



# KA USUBTAA BOOQATHOWKA HARUNTA RAASHIINKA?

*May kii kaalmeyaane oganshaga walaa la  
filathaw!*



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## May laka jeetha harunta raashiinka?

Meeloo raashiinka may ka biyanaa raashiinka si bilaash eh oo lan hela kora qof kasta oo an baahan. Hattii iska aragta atha, hubin reerka eh, ama withaay oo la dhibaatoothaw inii raashiinka sheena, markaas booqathowka harunta raashiinka ka kaalmeeya korta. Noo' kasra oo dadka may booqathaana meeloo raashiinka: haanaas oo hatta haysathaan shaqooyin, haan an haysana shaqooyin, haan naafatha an hayna, ii haan ka usub Ameerika. Sababtoo eh COVID-19, dad bathan oo eed an bathan yaa naftiyoo ka atha an baahathowka booqashatha harunta raashiinka.

Haruma bathan oo raashiin eh may leyhiin aagag qaas eh, ama gooba, iyoo ka biyaayaan. Inta bathan meeloo raashiinka may iska dayeena inii an atheegaan dadka ka nool meel an dhow meeloogaas raashiinka qaaska an eh oo ka kaalmeeyaw martiyaalka la filatha koro hatheyowka gaaska, waqtaga, ii illoo. Madun hubsoy inii fiirtha harunta raashiinka oo an dhow meela atha ka noola.

*Meela Northwest Harvest, may aaminsanaa inii maddii kaalma lan baahatha, waa inii si hor eh lan siiya, an jarna su'aala la warsathi. Ma eh inii qofkoona baahtha, iyee oo la geliyaw aafimaatka nafsidiyoo ii reershoo halas, sababtoo eh obsasha. May ka shaqeeyaanee inii hubiina inii qof kasta oo baahan ogsanyi inii raashiinkaana nafaqaatha la hela koro ii inii la hadhawaaya.*



## May ku filatha kora harunta raashiinka?

Meeloo raashinka qaar may lan dajiyey sitha dukaama bagaash oo kin ogolaathaasa doorashaatha sheeyaalka atha fathaasa. Qaarshoo may biyaayaana kartooma horaan lan suubiyi ama baakitha raashin eh oo atha qaathati oo atha si futhud anka doorana walaa atha manka an qaathathaasa.



Hatta, sababtoo eh COVID-19 ii tahadarowka aafimaatka oo meeloo raashinka e inii qaathaan, intiyoо bathan may biyooyaana kartooma diyaarsan oo raashiin eh waqtagun.



Filoy inii meelaas haathaasa leen oo eta inii atha sugta illaa 30 dagiiga ku hor intii la kinka atheegna. Haruma bathan oo raashiin eh may ka shaqeeyooyaana yareeyowka waqtaga sugowka ii qaarshoo may weeldahtha koraana waqtiya yar oo la sugaw.

Meeloo raashiinka qaarshoo may an baahanyiin balan laka helaw raashiin. Ma nin suuragalaasa inii la qoro meel kasta oo raashiin qas eh oo balan bas eh. May faylee inii lahan weera waqta ku hor hattii lan hubna.

Hattii anka koothaana af Ingiriis, an diyaar haw inii gala harunta raashiinka meelaas oo laku yaaba inii afkkaa lanka koothaana. Atheegoo turjubaanka mal ka biya koro harunta raashiinka si lanka kaalmeeya tan. Hattii atha leta withay ama hubin bulshaatha eh oo ka koothaw af Ingiriis oo ka wehliya marka koowaad, tan may futhathaaya kortee waaya aragnimaatha.

## **Intee ku hela kora harunta raashiinka ee deegaankey?**

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Hattii atha qobto intarneet, may ku hela kortaa liiska gooboo harunta raashiinka ii sa'aathoo oo websaydkaana eh: [northwestharvest.org/statewide-network](http://northwestharvest.org/statewide-network).

Hattii an baahanta kaalma laka weydiyaw meel raashin, la hiriir hay'ada bulshaatha deegaanka ee aagaa oo atha horaan an dhahgali.

## **May lukooyee harunta raashiinka booqashathey anka horayta?**

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Maddii atha hela harunta raashiinka atha kin dhow, may faylee inii la han weera waqta hora oo laka haqijiyaw walaagii an baahatha karto inii atha lu koyto. Meel kasta oo raashiin shal duwanta, laakin may aatha haan an jaraana isku midyatha qaar oo atha ku filatha korta sithoo kale.

Meeloo raashiinka oo dhan may leyin nithaamka diwiaanka oo booqashathaa koowaad. May ka warsatha koraana adeynta aqoonsagaa, aqoonsaga ariinyoogaa, ii iwaanka hatta. Barnaamijyatha may ka warsatha koraana inii aragaan aqoonsagaa **laakin aqoonsaga mal anku baahan inii ka hela raashin**. Iyee oo magaaga ii iwaanka la odsatha koro booqashatha koowaad ee harunta raashiinka, aqbaartaas mal qaathaw booqashooyinka hana qathowka illaa harunta raashiinka suubitha usbooneysiowka diiwaanatha oo sannad kasta eh. Aqbaarta laka qaathi qaathashatha may lan odsathey wargelinatha inii harunta raashiin qorti helowka raashiin ii maalgeliyowka atheegoo.

