

Shuruucdaha Foomka Codsiga 2022ka ee kaalmada kooban ee dagaanka dariska la ah SHIP

Waxda caafimaadka bulshada ee deegaanka Anoka, waxay mudnaanta fursadeed siineyasaa deegaan dariseedyada iyo ururada bulshaduba in ay soo codsadaan mashruucan wadaaga ee horumarinta caafimaadka (SHIP), kaas oo guud ahaan gobalka (State) oo dhan ka jira doona. Ujeedada mashruucani waa in la helo joogteeyo iyo jiritaanka fursadaha la xiriira arrimaha bulshada ee ku saabsan cuntooyinka caafimaadka leh, sameynta firfircooniyad dhismaha jirka, abuurida xaallad caafimaad qableh, iyo in la yareeyo isticmaalka iyo ka ganacsiga tubaakada iyo in sitoos aha loogu wacyi galiyo shakhsiyaadka bulshada ka midka ah ee aan horay fursadaha ugu helin eek u nool deegaanka Anoka. Shaqaalaha SHIP, waxaa ay diyaar u yihiin in ay ka caawiyaan talaba kasta oo suuragalineysa in foomamka codsigaagu hirgalaan, sidaas darteed fadlan ha ka baqin in aad lagala soo xiriirto: SHIP@co.anoka.mn.us, adoo wixii su'aal ah ee aad qabto iyo wixii taageero ah ee aad u baahantahayba bartaas ku soo codsato Waxaa kale oo kuu diyaar aha turjubaano kuu af cliya oo kaa caawin doona in ay kula buuxiyaan foomamka, haddii aad u baahantahay.

Xilliga loo xadiday mashurrcan:

- Foomamka codsiga waxaa la qabali doonaa Jannayo - Febraayo 2022ka
- Xilliga kama dambaysta ah ee codsigu: 28ka Febraayo 2022ka
- Abaalmarinta kuwa ku guuleysta waxaa lagu dhawaaqi doonaa: 16ka Maarso 2022ka
- Xilliga miisaaniyada loo qoondeeyay mashruucan waa: 1da Abriil – 31ka Oktobar 2022ka
- Reboorka xisaab celinta iyo qiimeynta ee mashruucan waa Oktoobar – Nofember 30keeda, 2022ka

Dhammaan foomamka codsiga ee mashruucan waa in ay ku jiraan ugu yaraan mid ka mid ah shuruucda ama isbaddalka deegaanka ee loo yaqaano (environmental change):

- **Shuruuc (Policy):** Gudbinta shuruucda, Shuruuc hoosaadka loo yaqaano (ordinances) ama sharciyada lagu u gaarka ah, ururka dhexdiisa.
Tusaale ahaan: in la aburo ama dib loo eego shuruucda Tubaakafda ee hadda jirta oo ay ka mid yahay waxa loo yaqaano (Vaping).
- **Qaabdhismeedka:** isbaddalka qaab dhismeedka, si looga wareejiyo “waxyaabihii caaddada u ahayd habka wax loo sameeyo.”
Tusaale ahaan: taageerada la siiyo hab bilowga in bulshada laga taageero dhinaca beeraha iyo wax beerida ee loo yaqaano (Community Supported Agriculture), in la isla meeldhigo goobta la doonayo in wax lagu beero sida waxa loo yaqaano (food pantry/shelf) ama fursadaha lagu dhaqaajinayo ficilka dhismaha howlaha la xiriira arrintaas.
- **Deegaan (Environmental): Tani waxay ka dhex dhici kartaa dhinacyada Dhaqaalaha, arrimaha bulshada iyo waliba dhismaha muuqaalka dagaanka.**
Tusaale ahaan: waxaa la sameyn karaa in bulshadu isla wadaagto in Biskileedyo la wada kaxeeyo, ama in lawada sameeyo in dhalooyinka biyaha la wada buuxiyo, si loo horumariyo in bulshada oo dhami biyaha ka wada haqab beesho.

Ciwaanada ama waxyaabaha loo isticmaali karo kaalmada ay bixiso SHIP

Foomamka mashruucani waa in uu diirada saaraa ugu yaraan mid ka mid ah ciwaanada ama waxyaabaha soo socda:

- **Cunitaanka cunto caafimaad qabta** sameynta firfircoonaan ujeedadeedu tahay in la kordhiyo qaadashada miraha (fruits) iyo Khudrada iyo waliba in la yareeyo qaadashada waxyaabaha aashitadu ku jirto iyo walxaha ay ku badantahay baruurta iyowaliba cuntooyinka iyo cabitaanada sonkorta lagu daro.
- **Firfircoonida dhismaha jirka** Firfircoonoda noocan ah ujeedadeedu waa in la kordhiyo in bulshadu ka wada qayb qaadata oo ay fursad u helaan goobaha lagu sameeyo qaab dhismeedka jirka iyo waliba gaadiid diyaarsan oo keena in ay helaan.
- **Nolol farxad leh firfircoonida nolol caafimaad qableh waxaa looga jeedaa in la kordhiyo taageerada mask ax caafimaad qabta oo si haboon u fikirta iyo in lagu dhiiri galiyo samaha dhammaan bulshada dagaankaas ku wada sugan.**

- **Nolol tubaakada ka caagan:** firfircoonida noocan ah u jeedadeedu waa in la yareeyo tubaakada, isticmaalka waxa loo yaqaano (Vaping) iyo in la dhiiri galiyo saxooyinka caafimaadka qaba.

