

Food Scraps PICKUP Program™

Tilmaamaha Hagaha





Waad ku mahadsan tahay ka qeybqaadashada barnaamijka qaadista haraaga cuntada!

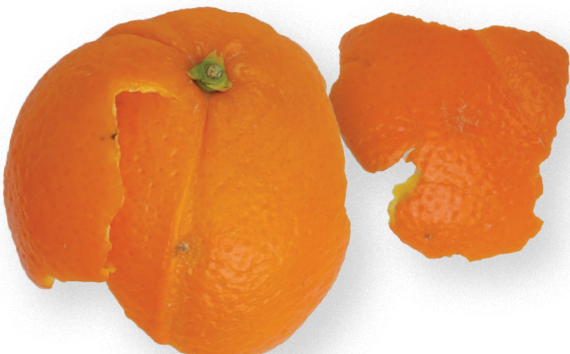
In ka badan 20% qashinka gurigu waa haraaga cuntada, sida diirka khudaarta, qolofa ukunta, buddada bunka iyo qaar kaloo badan. Taasi waa ilaa siddeed rodol oo haraaga cuntada qoyskiiba toddobaadkii. Marka aad kala soocdo walxahan, waxaad gacan ka geysan kartaa in loo beddelo ciid halkii uu ka noqon lahaa qashin.

Ka eeg buug-yaraha ku lifaaqan tilmaamaha barnaamijka oo faahfaahsan.

U xidh bacaha haraaga cuntada sida aad u xidho buufinta oo kale. Ka fiiri muuqaalada FoodScrapsPickup.com si aad u barato qaabka loo sameeyo.

Faafi arrinka! Ka qeybqaadashii dhammaan xubnaha qoyskaaga oo ku dhiirrigeli deriskaaga, asxaabtaada, iyo bulshada inay ka qeybqaataan sidoo kale! Si wadajir ah waxaynu u sameyn karnaa isbeddel.

Macluumaad dheeraad ah:
FoodScrapsPickup.com
651-661-9393
Sawir QR koodhkan



Food Scraps PICKUP Program™

TILMAAMAHA

Waad ku mahadsan tahay ka qaybqaadashada barnaamijka qaadista haraaga cuntada ee ismaamulada Ramsey iyo Washington! Waad ku mahadsan tahay ka qaybqaadashada barnaamijka qaadista haraaga cuntada ee ismaamulada Ramsey iyo Washington! **Halkaan ayaad ka helaysaa sida loo isticmaalo bacaha xirxiran:**

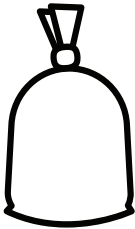
1



Kusoo aruuri cuntadaada haraadiga ah bacaha.

Kaliya isticmaal bacaha baaba'aya ee ay ismaamulada Ramsey iyo Washington ku siiyeen, kuwaas oo si gaar ah loogu tala galay barnaamijkaan. Bacaha kale ee baaba'aya iyo bacaha qashinka ee caadiga ah lagama saari doono baabi'inta.

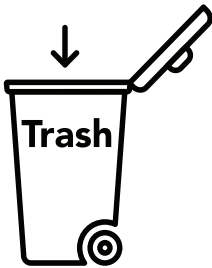
2



Todobaadkiiba halmar ama marka bacdu buuxsanto, afka xarig uga xir si aad bacda u xirto.

U xir afka kore ee bacda sidii adoo buufin xiraya oo kale.

3



Ku rid bacda gaari gacaanka qashinka ama qashin aruuriyaha si loo qaado.

Haku ridin bacaha haraadiga cuntada gudaha bacda qashinka ee caadiga ah. Ku rid bacaha haraadiga cuntada si toos ah weelkaaga qashinka ama meesha aad qashinka ku shubto. Haddii bacaha dhigto meel banaanka ka ah weelka qashinka ama meesha aad qashinka ku shubto ama weel kale oo lagu aruuriyo (dib u isticmaalka ama qashinka daaradda), ma gaari doonaan goobta saxda ah ee looga saarayo baabi'inta.

4

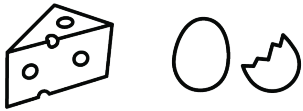
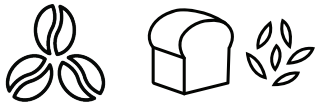


Waa ay dhammaatay!

Aruurinta kaddib, bacaha haraadiga cuntada waxaa laga dhex saarayaa qashinka waxaana la gaynayaa goob warshad oo shiidda.

✓ Waxyaabaha la ogolyahay:

Dhammaan haraadiga cuntada (ka saar waxyaabaha ku duuban iyo istiikarada cuntadana ka daadi weelasha)



- Qudaarta iyo miraha (ay kamidka yihiin diirka, cadadka iyo qolofyada).
- Hilibka iyo lafaha.
- Cuntada badda (ay kujiraan lafaha, jilfaxyada iyo qubka).
- Ukumaha iyo qubka ukumaha.
- Waxyaabaha caanaha laga sameeyo (ay kamid yihiin burcadka iyo caanaha garoorka ah).
- Rootiga, toortada, baastada, bariiska iyo haruurka.
- Digirta iyo lentilada.
- Weelasha kafeega iyo miireyaasha (aysan kujirin qolfaha kafeegu).
- Caleemaha shaaha (aysan kujirin bacda caleenta).
- Sabuulka galayda, caleenta galayda iyo qaloonka.
- Macmacaanada, macmacaanka qudaarta ka samaysan, qooshka iyo nacnaca.
- Dhirta iyo geed kulaylka.
- Miraha iyo qolfaha miraha (marka laga reebo qolfaha walnut-ka madow).
- Iniinaha (ay kamidka yihiin iniinaha).
- Cuntada rabaayadda.

