



A Recipe for Good Health

MUAB KOM TAU IB DAIM QAUV LUAM

ntawm Cov Ntsiab Lus hauv Koj
Daim Ntawv Uas Ua Los Thov Kev
Pab los yog Daim Ntawv Uas Ua
Rov Los Thov Kev Pab Dua Tshiab

Koj muaj cai muab kom tau ib daim ntawv luam ntawm cov ntaub ntawv uas koj xa hauv ACCESS thaum koj ua ntawv thov los yog ua tiav daim ntawv rov los thov cov nyiaj pab dua tshiab hauv FoodShare.

Yog yuav muab kom tau ib daim ntawv luam ntawm cov ntsiab lus hauv koj daim ntawv thov kev pab los yog daim ntawv uas ua rov thov dua tshiab, nug lub chaw ua hauj lwm ib tus neeg kom pab luam ib daim rau koj. Nco ntsoov kom muaj koj tus naj npawb uas siv tau ACCESS nrog koj.



WISCONSIN DEPARTMENT
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Lub tuam tsev ua hauj lwm no muab kev pab uas muaj vaj huam sib luag rau sawv daws.