



Diseembar 2023



## Kabaash-yaraha Lagu Dubo Khalka Madow

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:**  
Diseembar

Boqoshaa

Kabash-xidideed

Biqilka



**Wax-soo-saarka La Soo Bandhigay:**  
Kabaash-yare

**Xilliga Ugu Wanaagsan:** Dayrta iyo jiilaalka

**Xulashada:** Dooro Dhalato/Kabaaj-yare adag, is-haysta, midab cagaaran oo dhalaalaya leh

**Sida loo Diyaariyo:** Dub ama uumi oo ku dar xawaashyada aad ka hesho

**Kaydinta:** Bac ku rid oo geli firintijeerka muddo 1 toddobaad ah



**Soo'ooyin loogu talagalay**  
**Munaasabad kasta iyo**  
**Miisaaniyad Kasta**

Eeg bogga soo'ooyinka Celebrate Your Plate ee loogu talagalay cuntooyinka kala duwan iyadoo loo eegin munaasabadda aad leedahay ama miisaaniyadda aad haysato. U kala shaandhee soo'ooyinka noocyada cunto iyo qiimaha guris kasta si aad u hesho soo'ada ugu fiican ee loogu talagalay qoyskaaga xilligan fasaxa.

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