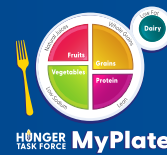


KEV QHIA UA KHOOM NOJ HAUS PEB HLIS IB LWM

Ib Phau Ntawv Luam
Tawm txog
HUNGER TASK FORCE



LUB CAIJ NTUJ NO • 2025



PAB COV TSEV NEEG THIAB COV HNUB NYOOG NCHAV NTAWM SAB KEV UA KHOOM NOJ HUV

Lub Hunger Task Force npuab siab pab cov tsev neeg thiab cov hnuv nyoog nchav ntawm peb lub zej zog kawm lub tswv yim thiab txuj npaj cov puas mov huv siv cov khoom uas lawv txais hauv ib lub Stockbox los cov chaw pab khoom noj. Hauv xyoo tas los no, peb Tus Hwj Xwm Kev Noj Haus Huv Rau Zej Zog tau qhia cov hoob kawm thiab xyaum cov qauv qhia ua noj uas tau qhia kom txawj ua cov puas mov qab, thiab pheej yig. Lub Hunger Task Force npuab siab pab cov tsev neeg thiab cov hnuv nyoog nchav kom muaj tej uas lawv toob kas xaiv cov puas mov uas huv thiab haum tej uas lawv toob kas noj thiab cov kev noj qab noj ua ntawm lawv haiv neeg.

Hauv 2024, lub Hunger Task Force tau qhia yuav luag 20 qhov cib fim kawm ua mov noj, rau ntau pua tus. Txhua lub hlis, Tus Hwj Xwm Kev Noj Haus Huv Rau Zej Zog mus xyuas cov chaw pab khoom noj hauv thaj tsam, cov koom haum koom tes thiab cov tsev kaj siab, qhia txog cov puas mov huv xws li txiv tsuam ua xam lav ntxuag yogurt rau saud, "Cov Kua Nplaum Dib" ua kua ntsw, thiab cov fawm macaroni ntxuag tshij siv cov fawm muaj tag nrho lub plhaub nplej. Xam pom txog yav tom ntej, mas peb zoo siab muab cov kev pab no nthuav mus dav zog, yeej meem muab kev kawm ntaub ntawv txog kev noj qab hauv huv yam uas yooj yim mus cuag, zoo siv thiab yam uas haum haiv neeg cov kev coj noj coj ua.



**YEES THIAJ
KAWM TAU
NTXIV**



COV CAI UA HAUJ LWM FOODSHARE TAU ROV QAB LOS LAWV

Txij thaum lub Kaum Hli 2024, tau coj cov cai ua hauj lwm rov qab los rau cov laus uas ua taus tsis tu luag ua neej nyob li (able-bodied adults without dependents, ABAWD) rau cov uas txais FoodShare. Yog koj muaj hnuv nyoob 18-54 thiab tsis tu luag ua neej nyob, ces koj yuav tau ua raws li cov cai ua hauj lwm no los sis tau raug kuaj pom tias zam tsis kom koj ua raws li ceev koj cov kev pab FoodShare. Yog koj tsis coj raws li cov cai no los sis tsis tau raug xyuas pom tias zam tsis kom koj ua raws li, tej zaum koj yuav plam koj cov kev pab no tej zaum qhov ntev tshaj mas yuav yog peb xyoos. Tej tug hauv tsev neeg tej zaum kuj yuav tau coj raws li cov hauv paus cai ua hauj lwm FoodShare thiaj ceev tau lawv cov kev pab.

PUAS TOOB KAS KEV PAB? Tiv tauj koj lub koom haum ncaj ke los sis hu ib lub Hunger Task Force FoodShare Resource Center – peb cov kev tsa suab pab nyob ntawm no tos pab koj to taub thiab coj raws li cov cai.

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

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.

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



TWM COV NTAWV LO – Ntsev

Ib txoj kev pab ceev koj lub plawv kom nyob zoo mas yog txwv tsis noj ntsev hauv cov khoom uas koj noj. Rau neeg feem coob mas, qhov ntau tshaj uas pom zoo noj tuaj ib hnub mas yog tsawg dua 2,300mg – uas yog ib diav me.

Ua zoo xyuas cov ntawv lo pob khoom noj pab tau koj txwv tsis noj ntsev ntau dhau. Ua zoo xyuas qhov **% Daily Value**, thiab nco ntsoov tias 5% los sis tsawg dua mas muaj ntsev tsawg zog ho cov muaj 20% los sis ntau zog muaj ntau heev. Ib qho khoom noj muaj 20% ntsev los sis ntau dua mas tej zaum yog yam uas koj xav muab lwm yam muaj ntsev tsawg los theej.

