

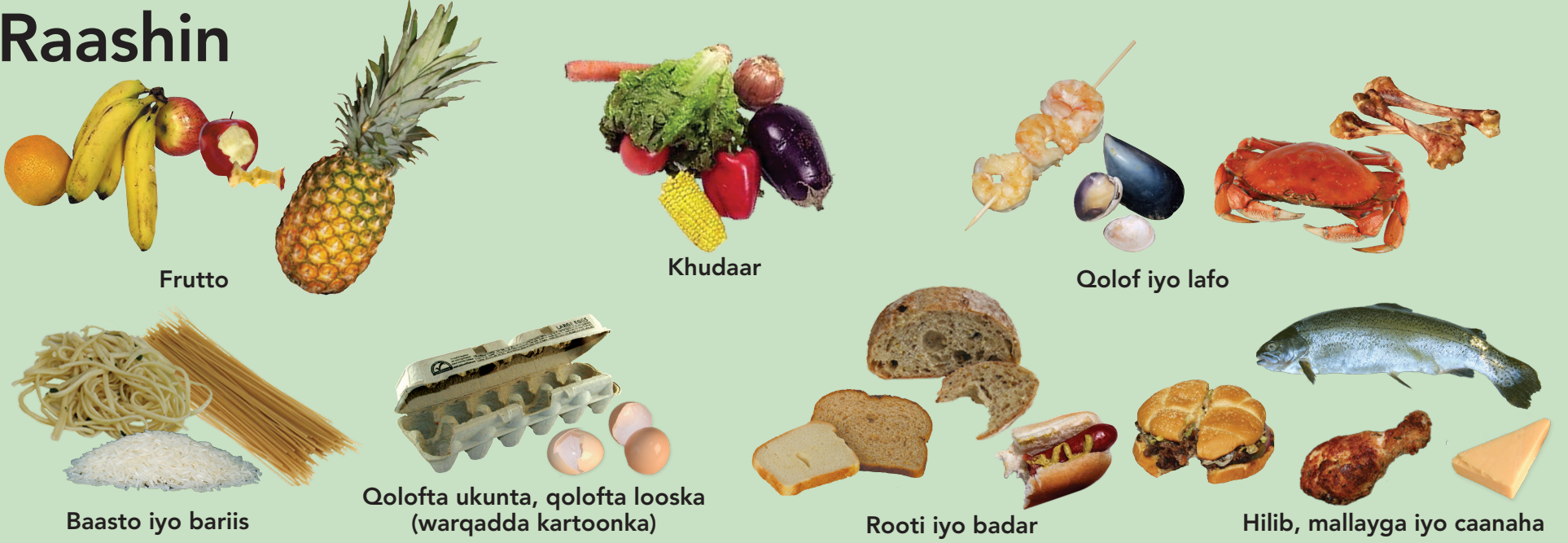


# Raashin+ Qashin



## Uruurinta Ganacsiga

### Raashin



Frutto

Khudaar

Qolof iyo lafo

Baasto iyo bariis

Qolofta ukunta, qolofta looska (warqadda kartoona)

Rooti iyo badar

Hilib, mallayga iyo caanaha

### Warqadda Raashinka ee Wasakhaysan



Kolayga ka sameysan warqad, shukumaanada iyo wargeeyska

Sanduuqyada biidsada ee subageysan iyo baakada shumaca

Saxuunta warqadda aan korka waxba laga marinin iyo tirtirka

Miraha qaxwada shiidan iyo miiraha

### Baako gelinta Qashinka ee la Ogot Yahay Dhirta iyo Ubaxa



\*Baako gelinta qashinka ee la ogot yahay: [www.resourceventure.org/foodpluscompostables](http://www.resourceventure.org/foodpluscompostables)

**! MAYA Balastiig. MAYA Birta. MAYA Galaaska. !**

### Qashin

### Dib u Cusboneysiinta

Alaabtaan geli weelkaada qashinka

Alaabtaan geli weelkaada dib u cusboneysiinta



Xaanshada wasakhaysan

Balastiiga Lagu Duubo

Bagaash

Dambiisha Raashinka

Duubayaasha

Baakooyinka Korsarka

Maacuunta

Latex iyo Gacan Gashadka Balastiiga

Noocyada Goomaha iyo Xargaha



Sanduuqyada iyo Kartoona

Baakada

Warqadda

Koobabka

Weelasha raashinka balastiiga

Dhalooyinka balastiiga (dhamaan midabada)

Dhalooyinka iyo dhalooyinka waweyn

Qasacyada birta iyo aluuniyada