

# Kev Qhia Txog Yuav Cov Txiv Thiab Zaub Tshiab Los Noj

*Kev qhia no kom yus thiaj li siv cov ntawv mus yuav khoom noj tau zaub ntau*

*A Guide for Buying Fresh Fruits and Vegetables - Use this buying guide to get the most food with your voucher.*

Language: Hmong

## Tswv yim qhia txog siv cov tswv yim li cas:

- Xaiv cov txiv lossis cov zaub uas raug nqi raws phaus.
- Muab yam ntawd tso rau lub ntsuas seb hynav li cas.
- Suav seb hynav npaum li cas txog li ib nrab phaus los ib phaus.
- Siv daim duab nyob nram qab no seb yuav tas puas tsawg.



**CEEB TOOM:** Daim duab qhia nram qab no qhia ze cov nqi uas tau them rau tej yam khoom noj raws li hnyav pes tsawg phaus. Tej thaum tau xam kom ntau mentsis lossis hnyav mentsis thiaj li zoo ib yam daim duab qhia no.



### Qauv 1:

**Txiv kab ntxwv yog \$.59/lb.; hnyav txog 1 ¾ lbs.**

- Saib seb raug nqi li cas rau ib phaus (\$.59/lb.) nyob rau sab laug ntawm daim duab.
- Yog hnyav rau ntawm 2 phaus. Nrhiav qhov 2 phaus nyob rau saum toj.
- Saib raws qhov \$.59/lb. kab nyob rau sab xis thiab qab 2 lbs. kom ob qhov no los sib txuas.
- Hnyav txog (2 lbs.) thiab qhov nqi yog (\$.59/lb.) los sib txuas ntawm \$1.18 rau daim duab.

**2 phaus yog \$.59/lb. = \$1.18**



### Qauv 2:

**Cov txiv coos yog \$1.46/lb.; hnyav txog 1 ¼ lbs.**

- Saib seb raug nqi li cas rau ib phaus txog \$1.49 kom zoo li nyob rau daim duab. Nrhiav qhov qhia tias yog ib phaus yog puas tsawg (\$1.49/lb.) nyob rau sab laug ntawm daim duab.
- Yog hnyav txog rau ntawm 1 ½ lbs. Nrhiav qhov 1 ½ lbs. nyob rau saum toj.
- Saib raws qhov \$1.49/lb. kab nyob rau sab xis thiab kab 1 ½ lbs. kom ob qhov no los sib txuas.
- Hnyav txog (1 ½ lbs.) thiab qhov nqi yog (\$1.49) los sib txuas ntawm \$2.24.

**1 ½ phaus yog \$1.49/lb = \$2.24**

## Daim Duab Qhia Nqi Yuav Txiv Thiab Zuab

Nqi Rau Ib Phaus (lb.)	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.	5 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16		
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56		
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96		
2.59	2.59	3.89	5.18	6.48	7.77	9.07			
2.69	2.69	4.04	5.38	6.73	8.07	9.42			
2.79	2.79	4.19	5.58	6.98	8.37	9.77			
2.89	2.89	4.34	5.78	7.23	8.67				
2.99	2.99	4.49	5.98	7.48	8.97				
3.09	3.09	4.64	6.18	7.73	9.27				
3.19	3.19	4.79	6.38	7.98	9.57				
3.29	3.29	4.94	6.58	8.23	9.87				
3.39	3.39	5.09	6.78	8.48					
3.49	3.49	5.24	6.98	8.73					
3.59	3.59	5.39	7.18	8.98					
3.69	3.69	5.54	7.38	9.23					
3.79	3.79	5.69	7.58	9.48					
3.89	3.89	5.84	7.78	9.73					
3.99	3.99	5.99	7.98	9.98					

**Daim Ntawv Sau yuav Khoom noj (Piv txwv yog yuav siv \$6 raws daim ntawv yuav khoom noj)**

Zaub thiab Txiv Tshiab	
Yam Yuav	Nqi
2 lbs. Txiv Kab Ntxwv	1.18
1 ½ lbs. Txiv Coos	2.24
1 pob zaub ntsuab paj yog 2.49 rau ib pob	2.49
<b>Tag nrho yog</b>	<b>\$5.91</b>

Lub koom haum no yog ib lub chaw txais txhua hom tib neeg ua haujlwm.