Maxaa ku jira xirmada?

- Boodhadka (ka dalbo boodhadka daabacan halkan)
- Qaababka warside
- Sawirrada baraha bulshada (social media)
- Qaabka sii deynta saxaafadda
- Fariin cod ah oo duuban iyo tu qoraal ah
- Xaqiiqooyinka degdeg ah

Talooyin iyo fikrado wacyigelin!

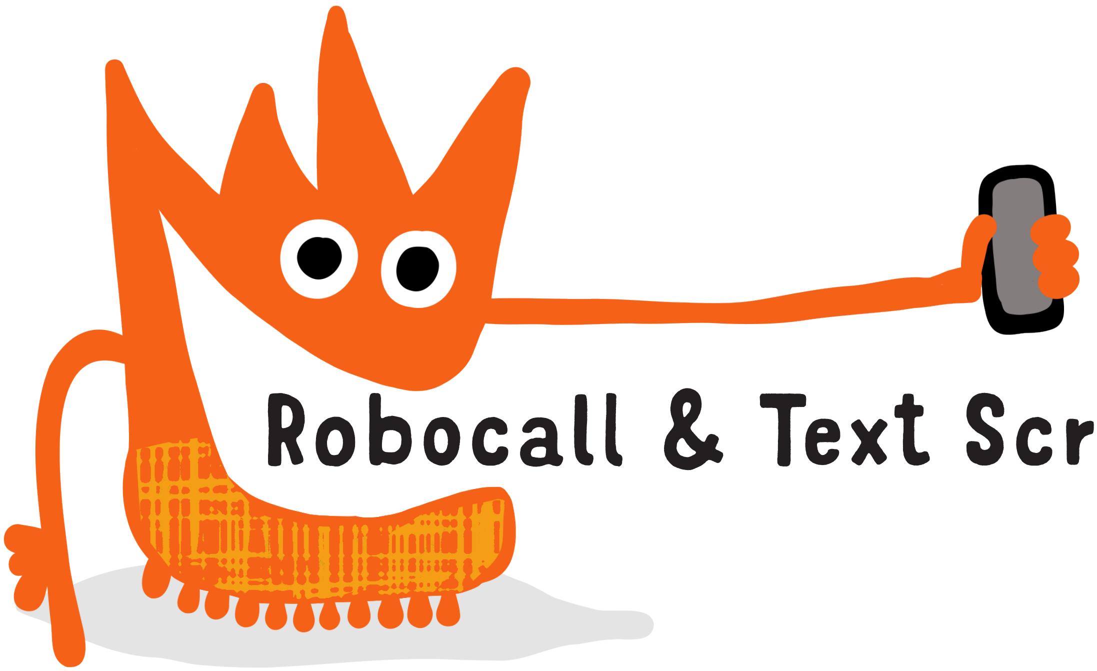
Fikradaha qaar ah sidi loo garsiin laha macluumaadkan qoysaska bulshadaada

La wadaag xirmadan madaxda waalidka ee Ururka Waalidka iyo Macalimiinta, Ururka Waalidka iyo Macalimiinta, iyo guddiga dugsiga

Ku dheji boodhadhka maktabadda xaafaddaada, dukaanka raashinka, jardiinooyinka, iyo meelaha kale ee ay qoysasku tagaan

La wadaag xirmadan ururada bulshada deegaanka

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination



Robocall & Text Script:

