

WAA U BILAASH REER EDEN PRAIRIE \* MAGAC LAGAA QORI MAAYO \* DIIWAAN GALIN UMA BAAHNID

# Cunto Aad Ciyaalkaaga u Qaadi Kartid Usbuuc Kasata (Sabtida iyo Axadda)

Dhamaan qoysaska Eden Prairies Schools (oo ay ku jiraan TESEL) wey soo doonan karaan Sabti iyo Axad kasta cuntadan Usbuuc Kasta ee ay hay'ada la dagaalanta gaajada caruurta ee Every Meal bixiso; waa hal bushqad ilmihiiiba, cuntooyinkani waa kuwa qalalan iyo kuwa diyaar ahba.

Dhamaan bushqadahan cunnada ahi waa ilaa 4 kiiloo ama 5 kiiloo oo cunno nafaqo leh ah, oo ah kuwa aan dhakhsaha u xumaan sida khudradda, midhaha, maraqa qasaaca ku jira iwm. Qoysasku waxey ka dooran karaan ilaa shan nooc bushqadahan cunnooyinka ah, kuwaas oo ku asteysan midabbo kala gedisan, waxaana ku taala astaanta qolada Every Meal.



**BUSHQADA CALANKA AH:** Waxa ku jira cuntooyin loogu tala galey dadka Afrikada Bari (*Doofaar kuma jirro*)



**BUSHQADA OORANJAHA AH:** Waxa loogu tala galey Laatiinaha dadka ah



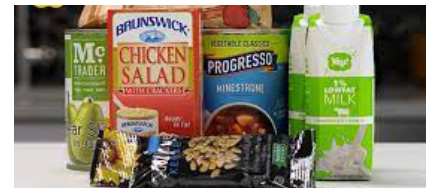
**BUSHQADA BASALIGA AH:** Waxa loogu tala galey dadka Koonfurta Bari ee Aasiya



**BUSHQADA JAALAHA AH:** Waxa ku jirra cuntada diyaarka ah ee aan u baahneyen karin



**BUSHQADA CAGAARKA AH:** Waxa ku jira cunnooyin isku dhex jir ah (*oo aan cidna gaar u aheyn*)



**XILLIGA:** **KHAMIISTA GALABNIMADA** inata u dhaxeysa 4:00 – 6:00 PM bisha September 7, 2023 soconeysana ilaa June 6, 2024. Bushqadaha cuntada lama bixin doono November 23 (Thanksgiving-ka) iyo December 28.

*Bushqado dheeraad ah ayaa la bixin doonaa ayaamaha ka horeeya maalmaha aan cuntooyinka la bixineyn.*

**GOOBTA:** Bannaanka ALBAABKA 4-aad ee Historic Gym-ka ee 8100 School Road (*drive-up model*)

**CIDDA:** Waxey bilaash u tahey dhamaan qoysaska Eden Prairie Schools-ka oo ay ku jiraan kuwa TASSEL dhigtaa. Waxaa xaq u leh cuntadan ilma kasta, loomana eegayo dakhli, inay cunto meel kale ka qaataan iyo wax kale toona. *Uma baahnid isdiiwaangalin.*



**EVERY MEAL**  
FIGHTING CHILD HUNGER



**EDEN PRAIRIE SCHOOLS**  
Community Education