

Tsab Ntawv Ceeb Toom rau Pej Xeem

Tuaj ntawm:_____

Qhov chaw no faib muab Kev Pab Khoom Noj Khoom Haus Rau
Thaum Muaj Xwm Txheej Ceev (TEFAP/USDA Cov Khoom Noj
Khoom Siv) hauv cov hnuv thiab lub sijhawm tom ntej no ntawm
txhua lub hlis.

(Cov)Hnuv ntawm Kev Faib Khoom	Sijhawm Pib	Sijhawm Xaus	Sijhawm Pib	Sijhawm Xaus
Hnuv Monday	_____	_____	_____	_____
Hnuv Tuesday	_____	_____	_____	_____
Hnuv Wednesday	_____	_____	_____	_____
Hnuv Thursday	_____	_____	_____	_____
Hnuv Friday	_____	_____	_____	_____
Hnuv Saturday	_____	_____	_____	_____
Hnuv Sunday	_____	_____	_____	_____

LUS CIM TSEG:_____

Yog xav nug seb koj puas tsim nyog tau txais cov khoom noj khoom huas no
thov hu rau:

Raws li USDA cov cai tswj hwm txog kev faib muab khoom noj
khoom haus,

yuav tsis ntsub ntxaug thaum faib muab Cov Khoom Noj Khoom Siv
Ntawm TEFAP hais txog haiv neeg, xim tawv nqaij, teb chaws yug,
poj niam los txiv neej, hnuv nyoog los sis kev xiam oob qhab.