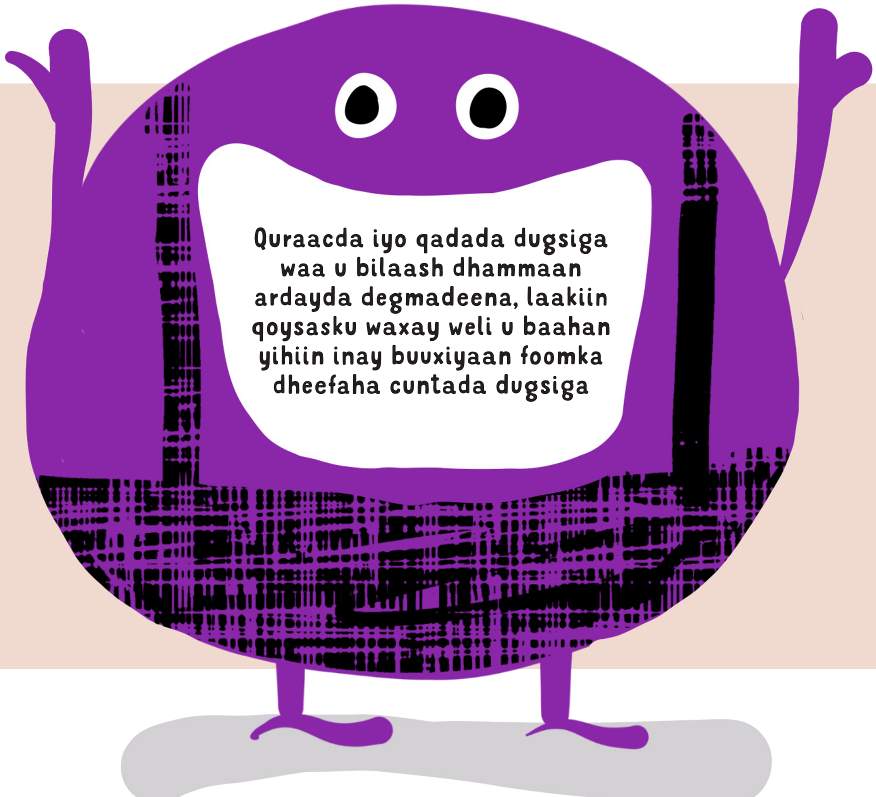
- Quraacda iyo qadada dugsiga hadda waa u bilaash dhammaan carruurta Maine
- Qoysasku waa inay weli buuxiyaan foomka dheefta cuntada dugsiga!
- Qoysaska u qalma waxay heli karaan lacag dheeraad ah oo raashinka logu talagalay iyagoo u maraya barnaamijka cudurka faafa ee EBT
- Buuxinta foomkana wuxuu caawiyaa dugsigeena sidu u helo lacag lagu taageero waxbarashada ilmahaaga
- Foomka dheefta cuntada dugsiga ku buuxi onlayn maanta, waa degdeg waana sir
- Booqo feedkids.me si aad wax badan uga barato.

Full Plates Full Potential ENDING CHILD HUNGER IN MAINE · NO KID HUNGRY MAINE · Maine Department of Education · MAINE SNAP-Ed Healthy Eating on a Budget · MaineHealth LET'S GO! 5-2-1-0 · MAINE SCHOOL NUTRITION ASSOCIATION · Department of Health and Human Services

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

ADD YOUR SCHOOL NAME HERE.

ayaa hadda aqbalaya foomamka gargaarka cuntada dugsiga!



Arday kasta oo u qalma quraac ama qado bilaash ah ama qiimo jaban oo dugsiga ah ayaa sidoo kale laga yaabaa inuu xaq u yeesho faa'iidooyinka raashinka dheeraadka ah iyada oo loo marayo barnaamijka kaalmada raashinka xiliga xanuunka faafa. Wax badan ka baro feedkids.me

Buuxinta foomka gargaarka cuntada dugsiga waxay ka caawinaysaa dugsigaaga inuu helo maalgalin dheeraad ah oo federaal iyo gobol ba ah

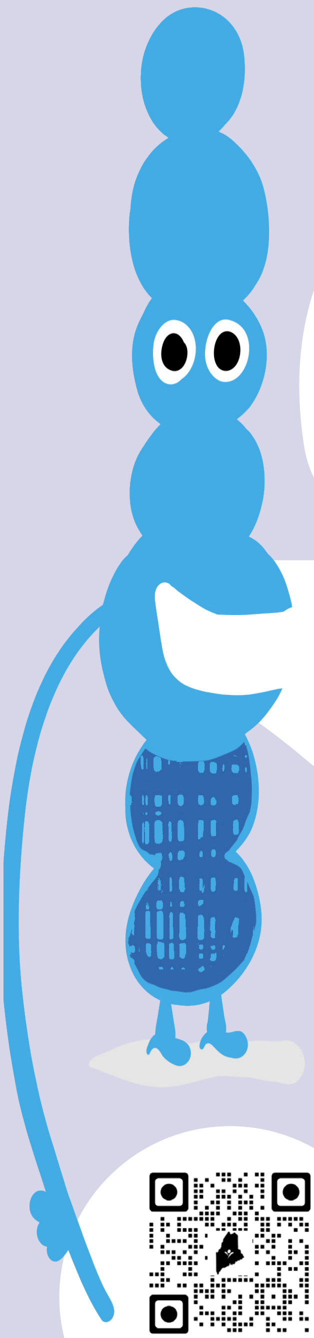
- Tirada ardayda u qalma cuntada bilaashka ah ama la dhimay ayaa go'aamisa qaddarka maalgelinta dawladda dhexe ee dugsigaagu heli doono si uu u taageero barnaamijyada waxbarashada iyo kobcinta
- Tirada ardayda u qalanta cuntada bilaashka ah ama qiimaha jaban ee dugsigaa ayaa go'aamisa in dugsigaagu uu siin karo cunto bilaash ah arday dhigata dugsiga kadib iyo inta lagu jiro xilliga xagaaga
- Tirada ardayda u qalanta cuntada bilaashka ah ama qiimaha jaban ee dugsiga ayaa go'aamisa intee in le'eg oo maalgelinta federaalka ah ee barnaamijka nafaqeynta ee dugsigaaga ka helayo dawladda federaalka

Waxaad si degdeg ah oo ammaan ah u buuxin kartaa foomka dheefaha cuntada dugsiga ee internetka halkan

ADD YOUR SCHOOL'S CONTACT INFO AND LINK TO YOUR ONLINE FORM HERE.

