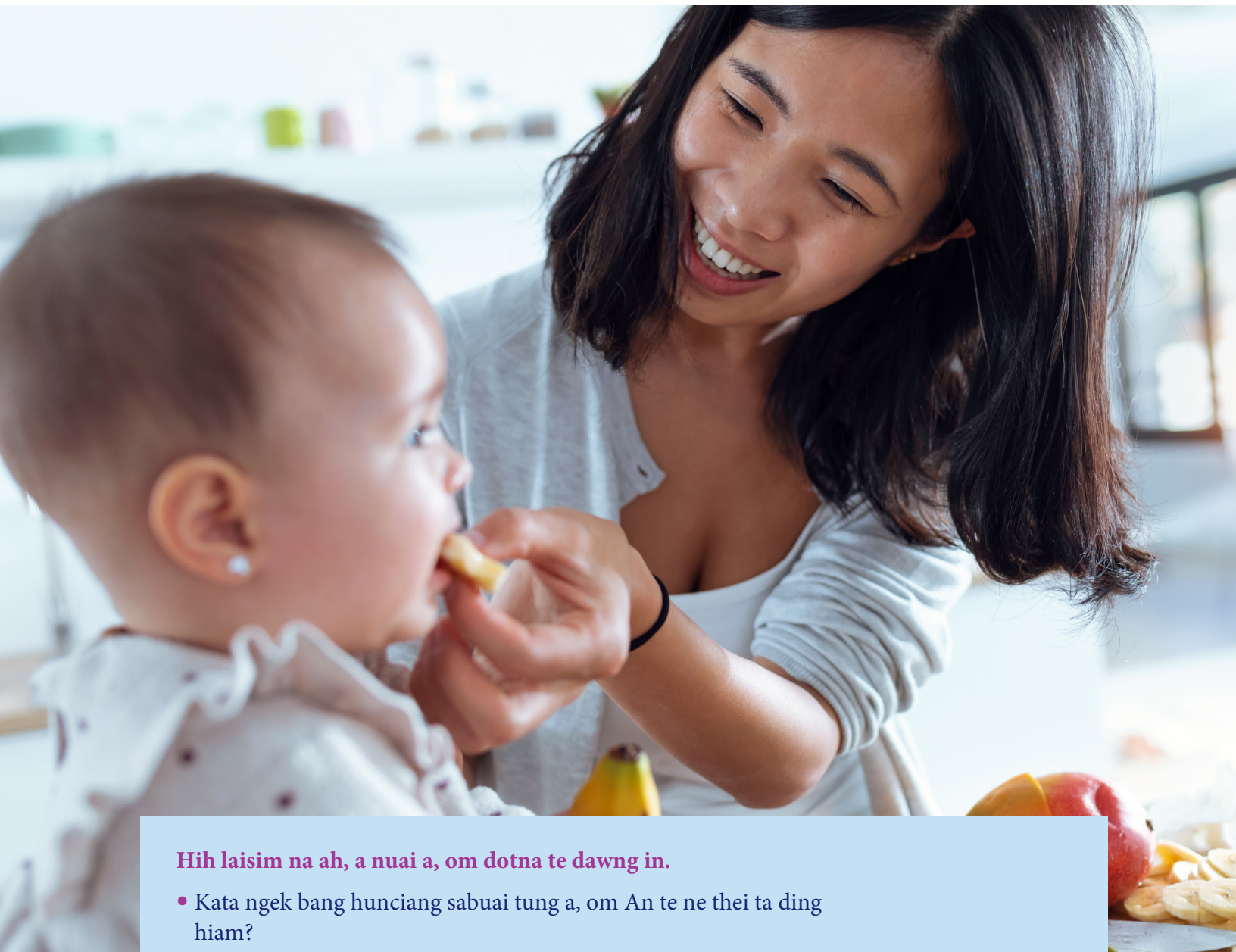


Hih thusinna na simkhit ciangin, a nuai a, thudot nate na zawhkhith teh (nutrition education credit) thaneihna ding An nektuidawn pilna ci in, na sangkah na ciaptehna lai nangah ding hi.

Naungek pan naupang lampaitheih dong khan khiatna



Hih laisim na ah, a nuai a, om dotna te dawng in.

- Kata ngek bang hunciang sabuai tung a, om An te ne thei ta ding hiam?
- Nek ngei nai loh An thak te a duh theih nang in bang ci pia ding?
- Lampai thei cil kata cidam takin a khan theih nang bang ci hilh ding?

Kum khat kim a pha, nata pen naungek pan in lampai thei cil naupang dong a khang khia hi ta hi. Hi hun sungah nata An nek tui dawnte a kikhel hun ahi hi.

Nata kisin ding in:

- Amah leh amah An ki bak nuam ta ding hi.
- Hai zong tawi in tui dawng nuam ding hi.
- A nek ngei loh Ante zong ciam nuam ding hi.



Nata cidam takin An a nekna ding hih anuai a, honghuh theiding thute na sim in.

1. Kata in sabuai tungah kilui Ante nek theih ki pan ta hi.

Nata in sabuai tungah kilui Ante a nek theih ciangin hih anuai a ki at bangin gamta ding hi.

- Amah leh amah huh loh sa in tangtak a tu thei ta hi.
- A khutpi leh khutmete tawh van khat peuhpeuh len kip thei.
- A khut zan in akam sungah na guan thei.

