

Lub koom haum Hunger Task Force tsis ua mov rau cov neeg hauv peb lub zej zog xwb- peb pab lawv haj yam noj qab haus huv thiab!

Lub koom haum Hunger Task Force muaj Lub Khoos Kas Kev Kawm Txog Khoom Noj Khoom Haus uas muaj txiaj ntsig zoo uas siv zog los muab cov cuab yeej uas muaj txig ntsig txhawm rau los txhawb txoj kev ua neej nyob kom noj qab haus huv.

Peb ua hauj lwm kom faib kev pab cuam uas txhawb nqa kev noj zaub mov qab, kom txawj ua mov noj, kev yuav khoom kom thiaj tsis kim thiab tej kev kom thiaj es xaws xais txhua hnuv!



KEV QHIA UA KHOOM NOJ HAUS PEB HLIS IB LWM

Ib Phau Ntawv Luam Tawm txog HUNGER TASK FORCE

LUB CAIJ NPLOOJ NTOOS HLAIV • 2024



YEES TUS QR THIAJ SAIB TAU SEB LUB MOBILE MARKET (KHW NCIG MUS LOS) QHIB THAUM TWG

LUB MOBILE MARKET (KHW NCIG MUS LOS) QHOV KEEB KWM HAUV MILWAUKEE THAJ TSAM NEAR WEST SIDE

College Court Apartments, nyob rau ntawm 3334 W. Highland Blvd., yog ib qho chaw tshwj xeeb vim nws yog qhov chaw uas lub Hunger Task Force lub mobile market tau mus rau tau ntev tshaj plaws, ib qho kev pab tseem ceeb heev rau cov neeg zej zog uas nrhiav cov khoom noj tshiab thiab pheej yig txaus.

Thaum hnuv Monday thib ob ntawm txhua hlis, lub Hunger Task Force Mobile Market mus tsham zej zog Near West Side no tau 90 na this pib thaum 1:30 pm. Nws yog ib txoj kev yooj yim zog rau cov neeg zej zog tuaj mus nqa khoom noj huv uas pheej yig txaus.

Zoo siab tos txais txhua leej txhia tus. Cov uas tuaj mus yuav khoom noj yuav muas tau khoom raug txo 50% ntawm tag nrho tej khoom. Peb txais FoodShare, yog li thiaj yooj yim tau tej uas ua rau yuav tsis tau khoom noj uas toob kas uas huv. Lub Mobile Market muaj ntau yam txiv ntoo, zaub, khoom kua mis uas yug tau lub cev zoo thiab cov nqaij uas muaj protein ntau. Cov neeg zej zog kuj nrhiav tau tej khoom noj uas cia hauv txee thiab ua tau cov puas mov zoo rau tag nrho yus tsev neeg.

Yuav kawm ntiv txog lub Mobile Market thiab nrhiav ib qho chaw mus nqa khoom noj ze koj, mus tsham www.HungerTaskForce.org/mobile-market.

LUB CAIJ NTUJ SOV NO SUMMER EBT PAB KHOOM NOJ NTXIV RAU TEJ TSEV NEEG HAUV WISCONSIN

Summer EBT lossis "Sun Bucks," uas yav tas los tau hu ua Pandemic EBT, yog ib qho khoos kas ruaj khov uas pab khoom noj rau cov me nyuam uas toob kas cov puas mov tom tsev kawm ntawv. Cov me nyuam uas tau tso npe nkag rau qhov khoos kas National School Lunch Program (uas tau puas mov dawb lossis pheej yig) txais tau kev pab no, thiab cov me nyuam uas twb txais FoodShare mas yuav muab tso npe rau tsis tas yuav ua dabtsi. Tej tsev neeg thov tau txais kev pab no yog tias tsis paub xyov puas yuav raug tso npe yog tsis thov. Cov tsev neeg uas tsim nyog txais tau mas yuav txais tau ib daim npav EBT muaj \$40 rau txhua tus me nyuam txhua hlis, uas yuav yog \$120 rau tag nhro lub caij ntuj sov. Qhov khoos kas no mas yog pab nrog rau cov Summer Nutrition Programs xwv thiaj pab tau khoom noj thiab muab cib fim ua tej yam kawm, xwv cov me nyuam thiaj muaj kev pab uas lawv toob kas thaum lub caij ntuj sov ua li thiaj npaj txhij mus kawm thaum rov mus kawm ntawv.

