



Diseembar 2024



Isbiineej laga sameeyay farmaajo iyo maashroom

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



Waxa Xilli sannadeedka soo Go'a: Diseembar

Kabash-xidideed

Boqoshaa

Biqilka

Wax soo saarka La Soo Bandhigay: Boqoshaa

Xilliga Ugu Wanaagsan: Gu iyo deyr

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

Sida loo Diyaariyo: Kudar boqoshaa la jeexjeexay waxyaabaha saliida yar lagu shiilayo ayadoo la walaaqayo, maraqada, baastooyinka, ama cuntooyin noocyo kala duduwan ah

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

Bogag Midabayn oo Cusub!

Eeg qaybta Midabaynta ee qaybta Hawlaha Udabaaldag Saxankaaga ama Celebrate Your Plate si aad u hesho bogag midabayn oo cusub! Bogagga midabaynta ee CYP waxay yimaadaan heerarka bilowga, dhexdhexda, iyo heerka sare.

CelebrateYourPlate.org

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