

# CUNTADA TAFARIQ AHAAN LOO BAAKADEEYAY - TUSAALEYAASHA SUMADAYNTA

U adeegso dukumiintigaan si aad u  
sumaddo cuntada aad u baakadayso  
adeegga iskaa ah ee macaamiisha.



## Lixdaan shay ee ayaa caadiyan loogu baahan yahay cuntooyinka loo baakadeeyay goobta cuntada tafaariqda ah iibisa:

- 1. Magaca guud** ama qeexitaanka saxda ah waa inuu si fiican uga muuqdaa summada asagoo far waawayn ku qoran.
- 2. Tirada:** Si sax ah u qeex cadadaka baakada ku jirta miisaan ahaan, cabirka dareeraha, ama tirada. Haddii lagu iibiyo miisaan ahaan, ku dar miisaanka rasmiga ah labada cabir ahaan (garaam, iwm.) iyo cabirka mugga (firiqo, iwm.).
- 3. Maadooyinka:** Ku dar haddii cuntooyinku ay ka kooban yihiin wax ka badan hal nooc. Cuntooyinka laga sameeyay cuntada la warshadeeyay waa in sidoo kale la sheegaa maadooyinka lagu daray. Tusaale, qor liiska maadooyinka roodhiga islayska ah ee lagu isticmaalo saanwiijka.
- 4. Xasaasiyad Kiciyaasha:** Qor isha maado kasta oo cunto oo alarji kicisa oo ku jirta maadooyinka ama bayaanka gaarka ah ee "Ku jirta". Xasaasiyada cuntada ee wayn waa in lagu daraa magaca guud. Ka soo degso dukumiintiga Wacyigelinta Xasaasiyad Kiciyaha (DOH333-341) barta [www.doh.wa.gov/foodrules](http://www.doh.wa.gov/foodrules).
- 5. Soo saaraha:** Ku dar magaca, ciwaanka wadada, magaallada, gobolka, iyo koodhka siibka ee ganacsiga ee sameeyay cuntada.
- 6. Taariikhda Bixitaanka:** Cuntooyinka halaabaaya ee halaabi kara 30 maalmood gudahood waa in lagu daraa taariikhda marka cuntadu u baahan tahay in laga saaro iibka.

## Cuntooyinka Bisil ee Halaabi kara

Cuntooyinka bisil ee halaabi kara muddo 30 maalmood gudahood ayaa u baahan inay lahaadaan dhammaan 6 qaybood. Hoos ka fiiri tusaalaha:

- 1 Roast Beef & Cheddar Sandwich  
Hilibka La Dubay iyo Sanwiijka Cheddar**
- 2** NET WT. 6.0oz (170g) Keep Refrigerated  
MIISAANKA CAYIMAN. 6.0oz (170g) Ku hay Talaagada  
1 Sandwich  
1 Saanwiij
- 3** **Ingredients:** Roast beef, white bread [enriched wheat flour, water, yeast, sugar, soybean oil, salt, calcium propionate (preservative)], sliced cheddar cheese [cultured pasteurized milk, salt, enzymes, natamycin (preservative)], tomato, lettuce.  
**Maadooyinka:** Hilibka lo'da ee la dubay, roodhiga cad [burka khamadiga ee la kobciyay, biyaha, fixisada, sonkorta saliida digirta sooyga, calcium propionate (ilaaliyaasha)], jiiska cheddar oo la jarjaray [caanaha khamiirka ah ee la sifeeyay, cusbada, insiimada, natamycin (ilaaliyaasha)], yaanyada, kabsarta.
- 4** **Contains:** Milk, egg, wheat  
**Waxyaabaha ku jira:** Caano, ukun, khamadi
- 5** Main Street Market  
1234 Main Street  
Spokane, WA 12345
- 6** **Best if used by:** 4.16.2024  
**Waxay ugu fiican tahay haddii la adeegsado ugu danbayn:** 4.16.2024

**Maadooyinka xoolaha iyo cabitaanka aan la sifayn ayaa leh shuruudaha gaarka ah ee digniinta oo ay gasab tahay in lagu daro summada. Waxaa luuqada loo baahan yahay lagu aqoonsanayaa **falaarta** ➔ ku jirta tusaaleyaashaan. Ka soo degso Dukumiintiga Sumad u samaynta Cuntada Tafaariiqda ah ee la Baakadeeyay (DOH 333-349) barta [www.doh.wa.gov/foodrules](http://www.doh.wa.gov/foodrules) si aad u aragto cuntooyinka leh shuruudaha dheeriga ah ee summada cuntada.**

