

ᐊᓅᓯᓘᓘ ሸጀጀ ሊጀጀ σጀጀ ዘጀጀ ሴጀጀ ሊጀጀ

ጀጀ ሌጀጀ 28-ጀጀ ለ 4-ጀጀ, 2025

ᐊጀጀ ሸጀጀ ሊጀጀ ተጀጀ ይጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ ሰጀጀ ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ ሺጀጀ ተጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ.

ᐊጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ.

▷ ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ:

- ለ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ
- የ ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ
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- ሲጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ
- ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ

▷ ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ:

- ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ
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- ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ
- ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ
- ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ
- ዘጀጀ ሸጀጀ ሊጀጀ ሻጀጀ ለ መጀጀ ሊጀጀ ሻጀጀ



ᓇ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓄ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ

ᜱ᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ

ᜱ᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ

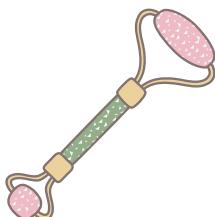
▷ ᐃ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ½ ᔕ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ (125 ml) ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ (yogurt) 1 ᔕ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᔕ᜵᜷᜴ᜱᜳ (honey) (15 ml)
ᜱ᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ 15-᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ, ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ.

ᜱ᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ ᔕ᜵᜷᜴ᜱᜳ (honey) ᓂ᜵᜷᜴ᜱᜳ

▷ ᐃ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ 2 ᔕ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ (30 ml) ᔕ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ, 1 ᔕ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ (5 ml) ᓂ᜵᜷᜴ᜱᜳ (lemon juice) ᓂ᜵᜷᜴ᜱᜳ 1 ᔕ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ (5 ml) ᔕ᜵᜷᜴ᜱᜳ (honey).

▷ ᐃ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ, ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ.

ᜱ᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ 10-᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ, ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ ᓂ᜵᜷᜴ᜱᜳ᜵᜷᜴ᜱᜳ.



ᐊᓂᖅ የ៥ ስັງເກດ ዘມມ

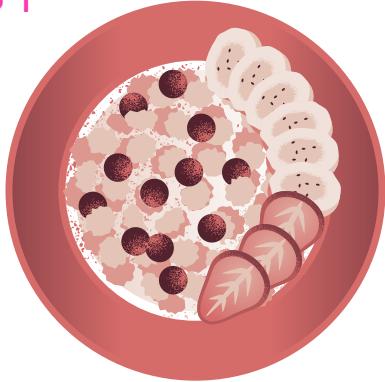
ᐊᓂᖅ የ៥ ስັງເກດ ዘມມ

ᐊᓂᖅ የ៥ ስັງເກດ ዘມມ

▷ የ៥ ስັງເກດ ዘມມ የ៥ ስັງເກດ ዘມມ

ᐅ້າມ

- 1/2 ፊርማ (125 ml) የጀት ዘມມ
- 1/2 ፊ FIRMA (125 ml) ΔΛ
- 1 ዓጀግኑ ጥቃት ዕል (cinnamon)
- 3 ፊጥነት (45 ml) ካዶም (yogurt)
- 1/2 ፊ FIRMA (125 ml) ለሆናል ዘመን አጠቃላይ
- ገዢ የኩ (maple syrup) የጀግኑ ዘመን (honey) (Δርጅል ዘመን ሰራተኞች)



ጀግኑ ዘመን

1. ጥሩ የጀግኑ ዘመን የጀግኑ ዘመን የጀግኑ ዘመን የጀግኑ ዘመን, ΔΛ ዕል (cinnamon).
2. ዘመን የጀግኑ ዘመን የጀግኑ ዘመን 30-σ ስኩ ስኩ የጀግኑ ዘመን.
3. ዘመን የጀግኑ ዘመን የጀግኑ ዘመን የጀግኑ ዘመን የጀግኑ ዘመን (maple syrup) የጀግኑ ዘመን የጀግኑ ዘመን.

ᐊ᜵ᜱ᜵ የ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵

ᐊ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵

ᐊᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵

ᐅᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵

- 1 የᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵, ይᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵
- 2 የᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ (30 ml) በ
- 1 የᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵, ይᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵
- 3 የᜱ᜵ᜱ᜵ (carrots), ይᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵
- 2 የᜱ᜵ᜱ᜵ (celery sticks), ይᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵
- 12 የᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵
- ሂᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵
- 2 የᜱ᜵ᜱ᜵ (10 ml) ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ (thyme) (በᜱ᜵ᜱ᜵)
- 5 የᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵, ይᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵



ᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵

- 1 የᜱ᜵ᜱ᜵ (250 ml) ንᜱ᜵ᜱ᜵
- 1/2 የᜱ᜵ᜱ᜵ (5 ml) ሂᜱ᜵ᜱ᜵
- 1 የᜱ᜵ᜱ᜵ (15 ml) ማᜱ᜵ᜱ᜵
- 1/2 የᜱ᜵ᜱ᜵ (125 ml) ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵

ᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵

1. የᜱ᜵ᜱ᜵ የᜱ᜵ᜱ᜵, ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ / ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵.
2. ሂᜱ᜵ᜱ᜵ የᜱ᜵ᜱ᜵, የᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵, የᜱ᜵ᜱ᜵ (carrot) የᜱ᜵ᜱ᜵ (celery), ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵. ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵. ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵.
3. ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ 20 ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵.
4. ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵, ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵, ሂᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵. ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵.
5. የᜱ᜵ᜱ᜵, የᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵. ማᜱ᜵ᜱ᜵ ማᜱ᜵ᜱ᜵.