Kawm ntiv txog Summer EBT lossis mus thov kev pab ntawm www.HungerTaskForce.org.



LUB HUNGER TASK FORCE YOG MILWAUKEE TIB QHO CHAW PAB KHOOM NOJ DAWB UAS NCAJ KE.

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.

Tsawg dua 6 grams qab zib yog suav tias yog "tsawg qab zib."

LUS SAM XEEB TXOG KEV NOJ QAB HAUS HUV

NYEEM COV NTAWV QHIA LO KHOOM NOJ – Piam Thaj

Noj piam thaj ntau dhau tsis zoo rau tej tug, thiab muaj ntaub ntawv ntau txog tej hom piam thaj ua rau yus tsis pom qab ua licas. Muaj tej yam piam thaj uas cov khoom noj mas ib txwm muaj, thiab ib co mas yog txhob txwm ntxiv rau cov khoom noj uas peb mus yuav. Yog tias koj paub nyeem cov ntawv qhia lo khoom noj seb ob yam no ho sib txawv licas ces koj haj yam xaiv tau tej yam huv.

Total Sugars (Piam Thaj Tag Nrho) suav nrog rau cov piam thaj uas ib txwm muaj hauv tej khoom noj thiab tej dej haus, xws li cov piam thaj hauv kua mis thiab tej txiv. Qhov no kuj suav nrog rau cov piam thaj uas tau ntxiv rau khoom noj ntawd.

Added Sugars (Piam Thaj Uas Txhab Ntxiv) yog cov piam thaj uas tau ntxiv rau khoom noj thaum tseem tab tom ua, xws li cov khoom noj uas ntim ua piam thaj kiag kom khoom noj qab zib (xws li piam thaj dawb), piam thaj los ntawm thaj ciab, thiab cov piam thaj ntawm cov kua txiv lossis zaub nyeem.

Cov Cai Coj Qhia rau Cov Neeg Amelikas hais tias peb yuav tsum txo cov piam thaj uas txhab ntxiv kom tsis pub tej ntawd ua ntau dua 10 feem puas ntawm tej uas noj tuaj ib hnuv. Piv xam li, yog tias noj 2,000 calorie tuaj ib hnuv ces nov yuav yog 200 calorie lossis 50 gram piam thaj uas txhab ntxiv. Tej yam uas kheev muaj piam thaj uas txhab ntxiv heev tshaj yog cov dej haus uas ntxiv piam thaj, cov qhob cij, qhob noom thiab lwm yam qab zib.

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

KAV TSIJ UA EXAW XAIS NPUAB SIAB QOG CEV MENTSI TXHUA HNUB



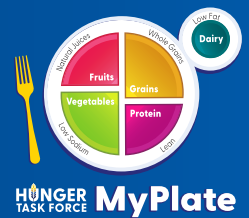
Lub hnuv ci, huab cua sov tuaj thiab txog sijhawm mus qog cev nraum zov! Txawm koj muaj hnuv nyoog twg, thaum koj qee sijhawm mus qog cev, koj lub siab ntsws thiab lub cev haj yam nyob zoo. Lub Hunger Task Force xav pab koj tsev neeg kom haj yam ua tau tej yam qog cev. Ua li thawj 25 yig neeg uas yees tus QR thiab tso npe yuav tau ib pob khoom haum lawv uas yuav pab txhawb koj thiab koj tsev neeg kom qog cev tau ntau dua!

Lub cib fim no yuav kawg thaum lub Xya Hli tim 31, 2024.



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**.



