

WĀWEEN E TILJEK AM KŌMMANI FRUIT KAB VEGETABLE KO



FRUIT KO & VEGETABLE KO RE JAÑIN KŌMAT

kwōn kwali ilo dān eo ej tōq̄ ālikin aer kar jojo im ḡok̄ta jān am ḡwijiti, kōmati, im/ ak ajeji.



KWALE, JOUNE, & KARREOUK

sink in kōm̄man ḡōñā ḡok̄ta im ālikin am karreouk fruit kab vegetable ko.



FRUIT KO IM VEGETABLE KO RE POJAK ÑAN MŌÑĀ

Kwōn kakoni ilo container ko rerreo im kajenołoki jān fruit ko im vegetable ko kwaar jañin kwali.

Ambient Cooling (Joñan ḡoloun ḡōñā ko): ejāññe kwōj kapozi TCS ḡōñā ko ilo juon room e māänān āinwōt bwilik green ko emōj ḡwijiti, tomato ko emōj ḡwijiti, im melon ko emōj ḡwijiti, Kwon liküti ilo juon jikin ḡolo in wōt 41 degree ak lañłok. En jab ruñwijłok jān 4 awa.

**Ñe kwō jab kanak glove ko, jab jibwi
ḡōñā ko re pojak ñan ḡōñā.**



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Spokane Regional Health ej kallimur bwe e ban kallijakłok im renaj loore wōt Title VI of the Civil Rights Act of 1964 im Americans with Disabilities Act. Ejāññe kwo kōnaan kwałok am abnōñ, ak ejāññe kwo kōnaan bar bōk melele, kajitōk jipañ ekkar ñan aikuj ko am, akkwo aikuj juon am ri ukok, kwon calle kōm ilo 509.324.1501 ak lale srhd.org. Jānwōde 2022.