



Oktoobar 2024



## Bocor-lowska iyo Digirta Madow ee Daawaha Lagu Kariyo

Ka hel liiskaan cuntada iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta [CelebrateYourPlate.org](http://CelebrateYourPlate.org)



**Waxa Xilli sannadeedka soo Go'a: Oktoobar**

**Tufaaxa**

**Kabaashka Kale**

**Bocorada**

**Bagalada**

**Bocorka Qaboobaha**

**Wax soo saarka La Soo Bandhigay: Bocorka Godan**

**Xilliga Ugu Wanaagsan: Dayrta & jiilaalka**

**Xulashada:** Qaado bocorka jaallaha ah ee loo mareeyo inuu aad u culus yahay marka la eego cabbirkiisa

**Sida loo Diyaariyo:** Ku dar maraqyada, salaryada, ama dub si aad u dulsarto saxan cunto

**Kaydinta:** Bocorka jaallaha ah ku kaydiyo meel madoow, oo qaboow ah ilaa muddo bil ah

**Hadda waxaa lagu heli Kara Carabi!**

Webseedka Celebrate Your Plate waxaa hadda lagu heli karaa 4 luuqadood: Af-Carabi, Af-Ingiriis, iyo Af-Soomaali iyo Af-Isbaanish. Waxaad badeli kartaa luuqadda webseedka marka aad gujiso dhinaca midig ee qaybta kore ee shaashada.

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