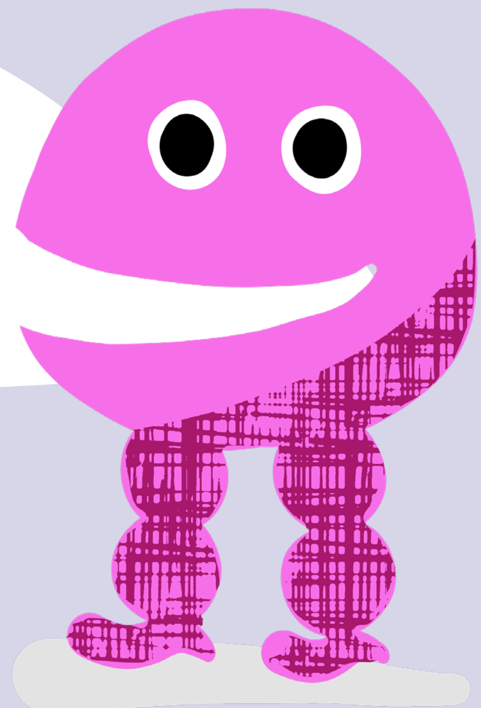
Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

Ma ogtahay?



Quraacda iyo qadada dugsiga
waa u bilaash dhammaan
ardayda Maine!
Laakin qoysasku wali waa
inay buuxiyaan foomka
gargaarka cuntada dugsiga

Waayo?



Arday kasta oo u qalma quraac ama qado qiimo jaban ama bilaash ah ayaa laga yaabaa inuu sidoo kale u qalmo dheefaha raashinka dheeraadka ah ee barnaamijka faafa ee EBT. Wax badan ka baro halkan feedkids.me

Buuxinta foomka cuntada faa'iidada dugsiga waxay ka caawinaysaa dugsigaaga inuu helo maalgalin dheeraad ah oo federaal iyo gobol ba ah

- Tirada ardayda u qalma cuntada bilaashka ah ama la dhimay ayaa go'aamisa qaddarka maalgelinta dawladda dhexe ee dugsigaagu heli doono si uu u taageero barnaamijyada waxbarashada iyo kobcinta
- Tirada ardayda u qalanta cuntada bilaashka ah ama qiimaha jaban ee dugsigaa ayaa go'aamisa in dugsigaagu uu siin karo cunto bilaash ah arday dhigata dugsiga kadib iyo inta lagu jiro xilliga xagaaga
- Tirada ardayda u qalanta cuntada bilaashka ah ama qiimaha jaban ee dugsiga ayaa go'aamisa intee in le'eg oo maalgelinta federaalka ah ee barnaamijka nafaqeynta ee dugsigaaga ka helayo dawladda federaalka

SKAN GARRE
AMA I GUJI!

Waxaad si degdeg ah oo ammaan ah u buuxin kartaa foomka dheefaha cuntada dugsiga ee internetka nlappscloud.com

Full Plates Full Potential — ENDING CHILD HUNGER IN MAINE | NO KID HUNGRY MAINE | Maine Department of Education | MAINE SNAP-Ed Healthy Eating on a Budget | MaineHealth LET'S GO! 5-2-1-0 | MAINE SCHOOL NUTRITION ASSOCIATION Making the right food choices, together | Department of Health and Human Services

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

Waxaad heli kartaa lacag dheeraad ah oo logu talagaly raashinka!

Qoysaska u qalma waxay heli karaan faa'iidooyinka raashinka iyada oo loo marayo barnaamijka caawimada raashinka xiliga cudurka faafa. Wax badan ka baro feedkids.me

Waxay caawisaa dugsigaaga iyo bulshadaada!

Dakhliga qoyska wuxuu caawiyaa go'aaminta maalgelinta gobolka iyo federaalka si loo taageero waxbarashada, nafaqada, iyo barnaamijyada kobcinta dugsigaaga.

Waa degdeg, sir, iyo onlayn!

DHAMMAAN qoysaska waa inay ka buuxiyaan foomka nlappscloud.com maanta.

SKAN GARRE AMA I GUJI!

Buuxi foomkaaga dheefta cuntada ee dusiga maanta

Full Plates Full Potential — Ending Child Hunger in Maine · No Kid Hungry Maine · Maine Department of Education · Maine SNAP-Ed Healthy Eating on a Budget · MaineHealth Let's Go! 5-2-1-0 · Maine School Nutrition Association · Department of Health and Human Services

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

DHAMMAAN qoysaska waa inay ka buuxiyaan foomka nlappscloud.com maanta.

