

Munaasabadaha Diiqda SHURUUDAHA SHATI DHAAFKA

Diiqdu waa cunto qof kasta oo marti ah uu la imaanaayo cunto uu la wadaagaayo dadka kale. Munaasabadaha Diiqda waa laga dhaafayaa shuruudaha shatiga haddii:

- Ay cuntada keenaan dadka ka qaybgalaaya munaasabada.
- Cuntada aan lagu diyaarin ama la keenin jikada goobta cuntada oo shati leh oo ku taala meesha diiqda lagu qabanaayo.

Tusaalayaasha

Tusaalayaasha soo socda ayaa kaa caawin kara inaad go'aansato in munaasabadaada laga dhaafay shatiga. Haddii aad u baahan tahay in lagaa caawiyo haddii munaasabadaada laga dhaafay shuruudaha shatiga, la xariir wakaalada shatiga ee deegaankaaga. Si aad u hesho waakalada aagaaga, arag webseedka [Rugsadaynta \(Licensing\)](#).

HADDII	KADIB
PTA ga dugsiga ayaa qorsheeyo diiq ay u sameeyaan waalidku. Qoysasku waxay keenaan cunto si ay u wadaagaan. Dugsigu wuxuu bixinayaa xaashiyaha iyo cabitaanno. Cuntada waxaa lagu cunayaa maqaayada dugsiga, laakiin jikada looma adeegsan doono marna cuntada diiqda ah.	Tani WAA munaasabad diiq ah waana LAGA DHAAFAY SHATIGA waayo cuntadu waa wadaag lamana soo gelinaayo jikada shatiga leh. Dugsiga ayaa maal gelin kara diiqda cuntada haddii jikada dugsiga aan loogu adeegsan sinaba cuntada diiqda ah.
Xarunta mootooyinka maxaliga ah ayaa si shaacsan u xayiisiinaysa munaasabada diiqda cuntada. Xayiisiintu waxay dadka ka codsanaysaa inay soo qaataan hilibka digaaga (oo guriga lagu karshay ama lagasoo iibshay dukaanka) iyo saxan si ay dadka kale ula cunaan. Dadka abaabulaaya munaasabadu waa inay keenaan cabitaanno, cunto fudud iyo tiish.	Tani WAA munaasabad diiq ah waana LAGA DHAAFAY SHATIGA waayo cuntada, cabitaanka iyo agabka waxaa wadaagaaya dadka ka qaybgalaaya.
Xarunta 4-H ayaa si shaacsan u xayiisiinaysa casho kaluun ah. Dhammaan cuntada waxaa lagu diyaarin doonaa xarun bulsho oo maxali ah.	Tani MAAHA munaasabad diiq ah waana LAGA RABAA SHATI waayo cuntada la bixinaayo ma aysan keenin ka qaybgalayaashu.
Naadiga laalacshoowga ee dhalinta ayaa dad waynaha usoo bandhigay munaasabad lagu qabanaayo maqaayad maxali ah. Dhammaan cuntada kulul waxaa ayadoo kulul lagu hayn doonaa foornooyin shatiyeysan ee maqaayada.	Tani MAAHA munaasabad diiq ah waana LAGA RABAA SHATI waayo waxaa loo adeegsaday jikada xarunta cuntada oo shati leh.

Badqabka cuntadu adigga ayuu kaa biloowdaa

- Ha maamulin ama diyaarin cunto haddii aad matagayso ama shubmayso.
- Kasoo iibso maadooyinka cuntada – gaar ahaana hilibka – meel amaan ah sida dukaanka cuntada ama suuqa beeraleeyda.
- Ilaali badqabka cuntada adoo raacaaya 4 talaabo oo fudud – nadiifi, kari, kala sooc oo qabooji.

Nadiifi

- Farxalo oo dhaq dusha meelaha si joogto ah.
- Raac talaabooyinka farxalka badqabka leh.
- Dhaq, biyo raaci, oo daawada jeermiska mari kadibna hawada ku qalaji dhammaan maacuunta.

Kala sooc

- Ka fogee hilibka ceeriinka ah, digaaga iyo dheecaanadooda cuntada diyaarsan ee bisil.
- U adeegso maacuun nadiif ah cunto kasta oo cusub.
- Farxalo kadib markaad taabato hilibka ceeriin iyo digaaga.

Kari

- Markasta ku kari cuntada heerkul badbaado leh.
- Si degdeg dabka ugu celi.
- Cuntada kulul kulayl ha ahaato.

Qabooji

- Cuntada geli talaagada isla markaaba.
- Ku qabooji cuntada si degdeg ah qasacyo yaryar.
- Cuntada qaboow ku haay qaboow.

Macluumaadka

[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](#)

[Licensing \(https://www.health.state.mn.us/communities/environment/food/license/index.html\)](https://www.health.state.mn.us/communities/environment/food/license/index.html)

Hennepin County Environmental Health

479 Prairie Center Drive Eden Prairie, MN 55344

612-543-5200 | www.hennepin.us/envhealth

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