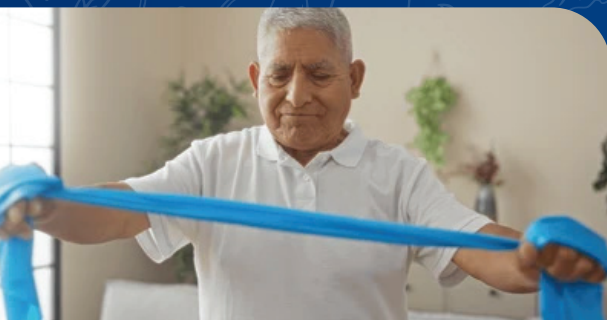
Ntawm no yog lwm cov tswv yim pab koj txo ntsev:

- Siv cov txuj lom tsis muaj ntsev thiab qab.
- Xaiv cov khoom noj ntim kaus poom tsis muaj ntsev los sis muaj tsawg xws li cov zaub thiab cov kua zaub hau.
- Nco ntsoov tias ntsev yog yam uas ceev tau khoom noj kom kav tau ntev, yog li feem ntau cov khoom noj ntim kav ntawv mas yuav muaj ntsev ntau zog. Npaj koj tej khoom noj koj tus kheej thaum twg los tau yuav pab tau koj tswj cia!

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

SIV COV HLUA ROJ HMAB UA EXAWSXAIS LUB CAIJ NTUJ NO

Nyob ruaj muaj zog lub caij ntuj no. Siv cov hlua roj hmab ceev qhov twg los tau, thiaj yooj yim ua exawsxais!



Cov hlua roj hmab ceev pab tau kom koj haj yam muaj zog ntxiv tuaj thiab kom cov nqaij ntshiv thiaj txawj khoov. Cov no mas yog ib co hlua roj hmab loj thiab siv tau rau lub cev txhua feem ua exawsxais. Cov hlua roj hmab ceev no mas yog siv ua exawsxais kom muaj zog ntxiv tuaj, ua rau cov nqaij ntshiv haj yam muaj zog, los sis siv tau ncab cev, koj cov nqaij ntshiv txawj yooj. Cov hlua roj hmab no zoo siv vim khaws tau hauv koj hnab ris los sis hnab thiaj ncab koj cov nqaij ntshiv tom qab tau zaum ntev.

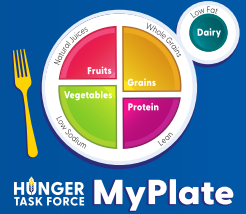
Sim qhov kev ua exawsxais nrog roj hmab hlua no!

NCAB LUB HAUV SIAB: Zaum muab lub nrob qaum kho kom sawv ntsug, ob sab tes ua zoo tuav hlua roj hmab. Koj ob sab tes mas yuav tsum sib nruv deb txaus kom txoj hlua thiaj ceev tuaj mensis, tiamsis txhob tuav kom nws nruj tuaj. Muab koj ob sab nplooj pus rub los ua ke thiab rub tau koj ob sab tes kom haj yam sib nruv deb zog mus txog thaum koj ob sab tes txav mus rau sab tav deb li deb tau. Tos ib chim. Maj mam tso txav rov qab los rau qhov pib. Ua li no thiaj yog ua ib zaug. Ua 10 zaum.

Nco ntsoov: Thov ua exawsxais kom nyab xeeb thiab ua zoo mloog koj lub cev—qhov uas ua li no yog koj yuav tsum nco ntsoov tias muaj kev pheej hmoo. Thaum ua exawsxais thiab ncab mas yuav tsum tsis txhob hnob mob. Tseem ceeb mloog koj lub cev thiaj txawj kho qhov uas ua pes tsawg zaug los sis ua exawsxais lcas kom haum koj raws li toob kas.

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 tibs: **Cov protein, txiv, zaub, thiab tej nplej** thiab **mog**.



OATS: IB YAM NPLEJ MUAJ TAG NRHO LUB PLHAUB MUAJ FIBER NTAU

Cov oats mas yog ib yam nplej tseem muaj tag nrho lub plhaub muaj fiber ntau, uas pab kom koj tsau plab, pab hwj xwm cov ntshav qhov qab zib thiab muaj roj hov ntau kom xwm yeem. Muaj ob peb yam oats – tiam sis lawv ho sib txawv qhov twg?

