

Food Scraps PICKUP Program[®]

Tilmaamaha Hagaha





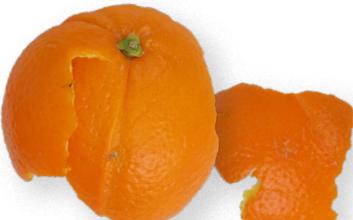
Waad ku mahadsan tahay ka qeybqaadashada barnaamijka qaadista haraaga cuntada!

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.

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



Halkaan ayaad ka helaysaa sida loo isticmaalo bacaha hadhaaga cuntada lagu rido:

Ku aruuri cuntadaada haraadiga ah bacaha cuntada haraadiga ah.

1



Kaliya isticmaal bacaha hadhaaga cuntada lagu rido ee ay degmooyinka 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



Bacda kor ka gunud una dhowee halka qashinka ku dhamaado ugu yaraan hal mar usbuucii.

Waxaad u xiraysaa sida adiga oo xiraya buufin. ama waxaad isku xiri kartaa dhinacyada. Haddii aad u xirto sida danbe, hubi inaad labo jeer gunudo si ay si fiican ugu xiranto.

3



Kurid bacda lagu rido hadhaaga cuntada gaari gacanka qashinka ama weelka qashinka lagu ururiyo.

Haku ridin bacaha hadhaaga cuntada lagu guro caaga qashinka caadiga ah. Si toos ah ugu rid weelkaaga qashinka ama meesha qashinka lagu ururiyo. Haddii aad dhigto bacaha hadhaaga cuntada lagu rido 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.



Talooyin Ururinta

Waxaa jira siyaabo badan oo sax ah oo lagu soo ururiyo cuntada hadhaaga ah! Noqo mid hal-abuuro ku ah weelasha oo dooro meel lagu kaydiyo oona kuu fiican.

Ikhtiyaarada weelasha waxaa ka mid ah:

- Weelka lagu ururiyo haraaga cuntada
- Baaldiyada balaastiga ah ee daboolka leh
- Daasadaha saloolka ee birta ah daboolkana leh
- Yar-yar, weelka qashinta musqusha lagu isticmaalo
- Baaldiyada shanta gallaan ee daboolka leh
- Waaweyn, weelka qashinka madbakha lagu isticmaalo
- Iyo qaar kaloo badan!

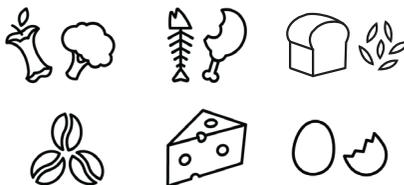
Ikhtiyaarada goobta keydinta waxaa ka mid ah:

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

Si urta in la yareeyo cayayaankana looga hortago:

- Istimmaal weel qashin ururin oo daboolku leeyahay meel hawada ka baxdo.
- Weelka qashin ururinta waxaad galisaa firinjeerka.
- Badal bacda qashinka ugu yaraan usbuucii hal mar.
- Si joogto ah u nadiifi weelka qashin ururinta.

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✓ 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
- Cuntada quruntay ama urtay
- Qalabka guryaha
- Waxyaabaha yaryar ee alwaax ah (sida qoryaha yaryar, ulaha popsicle iyo cadayga)
- Caagaga caleemaha shaaha iyo shaaha warqada kujira



KALIYA koobabka la burburin karo ee BPI ruqsada siisay, saxuunta, maacuunta, bacaha, xaashida, warqadda wakiska iwm. Hubi in alaabtu ama baakaduhu ay calaamad “la burburin karo” oo ka timid Machadka Waxsoo saarka Noolaha Qurmin karo (BPI) ee ku qoran tahay.

🚫 Waxa aan la Ogolayn:



- Danbaska
- Batariyada ama wasakhda elektoroonigga
- Qolfaha walnut-ka madow
- Bacda kawaanka, bacda xabagta, bacda parchment ama koobabka muffin ayaga oo aan lahayn calaamadda BPI
- Kartoonada (ay kujiraan caanaha, khamriga, kartoonada maraqa iyo jalaatada)
- Dhuxusha
- Xanjada la ruugo
- Sigaarka
- Kubadaha suufka ah iyo suufafka
- Xayawaanada dhintay, oo ay ku jiraan qashinka kasoo baxa kaluunka la nadiifiyay ama burburinta
- Findhicilka
- Xafaayadaha
- Qalajiyaha ama marada qalajiyaha ah
- Baakatyada cuntada
- Weelasha cuntada la barafeeyay
- Galoofisyada, buufinada, ama wax soosaar lamid ah
- Olyada ama saliidda
- Ciddiyo jarta ama timo jaraha
- Wasakhda khatarta ah (ay kamid yihiin riinjiga, dareereyaasha nadaafadda ama gawaarida)
- Dareereyaaha
- Daawooyinka iyo feetamiinada
- Bacaha qaloonka microwave-ka lagu dubto
- Wax soosaarada waraaqda ama caagga ah (sida saxamada, xeerooyinka, koobabka iyo weelasha wax lagu qaato) ee aan lahayn sumadda BPI
- Wasakhda rabaayadda, qashinka ama meesha uu ku hoydo
- Wax soo saarada loo isticmaalo nadaafadda shakhsiga
- Plastic bags
- Polystyrene (Styrofoam™)
- Istiikarada soosaarka
- Alaabta dib loo saari karo (santuukhyada, kartoomada, galaaska, birta, waraaqda iyo caagga ah)
- Dhegxaanta, ciidda ama wasakhda
- Goonta ama xarigga goonta ah
- Afleyda (Cirbadaha)
- Waraaqaha la jarjaray
- Qashinka
- Bacaha nadiifiyaha boorka iyo waxyaabaha kujira ama xaaqitaanka dhulka
- Xabagta
- Tirtireyaasha (nooc walba)
- Alwaaxa ama waxa ka dhasha alwaaxa la jarjaray
- Duuduubka kore ama weelasha (ay kamidka yihiin weelasha cuntada lagu qaato) ee aan lahayn sumadda BPI
- Waraaqda wax lagu duuduubo, tiishka, waraaqda wax lagu seejalo, koolada ama rasiitka.
- Qashinka daaradda iyo beerta (ay kamidka yihiin cawaska, caleemaha iyo laamaha)
- Kartoonada biisada

