

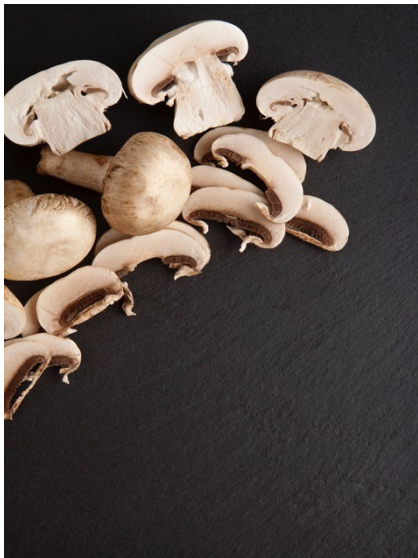


DISEEMBAR 2022



Hilib Lo' Iyo Khudaar La Solay

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



**Waxa Xilli-sannadeedka soo
Go'o: Diseembar**

Boqoshaa

Kabash-xidideed

Biqilka



**Wax-soo-saarka La Soo
Bandhigay: Baradho**

Xilliga Ugu Wanaagsan: Dayrta iyo jiilaalka

Xulashada: Dooro baradho siman, muuqaal
adag oo aan jeex ama nabaro lahayn

Sida loo Diyaariyo: Burburi ama dub
baradhada, ama ku shub maraqa ama
dheriga dubista

Kaydinta: Ku kaydi meel qabow, oo hawo
fiican leh



Soo'ooyinka Fasaxyada

Bishani waa fursad weyn oo aad ku
tijaabin karto diyaarinta cuntooyin
cusub oo aad xitaa isku dayi karto
inaad la dubto qoyska. CYP waxay
kaa caawin kartaa inaad
miisaaniyada ku sii dhawrto xilli-
sannadeedkan fasaxa ah. Booqo
CelebrateYourPlate.org si aad u
ogaato cuntooyinka,
macmacaanka, iyo kuwa kale oo
badan oo cusub!