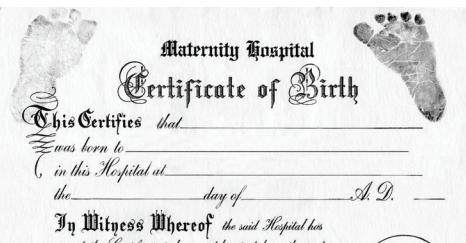
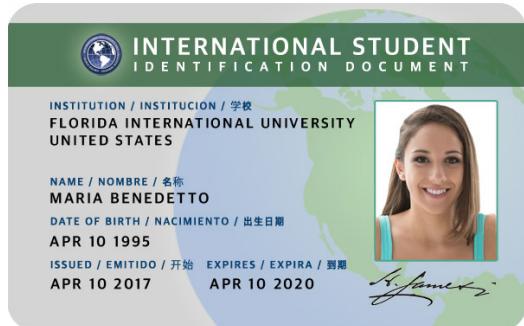
Inta bathan meeloo raashinka may ogolaathaayaana qaab kasta oo aqoonsaga sawirka eh oo atha haysata. Kan may naqatha koree shariga darawalnimaatha Ameerika ama Aqoonsaga wadankaa an dhalati. Aqoonsyaalka kutaabta oo hittaa kaarka hubin ahaanshaga Costco shaqeeya kora raas haan.

Qaar ku mid eh meeloo raashinka may sithoo kala warsathaana adeeyowka aqoonsaga lanka tallageli ariinyoo, sitha shahaadatha dhalashaatha, diiwaanka iskoolka ama kaarka aqoonsaga iskoolka. Tan may muhiim an etaa sheenowka hattii atha fatha fadi inii hela wanta gasa'aatha ariinyoo ii bambaas.

Inta an ka bathan meeloo raashiinka may raashiin siyyana qof kasta oo lanku fiirina muwaadannimatha ama sharaga so'thaalka oo ogolaathaayaan Aqoonsyaalka ku kooyi wadanka dhaladka eh. May laka warsatho koree hasheegowka muwaadannimathaa ama sharaga so'thaalka, jinsiyada/qowniyada, ama afka laka koothaw maadaama haanaas lanka odsatha korna illoo maalgeliyowka dowlada. Hattii, sabab kasta atha ku walwalsanta wal quseeya ku jawaabowka su'aaloogun, oo ka jaraan dala'owka bulshaatha, may warsatha kortee su'aaloogaas inii laku guthuba. **Mal an baahan.** Meelo raashinka anka bathan illaaliyaayaan oo ma wathaagaan aqbaartaa shaqsaga.

Si lan haqijiya iwankaa, inta anka bathan meeloo raashiina ogolaathaayaan koobaga heliiscaa manka/heliiska kiratha ama qib ku mid eh boostatha oo kiyaala iwaanka, sitha biilka taleefonka ama biilka korontada. Man baahaniithi inii lahaata iwaan hatta eh si an hela raashiin. Hattii atha an lahayna iwaan ama la kulumoya man laan, harunta raashiinka may hoos anka dhika koraana iwaanka harunta raashiinka oo iwaankaa eh.

Hattii atha koyti harunta raashiinka laakin an haysana waraaqoo ka haboon, haruma bathan oo raashiinka eh may weli kasiyyaayaana raashiin geekas, oo kiinshaagaayaan waraaqoo la sheenaw booqashathaa higtta. **Meelo raashiinka ee jaalalka Northwest Harvest may lan ku baahanyaa inii lan diyaariya raashiin qof kasta —hattii haysathaan ama an haysana Aqoonsa ama iwaan.**



## **May kaloo ku hela kora harunta raashiinka maddii laku reeba raashiinka?**

Haruma bathan oo raashiinka eh may biyaayaana atheega kala oo dhina ku eh raashiin. Walyaalaga qaar ee aathiga eh ee la biyaw may buwaa:

- Kaalmatha manka (kaalmeyowka beesa biyowka, ka kaalmeeyowka helowka man)
- Kaalmatha korontatha
- Dharka hudheyte eh
- Sheeyaalka nathaafada (alaaboo haanshatha, saabuun, buraashka ilkoo)
- Wanta gasa'a onoga
- Baambas
- Raashiinka eyka/raashinka yaanyuurta

Hattii atha an baahanta wal qaas eh, sheyka anka fayle ee la suubiyaw may buwaa warsathowka! Hittaa hattii harunta raashiinka an lahayna walaagii an baahanta, ogaatha koraan qof kala oo suubiyaw.





[northwestharvest.org](http://northwestharvest.org) | @nwharvest