



MAARSO 2022



**Kinwa iyo  
Boqoshaa Dallacan**  
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: Maarso**

Asberjoos

Baytaraaf

Ansalaato

Misir



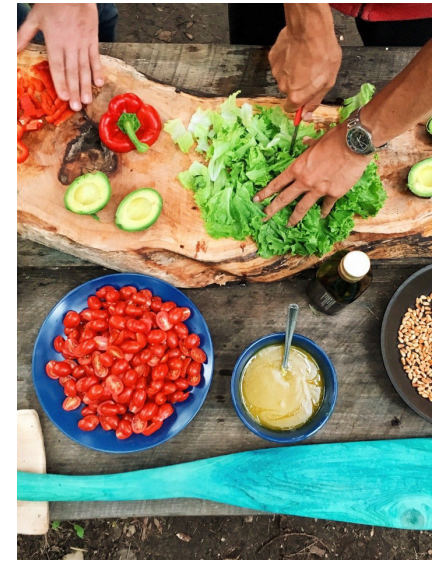
**Wax-soo-saarka La Soo  
Bandhigay: Boqoshaa**

**Xilliga Ugu Wanaagsan:** Gu'ga & Dayrta

**Xulashada:** Si aad u hesho boqoshaa daray ah, soo qaado kuwa aan nabaro lahayn oo leh tayo adag.

**Sida loo Diyaariyo:** Shiil boqoshaada, ku jarjar dusha sare ee biisaha khudaarta leh, ama ku dar maraq ama fuud

**Kaydinta:** Firinjeerka ku kaydi ilaa 1 usbuuc isagoo ku jira weelkii hore ama bac warqad ah



**Bisha Nafaqada Qaranka**

Maarso waa Bisha Nafaqada Qaranka!! Cunista cunta nafaqo leh maaha inay qaali ahaato. Booqo bogga cunto diyaarinta Celebrate Your Plate si aad u hesho in ka badan 170 cunto caafimaad leh, oo qiimo jaban oo qoyskaaga uu jeclaan doona.