WAXYAABAHAA LOO BAAHANYAHAY

- Goobta aad wax u codsaneyso waa in ay ku taalaa Deegaanka. MN
- Waa in aad soo buuxiso foomka codsiga soona dirto ugu danbeys 28ka Febraayo 2022ka
- Muhiimada waxaa la siin doonaa mashaariicda taageersan ama xirfadaha u leh in ay wax qabtaan caafimaadka bulshada. Kuwaas waxaa ka mid noqon kara, laakiin aan xadidneyn, Qowmiyadaha/ kooxaha kala duduwan ee loo yaqaano, Qaxootiga/ kuwa Soo galootiga ah, Dadka Soo maray Ciidamada, Shakhsiyaadka laxaadkoodu dhimanyahay, dadka foqorada ah iyo Dadka ay da'doodu ka weyntahay (65 sano).
- Mashaariicda abaalmarinta ku guuleysta waa in ay ka soo warbixiyaan xaalada guud ee mashruuca, oo ay ka midyihiin (laakiin aan xadidneyn), Xilliga loo qoondeeyay in uu mashruucu socdo, miisaaniyada kharashka mashruuca ku baxa, iyo hawalaha mashruuca looga baahanyahay in in lagu keeno mudo ku siman 5 – 10 maalmood oo maalmaha la shaqeeyo ah
- In aad qiimeyn ku sameeyso howlaha mashruucu qabto, oo aad soo uruuriso, haddii ay jiraan wax macluumaad ah oo horay looga sameeyay mashruuca. Shaqaalaha SHIP waa kuu diyaar in ay kaa caawiyaan wixii qiimeyn ah, kuwaas oo ay ka mid yihiin horumarinta mashruuca iyo uruurinta macluumaadka.
- In aad nala wadaagto sheekooyinka guusha mashruuca sida: Sawiro, waxyaabo aad soo xigatay, Fiidyow iwl. Si gaar ah u soo muuji oo u cadde mashruucaaga.

Go'aanada maalgalinta iyo Caddadka maalgalinta: soo codsadaa waxaa go'aanka lagu wargalinayo la siin doonaa 16ka Maarso 2022ka. Caddadka miisaaniyadeed ee ugu badan ee mashruuca la siinayo waa \$3,000.

Dhamaan ashyaada la ogolaado iyo ku wii lagu heshiiyaba waxaa si toos ah u soo gadi doonta dagaanka bulshada ee Anoka, qaybteeda loo yaqaano SHIP, kadib marka miisaaniyada mashruucan la isla meel dhigo. Go'aanka kama danbeysta ah, waxaa ay ku xiranyahay lacagta uu mashruucu soo codsada. Sida ku cad xeerka iyo caddadka kaalmada lacagta ee la hayo ee Degaanka Anoko iyo wasaarada caafimaadka ee Minnesota

Isticmaalka Miisaaniyada: Ashyaada loo istimaalayo miisaaniyadan waa in ay xiriir toos ah la leeyihiin shuruuca miisaaniyada loo qoondeeyay, habka shuucdu ku qotonto ama isbaddalka dagaank **Miisaaniyadan looma isticmaali karo**, barmaamijyo aan joogto ka dhigi Karin habsami u socodka howlah mashruuca, aan ka mid ahayn agaasinka iyo isuduwida qorshayaasha ee mashruuca, oo ah kuwa horumar gaarsiin doona guud ahaa bulshadu in ay ku noolaato nolol farxad leh.

- Tusaaleahaan ashyaada la ogolyahay in miisaaniyadan lagu isticmaalo waxaa ka mid ah:
 - Alaabta iyo qalanka lagu bilaabay ama lagu balaarinayo barmaamijyadii horey u soo socday – Abuurka iyo waxyaabaha kale ee beerta lagu isticmaalo, alaabta/ qalabka wax lagu kariyo ama loo isticmaalo fasalada lagu barto cunto karinta, iyo waliba barmaamijka biskileedyada iwl.
 - Qiimaha tababarada ee sida tooska ah xiriirka ula leh mashruuca – sida lugeynta, wadida biskileedyada, sameynta waxyaabaha lagu madaadaasho eek u saabsan muduucyada tababarka, Tai Ji Quan iwl.
 - Gaadiidka - kaararka lagu bixiyo gaaska iyo fooljarada loo isticmaalo in lagu raaco gaadiidka dadweynaha
- Tusaaleahaan ashyaada aan la ogoleyn in miisaaniyada lagu isticmaalo waxaa ka mid ah:
 - Horumarinta hantida mashruuca/ mashaariida la xiriirta dhinaca dhismaha
 - Kharashka howlaha guud ee mashruuca
 - Gawaarida
 - Waxyaaba bakhtiyaa nasiibka lagu sameeyo
 - Xaflad hal mar ah – howlaha mashruucu waa in ay yihiin kuwo socda oo aan xilli dhamaad lahayn.

