

Koob Tsheej Potluck

TEJ KEV TSIS TAS UA LAIS XEES

Ib lub potluck yog ib pluag mov uas txhua tus qhua coj lawv ib tais zaub mov tuaj rau sawv daws tau noj. Yuav tsis kom cov potluck ua daim lais xees yog tias:

- Cov neeg tuaj koom yog cov nqa lawv tej zaub mov tuaj noj.
- Cov zaub mov tsis yog ua hauv los sis nqa tuaj rau ib lub lab uas muaj lais xees chav ua mov noj.

Piv txwv

Cov piv txwv hauv qab no yuav pab koj txiav txim seb koj lub koob tsheej puas nij daim lais xees los tsis nij. Yog tias koj xav tau kev pab seb koj lub koob tsheej puas nij daim lais xees, tiv tauj lub koom haum ua lais xees nyob koj cheeb tsam. Yog xav nrhiav lub koom haum nyob koj cheeb tsam, mus xyuas lub vas sab ua [Lais xees \(Licensing\)](#).

YOG TIAS	CES
b lub PTA tom tsev kawm ntawv xav ua ib lub potluck rau cov niam txiv. Cov tsev neeg no nqa khoom noj zaub mov tuaj rau sawv daws tau noj. Lub tsev kawm ntawv mam li yuav ntaub siv thiab dej haus. Siv chav noj mov hauv lub tsev kawm ntawv, tiam sis tsis siv chav ua mov noj hauv lub tsev kawm rau lub potluck.	QHOV NO yog ib lub koob tsheej potluck UAS TSIS TAS NIJ UA DAIM LAIS XEES vim cov zaub mov yog nqa tuaj rau sawv daws noj thiab tsis muab tso rau hauv chav ua mov noj. Cov tsev kawm ntawv yuav npaj ua ib lub potluck tau yog tias lawv tsis siv chav ua mov noj hauv lub tsev kawm ntawv los ua qhov chaw ua potluck.
b pab pawg caij tsheb maus taus qhauj tias lawv xav ua ib lub potluck. Daim ntawv qhauj ntawd nquas hu kom tib neeg nqa nqaij qaib (ua siav tom tsev los sis yuav tom khw) thiab ib tais zaub los rau sawv daws tau noj. Tus tswj lub koob tsheej ntawd mam li pub dej haus, ncuav qab zib noj thiab diav rawg tau siv.	QHOV NO yog ib lub koob tsheej potluck UAS TSIS TAS NIJ UA DAIM LAIS XEES vim cov zaub mov yog nqa tuaj rau sawv daws noj thiab tsis muab tso rau hauv chav ua mov noj.
Ib pab pawg 4-H qhauj tias lawv xav ua ib pluag mov lutefisk (cov neeg Scandinavian nyiam noj). Tag nrho cov zaub mov yuav ua rau tom ib lub tsev sib zeem tau.	QHOV NO yog ib lub koob tsheej potluck UAS TSIS TAS NIJ UA DAIM LAIS XEES vim cov zaub mov yog nqa tuaj rau sawv daws noj thiab tsis muab tso rau hauv chav ua mov noj.
Ib pab pawg ua kis las hockey qhauj tias lawv xav ua ib lub koob tsheej rau tom ib lub lab ua mov noj. Tagnrho cov zaub mov kub yuav muab ua rau tom lub lab ua noj chav ua mov noj.	Qhov no TSIS YOG ib lub koob tsheej potluck thiab THIAB YUAV NIJ MUAJ DAIM LAIS XEES vim nws siv ib lub lab ua mov noj los npaj ua nws cov zaub mov.

Kev xyuam xim txog zaub mov pib ntawm koj

- Tsis txhob mus kov los sis npaj ua zaub mov noj yog tias koj mob ntuav los sis mob raws plab.
- Yuav tej khoom ua noj - xws li nqaij - los ntawm ib lub tsev muag nqaij uas nyab xeeb xws li khw muag khoom noj los sis khw muag zaub.
- Siv plaub kauj ruam hauv qab no thiaj li pab xyuam xim txog zaub mov - tu kom huv, ua kom siav, muab cais tawm thiab cia kom txias.

Tu kom huv

- Nquag ntxuav tes thiab so tej npoo rooj.
- Ua raws li tej kauj ruam ntxuav tes uas xyuam xim.
- Ntxuav, yaug, ntxuav kom tua kab mob thiab muag tej diav rawg tso tawm koj qhuav dej.

Ua kom siav

- Nco ntsoov ua zaub mov noj kom raws qhov kub txias uas nyab xeeb.
- Rov rhaub tej zaub mov noj kom sai.
- Cia cov zaub mov kub nyob rau qhov kub.

Muab cais tawm

- Cais tawm tej nqaij nyoos, nqaij qaib thiab tej kua ntawm cov nqaij no kom tsis txhob mus tsuas tau cov zaub mov siav noj tau lawm.
- Siv cov diav rawg tshiab yog tias yuav daus ib hom mov tshiab.
- Ntxuav tes tom qab mus kov raug nqaij nyoos thiab nqaij qaib.

Ua kom txias

- Muab zaub mov tso rau tub yees kiag tam sid.
- Muab tej zaub mov tso rau tej thoob tso zaub mov me kom cov zaub mov thiaj li txias sai.
- Cia cov zaub mov txias nyob rau qhov txias.

Ntaub Ntawv Pab Ntxiv

[Clean & Separate Keeping Food Safe at Home \(www.health.state.mn.us/people/foodsafety/clean/index.html\)](http://www.health.state.mn.us/people/foodsafety/clean/index.html)

[Cook & Chill Keeping Food Safe and Home \(www.health.state.mn.us/people/foodsafety/cook/index.html\)](http://www.health.state.mn.us/people/foodsafety/cook/index.html)

[Cooking Safely for a Crowd \(extension.umn.edu/preserving-and-preparing/cooking-safely-crowd\)](http://extension.umn.edu/preserving-and-preparing/cooking-safely-crowd)

[Food, pools and lodging | Hennepin County](#)

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Potluck events_Hmong_HC_6-25

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