SKAN GARRE AMA I GUJI!

Waa degdeg, sir, iyo onlayn!

Full Plates Full Potential — ENDING CHILD HUNGER IN MAINE
NO KID HUNGRY MAINE
Maine Department of Education
MAINE SNAP-Ed — Healthy Eating on a Budget
MaineHealth LET'S GO! 5-2-1-0
MAINE SCHOOL NUTRITION ASSOCIATION — Making the right food choices, together
Department of Health and Human Services

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

Buuxi foomkaaga dheefta cuntada ee dusiga maanta

DHAMMAAN qoysaska waa inay ka buuxiyaan foomka nlappscloud.com maanta.

Qoysaska u qalma waxay heli karaan faa'iidooyinka raashinka iyada oo loo marayo barnaamijka caawimada raashinka xiliga cudurka faafa. **Wax badan ka baro feedkids.me.**

SKAN GARRE AMA I GUJI!

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

DHAMMAAN qoysaska waa inay ka buuxiyaan foomka nlappscloud.com maanta.

Waxay caawisaa dugsigaaga iyo bulshadaada!

Dakhliga qoyska wuxuu caawiyaa go'aaminta maalgelinta gobolka iyo federaalka si loo taageero waxbarashada, nafaqada, iyo barnaamijyada kobcinta dugsigaaga.

SKAN GARRE AMA I GUJI!

Full Plates Full Potential — ENDING CHILD HUNGER IN MAINE · NO KID HUNGRY MAINE · Maine Department of Education · MAINE SNAP-Ed Healthy Eating on a Budget · MaineHealth LET'S GO! 5-2-1-0 · MAINE SCHOOL NUTRITION ASSOCIATION Making the right food choices, together · Department of Health and Human Services

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

Buuxi foomkaaga dheefta cuntada ee dusiga maanta

SKAN GARRE AMA I GUJI!

Wa muhiim in dhammaan qoysaska ay buuxiyaan foomka inkastoo cuntada dugsigu ay bilaash u tahay qof kasta sanadkan.

Waxaad heli kartaa lacag dheeraad ah oo logu talagaly raashinka!

Qoysaska u qalma waxay heli karaan faa'iidooyinka raashinka iyada oo loo marayo barnaamijka caawimada raashinka xiliga cudurka faafa. Wax badan ka baro feedkids.me

Waxay caawisaa dugsigaaga iyo bulshadaada!

Dakhliga qoyska wuxuu caawiyaa go'aaminta maalgelinta gobolka iyo federaalka si loo taageero waxbarashada, nafaqada, iyo barnaamijyada kobcinta dugsigaaga.

Waa degdeg, sir, iyo onlayn!

Ka buuxi foomka halkan nlappscloud.com maanta. Wixii su'aalo ah kala xiriir waaxda nafaqada ee dugsigaaga.

Full Plates Full Potential — ENDING CHILD HUNGER IN MAINE · NO KID HUNGRY MAINE · Maine Department of Education · MAINE SNAP-Ed Healthy Eating on a Budget · MaineHealth LET'S GO! 5-2-1-0 · MAINE SCHOOL NUTRITION ASSOCIATION Making the right food choices, together · Department of Health and Human Services, Maine

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination

Buuxi foomkaaga dheefta cuntada ee dusiga maanta

Waxaad heli kartaa lacag dheeraad ah oo logu talagaly raashinka!
Qoysaska u qalma waxay heli karaan faa'iidooyinka raashinka iyada oo loo marayo barnaamijka caawimada raashinka xiliga cudurka faafa. Wax badan ka baro feedkids.me

Waxay caawisaa dugsigaaga iyo bulshadaada!
Dakhliga qoyska wuxuu caawiyaa go'aaminta maalgelinta gobolka iyo federaalka si loo taageero waxbarashada, nafaqada, iyo barnaamijyada kobcinta dugsigaaga.

Waa degdeg, sir, iyo onlayn!
Ka buuxi foomka nlappscloud.com maanta. Wixii su'aalo ah kala xiriir waaxda nafaqada ee dugsigaaga.

Wa muhiim in dhammaan qoysaska ay buuxiyaan foomka inkastoo cuntada dugsigu ay bilaash u tahay qof kasta sanadkan.

Full Plates Full Potential
ENDING CHILD HUNGER IN MAINE

MAINE SCHOOL NUTRITION ASSOCIATION

NO KID HUNGRY MAINE

MaineHealth LET'S GO! 5-2-1-0

MAINE SNAP-Ed Healthy Eating on a Budget

Maine Department of Education

Machadkani waa bixiye fursad loo siman yahay. Wixii macluumaad dheeraad ah, booqo maine.gov/doe/schools/nutrition/nondiscrimination