Parfait (ພັບແກ້ມືອນຫຼາຍ໌ ລິ້ນຈົ່ງ)

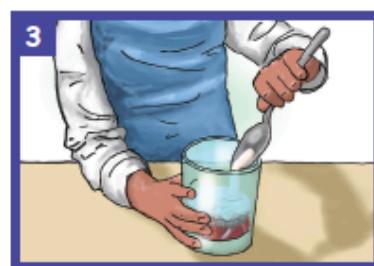
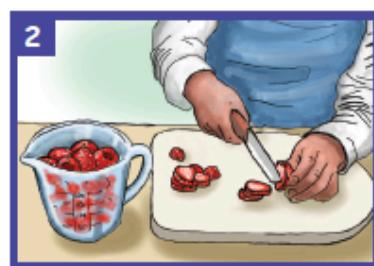
ເພັນລົງໃຫຍ່ ພັບແກ້ມືອນຫຼາຍ໌:

- | | |
|---------------------|---|
| 1 ແບ່ນ ດົກ (250 ml) | ລັກຂະດຸກ ມີຄື ອຳດັກຂະດຸກ strawberries |
| 1 ແບ່ນ ດົກ (250 ml) | ລັກຂະດຸກ ມີຄື ອຳດັກຂະດຸກ PJC ຮູ່າວີ |
| 2 ແບ່ນ ດົກ (500 ml) | ບັດປັບຕົວໄຮ (bran flake) |
| 2 ແບ່ນ ດົກ (500 ml) | ວານິຢາ ລິ້ນຈົ່ງຍົກຂະດຸກ vanilla Ll'InCee ຍົກຂະດຸກ yogurt |



ເຄົາມີກົດຕົວສຳເລັດ:

- ເຊື້ອມຕົວ ລັກຂະດຸກ ລິ້ນຈົ່ງ. ອຳດັກຂະດຸກ ໄດ້ກະລຸ, ມີນິຍົດນູ້ຕົວທີ່ ດັບຕັ້ງກົດຕົວ ໄດ້ກົດຕົວ ດັບຕັ້ງກົດຕົວ.
- ໄລຍ້ນິຕົວ strawberries, ລົງທະບຽນ ດັບຕັ້ງກົດຕົວ ທີ່ ຄະດັບຕັ້ງກົດຕົວ ດັບຕັ້ງກົດຕົວ.
- Strawberries-ຕົວຕົວ ໄດ້ກະລຸ ຍົກຂະດຸກ bran flake ບັດປັບຕົວຕົວ, UL yogurt-ຕົວຕົວ
PJC ຮູ່າວີ ລົງທະບຽນ ຂົວໜຶກຂະດຸກ, bran flake ບັດປັບຕົວຕົວ yogurt-ຕົວຕົວ
(ລະຫວ່າງຕົວຕົວ ຖະນຸຍາດຕົວຕົວ ນິຍົມຕົວຕົວ).
- Strawberries-ຕົວຕົວ ດັບຕັ້ງກົດຕົວ ຍົກຂະດຸກ ລິ້ນຈົ່ງ.
- ສົ່ງຕົວຕົວ ສົ່ງຕົວຕົວ ສົ່ງຕົວຕົວ
- ລິ້ນຈົ່ງ!



Child Nutrition

Week Discussion

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RÉGIE RÉGIONALE DE LA NUNAVIK REGIONAL
SANTÉ ET DES SERVICES BOARD OF HEALTH
SOCIAUX DU NUNAVIK AND SOCIAL SERVICES

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Breastfeeding Beanie Pattern

Breastfeeding Beanie Pattern
Happy Hook Crochet



This hat is sized to fit a 0-6 months old baby. Approx 4.5in diameter and 5in height.



Materials Needed:

- Worsted weight yarn. Size G
- Crochet Hook or whatever is needed to obtain gauge Tapestry Needle for weaving in ends

Gauge:

- 7 dc= approx 2in/5cm
- 2rows= approx 1.5in/4cm



Pattern: Rnd1: Ch3, dc into 3rd ch from Hook (see photos bellow) continue with 4 more dc into same ch. sl st into top of ch2 to join (6dc)



Rdn2: Ch3 (counts as dc here and throughout) 1dc in next st, 2dc in every st around. sl st into top of ch3 to join (10dc) **Rnd3:** Ch3 2dc in each st around. sl st into top of ch3 to join (20dc)



Nipple is complete

Rnd4: Join new color (lighter color) Ch3, 2dc in each st around. sl st to top of ch3 to join. (40dc)



Rnd5: Ch3 *2dc in next st, 1dc in next* Repeat from*to* around sl st to top of ch3 to join (60dc) **Rnd6-10:** Ch3, 1dc in each st around, sl st to top of ch3 to join. **Rnd11:** Ch2, 1sc in each st around, sl st to top of ch2 to join. Weave in ends.

