



FEBRAAYO 2022



## Shuwarmada Hilibka Digaaga ee Leh Khudaarta

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: Febraayo

Hobhob

Isbaandheys

Bataati



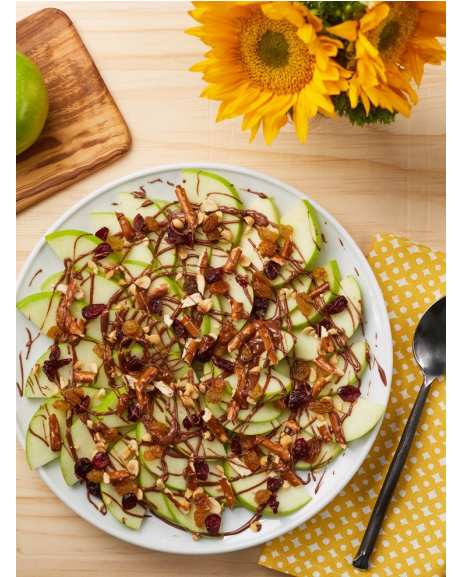
Wax-soo-saarka La Soo  
Bandhigay: Qajaarka

Xilliga Ugu Wanaagsan: Xagaaga

Xulashada: Dooro qajaar adag oo leh  
midab cagaaran oo madow

Sida loo diyaariyo: Ku dar saladh-yada,  
samee maraqa tzatziki, ama u adeeg  
jeexyada cunto fudud ahaan

Kaydinta: Qajaarka firinjeerka la geli bac  
ilaa 1 toddobaad ah



Macmacaan Fudud Oo Qof Kasta  
U Samayn Karo!

Ku qanci iligaaga macaan bishan  
Febraayo adiga oo aan iibsan  
shukulaato iyo nacnac qaali ah.  
Fiiri soo'yada 17-ka nooc ee  
macmacaanka ah ee laga helo  
Celebrate Your Plate!