

Waxyaabaha la ogolyahay:



Bunka tuman, waxyaabaha shaandhada ku hara & caleemaha shaaha



Waxyaabaha caanahu kujiraan



Ukumaha & golfaha ukumaha



Miraha & khudaarta



Hilibka, cuntada badda & lafaha



Cuntada quruntay ama urtay



Lowska & carooga



Bariiska, rootiga, baastada & digirta



Waxyaabaha aan la ogolayn:

- Dharka (oo ay ku jirto dunta 100%).
- Xafaayadaha iyo waxyaabaha loo isticmaalo nadaafadda shakhsi ahaaneed.
- Saxarada eeyaha, bisadaha ama xoolaha nooc kasta.
- Cowska, caleemaha, alwaaxa geedaha ama qashinka daarada nooc kasta.
- Dhalada, biraha, dhammaan balaastikada iyo sheeyaasha caradu burburin karin.
- Cadadka waraaqaha ama wax soosaarada waraaqaha (sida saxamada waraaqaha ah, xeerooyinka, koobabka iyo weelasha wax lagu qaato) ee aan lahayn sumadda BPI.



Wax su'aalo ah ma qabtaa?

Booqo [FoodScrapsPickup.com](https://www.FoodScrapsPickup.com) ama wac **651-661-9393**.

Macluumaadka barnaamijka waxaa lagu heli karaa English, Español, Hmoob, Soomaali, Oromoo iyo ကဠိ.



Food Scraps PICKUP Program™

Bilaabidda



RAMSEY COUNTY

Washington County

Waa kuwan sida ay u shaqeyso:



Dalbo in si sanadle ah laguugu keeno bacaha cuntada haraadiga ah.



Ku aruuri cuntadaada haraadiga bacaha. Todobaadkiiba halmar ama marka bacdu buuxsanto afka xarig kaga xir.



Ku rid bacdaada weelka qashinka ama gaariga qashinka si loo qaado.



Waa diyaarba! Qashinkaaga waa la aruurinayaa sida caadiga ah, bacahana waxaa laga dhexsaarayaa qashinka waana la tirtiraya.



Food Scraps Pickup Program waa qaab cusub oo dadka deegaanka ay dib ugu warshadeynayaan haraaga cuntada ee guriga!

In ka badan 20% qashinka guriga waa haraaga cuntada, sida lafaha miraha, qolafka ukunta, budada bunka, lafaha iyo wax kaloo badan. Adigoo kala soocaya cuntadaada haraaga ah, waxaad gacan kageysan kartaa in loo beddelo ciid halki qashin ay ka ahaan lahaayeen.

Akoon sameyso

Raac tillaabooyinka hoose ama wac **651-661-9393** si aad maantaba u bilowdid!

Tallaabada 1

Booqo **FoodScrapsPickup.com** oo ku dhufo "Sign up".

Tallaabada 2

Geli ciwaanka gurigaaga.

Tallaabada 3

Sameyso akoonkaaga.

Tallaabada 4

Dooro cabbirka bacda oo dalabkaaga dalbo.

Tallaabada 5

Waa diyaarba! Bacahaaga waa laguugu keeni doonaa.

Khayraadka

Kheyraad kale waxay ku jiraan barta **FoodScrapsPickup.com**

- Muuqaalada tilmaamaha.
- Su'aalaha badanaa la isweydiiyo.
- Sheeyaasha la oggol yahay iyo kuwa aan la oggolayn.
- Talooyinka ururinta iyo keydinta.
- Macluumaadka iyo agab ku qoran English, Español, Hmoob, Soomaali, Oromoo iyo မြန်မာ.

Talooyinka Ururinta!

Waxaa jira siyaabo badan oo sax ah oo lagu soo ururiyo cuntada hadhaaga ah! Hel habka ururinta kuugu fiican.

Weelasha wax lagu aruuriyo.

- Adeegso weel leh dabool.
- Tusaalooyinka: haanta qashinka, sakeelka jallaatada, beeshinka balaastiga ah ama haanta qashinka lagu rido ee yar.

Keydinta haraaga cuntadaada.

- Soo hel goob ku habboon.
- Tusaalooyinka: meesha hawsha lagu qabsado jikada, tuubada saxankeeda hoostiisa, firinjeerkaaga dhexdiisa ama qaboojiyaha ama garaashkaaga.
- Ka daadi dareerayaasha dheeraadka ah ee ku jira haraagaaga cuntada kahor inta aadan qashinka ku ridin si aad uga fogaato inay bacda wax kasoo daataan.

Qaadista bacahaaga haraadiga qashinka cuntada.

- U xir afka kore ee bacdaada cuntada haraaga sidi aad u xiri lahayd buufin si aad u saajaleyso bacda. Kadhig tani mid sahlan adigoo xoogaa nafaas yar ka banneynaya bacdaada.
- Bacahaaga haraadiga cuntada toos u dhexdig weelkaaga qashinka ama meesha aad qashinka ku shubto.
- **HA KU** ridin bacahaaga haraadiga cuntada haantaada dib-u-warshadeynta qashinka; haanta qashinka dusheeda ama agteeda ama meesha aad qashinka ku shubto; ama gudaha bacda qashinka caadiga ah.

