



NOFEEEMBAR 2021



Shuwaarmada Buriito ee Lagu Quraacdo

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

Baytaraaf

Koostada Khudaarta-Cagaaran Canbaruuda
Koostada Swiss



Wax-soo-saarka La Soo Bandhigay: Beeriga buluuga ah

Xilga Ugu Wanaagsan: Xagaaga

Xulashada: Si aad u hesho beeriga buluuga ah ee darayga ah, dooro beeriga buluuga ee adag, buuran, qalalan oo leh midab buluug oo habaas leh

Sida loo Diyaariyo: Ku isticmaal furulaato, kor saaro quraacdaada, ama kaligiis u cun cunto fudud ahaan

Kaydinta: Firinjeerka ku kaydi muddo 10-14 maalmood ah

Celebrate Your Plate Kids' Activity
All About Dairy!

Craft: Cow Mask Cut-Out
Print out this cow face and cut out the face to make your own cow mask! You can decorate the cow with spots or any design you like. Finish by attaching a popsicle stick to the bottom of the mask.

Reuse: Milk Jug Watering Can
Turn your empty milk jug into a watering can and water your plants or garden! Have an adult poke several small holes in the lid then fill the jug with water. Use paint or markers to decorate your personalized watering can.

Taste: Healthy & Kid-Approved Recipes

Banana Pudding in a Bag Mac and Cheese in a Mug Nice Cream

Find these recipes and more at www.CelebrateYourPlate.org

Xaashiyaha Waxqabadka Carruurta
Celebrate Your Plate waxay hadda ku leedahay Xaashiyaha Waxqabadka Carruurta barta mareegteena internetka! Xaashiyahaan waxaa ku jira ciyaaraha, farshaxanka & farsamada gacanta, iyo soo'ooyinka CYP ay u ansixiyeen carruurta ee ay qoyska oo dhami ay wada jeclaan doonaan! Ka hel hadda Xaashiyada Waxqabadka Carruurta hoosta qaybta Carruurta ee CelebrateYourPlate.org.