



JANAAYO 2022



**Bariiska iyo  
Khudaarta Lagu  
Kariyo Dheriga Ku  
Shaqeeya Korontada**  
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: Janaayo**

**Afakaadho  
Kabsar  
Canbaruud  
Bagal**



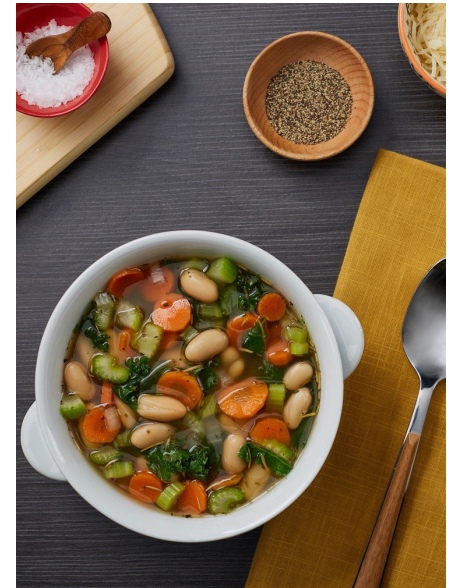
**Wax-soo-saarka La Soo  
Bandhigay: Misirta**

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

**Xulashada:** Soo iibso iyagoo daray ah, barafaysan, ama gasacadaysan. Haddii aad dooranayso mid daray ah, dooro qub adag, cagaar dhaldhalaalaya, cabir dhexdhexaad ah leh

**Sida loo Diyaariyo:** Ku dar misirta walaalaha shiilida, fuudka, ama geeska casho kasta

**Kaydinta:** Ku qabooji digir cusub firinjeeriga oo geli bac balaastik ah muddo 3-5 maalmood ah



**Sannad Cusub, Soo'ooyin Cusub!**

Celebrate Your Plate waxay hadda ku soo dartay 22 soo'ooyin oo cusub liiskeena cunto diyaarinta! Adigoo adeegsanaayo soo'ooyinka dheriga ku shaqeeya korontada, maraayada, iyo jacburka, cuntooyinkan cusub waxay ku fiican yihiin xilliga qaboobaha. Si aad u eegto soo'ooyinka cusub, booqo [www.CelebrateYourPlate.org](http://www.CelebrateYourPlate.org).