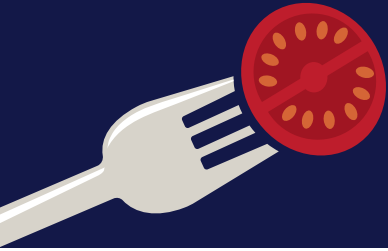


Yuav Tsum Xav Txog Cov Plus Noj Thaum Mus Yuav Khoom Noj



- 1 Ua ntej koj yuav mus yuav khoom, npaj cov plus noj uas koj yuav noj thiab cov npe khoom uas yuav tau yuav.
- 2 “Kuaj xyuas” koj lub tub txias, tus txias khov, thiab cov phaj rau khoom ntawm tej txuj lom ua ntej tso.
- 3 Sau cov khoom uas koj yuav tsum tau yuav.

PLUAS MOV	TWB MUAJ LAWM	YUAV TSUM TAU YUAV
<i>Piv txwv li: Tej Zaub</i>	<i>Piv txwv li: Cov nceb - 1 khob</i>	<i>Piv txwv li: Cov qe - 12 lub</i>
Hnub Monday		
Hnub Tuesday		
Hnub Wednesday		
Hnub Thursday		
Hnub Friday		
Hnub Saturday		
Hnub Sunday		
Lwm Yam Khoom Siv Ntxiv:		



Cov twj siv apps no yeej yog cov twj siv tau zoo los pab kev npaj rau thaum mus yuav khoom noj thiab npaj cov plus mov noj:

- Yummly
- Meal Board
- Cooklist
- Pantry to Recipe
- Whisk Recipe and Grocery List
- Our Groceries
- Out of Milk
- Shopping List



SAINT PAUL
PUBLIC WORKS

stpaul.gov/foodwaste

Khoom Noj: Zoo Heev
Uas Cia Ua Vuab Tsuab