

KEV UA RAU KOM NYUJ TWJ MUAJ ME NYUAM



More meat milk and eggs by and for the poor

Ntxim yuav kis kab
mob siab heev



Yuav tsum tau ntau tus noob
phaw nyuj, siv nyiaj txiag
ntau los yug tus phaw



Nce kiag ncaj qha

Xa mus deb nyuab, sij
hawm khaws cov noob
cia luv



Muab thiab khaw tau
phev nyuj ntau



Npaj nqis tes ua kom
nyuj muaj me nyuam

Ua kom txhob txias (khov),
muab dhos rau lub chaw siv
thiab npaj siv rau tus nyuj



Xa mus yooj yim, zam
tau kev kis kab mob



Kuaj saib cov phev nyuj muaj zog li cas



Ua tau kom nyuj yug me nyuam txuam raws
li yus xav thiab me nyuam nyuj yog phaw los
xyuas



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