

Healthy SNAP Tennessee

Fadlan hubi calaamaddee magaca maadada laga sameeyay si aad u go'aamiso in alaabtu ku habboon tahay in lagu iibsado iyadoo la adeegsanayo dheefaha Barnaamijka Caawinta Nafaqada Dheeraadka ah (SNAP). Laga bilaabo Luulyo 31, 2026, qaar ka mid ah cuntooyinka la warshadeeyay iyo cabitaannada gaaska leh ee ay ku qoran tahay sonkor, sonkorta qasabka, sharoobada xaruurta, ama sharoobada xaruurta sokorta furuktos ku badan tahay inay yihiin maadada koowaad laga sameeyay, ma sii ahaan doonaan kuwo lagu iibsan karo dheefaha SNAP.



Alaabada U Qalanta

Nutrition Facts

Serving Size 55g
Servings Per Container

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160g 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Sugars 12g 20%

Protein 3g

Vitamin A 10%

Vitamin C 20%

Calcium 45%

Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Enriched flour, high fructose corn syrup, soybean oil, bleached wheat flour. Contains 2% or less of wheat starch, salt, dried strawberries, dried apples, baking soda, citric acid, gelatin, modified wheat starch, yellow corn flour, caramel color, xanthan gum, cornstarch, and turmeric extract color.



Alaabada Aan U Qalmin

Nutrition Facts

Serving Size 55g
Servings Per Container

Amount Per Serving

Calories 380

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 450g 20%

Total Carbohydrate 67g 24%

Dietary Fiber 1g 5%

Sugars 33g 60%

Protein 4g

Vitamin A 0%

Vitamin C 0%

Calcium 40%

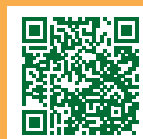
Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Sugar, Enriched Flour, Water, High Fructose Corn Syrup, Tallow, Dextrose, Egg, Contains 2% Or Less Of: Soybean Oil, Modified Food Starch, Glycerine, Whey, Corn Starch, Salt, Baking Soda, Soy Lecithin, Cellulose Gum, Natural And Artificial Flavors, Yellow 5.



Department of
Human Services



Macluumaad dheeraad ah oo ku saabsan Healthy SNAP Tennessee iskaan garey koodhka QR.