Warqadda Shaqada ee Beddelka Caanaha

Go'aaminta in Beddelka Caanuhu Buuxiyo Shuruudaha Waaxda Beeraha ee Maraykanka (United States Department of Agriculture, USDA)

Cabitaannada aan caanaha xoolaha ka samaysnayn ee loo bixiyo beddel caano dareere ah waa la oggol yahay Barnaamijka Cuntada Daryeelka Carruurta iyo Dadka Waaweyn (Child and Adult Care Food Program, CACFP) marka ay nafaqo ahaan u dhigmaan caanaha lo'da ee dareeraha ah 7 Xeerarka Federaalka ee Dhaqan-galka (Code of Federal regulations, CFR) 226.20(g)(3). Haddii beddelka caanaha aanu hore u ansixin Xafiiska Maamulka Waxbarashada Dadweynaha (Office of Superintendent of Public Instruction, OSPI) (OSPI Beddelka caanaha ee la ansixiyay (OSPI Approved Milk Substitutes)), dib u eeg nafaqooyinka ku qoran baakadka alaabta ama faahfaahinta uu bixiyey soo-saaraha. ***Beddelka caanaha waa inuu buuxiyaa ama ka sarreeyaa shuruudaha nafaqo ee USDA si loo ansixiyo inuu nafaqo ahaan u dhigmaayo caanaha loona aqbalo CACFP.***

Sida loo Buuxiyo Foomkan:

1. Geli magaca beddelka caanaha.
2. Ku qor qiimayaasha nafaqo ee beddelka caanaha (1 koob/8oz) nafaqo kasta oo ku qoran.
3. Go'aami haddii qiimayaasha nafaqo ee beddelka caanuhu ay buuxiyaan ama ka sarreeyaan qiime kasta oo loo baahan yahay.
   - ✓ Ku jawaab ***"Haa"*** haddii qiimaha beddelka caanuhu **la mid yahay ama ka weyn yahay** qiimaha nafaqo ee loo baahan yahay.
   - ✓ Ku jawaab ***"Maya"*** haddii qiimaha beddelka caanuhu **ka yar yahay** qiimaha nafaqo ee loo baahan yahay.
4. Go'aanso haddii beddelka caanuhu nafaqo ahaan u dhigmaayo caanaha. *Haddii **"Maya"** lagu jawaabay ugu yaraan hal mar tallaabada 2, beddelka caanuhu **nafaqo ahaan uma dhigmaayo caanaha** mana aha mid la aqbali karo.*
5. Saxiix oo ku qor taariikhda warqadda shaqada.
6. Ku hay nuqul ka mid ah warqadda shaqada ee la buuxiyey iyo summadda alaabta diiwaannadaada CACFP. Warqadaha Shaqada ee Beddelka Caanaha waxaa la codsan doonaa inta lagu jiro kormeerada maamulka.

Magaca Beddelka Caanaha ee La Codsaday: _____

Isbarbardhigga Cabitaannada Aan Caanaha Ahayn iyo Qiimaha Nafaqo ee Caanaha Dareeraha ah

Nafaqo	Qiimayaasha Loo Baahan Yahay (1 koob/8 ounces)	Qiimayaasha Beddelka Caanaha (1 koob/8 ounces)	Ma buuxiyaa ama ka sarreeyaa?
Kaalshiyam	276 mg		☐ HAA ☐MAY
Borotiin	8 garaam		☐ HAA ☐MAY

Nafaqo	Qiimayaasha Loo Baahan Yahay (1 koob/8 ounces)	Qiimayaasha Beddelka Caanaha (1 koob/8 ounces)	Ma buuxiyaa ama ka sarreeyaa?
Fitamiin A	500 IU ama 150 mcg		☐ HAA ☐MAY
Fitamiin D	100 IU ama 2.5 mcg		☐ HAA ☐MAY
Magneesiyaam	24 mg		☐ HAA ☐MAY
Fosfooras	222 mg		☐ HAA ☐MAY
Botaasiyam	349 mg		☐ HAA ☐MAY
Riboflavin	0.44 mg		☐ HAA ☐MAY
Fitamiin B-12	1.1mcg		☐ HAA ☐MAY
g = garaam; mg = milligaraam; mcg = microgaraam; IU = unugyo caalami ah			

Beddelkan caanuhu ma nafaqo ahaan ayuu u dhigmaa caanaha? ☐ HAA ☐MAYA

Go'aamiyey: Taariikhda: