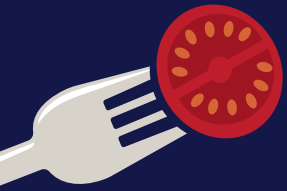


Adeegashada Cuntooyinka Maskaxda Ku Jira



- 1 Kahor intaanad soo adeegan, qorshee cunnadaad cuni doonto oo qor walxaha loo baahan yahay.
- 2 "Ka dukaamayso" talaajaddaada, qaboojiyaha, iyo kabadhada wixii ku jira marka hore.
- 3 Samee liis ah waxyaabaha aad u baahan tahay inaad soo iibsato,

CUNTADA	HORE U HAYSTAY	U BAAHAN IIBSASHO
<i>Tusaale: Veggie Quich</i>	<i>Tusaale: Boqoshaa - 1 koob</i>	<i>Tusaale: Ukun - 1 kees</i>
Isniin		
Salaasa		
Arbaca		
Khamiis		
Jimce		
Sabti		
Axad		
Waxyaabo Dheeraad ah:		



Barnaamijyadan sahlan ayaa ah qalab aad u fiican oo kaa caawinaya dukaamaysiga iyo qorshaynta cuntada:

- Yummly
- Meal Board
- Cooklist
- Pantry to Recipe
- Whisk Recipe and Grocery List
- Our Groceries
- Out of Milk
- Shopping List



SAINT PAUL
PUBLIC WORKS

stpaul.gov/foodwaste
Cuntada: Aad Ayay Uga Fiican
Tahay In La Khasaariyo