



KA HORTAG XIRANKA MARINNADA, SI SAX AH QASHINKA UGU DAR

F.O.G.s

In ka badan 50% dadka ku nool Iskaamulka San Diego ayaa aaminsan in wasaqaynta marinnda biyaha ay saamayn toos ah ku leedahay naftooda iyo ehelkooda.¹ Raac tilmaamahaan kasoo baxay Barnaamijka Difaaca Waraha Biyaha ee Degmada San Diego ee la xariira qashin ku darista saxda ah ee **dufanka, saliida, iyo olyada (F.O.G.s)** si loo ilaaliyo nadaafada biyahaeneen.

F.O.G.s ayaa awdi kara tuubooyinka taasoo keenaysa dayactiro lacag badan ku baxdo iyo daad dhaafka bulaacada taasoo wasaqayn karta marinada biyahaeneen. Fududee shaqada adoo ku ridaaya qashinka F.O.G. qasacaaga cagaaran ee agabka oorgaaga ah badalkii aad raacin lahayd biyaha daadka.

F.O.G.S YADA UGU BADAN EE GURYAH A LAGU ISTICMAALO:



Subaga



Dhirta cuntada



Saliida Cuntada



Cadadka Baruurta



Saliida



Maraqa Hilibka



Saladhka Duubka



Yooqadka

Inta badan dadka deegaanka ayaa marhoraba samaynaaya talaabada saxda ah si ay u fogeeyaan F.O.G.s ayagoo:

- Ku tirtiraaya digsiyada tiish kadibna ku ridaaya qasacaaga qashinka oorganiga ah ee cagaaran haddii aadan ogayn taariikhda qashinka la qaadaayo wali (la xariir shirkadaada qashinka si aad u hesho xog dheeri ah).
- Qaboojinta dareereyaasha sida subaga la shiilay iyo olyada ilaa ay ka adkaadaan, kadibna ku ridaaya qasaca qashinka oorganiga ah ee cagaaran ama qasaca qashinka. (TILMAANTA: maacuunta ama birqabatooyinka ayaa shaqadaan qaban kara!)

Kahortag urka iyo cayayaanka adoo adeegsanaaya tilmaamahaan fudud:

- Ku rid F.O.G. iyo wasaqda kale ee oorganiga ah qasac dib loo isticmaali karo (qasacyada kafeega ama qasaca caaga ah ee wax la gashto) ilaa taariikhda lagaa qaadaayo, kadibna qashinka ku rid qasaca cagaaran ee qashinka ee banaanka gurigaaga.
- » Ka codso qasaca qashinka jikada ku haboon shirkadaada adeegga qashinka.
- Saac qasacaaga yar, ee qashinka, ama bacaha uu ku jiro qashinka F.O.G. qaboojiyaha ama talaagada kadibna qashinka ku rid qasaca qashinka ee cagaaran ee banaanka gurigaaga habaynka kahoreeya maalinta qashinka la qaadaayo.
- Ku dhaji salka qasacaaga gudaha iyo kan qashinka ee banaanka ee cagaaran joornaal, baco waraaq ah, ama cadad.