



FEBRAAYO 2023



Kalluunka Salmonka iyo Khudaar

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

Kabash-xidideed

Boqoshaa

Biqilka



Wax-soo-saarka La Soo Bandhigay: Garrunje

Xilliga Ugu Wanaagsan: Gu'ga & dayrta

Xulashada: Dooro garrunje leh ubaxyo dhuuqsan, buluug-cagaar ah

Sida loo Diyaariyo: Jarjar oo ku dar saladh-yada ama maraqyada, dub oo u gur si gooni ah, ama walaq shiil

Kaydinta: Firinjeeriga geli garrunjaha oo ku isticmaal muddo 3-5 maalmood gudahooda ah



Bisha Raashinka Gasacadaysan ee Qaranka

Cuntooyinka gasacadaysan waa bedelka weyn ee cuntooyinka darayga ah sababtoo ah waxay leeyihiin raar dheer inta badana waa kuwo la awoodi karo. Booqo bogga soo'ooyinka CYP si aad u hesho cunnooyinka laga sameeyo badeecada gasacadaysan!