UA QHOB CIJ NROG TXIV & ZAUB

Nyiaj txhab ntxiv cov khoom zoo thaum muab txiv thiab zaub los theej hauv cov qhob cij uas koj nyiam tshaj! Piv xam li, ntxiv tau cov txiv av paus zom hauv cov muffins thiab zaub zucchini hauv cov brownies, ua li thiab muaj cov vitamees, fiber thiab dej tiamsis tseem xis ncauj. Muab tej yam no los theej tej khoom qub uas ib txwm siv ua koj tej khoom txom ncauj thiab haj yam zoo yug lub cev!

Muab apple zom los theej cov roj xwv cov muffins thiab nplem thiab qab zib thiab noo.



Koj ua ib phaj qhob cij cookies? Muab txiv tsawb zom mos los theej ib nrab ntawm cov piam thaj thiab qab zib thiab muaj tej txo potassium ntau dua.



Ntxiv xyaw cov zaub zucchini lossis zaub carrot dua ua tej daim nyias rau cov muffins lossis nplem thiab muaj fiber ntxiv thiab haj yam zoo zom!



KHOOM TXOM NCAUJ UAS UA TAU SAI THIAB HUV COV CHOCOLATE CHIP MUFFINS MUAJ TAUB DAG THIAB ZUCCHINI



Ib lub muffin qab, muaj rog tsawg, muaj taub dag nrog rau ib qho zaub mentsis thiab cov chocolate chip qab zib!

- 1½ khob pias whole wheat lossis pias dawb
- 1 diav me baking soda
- ¼ diav me ntsev
- 2 diav me cinnamon
- ½ diav me qhiav zom
- ½ diav me nutmeg
- ¼ diav me clove zom
- ¾ khob taub daj zom mog uas ntim kaus poom
- 1 khob zaub zucchini dua ua tej daim nyias
- 1 khob zib ntab (lossis thaj ciab ib puas feem pua maple)
- 1 diav loj roj aubliv lossis maj phaub
- 1 lub qe
- 1 diav me vanilla extract
- ½ khob kua txiv qab rog vanilla almond
- ½ khob chocolate chips

*Tsp = diav me

*Tbsp = diav loj

SIM UA TAIS MOV NO!

Ntxiv ib teg ntawm cov txiv laum pecan lossis walnut uas ci lawm kom muaj rog zoo.

COV LUS QHIA

Tso qhov cub kom sov tuaj txog 350° F. Muab roj kom txhob lo tsuag rau lub phaj ci muffin.

Hauv ib lub tais loj, do cov pias, baking soda, ntsev, cinnamon, qhiav, nutmeg, thiab cov clove ua ke.

Hauv lwm lub tais muab cov taub dag, cov zaub zucchini, zib ntab, roj, qe, thiab kua vanilla do txog thaum tov tas thiab du du. Ntxiv cov kua almond milk.

Muab cov khoom siv ntub do nrog cov khoom siv qhuav ua ke txog thaum sib xyaw tas. Maj mam xyaw cov chocolate chips, es tseg ib co rau thaum kawg uas yuav siv muab nphoo rau saud.

Ci tau 20 feeb los yog txog thaum ntxig tau ib tug pas dig hniav thiab thaum muab tshem tsis lo dab tsi. Muab lub phaj tshem ntawm qhov cub thiab tseg cov muffins hauv lub phaj mus txog thaum laj tuaj ua ntej yuav muab tso rau ntawm daim ntxaj hlau thiab laj tuaj tag.

VAM TIAS KOJ YUAV NYIAM HEEV!



01.

01. Tus Child Nutrition Educator (Tus Qhia Kev Noj Haus Huv Rau Tej Me Nyuam) Rov Mus Rau Hoob Kawm Ntawv

Hunger Task Force rov mus rau qhov uas mus xyuam tom cov hoob kawm ntawv los ntawm qhov khoos kas SNAP-Ed, xwv thiab kawm tau txog kev noj qab haus huv tom tej tsev kawm ntawv hauv thaj tsam no. Qhov khoos kas no yog xav coj mus qhia rau cov me nyuam kawm ntawv uas lawv tsev neeg tsis khwv nyiaj ntau los, thiab lub hom phiaj yog pab rau qhov uas tsis muaj khoom noj txaus thiab muab tej txuj zoo rau lawv thiab xaiv tau tej yam huv noj. Cov me nyuam kawm ntawv yuav koom ua tej yam uas ua rau lawv haj yam to taub tias yuav noj tau huv licas thaum tsis muaj nyiaj ntau.



