus thiaj muaj ib lub caij ntuj sov huv zog.



# IB FEEB TXOG KEV NOJ QAB HAUS HUV

Lub **Hunger Task Force** tus qauv **MyPlate** muaj khoom noj uas xum los ntawm tsib qho khoom noj tibi: **Cov protein, txiv, zaub, thiab tej nplej** thiab **mog**.



## COV TSWV YIM PAB KOJ XAIV ZAUB THIAB TXIV

**Xaiv cov txiv thiab zaub koj tus kheej ces koj thiaj tau cov khoom noj zoo yug lub cev zoo tshaj.** Cov txiv thiab zaub tshiab muaj vitamees, tej txo tooj txo hlau thiab txo yug lub cev, thiab txhawb kom noj qab nyob zoo thiab tuaj zog. Mus nrhiav cov xim zoo nkauj thiab cov uas tawv hauv lub taj laj thiab tim tshav puam – cov no qhia seb puas tshiab thiab zoo yug lub cev. Yuav tau tej yam pheejyig, mus yuav tej yam sau raws caij nyoog thiab mus tim taj laj tshav puam. Ua teb thiaj muaj koj ib lub vaj yog ib txojkev zoo tshaj tau tej zaub thiab txiv tshiab. Cog cov zaub yoojyim tu xws li txiv lws suav thiab zaub xam lav thiaj tau noj tej yam zoo uas tau ua tus kheej tom tsev.



**YUAV KHOOM NOJ  
RAWS CAIJ NYOOG**



**MUS TSHAM COV  
TAJ LAJ TSHAV PUAM**



**MUS NRHIAV COV  
KHOOM NOJ MUAJ XIM  
ZOO NKAUJ**



**KOV SEB TAWV  
NPAUM LICAS**



**UA TEB KOJ  
TUS KHEEJ**

## COV SMOOTHIE NTSUAB THIAB MUAJ ZAUB NTUG BEET

*Ntxiv tag nrho cov khoom noj rau hauv lub tshuab zom thiab muab zom txog thaum du du.*



**COV TXIV TSAWB** muaj *potassium, fiber, thiab cov vitamees uas pab koj tuaj zog sai!*

### Txiv Pos Nphuab Nrog Zaub Ntug Liab BEET Smoothie

1 khob kua mis noob txiv almond qab  
vanilla tsis ntxiv piam thaj

1 khob kua txiv puv luj

1 khob txiv pos nphuab tshiab  
lossis txias khov nkoog

½ khob txiv blueberries tshiab  
lossis txias khov nkoog

½ khob zaub ntug beet ntim kaus poom,  
nchuav kua kaus poom pov tseg

### Ntsuab Smoothie

1 khob zaub spinach lossis lwm yam zaub

1 khob kua mis nyuj 1% (lossis kua mis yam twg koj nyiam)

1¾ khob tej daim txiv puv luj tsuav txias khov nkoog

1 lub txiv tsawb loj tsawv

1 diav tbsp kua txiv mab naus (nyob ntawm seb puas nyiam)



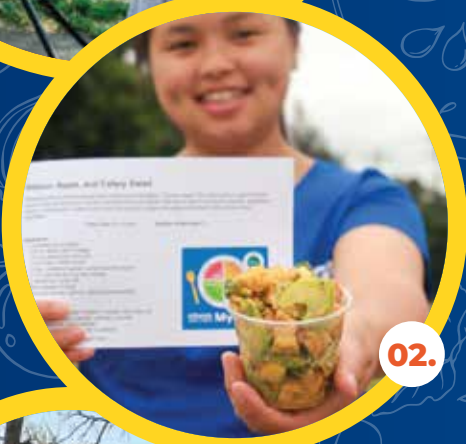
**COV TXIV BLUEBERRIES** muaj cov txo yug lub cev zoo me thiab zoo pab rau lub plawv, paj hlwb, thiab plab hnyuv!



01.