Si aad u hesho liiska alaabta la ogolyahay oo dhammaystiran, bookho **FoodScrapsPickup.com** ama wac **651-661-9393**

⊘ Lama Oggola:



- Dambaska.
- Baytariyada ama qashinka elektarooniga.
- Lowska walnatka madow.
- Warqada hilibka lagu laabo, warqada xabagta leh, warqada cuntada lagu laabo ama koobabka keega (aan lahayn astaanta BPI).
- Kartoonada (ay ku jiraan kartoonada caanaha, khamriga, maraqa iyo jalaatadu).
- Dhuxusha.
- Xanjada.
- Sigaarka.
- Kubadaha cudbiga ah iyo dheg nadiifiyaha cudbiga ah.
- Xoolaha bakhtiyay.
- Findhicilka ilkaha.
- Xafaayadaha.
- Marada gaska dharka qabata ee qalajiyaha lagu rido ama waraaqaha qalajiyaha.
- Baakadaha cuntada.
- Kartoonada cuntada la qaboojiyay.
- Gacan-gashiga, buufinta ama alaabaha la midka ah.
- Dufanka ama saliida.
- Timaha iyo cidiyaha la jaray.
- Qashinka halista ah (ay ku jiraan rinjiga, nadiifiyayaasha iyo saliidaha baabuurta).
- Dareerayaasha
- Daawooyinka iyo fitamiinada.
- Bacaha saloolka ee maykrowayfka.
- Alaabooyinka waraaqaha ama balaastika ah (sida bileedhada, maddiibadaha, koobabka iyo weelasha la qaato) ee aan lahayn astaanta BPI.
- Qashinka, saxarada ama gogosha xayawaanka carbiska ah.
- Alaabta nadaafada shakhsiyeed.
- Karatoonta biidsada.
- Bacaha balaastiga ah.
- Bolistariin (Styrofoam™).
- Dhejisyada wax soo saarka.
- Agabka dib loo warshadeyn karo (bogoska, kartoonka, dhallada, birta, warqada iyo caaga).
- Dhagaxyada, ciida ama wasakhda.
- Rabadhka ama laastiiga Waxyaabaha fiiqan.
- Warqada jeexjeexan.
- Qashinka.
- Bacaha nadiifiyaha huufarta iyo waxyaalaha ku jira ama qashinka laga xaaqo saxxada.
- Xabagta.
- Waraaqaha wax lagu masaxo (nooc kasta).
- Alwaaxa ama waxa ka dhasha alwaaxa la jarjaray
- Qoryaha ama qashinka faarada.
- Duubabka ama weelasha (ay ku jiraan weelasha cuntada lagu qaato) aan lahayn astaanta BPI.
- Waraaqda wax lagu duubo, sooftiga, waraaqda wax lagu baakad gareeyo, xabagta bacda ah ama rasiidhada.
- Qashinka dayrka iyo beerta (oo ay ku jiraan cawska, caleemaha iyo laamahu).

Ku keydi bacaha aanad weli isticmaalayn meel qabow, qalalan, oo mugdi ah. Istimmaal bacaha hal sanno gudahood.

Su'aalo miyaad qabtaa? Booqo **FoodScrapsPickup.com** ama wac **651-661-9393**



Xulashada Keydinta ee Lagu Taliyay

Waxaa jira siyaabo badan oo sax ah oo lagu ururiyo haraaga cuntada! Noqo hal-abuur oo xulo weel iyo goob aad wax ku keydiso oo ku habboon adiga iyo goyskaagaba.

Ikhtiyaarada weelasha waxaa ka mid ah:

- Weelka lagu ururiyo haraaga cuntada daboolkana leh
- Baaldiyada balaastiga ah ee da-boolka leh
- Daasadaha saloolka ee birta ah
- Weelka qashinka ee yar yar, ee cabbirka-musqusha ah
- Baaldiyada shanta gallaan ee da-boolka leh
- Weelka qashinka ee waaweyn ee cabbirka-jikada ah
- Iyo qaar kaloo badan!

Ikhtiyaarada goobta keydinta waxaa ka mid ah:

- Miiska dushiisa
- Waaskada/sinxiga hoostiisa
- Goobta cuntada lagu keydiyo
- Talaagada ama qaboojya-
- ha dhexdiisa
- Weelka qashinka agtiisa
- Geerashka dhexdiisa
- Iyo meelo kale oo badan!

Si aad u yareyso urta, isticmaal weel daboolkiisu dal-daloolo ama ku keydi weelka aad ku ridid haraaga cuntada talaagada ama qaboojiyaha. Beddel bacaha haraaga cuntada qiyaastii hal mar toddobaadkii. Xaqiiji inaad si joogto ah u nadiifiso weelkaaga.

Si aad uga hortagto duqsiyada kusoo urura miraha, ku rid weelkaaga talaagada ama qaboojiyaha. Dadka qaarkiis waxay weelkooda u raraan mid ka mid ah meelahan wakhtiga xagaaga, wakhtigaas oo ay duqsiyada kusoo urura mirahu noqon karaan dhibaato.

Sawir si aad ugu aragto
macluumaadkan onlayn!
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 RAMSEY COUNTY

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