



Ogoosto 2023



## Biisaha Yaryar ee Khudaarta Leh

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: Agoosto

Galleyda

Qajaarka

Cinabka buluugga ah

Baytaraaf

Digirta lima

Cambaruud



### Wax-soo-saarka La Soo Bandhigay: Bidinjaan

Xilliga Ugu Wanaagsan: Xagaaga

**Xulashada:** Dooro bidinjaano kuwaasoo cabbirkoodu culus yahay oo aanan lahayn dildilaac ama duusduus

**Sida loo Diyaariyo:** Walaaq-shiil, jarjar oo dub, ama ku dar baastada ama kabaabka

**Kaydinta:** Ku kaydi khaanada khudaarta ee firintijeerka oo isticmaal 5-7 maalmood gudahooda



### Soo'ooyinka Ku Noqoshada Dugsiga

Haddii aad raadinayso qaddo caafimaad leh ama cunto fudud oo la heli karo xilliga dugsiga kadib, Celebrate Your Plate waxay ku haysaa cuntooyin dhadhan fiican leh oo fudud. Booqo boggeena soo'ooyinka si aad u hesho cuntooyin ay carruurtaadu jeclaan doonaan!

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