## Cuntooyinka Xoolaha ee aan Si Fiican loo karin

Maadooyinka xoolaha ee lagu baxsho ceeriinka ama ayagoo aan si fiican loo karin waa inay sheegaan cuntada xoolaha ayna sheegaan cudurada ka dhalan kara. Hoos ka fiiri tusaalaha:

- 1 **Sushi with raw salmon\***  
**Sushi wadata salmon ceeriin ah\***
- 2 NET WT. 6.0oz (170g) Keep Refrigerated  
MIISAANKA CAYIMAN. 6.0oz (170g) Ku hay Talaagada
- ➔ **\*Consuming raw fish might increase your risk of foodborne illness.**  
**\*Cunista kalluunka ceeriinka ah ayaa kordhin karta khatartaada xanuunka cuntada ka dhasha.**
- 3 **Ingredients:** Salmon, rice, avocado, cucumber, carrot, sugar, vinegar, soybean oil, egg yolk, soy sauce (water, wheat, soybeans, salt), salt, seaweed, sesame seed  
**Maadooyinka:** Kalluunka salmon, bariiska, afakaadhada, qajaarka, kaaroodka, sonkorta, khalka, saliida digirta sooy, qaybta jaallaha ah ee ukunta, maraqa sooyga (biyaha, khamadiga, digirta sooyga, cusbada), milixa, seaweed-ka, miraha sisinka
- 4 **Contains:** Fish (Salmon), wheat, egg, sesame  
**Waxyaabaha ku jira:** Kalluunka (Salmon), khamadi, ukun, sisin
- 5 **Manufactured by:** (Waxaa soo saartay:)  
Fresh Fish Sushi  
1234 Chinook Avenue  
Moses Lake, WA 12345
- 6 **Best if used by:** 4.16.2024  
**Waxay ugu fiican tahay haddii la adeegsado ugu danbayn:** 4.16.2024

## Casiirka Cusub ee La Miiray

Casiirka aan la sifayn waa in lagu daraa digniin gaar ah. Hoos ka fiiri tusaalaha:

- 1 **Fresh Pressed Apple Cider**  
**Khalka Tufaaxda oo Hadda la Miiray**
- 2 NET WT. 96.0 fl oz (2.84L)  
MIISAANKA CAYIMAN. 96.0 fl oz (2.84L)
- No spices, no sugar - just apples!  
Laguma daraayo daawo dhireed, laguma daraayo sonkor - keliya tufaax!
- Keep Refrigerated  
Ku hay Talaagada.
- 5 **We R Apple Growers**  
1234 Golden Way  
Vancouver, WA 23456
- 6 **Best if used by:** 4.16.2024  
**Waxay ugu fiican tahay haddii la adeegsado ugu danbayn:** 4.16.2024

**WARNING: This product has not been pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.**





## Hilibka Ceeriinka ah iyo Hilibka Digaaga

Hilibka ceeriinka ah ee uu karsado macmiilku waa inuu wataa tilmaamaha maaraynta amaanka ah. Hoos ka fiiri tusaalaha:

- 1 **Chuck Roast**  
**Jeexa Garabka ee Hilibka lo'da (Chuck Roast)**
- 2 NET WT. 16oz (1 lb)  
MIISAANKA CAYIMAN. 16 oz (1 lb)
- 3 **Ingredients:** Beef, natural flavoring  
**Maadooyinka:** Hilib lo'aad, macmacaan dabiici ah
- Keep Refrigerated or Frozen  
Ku hay Talaagada ama Furinjiiyeerka
- 5 **Sunny Valley Grocery**  
1234 Cattle Drive  
Prosser, WA 12345
- 6 **Best if used by:** 4.16.2024  
**Waxay ugu fiican tahay haddii la adeegsado ugu danbayn:** 4.16.2024

### Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

- ➔  Keep refrigerated or frozen. Thaw in refrigerator or microwave.
-  Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
-  Cook thoroughly.
-  Keep hot foods hot. Refrigerate leftovers immediately or discard.

**La xiriir waaxda caafimaadka ee deegaankaaga si aad u hesho xog dheeraad ah:**

[www.doh.wa.gov/localhealthfoodcontacts](http://www.doh.wa.gov/localhealthfoodcontacts).



DOH 333-348 CS April 2024 Somali  
Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127.  
Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).