



Yaanyo Shidnida Guriga Lagu Sameeyo

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta
CelebrateYourPlate.org



Waxa Xilli-sannadeedka soo Go'o: Sitembar

- Dhalo-cadde
- Karootada
- Canab
- Qare



Wax-soo-saarka La Soo Bandhigay: Karootada

Xilliga Ugu Wanaagsan: Xagaaga & Dayrta
Xulashada: Dooro karootada adag, qallafsan oo midab qoto dheer leh kana fogow karootada jilicsan ama duufsan
Sida loo Diyaariyo: Isticmaal karootada lagu dhex jarjaray saladh-yada, maraqa, fuud, ama duubabka
Kaydinta: Geli qaybta firinjeerka khudaarta ee qallalan dhowr toddobaad isagoo bac ku jira

Muuqaalada Soo'ooyinka CYP Ee Cusub

- Apple Corn Chili
- Chicken Gyro with Vegetables
- Egg and Veggie Breakfast Sammie
- Mac and Cheese in a Mug
- Nice Cream
- Potato Skins with Buffalo Chicken
- Quick and Easy Chicken Pot Pie
- Veggie Crockpot Lasagna
- Veggie Pizza Bites
- White Kale Bean Soup

Waxa jira 10 muuqaal oo cunta diyaarinta cusub ee Celebrate Your Plate oo laga heli karo mareegteena iyo boggeena YouTube! Isku day inaad goyskaaga u samayso cunto diyaarin cusub maanta oo na soo ogeysii soo'ada aad isku daydo.