

Hih thusinna na sim khit ciangin, a nuai a, sittelna link pan dotnate na dawng khit teh (nutrition education credit) thaneihna ding An nektuidawn pilna ci in, ciapteh nalai nangah ding hi.

Nau Nawi Piakna: Kha Masateng Kheng Khit Ciang



Nasep hoih khat a zo na hih man, nang leh nang ki phah tawi in. Na ta nawi piakna hangin a cidam nuntakna khat kipat theih na ding a pia na hihi.

Kha guk val bang nau nawi piak pen nang lehnatangek cidam na leh nopna hong pia cih na thei hiam? Hi tak pi hi! Natangek a ding, nang pen itna, nopna, kidalna, leh belhna muan huai khat ahi hi.

Napai nop zelzel na ahik lei leh, hih ding na lung lut penpen khat bang in ngaih sut in.

Nalung lut peuhpeuh khat, a hihkei leh napai nopna penpen munkhat na pai khak ciang na lungdam bangin, na nawi piak ciang natangek zong tuabang ahi hi. Tua bek tam lo in, nata in na navipiak na pan natna dozawh na ngah hi. WIC leh a dang ki pawlnate in a deih sakpen naungekte atawmpen kumkhat sung navipiak ding hoih sa hi. Tun, a tawmpen kha masateng khenkhit ciang nau nawi piak dan nute' lung hihmawh phadiak pawlkhat kikum ding hi hang. Na lung hi mawh khak a om leh, tua te bang hiam cih hoih tak in ngaih sun in. Na lung hih mawhnate lai tawh ciam tek inla, WIC counselor (thuhilhsia)te tawh kikum in.

Nasep paikik dingmaw, a hih kei leh sang kah kik ding maw?

Nau nawi pen suk kholin kikem thei cih te na thei kha hiam? WIC te in man ngen lo in nau nawi suk na pia hi. Nau tawh na om ciangin nawipia, a hih kei leh na om khom loh ciangin nawi suk khol in zong ki pia thei hi. WIC thuhilhsia te in na nawi suk dan, tua nau nawi suk khol te kep dan, leh nasep na makaite kiang naunawi suk kisapna te hong gen pih thei hi.

Nata ha po in na a sa hiam?

Hapo cil pen nau ngeke te' a ding na thei hi. Nau nawipiakna in, noptuam na leh tua hun sung teng damna pia hi. Lung hi mawh kei in—nau ngekte in nawi a tep laitak hong pet thei lo hi. Nang mah WIC nau nawi piak dan thuhilhsia te in nau ngeke te' hong peh khakloh na dingin bang ci kidal ding cih te hong hilh thei hi.

A tawn tungin na ang ah naunawi piak kul tawh ki bang na sa hiam?

Tha khat thu in nata in nawi duh pahpah in nawi piakkul den cih pen, nata hong khang nuam a hih man hi. Naungek a khanding hun ciangin nawi piak kul den hi. Natangek nawipia den le teh nata ki tangsapna te nawi zu zong hong tam semsem ding hi. Na lung duai sak in—naungek a tam zaw pen kal nih khit khawng ciangin ngeina bangin nawi piak hundan mah pai kik lel hi. Natangek khaguk a cin khit teh, An hul ki pan tah thei ta hi.

Natangek nawiduh nawn lo tawh a kibang hiam?

Naungek pawl khatpen "Nawi nial" ahi kei leh nawidawn ding utlo vat thei hi. Naungek kum khat cing ma in nawinial pen nata nau nawi piakkul nawn lo cih na hi lo hi. A tamzaw a hang khat peuhpeuh om hi—ha na maw, a hih kei leh ci nanuam hi thei hi. Na WIC naungek nawi piak dan thuhilhsia te in hitawh kisai in koi dan in nawipia theiding cih te hong gen beh thei ding hi.

Natangek nawi na piakdan na lawmte, a hih kei leh na innkuan pihten' hong panpih hiam?

Nau nawi piakpen nang leh natangek cidam nading a hoih pen hi cih, na-it nangaih te zongthei sak in. naunawi piak pen natangek a' ding napiak theih lak ah a hoih penpen ahi hi. Naunawi piak thei tantan nawipiak na hangin hamphatna tampi om hi. A taktak in, nau nawi sawt na piak zawh leh pawl khat hamphatna lian zaw lai hi.

Damloh na hang khat tawh zatui nekna hangin naunawi piak phiatding a om hiam?

Zoto ah ki at khitciang, a hih kei leh zatui nek khit ciang natangek nawi ki pia thei lai cih na thei kha hiam? WIC nawi piak dan thuhilhsia te kiangah ki at khit ciang, zatui nek khit ciang, leh nau nawi piak dan thute zong na siavuam te kiang hong gen sak nang' na gen in.

Nawi phiat ding thu dotnop na nei hiam?

Nawi phiatna pen nang leh nata a' dingin ki khelna khat a hih ciang, hun la ing. Nang leh natangek a ding damdam in nawi phiat pen na ki kheldan uh hoih zaw hi. WIC nawi piak dan thuhilhsia te tawh ki kum in; a man koi bang in damdam in nawi zu khiamsa in piading cih hong hilh ding hi. A thupi penpen bel, tuabang hunte ah natangek tawh ki kawiding, nam ding, itna tam pi tak lak in hun la in.

Sepbeh ding khat

Hiah meek in, dotnate nadawng ciangin ciaptehna lai ngah ding hi.