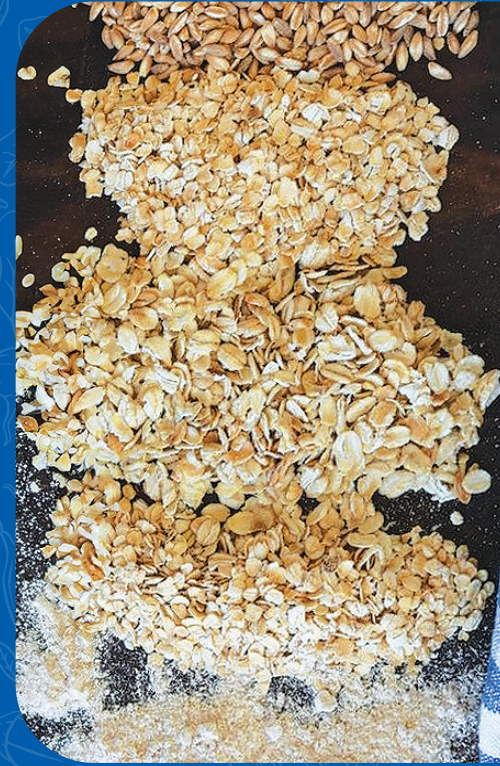
Groats: Groats yog cov nplej oat uas tsis tau muaj ua licas kom txawv pes tsawg, yog li yog ib yam zoo txais rau cov kua zaub hau, kua dis thiab zoo siv ua nplem.

Cov oat uas muab riam tsuav: Cov oat uas muab riam tsuav mas raug ci thiab muab tsuav ua tej daim me. Thaum muab ci, lawv tseem tawv tsawv thiab nplaum. Cov oat uas muab riam tsuav mas yuav tsum ci saum qhov cub thiab siv sijhawm ntawv dua cov oat luab.

Cov oat luab: Kuj hu ua old-fashioned oats. Cov oat luab mas tau raug muab cub thiab muab tso ua kom caus, ua li thiab ua kua dis npliag thaum muab ci. Cov oat luab mas zoo tshaj siv ua kua dis oatmeal, cov qhov ci qab zib thiab cov nplej oat dhau hmo ntuj (saib qhov qauv qhia ua noj nram qab no!)

Cov oat siav tuaj sai: Cov oat siav tuaj sai mas yog cov luab kom nyias uas siav tuaj sai dua li cov thas mab das, yog li thiab zoo siv ua puas tshais yooj yim thiab sai los sis tsav ntxiv rau ib khob smoothie thiab cov qhov ci qab zib.

Cov oatmeal siav tuaj sai: Cov oatmeal siav tuaj sai mas yog ib feem cov oat luab uas tau muab ci thiab kom qhuav tuaj thiab muab ntim nrog cov txuj lom thiab piam thaj ntxiv.



NPAJ KOJ COV NPLEJ OAT DHAU HMO NTUJ UAS SIAV TUAJ HMO NTUJ

Xaiv ob peb yam thiaj saj seb koj nyiam tshaj muaj sib xyaw txawv licas – muaj ntau hom puas uas tsim tau!



PIB NTAWM LUB HAUV PAUS:

Muab ½ khob oat luab xyaw nrog ½ khob kua mis yam uas koj nyiam tshaj (xws li kua mis nyuj los sis cov los ntawm nroj tsuag) los sis dej.



UA KOM QAB ZIB DUA:

Ntxiv ib qho zib ntab, cov kua ntoo qab zib maple tsis muaj piam thaj los sis nphoo ib qho cinnamon. Sim tsav ib qho txiv tsawb quj los sis cov kua apple zom.



UA KOM HAJ YAM ZOO YUG CEV:

Muab cov Greek yogurt, kua roj noob los sis cov hmoov protein xyaw ua ke nrog thiaj haj yam muaj protein ntau!



TSO KHOOM QAB RAU SAUD:

Xaiv cov txiv tshab los sis qhuav, txiv noob, thiab kuj ntxiv tau tej daim dark chocolate.



TSEG NYOB NWS:

Tseg cia hauv tub yees ib hmos. Sawv los noj mov twb npaj tseg.



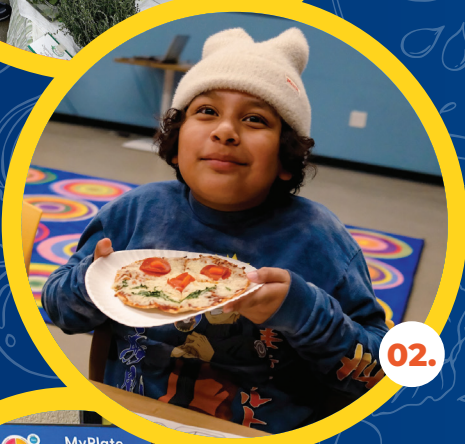
Yuav kom pheej yig: Yuav koj cov nplej oat thiab cov khoom tso rau saud hauv cov pob loj thiaj txuag tau nyiaj!



01.

01. Nrhiaiv Cov Khoom Tshiab Ntawm Lub Tshav Puam Lub Caij Ntuj No

Txawm tias lub tshav puam lub caij nplooj ntoo zeeg twb tag lawm, tseem muaj ntau lub tshav puam hauv Milwaukee, Waukesha, Germantown, Menomonee Falls thiab Port Washington uas ntxim nyiam. Lub caij ntuj no mas yog lub sijhawm zoo mus yuav cov khoom noj tshiab uas txi lub caij ntuj no, cov khoom ci txom ncauj, cov kua nplaum qab zib, kua txiv ev paus, zib ntab, cov kua ntoo qab zib thiab cov khoom noj los ntawm lwm haiv neeg. Cov tshav puam ntau, suav nrog rau lub Fondy's Winter Farmers Market, los yeej yuav cov kev pab SNAP/FoodShare!



02.

02. Cov Ua Mov Me, ua kom QAB HEEV hauv lub Chav Kawm Ua Mov Noj!

Cov me nyuam kawm qib 3-5 hauv peb qhov khoos kas Garden-to-Plate tau tuaj xyuas Hunger Task Force lub McCarty Education Kitchen ua ib qho kev mus tsham kawm tom no thaum lub caij nplooj ntoos zeeg tas los no tom qab tau mus xyuas lawv cov hoob kawm. Tom qab tau nqes tes xyaum kawm ib zag MyPlate, cov me nyuam kawm no tau qaws tes tsho los mus ua cov pizza qab huv muaj cov protein, tshij thiab cov zaub muaj ntau xim rau saud. Hunger Task Force cov kev kawm ntau ntawv txog kev noj qab haus huv. pab tau cov me nyuam kawm tej yam qab txawv tshiab, xaiv cov khoom noj huv thiab kawm seb lawv cov khoom noj los qhov twg los.



03.

03. MyPlate Cov Qauv Qhia Ua Noj Pab Cov Tsev Neeg Siv Cov Khoom Hauv Chaw Rau Khoom Los Ua Mov Noj

Lub Hunger Task Force's MyPlate Cov Teeb Tseb Cov Qauv Qhia Ua Noj yeej pab thoob plaws peb pawg chaw pab khoom noj yam kub ceev, uas tam sim no nyob hauv 19 lub chaw rau khoom thiab lub Mobile Market (Khw Ncig Mus Los). Thaum qhia cov qauv ua noj qab txawv thiab cov tswv yim siv cov khoom noj hauv chaw rau khoom, mas cov teeb tseb mas pab cov tsev neeg kawm cov kev tshiab qab los siv cov khoom noj uas lawv txais. Yuav nrhiav tau tag nrho peb cov qauv qhia ua noj hauv istawnej thiab kawm tau ua cov khoom noj tsav ntxiv, cov qhob noom qab zib thiab cov puas mov uas qab huv thiab pheej yig zog.

www.HungerTaskForce.org/recipes



Voices Against Hunger

HUNGER TASK FORCE

Koj puas xav pab kom zoo dua rau koj thiab lwm tus hauv zej zog? JKoom Voices Against Hunger thiab pab saib xyuas txhua tus muaj mov noj txaus. Thaum koom tes, koj yuav kawm txog teeb meem ntsig txog kev tshaib plab thiab faib koj lub tswv yim nrog cov uas txiav txim siab txog tej yam no. Cia peb ua hauj lwm ua ke tsim ib yav tom ntej tsis muaj kev tshaib plab.

www.HungerTaskForce.org/voices



SCAN QR nrog lub koob thajj duab hauv koj lub xov toj xwv kom kawm txiv los sis koom tes!



Putting Healthy Food Within Reach

USDA

Supplemental Nutrition Assistance Program

Qhov khoos kas SNAP-Ed yog lub tseem fvv 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.