### 01. Meet Up & Eat Up (Sib Ntsib & Noj Ua Ke) nrog Cov Pluas Mov Pub Dawb Rau Tag Nrho Tej Me Nyuam

Thov tuaj txais tej pluas mov pub dawb uas huv thiab koom tej kev ua si rau cov me nyuam thiab hluas muaj 18 xyoo rov haud. Qhov khoos kas pub Pluas Mov Rau Lub Caij Ntuj Sov no "Meet Up & Eat Up" pab kom cov tsev neeg txuag nyiaj, pab lawv kom cov me nyuam txais tau cov plugs mov huv thiab txhawb kom tuaj koom tej kev ua si thiab kawm. Ntaus sau cov lus "FOOD" lossis "COMIDA" ntawm xovtooj mus rau 304-304. [www.HungerTaskForce.org/summermeals](http://www.HungerTaskForce.org/summermeals)



02.

### 02. Tus Kws Qhia Kev Noj Qab Haus Huv Rau Zej Zog Coj Kev Saj Rau Lub Caij Ntuj Sov

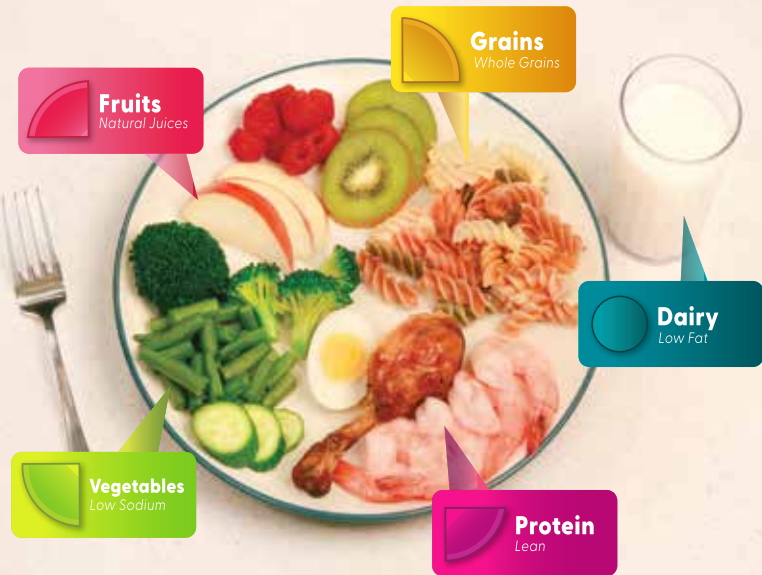
Muaj Tus Kws Qhia Kev Noj Qab Haus Huv Rau Zej Zog Pasua Chang ua tus coj, lub Hunger Task Force pab pawg rau Kev Kawm Ntaub Ntawv Txog Kev Noj Qab Haus Huv rau siab txhawb cov laus zog kev noj qab haus huv los ntawm qhov uas muab cib fim saj cov pluas mov huv. Nruab lub caij ntuj sov, lawv yuav nthuav qhia txog tej pluas mov no nrog rau cib fim saj rau ntawm tej qho chaw faib Stockbox thiab cov khoos kas pab pluas mov. Thaum muab cib fim saj cov khoom qab txawv thiab tshab nrog rau cov khoom huv, nws pab tau cov laus zog tshawb saj tej yam noj tshab thiab sim tej yam qab zog, thiab pab tau lawv ntseeg tias lawv xaiv tau tej yam huv thiab zoo siab.



03.

### 03. Thov ntsib Tus Ua Teb Laura!

Laura Witkowski, peb Tus Ua Teb Qhia-SNAP, pab lub Hunger Task Force qhov khoos kas Ntawm-Vaj-Mus-Rau-Phaj muab cib fim rau cov me nyuam kawm mus tsham lub Farm thaum lub caij cog ua teb. Cov me nyuam tau cib fim nqes tes cog, pom cov zaub thiab txiv tawm txi, thiab sau cov zaub thiab txiv hauv Lub Vaj Kawm 28 cov teb tsa cog. Qhov khoos kas no yaum kom noj haus huv thiab pab cov me nyuam thaj tsam no to taub tias lawv tej khoom noj los qhov twg los.



**Ua Kom Txhua Pluas Mov Yog Pluas MyPlate.**  
[www.HungerTaskForce.org/MyPlate](http://www.HungerTaskForce.org/MyPlate)



Qhov khoos kas SNAP-Ed yog lub tseem fww loj dhia thiab muab cov cib fim kawm txhawb kev coj ua neej noj qab haus huv rau cov neeg uas txais lossis tsim nyog tau txais FoodShare. Cov kev kawm no pab tibneeg xaiv ua tej yam ua pab kom noj qab haus huv thiab coj ua neej nyob zoo dua.