



Nofeembar 2023



Qolof-Lahayn Doolshe Bocoreed

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



Waxa Xilli-sannadeedka soo Go'o:
Nofeembar

Tufaaxa

Dhalo-cadde

Bocorka Qaboobaha

Wax-soo-saarka La Soo Bandhigay:
Bocorada

Xilliga Ugu Wanaagsan: Dayrta

Xulashada: Si aad u hesho bocorka darayga ah, dooro kuwa adag oo culus

Sida loo Diyaariyo: Ku dar bocorka la kariyay, darayga ah ama gasacadaysan cuntada la dubay, maraqyada, ama goosaarta

Kaydinta: Ku kaydi bocorada darayga ah meel qabow oo mugdi ah ilaa aad ka kala gooyso- ka dibna frinjeerka geli

Soo'ooyinka CYP Ee Cusub!

Booqo boggayaga soo'ooyinka si aad u aragto 30-ka soo'a ee cusub ee hadda lagu daray maktabadda CYP. Guji qaybta "Soo'ooyinka Ugu Cusub" ee ku taala dhanka biddix ee bogga si aad si fudud ugu hesho 30-ka soo'a ee cusub.

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