2. Ni khatin An nek thuum vei leh a kikal ah (snacks) moh nih vei kapia hi.

Lampai thei cil naupangte in a gil pi uh neulai ahih man in, ni khatsung tawntung tha a neihna dingin cidamna tawh kituak An te leh mohte piak kul hi. Zing An, suun An, leh nitak An tawh moh nih pan thuum ciangbang nikhat in piak khawm ding in hoih hi.

3. Kata a ding An, sikkeu khat pan sikkeu nih bang khen khia in tawm ta ka pia hi. Naupang khat leh khat ki bang lo in, An a duh ni ki bang lo in tam nek ni leh tawm nek ni om thei hi.

- Akam tawh ki tuak in a peh theih ding cia An neen te tawh tawm ta in ki pan in.
- An tawmta khenkhia kih ciangin sikkeu khat pan haikhat seh li suah seh khat ciang tawh kituak hi.
- Nata a gil a kial lai leh a man An hong nget hun ngak bawl in.

4. Kata tutpah sangah An piak sungin tu hi. Nata tutpah sangah, ahih kei leh An nekna tutpah ah a tawntung in tu sak in. Lampai thei cil naupangte pen An nek hunsungin kimawl nuam leh nathak khat peuhpeuh sin nuam ahihman in a An hoih tak nek ding kin lo thei hi. Ki mawl kawm An piak pen An thalh thei hi.

5. Lenggah, hot dogs tumtawng, singgah neu, peanut butter (leibe gawizante), leh muam khum a khauh cihbang An te pia ding, pelh in. Naupangte An nek lai tak thalh thei hi—a diakdiak in naungek te leh lampai thei cil naupangte pen An nek kisin tawm pan ahi hi. Nata lampai laitak, ahihkei leh a lum sa in An pia kei in. An a haiham, a khauh, a nal, aman, ahih kei leh a bem, ahi hot dog neute, lenggahte, peanut butter, a hai ham muam khum te pia kei in.

6. Kata in tu a An kapiak a duh kei leh mohpiak hun ah An dang khat pia zaw ding, ahih kei leh a kik ah An a nek hun ding dong ngak ding. Nata in na bawlsa An a duh kei leh alim zaw An a dang khat bawl beh kei in. Tuasang, a kik ah An nek hun, ahih kei leh moh nek hun ah An pia kik zaw in. An a duh loh sim in, An lim meh limthak khat na bawlden leh, tua banghah na in duh telsak lua ding hi. An a duh hun ngak le cin, naupangten ne lel ding hi.

7. Kata An thak ka piak ciang kalung duai hi.

Naupang a tam zaw a khat vei na An thak na piak ciang duh ma sa lo in hong nial ding hi. Lung duai in la, hih a nuai a te bang in sin in.

- Lampai thei cil naupangte duh pen kikhel den hi. Tua ahih manin nisim ki banglo ding, kiging in.
- Nata duh An pawl khat leh An thakte zong piakhawm in.
- Nata in tua An thakte a duhma in 15 pan 20 vei kim bang piak sin kul ding hi.
- An thak na piak ciangin a etlawm thei kibang lo singgah leh mehtekmehgah taumtuam pia in. Tualeh An nek ciang lawp in, a An nek te zong amah ki tangsap tha neih na pia ding hi.

8. Moh nek ciang leh An nek hunciang zong kata in tui dawn hi.

Moh leh An nek hunsim in tuidawn hoih pen hi. Naupangte in nawi tui leh juice (singgah tui) te khum ahih ciang dawn nuam zaw uh hi; ahih hang tua a khum tam dawn leh, naupangte' gil vahsak a, An a nek ding hun ciang a nek ding zah ne lo uh hi. Kum 1 pan kum 2 dong apha nuapangte'n ni-khat in nawi tui 16 ounces leh juice 4 ounces sang a tawm zaw bek dawn ding hi.

9. Ko innkuan An nek ciang ne khawm ung.

Nata in An nek, nangtawh nek khop nuam sa hi. An nek hunte nek nop huai leh ut huai ding in bawl in. TV leh phone te An nek hun sung khak in la, no innkuan hun zatna bangin ngaih sun ing. Nata in a sin thak siamnate leh cidam na tawh ki tuak nuntak ziate pen nang hih banghong et teh hi. Cidam huai Ante ne in amaute mai ah et teh huai khat in om ing.

Man ta na hih man in, hong lung dam pih ung!

An piak dan tawh kisai in dotnop na neih leh na WIC thuhilhsia, ahih kei leh na siavuam te tawh ki ho in.

KHAWL-IN!

**Hitak ah dotnate dawng in, na man ciangin
ciaptehma lai na ngah ding hi.**



Hih hawm khatna lai te pen Oklahoma State Department of Health (OSDH) ahi, tanh kikim in nasepna pia leh nasep ding panpih na Oklahoma cidam na zumpi, pan in ahi hi. Hih lai te pen Publications Clearinghouse of the Oklahoma Department of Libraries ahi Oklahoma laibu saal te thu hawm khatna mun innpi te kiangah Oklahoma thukhun 65 pan thulu 3-114 tawh ki tuak in ki koih hi; hih www.documents.ok.gov pan zong ki la thei hi. |bawl ni May 2022 |20073WIC | ODH NO. P1390|