

Tilmaahaha Keydinta Cuntada

Keydi cuntada **si ay waqti dheer mid cusub/daray ah u sii ahaato**



Seattle
Public
Utilities

Marka aad ku keydinayso **khudaar biyaha dhexdiisa**, xusuusnow in aad biyaha beddesho dhowrkii maalmood oo kasta

Mar kasta **miraha iyo khudaarta la jarjaray** ku keydi qaboojiyaha dhexdiisa

Caanaha, ukunta iyo subag a waa in lagu keydiyaa khaanada/marfashka ku yaala dhinaca dambe ee qaboojiyaha—albaarba qaboojiyaha waa mid aad u diiran iyaga marka la eego iyaga

Ka dhig **basasha** mid aad ku keydiso meel ka fog baradhada—waxay ka dhigaan in ay dhakhso u baxaan

Mooska/muuska bislaaday wuxuu sii daayaa gaas miraha u dhow ka dhiga in ay si dhakhso u bislaadaan—ku keydi meel ka fog miraha kale



Heerkulka Ugu badan ee Qaboojiyaha: 40° F

Heerkulka Ugu badan ee Qaboojiyaha qaybtiisa sare: 0° F

Ku hay **hilbka** khaanada/marfashka hoose oo qaboojiyaha ama khaanada hilbka

Marka waqti dheer la keydinayo, ku rid **rootiga** qaboojiyaha qaybtiisa sare—ku ridista lagu ridayo qaboojiyaha caadiga waxay ka dhigtaa in ay dhakhso u xumaato.

Ka saar **cinjirka iyo waxyaabaha ku xiran** khudaarta ka hor inta aan la keydin

Ka saar **qaybaha cagaaran ee** karootada, beets iyo radishka ka hor inta aan la keydin, adiga oo ku dhaafaya qiyaastii hal inch oo jirid ah

Waxyaabaha cuntada lagu rido 'packaging'

Tusaalooyinka bacaha iyo weelasha hawadu iskaga gudbi karto.



- Bacaha dulduleelka/daloolka leh (duleelka/daloolka leh, shabaga oo kale ah). Waxaad sameyn kartaa mid kuu gaara adiga oo bacda cuntada oo kasta dulduleel/dalool u yeelaya. Ta weli wanaagsan, isticmaal oo bacaha cuntada ee dulduleelka/daloolka leh ee dib loo isticmaalol
- Weelasha dulduleelka/daloolka leh (hawada iskaga gudbi karto)
- Bacaha cuntada oo furan ama sida dabacsan u xiran
- Weelasha aan daboolnayn ama sida dabacsan u daboolan
- Bacaha warqada ka sameysan
- Bacaha dharka ka sameysan
- Dambiisha

Tusaalooyinka bacaha iyo weelasha aan hawadu gali karin:



- Bacaha cuntada ee xiran
- Weelasha leh daboolka xiran



Waa maxay macnaha ay runtii leeyihiin calaamadaha cuntada ee taariikhdu ku qoran tahay?

Calaamadaha cuntada ee taariikhdu ku qoran tahay waxaa dejiyay shirkadaha wax soo saara si ay u tilmaamaan marka cuntada ay tayadeeda ugu fiican tahay, ma aha marka cuntadu aysan hadda ka dib badbaado lahayn in la cuno. Marka laga reebo caanaha carruurta 'infant formula', calaamadaha ay taariikhdu ku qoran tahay 'date labels' loogama baahna xeerarka federaalka.

Muddada Lagu Gadayo: Waxay kula talisaa dukaanka muddada ay tahay in ay cuntada ku gadaan, si ay weli u lahaato waqti ay marfashka taalo oo loogu talagay marka aad guriga u qaadato. Weli waad cuni kartaa cuntada ka dib taariikhda ay tahay in lagu gado.

Mid Wanaagsan Tahay Ka hor/Mid Wanaagsan Tahay Muddada: Macnaheedu waa in cuntada ay yeelan doonto dhadhankeeda ama tayadeeda u wanaagsan ka hor taariikhda. Macnaheedu ma aha in cuntadu aysan hadda ka dib badbaado lahayn in la cuno.

