



JANAAYO 2021



## Miraha iyo Lowska Shiidan ee Cuntada Lagu Daardarto

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



Waxa Xilli-sannadeedka soo  
Go'o: Janaayo

Afakaadho

Kabsar

Canbaruud

Bagal



Wax-soo-saarka La Soo Bandhigay:  
Cambaruud

Xilliga Ugu Wanaagsan: Xagaaga

**Xulashada:** Si aad u hesho cambaruud daray ah,  
dooro kuwa leh maqaar adag oo dawakhsan

**Sida loo Diyaariyo:** Ku dar cambaruudka  
furulaatada, salsada, kor ka saar quraacdaada, ama  
u jarjar sida cunto fudud ahaan

**Kaydinta:** Markay bislaadaan, ku kaydi heerkulka  
golka si loogu isticmaalo 1-2 maalmood gudahooda



Xiliga ka Baxsan? Dhib ma leh!

In kasta oo iibsashada Wax-soo-saarka  
xilliyeed ay kaa caawin karto inaad  
badbaadsato lacagta, doorashada miraha iyo  
khudaarta barafaysan ama qasacadaysan  
waxay sidoo kale noqon kartaa ikhtiyaar  
miisaaniyad saaxiibtinimo leh! Kuwani sidoo  
kale waa ikhtiyaarada aad u fiican oo loogu  
talagalay Wax-soo-saarka aan hadda xiligaan  
jirin ama aad rabto inaad sii ahaato mid  
daray ah.