



Nofeembar 2024



## Macmacaanka laga sameeyo Bocorka Jaalaha ah

Ka hel liiskaan cuntada iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta CelebrateYourPlate.org



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

Tufaaxa

Dhalo-cadde

Bocorka Qaboobaha

**Wax soo saarka La Soo Bandhigay: Bocorada**

**Xilliga Ugu Wanaagsan:** Dayrta

**Xulashada:** Si aad u hesho bocorka darayga ah, dooro kuwa adag oo culus

**Sida loo Diyaariyo:** Ku dar bocorka la kariyay, darayga ah ama gasacadaysan cuntada la dubay, maraayada, ama goosaarta

**Kaydinta:** Ku kaydi bocorada darayga ah meel qabow oo mugdi ah ilaa aad ka kala gooyso- ka dibna firinjeerka geli

**Liisas Cusub oo Cunto Diyaarin Kusaabsan ayaa Hadda La Heli Karaa!**

Qorshaha Celebrate Your Plate waxaa hadda lagu soo daray 30 liis oo ku saabsan sida cuntooyin cusub loo karsho kuwaasi oo qeyb ka ah maktabadda liisaska sida loo karsho cuntooyinka ee sii kobcaysa iyadoo guud ahaan tiradu liisaska cunto karinta ee hadda la hayo ay gaartay 231! Booqo boggayaga liisaska kusaabsan sida cuntooyinka loo karsho oo guji badhanka 'Liisaska ugu Cusub ee Kusaabsan Sida Cuntooyinka loo Karsho' si aad u aragto liisaska dhawaan lagu daray."

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