Muddada Lagu Isticmaalayo: Macnaheedu waa in cuntadu laga yaabo in ay lumiso tayada taariikhdaasi ka dib. Macnaheedu ma aha in cuntadu aysan hadda ka dib badbaado lahayn in la cuno. Caanaha carruurta 'infant formula' waa midka kaliya ee ka reeban—waana in aanan la isticmaalin taariikhda Muddada Lagu Isticmaalayo 'Use By' ka dib.

Wixii kheyraad ee kaa caawinaya in aan cunto badan la qasaarin, booqo

seattle.gov/util/stopfoodwaste

Qaboojiyaha



Khaanad qoyaankeedu hooseyo (MIRAHA)

Ku keydi bac dabacsan ama hawadu iskaga gudbi karto



Miraha Iniinyaha Adag leh (bisaylka ah) peaches, nectarines, plums, apricots



Miraha Kuleylaha ku baxa (bislaaday) kiwis, cambaha, babaayga



Miraha liinta 'Citrus' liinta 'orange' liinta nooca 'lemons' ama liinta 'limes', bambeelmada



Tufaaxa



Pears (bislaaday)



Avocados (bislaaday)



Khaanad qoyaankeedu sareeyo (KHUDAARTA) Qaboojiyaha

Ku keydi bacaha ama weelasha aan hawadu gali karin



Sanjabiil/Ginger



Lemongrass



Cagaarka



Kaabajka Nappa



Celery



Bok choy



Cauliflower



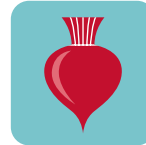
Karootada



Basasha cagaaran



Barbarooniga



Baytaraafka



Broccoli



Qajaarka



Zucchini



Radishes



Peas iyo digirta cagaaran

Ku keydi bacaha hawadu iskaga gudbi karto ama sida dabacsan u xiran

Qaboojiyaha (KHAANADA)

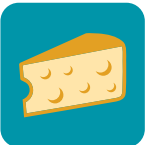
Ku keydi bacaha ama weelasha aan hawadu gali karin



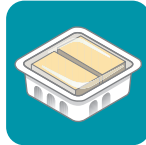
Cherries



Ku keydi warqad qoyaanka ama dufanka u adkeysata



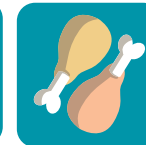
Burcadka



Tofu



Ukunta



Hilibka

Ku keydi weelasha ama waxyaabaha cuntada lagu rido 'packaging' ee rasmiga ah

Keydi khudaarta dabacsan ee



Noocyada qaraha 'Melons' (bislaaday)



Cananaaska (bislaaday)

Biyo raaci adiga oo gacanta ku qalajinaya, ka dibna ku keydi waxyaabaha cuntada lagu rido 'packaging' ee aan hawadu gali karin oo baraf leh



Kalluun & Shrimp



Shellfish (fresh)

Ku keydi weel furan, oo uu ku daboolan yahay shukumaan qoyaan yar leh

Ku keydi bacaha ama weelasha hawadu iskaga gudbi karto



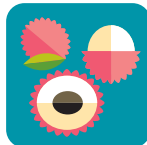
Berries



Mushrooms



Canabka



Lychee



Asparagus (marka hore qiyaasta inch-barkii ka soo jar jirida)

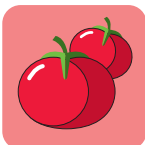


Kabsaro

Ku keydi weel biyo ah dhexdiisa (1" qotodiisa le'eg tahay) oo ay ku daboolan tahay bac dabacsan

Dhanka kale Meel ka baxsan iftiinka qoraxda

Keydi khudaarta dabacsan ee



Yaanyada



Mooska/ muuska



Miraha u baahan in ay bislaadaan (noocyada qaraha 'melons', pears, miraha kuleylaha ku baxa ee iniinyaha adag leh' stone fruits', avocados)



Reexaanta

Ku keydi koob biyo ah dhexdiisa, oo ay ku daboolan tahay bac dabacsan

Meelaha cuntada lagu keydiyo ama Armaajada

Ku keydi bacaha ama weelasha hawadu iskaga gudbi karto



Toonta



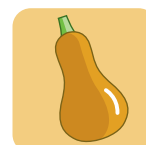
Basasha



Baradhada



Rootiga



Miraha squash ee jiilaalka



Eggplant

Keydi khudaarta dabacsan ee