02.

Hunger Task Force Pab 33,251 phaus Khoom Noj Rau Milwaukee Qhov Chaw Pab Khoom Noj Dawb Uas Pab Tsi Ntsees Rau Cov Muaj Mob Ntshav Qab Zib

Qhov Chaw Nqa Khoom Noj Dawb Ebenezer COGIC Pantry yog ib feem ntawm lub Hunger Task Force pab pawg sib koom ua ke txij thaum 2012. Thaum 2023, qhov chaw mus pab khoom noj dawb no uas pab tsi ntsees rau cov mob ntshav qab zib tau txais 33,251 phaus khoom-noj los ntawm lub Hunger Task Force, uas muaj nqi \$60,528. Vim peb to taub tias tej khoom noj yog tshuaj rau lub cev, qhov chaw pab khoom noj no siv tus "qauv xaiv", uas yam cov qhua uas tuaj kom mus xaiv tej khoom noj uas lawv haiv neeg xum, uas huv uas lawv tsev neeg los sis lawv tus kheej kiag toob kas nrog rau kev txhawb los ntawm ib tug nais maum uas muaj ntawv tshaj lij ua haujlwm.



03.

03. Tseb Noob Mus Ntxiv Tom Lub Hunger Task Daim Teb!

Ua ntej cov ua haujlwm pab siab dawb tuaj mus koom peb rau tom Hunger Task Force Farm lub caij nplooj ntoos hlay no, peb cov neeg ua teb npaj cov noob muab cog ua kaus xwv thiab yuav mus cog tau tom daim teb thiab cov tsev thaiv. Lub hlis no tom The Farm, tau muab 13,568 noob zaub qhwv cog hauv cov phaj av muaj cov txo zoo yug ua ntej tso cov tawv maj phaub rau saud – ib qho zoo dua siv los theej cov ntxhuab xwv cov noob thiab nyob noo thaum tseem tab tom nthaw kaus hauv lub tsev thaiv.



Qhov khoos kas SNAP-Ed yog lub tseem fww 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 uas neej nyob zoo dua.



Qhov chaw haujlwm no yog qhov chaw muab kev pab cuam uas muab cib fim sib npaug zog. Qhov Supplemental Nutrition Assistance Program (SNAP) muab kev pab ntawm fab kev noj mov rau cov neeg khwv nyiaj tsawg los. Nws pab tau koj yuav khoom noj zoo yuglub cev thiab tau noj huv dua. Yuav kawm ntxiv, tiv tauj lub hoob kas ncaj ke tshaj ntawm 1.888.947.6583 lossis mus tsham <https://access.wisconsin.gov>. Tej ntaub ntawv no yog lub USDA Qhov Khoos kas Supplemental Nutrition Assistance Program - SNAP them tsim.

PUAS XAAV TAU COV QAUV UA KHOOM NOJ HAB LUG QHA UA KHOOM NOJ?

Peb pab neeg nyob tos pab koj! Yuav kawm ntxiv txog lus qhia ua mov thaum siv khoom ntawm chaw khaws mov thiab khoom Stockbox, cov cib fim kawm (nyeem daim ntawv lo piav, yuav zaub mov thaum nyiaj ti tes ti taw, thiab ntxiv), kev npaj mus xyuas Daim Teb los yog teem caij tuaj koom peb ib lub chav kawm ua mov hauv lub McCarty Education Kitchen, ces tiv tauj rau Hunger Task Force.

Xa email tuaj rau peb: nutrition@hungertaskforce.org

RAWS PEB QAB!