Fadla la soo xiriir SHIP@co.anoka.mn.us Haddii aad qabto wax su'aal ah oo ku saabsan xaq u lahaanshaha ashyaada miisaaniyadan lagu bixin karo (Wax walba ka mid ma noqon karo)

Tusaaleahaan howlaha la rabo in la qabto

• Cunida cunto caafimaad leh:

- In la abuuru shuruuc/ Qaab lagu hago noloshu si loo hubiyo helitaanka cunto caafimaad leh , xilliyada la sameynaayo xafladaha kulanka bulshada
- In la habsado meesha cuntadu ka imaaneyso, si loo ogaado in ay cunto caafimaad leh ka mid tahay, taas oo ama la mid ah ama aka qiimo jaban cuntooyinka aan caafimaadka lahayn. Update
- In la abuurgoob laga helo cunto fudud oo caafimaad leh, oo siinaya dadka akhyaaro ay ku dooran karaan cunto caafimaad leh.
- Taageerida habkii loo bilaabi lahaa beerashada beerta oo ay bulshadu taageersantahay iyo waliba goobtii ku habooneyd ee laga sameyn lahaa
- Horumarinta in bulshada oo dhami hesho biyo , tusaaleahaan soo gadashada iyo buuxinta dhalooyinka biyahImprove
- Kharashkii lagu bilaabi lahaa beeraha bulshada ka dhexeeya
- In la abuuru goobo lagu nuujiyo ilmaha oo oo ka mid ah goobaha bulshadu wada isticmaasho, oo gaar u ah dumarka ilmaha nuujiya.
- In la kordhiyo cunto dhaqameedka gaarka ah.
- Kuwo kale: _____

• Firfircoonida dhismaha jirka

- In la abuuru maktabad si wadajir ah loogu sameeyo jimicsiga iyo qalabka dhismaha jirka (sida kubbada cagta, fasalo lagu barto jimicsiga iyo dhismaha jirka, iyo waliba qalab lagu wada isticmaalo wadida biskileedyada).
- In loo diyaariyo meelaha banana(gaarka ah) ee jira in lagu sameeyo firfircoonida dhismaha jirka
- In la soo iibiyo kaaarbadka loo dhigo biskileedyada, si aanay u nuuxnuuxsan oo meesha lagu rakibo ay ugu nagaato
- In Sameynta jaheeye (Map) lagu lugeeyo oo deegaan dariseedka bulshada ku dhex yaala.
- In la sameeyo fursad goob gaar u ah, jimicsiga dhismaha jirka (side kulan wada lugeyn ah, meelo dhalinyaradu ku sameeyso wixii firfircooni ah ee ay u baahanyihiin iwl)
- fursado u gaar ah firfircoonida dhismaha jirka ee dhaqanka gaarka ah.
- Kuwo kale: _____

• Nolol farxad leh

- In iskaashi lala sameeyo ha'adaha degaanka eek a shaqeeya caafimaadka la xiriira dabecadaha bulshada iyo kuwa sameeya sii gudbinta six al loogu helo arrimaha ku saabsan caafimaadka dabecadh.
- In la sameeyo olole wadahal oo joogta ah, si loo yareeyo xanuunada maskaxda ku dhaca iyo waxyaabaha dhaqameed eek u gadaaman ama in kor loo qaado qaybta caafimaadka ah ee la xiriirta maareynta arrimah walwalka.
- In la helo cid martigaliso, tababarada la xiriira xaaladaha deddega ah ee loo yaqaano (First Aid training) ama barmaamjyo kale oo taageera siiya kara.
- Ka qayb galka tababarada iyo waxyaabaha lagu yareyn karo maskax wareerka iyo waxyaabaha la xiriira.
- Kuwo kale: _____

• Nolol tubaakada ka caaga:

- In la abuurida ama qorshe dib loogu eegayo shuruucda tubaakada ee hadda jirta, kaas oo ay ka mid yihiin waxa loo yaqaano (vaping) iyo in dib loo eego nadaafada hawada ee gudaha goobaha kulanka ee loo yaqaano (Clean Indoor Air Act language).
- in la haelo macluumaad (resources) tubaakada baddala oo taageero siiya bulshada. Provide tobacco cessation resources and support
- Tubaakada kadib in la sameeyo xaallad xor ka ag /vaping-xor ka ah caadada xun ee laga qabo qofka tubaakada isticmaala
- Offer cessation support groups
- Kuwo kale: _____



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