

BAAKADEE MAALIN WALBA QADO KA MADAX BANAAN WASAKH!

1. YAREE

RAASHINKA LAGA BADIYEEY BAAKADAYNTA SIRIQSAN

Qado ku jirta kartoono hal mar la isticmaalo iyo raashin cunto fudud ah oo horay loo soo baakadeeyey taas oo reebaysa bac, warqad adag oo gerbad ah, warqad macdan ka samaysan oo dhuuban iyo waxyaalo kale oo wasakh miiran ah oo lagu duu duubo, WAXAAS oo marka dambe ku dhamaada qashin qubka.

ISKA DHAWRIDDA DABINTU WAA SAHLAN TAHAY!

BAAKADEE!

Dooro in aad iibsato raashin aan laga badin baakadaynta sida miraha qallalan, daqiiq isku qasan iyo macmacaanyo kale oo ka buuxa bakhaarka raashinka.

U DAA DABEECADDU HA KUU DUU DUUBTO RAASHINKAAGA!

Liin balbeelmo, moos, cinab iyo ukumaha adag ee la karkariyey kulli waxay ku yimaadaan baakadayntood gacan ku samays ah.



3. DIB U HABEE

HADDII AY QADADAADA SOO DHEX GASHO ALAAB AAN DIB LOO ISTICMAALI KARAYN:

DIB U HABEE:

- daasadaha cabitaanka gasacadaysan
- baakadaha bacaha ah
- ku baakadaynta warqadaha adag ee gerbadka ah
- sanduuqyada cabitaanka

Dugsigaaga iyo minashiibiyadu way kuu sheegi karaan waxa ku jira liiska "had" da.

XUSUUSO:

Dib u habayntu waa dariiqad weyn oo lagu yareeyo cadadka qashinka aadaya godka qashin qubka, laakiin u qaabaynta weji dib loogu habayn karo ayaa weliba sii qaadata tamar faro badan!



2. DIB U ISTICMAAL

DOORO XAL BAAKADAYN OO JOOGTO AH

Baakadee qado ka madax banaan wasakh adiga oo isticmaalaya sheeyaal sida

- baakad ama sanduuq qado oo dib loo isticmaali karo
- tarmuusyo
- dhalooyinka biyaha ee bir aan daxalaysan ah
- baakado bac ah oo dib loo isticmaali karo
- fasaleetiyaal maro ah
- maacuun dib loo isticmaali karo

ISKA ILAALI SHANTA HUB EE WASAKHDA DILAAGA AHI!

- Bac: baakadda saanwiijka, duu duubka, bacda lagu dukaamaysto, maacuun
- Baakadaha uu suufku ku cufan yahay
- Warqadaha macdanta aluumiyamka ah
- Tuur oo fogee bacaha dambiilaha ah iyo waraaqaha garriin tirashada
- Dhumaha cabitaanka



4. ISKU CAJIIMID

KEEN ABITEEDKAAGA AMA HUNGURIGAAGA!

Keliya keen inta aad ka cuni karto raashinka ee aad dhamayn karto intii aad dhamayn weydo ee kaa soo hartana ku shub qumaamada daboolan ee qashinka, haanta minashiibiyada ee qashinka orgaanikada ah lagu guro ama cajiimaha xaafaddaada horteeda yaalla.



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FAST FACTS

MAXAAN U RABAA KA MADAX BANAAN SHAHA WASAKHDA?

Marka loo eegayo Golaha Dib u habaynta ee Ontario, qadooyinka ardayda dugsiyadu waxay wadar ahaan sameeyaan ilaa 30 kilo garaam oo wasakh ah sanadkiiba. Tan macnaheedu waa in dugsiya celcelis ahaan dhexdhexaadka ihi uu qadooyinka ardayda kaliya ka soo saari karo in ka badan 8500 kilo garaam oo wasakh ah sanad walba!

WASAKAH KA MADAX BANAAN WAA RAKHIIS!

Golaha Dib u habaynta ee Ontario waxay qiyaasayaan in qadooyinka ka kooban raashinka la warshadeeyey, horay loo soo baakadeeyey qiimahoodu dhan yahay \$4.50, halka qadada wasakha ka madax banaan ay goysa qiimo yar ilaa \$2.50. In aad dugsiya u baakadayso qado ka madax banaan wasakh waxay kuu baajin kartaa in ka badan \$350!

ABUUR ILO QADO KA MADAX BANAAN WASAKH

Golaha Dib u Habaynta ee Ontario: Halganka Qado ka Madax banaan Wasakh www.wastefreelunch.com

Qado ka Madax banaan Wasakh www.wastefreelunches.org

Wasaaradda Bii'ada ee Ontario www.additupontario.ca

Cajjimayaalka Cathy's Crawly Composters www.cathyscomposters.com

Todobaadka Wasakh ka Dhimidda Canada www.wrwcanda.com

SIIN MACALLIN TALO GAAR AH OO KU SAABSAN QADO KA MADAX BANAAN WASAKH

BAAKADDA GELI ... BAAKADDA KA FUR

U sheegidda ardayda in ay keensadaan qado ka madax banaan wasakh marka ay Madaxda Aqool Isticmaalka ee Toronto ama Gobolku booqdaan qalabka fasalkaaga, waxaa adiga iyo ardaydaadaba wax weyn u ah in aad noqotaan kuwo aad uga taxadara qadarka qashin eed qubaysaan inta maalintaas saacadaha qadada lagu jiro.

Si loo sii xoojiyo barnaamijka ka madaxbanaan wasakh, hadaad soo saarto qashin intaad booqanaysa, waxaan kugu dhiiri gelinaynaa in aad dib ugu sii qaadato dugsiya una isticmaasho si fursad barasho oo kale ah .. "BAAKAD GELI, BAAKAD KA BIXI."

BOOQASHADAADA KA HOR:

Kala hadal khayaanada doorashada jawi caafimaad qabaardaydaada.

Maxaa raashi lagu dari karaa liiska qado caafimaad qabta?

Sidee baad u baakadaynaysaa raashinka adiga oo hubsanaya in uu yahay qado ka madax banaan wasakh?

Ku tijaabi maalin ka madax banaan wasakh fasalkaaga intaadan soo gaarin agteena. Hubi in aad walidkaaga, maamulka iyo macallimiinta kala hadasho hadafkaaga ah samaynta saacad qado ka madax banaan wasakh.

Qorshe aad ku keensan karto weel dhumuc yar oo dib loo isticmaali karo ood socdaalkaaga ka dib horay usii qaadan kartid si aad ugula soo noqoto haanta qashin cajjiimidda ee gurigaaga ama dugsiyagaaga.

