



FEBRAAYO 2021



Khudaar Leh Digir iyo Galley

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta CelebrateYourPlate.org



Waxa Xilli-sannadeedka soo Go'o: Febraayo

Hobhob

Isbaandheys

Bataati



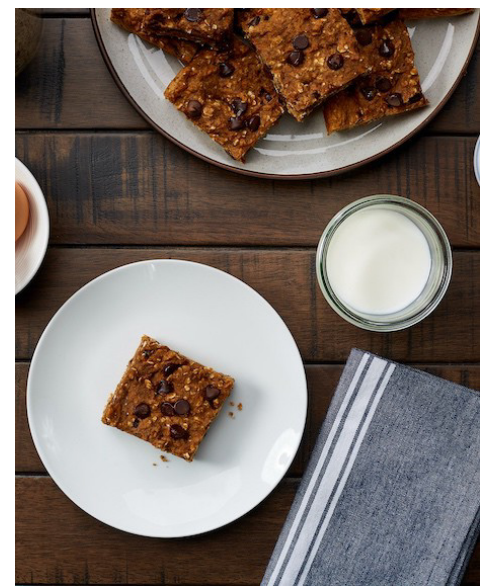
Wax-soo-saarka La Soo Bandhigay: Basasha

Xilliga Ugu Wanaagsan: Gu'ga, Dayrta, iyo Jiilaalka

Xulashada: Si aad u hesho basal daray ah, dooro kuwa adag oo leh dubka kore oo qallalan, dhalaalaya, siman

Sida loo Diyaariyo: Ku dar maraqa, salsada, goosaarta ama sabaayada tacos

Kaydinta: Ku kaydi basasha oo dhan meel qabow, mugdi ah, oo hawo fiican leh si aad u isticmaasho 4 toddobaad gudahooda markaad soo iibsato



Dub Shay Macaan ah

Maalinta Jacaylka ayaa aad u soo dhow! Isku day inaad macmacaan cusub, oo caafimaad leh oo ka socda CelebrateYour Plate aad la samayso dadka aad jeceshahay. Haddi aad jeceshahay buskudka, shukulaata buniga, jalaatada, ama doolshada yaryar, maktabadeena soo'ooyinka waxay leedahay macmacaan aad jeclaan doonto!