



Doorashada  
Caafimaadka  
Qabta

# Samee Isku Beddel Fudud!



ISKIRIIM



CAANO  
FADHIGA  
PARFAIT



SHARAABKA  
SOODHAHA LEH



BIYAHA



PIZZA



DELI SANDWIJ  
LEH KHUDAAR



JIBIS



DAANGO AAN  
SUBAG  
LAHAYN

**CREATE** SNAP-ED  
BETTER HEALTH

Si aad u hesho farsamooyin nololeed oo caafimaad leh iyo cuntooyin nafaqo leh booqo websaydkan [createbetterhealth.org](http://createbetterhealth.org)

**EXTENSION**   
UtahStateUniversity.