Cuntada qaboow, u diyaarsan in la cuno Xakmeynta Badqabka ee Waqtiga/Heerkulka (TCS) ee lagu *diyaarshay* xarunta ama ku jirta baakada *furan/aan xirnayn* ee ganacsiga waa in la cunaa, la iibshaa, talaagada la gashaa, ama la iska tuuraa todobo maalmood gudahood si loo yareeyo *bakteeriyada Listeria.* Cuntada Xakameynta Heerkulka Badqabka leh ee talaagada la gashay taasoo la kaydiyay wax ka badan 24 saacadood waa in lagu qoraa midkood taariikhda diyaarinta/furitaanka ama taariikhda la tuuraayo si loo xaqiijiyo in la cuno ama talaagada la gasho **todobo maalmood gudahood.** Dukumiintigaan waxaa loo bixiyay inuu gacan ka gaysto dib u eegista habraacyada iyo in lagu tababaro shaqaalaha. Ka fiiri bogga 2 liiska cuntooyinka laga reebay shardiga.

Galka xogta: Taariikhaynta

**Ogsoonoow:**U adeegso dukumiintigaan si uu kaaga caawiyo xaruntaada ilaalinta Maamulka Xakamaynta Shaqaynaysa. Xaqiiji inaad la shaqayso [maamulka caafimaadka ee deegaanka](https://doh.wa.gov/community-and-environment/food/local-food-safety-contacts) si laguu siiyo xog kasta oo dheeraad ah ama ogolaanshiyo marka loo baahdo.

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| --- | --- | --- | --- | --- | --- |
| **Qeybta 1-aad: Xogta Xarunta Cuntada** | | | | | |
| **Magaca Xarunta** | | | | **Taleefoonka** | |
| **Wadada (Goobta Rasmiga ah)** | | | **Magaallada** | **Koodhka Boostada** | **Iimeelka** |
| **Magaca Xariirka** | | | **Darajada / Shaqada** | | |
| **Qeybta 2-aad: Qiimaynta Dookhyada Cuntada**  Akhri liiska cuntooyinka shardiga laga reebay Hubi cuntada TCS ee qaboow ee aad kaydisay wax ka badan 24 saac kadib marka aad diyaarisay ama ku jirtay baakada furan. | | | | | |
| Cuntada ceeriin (baakada furan) | | Jiiska jilicsan ama qayb ahaan jilicsan (sida brie, jiiska kareemka ah, ricotta) | | | |
| Caano sifaysan (baakad furan) | | Saladka guriga lagu sameeyay (sida khudaarta beerta/kabsarta, baradhada, makarooniga) | | | |
| Cuntada la jaray (sida qaraha ama kabsarta guriga lagu jarjaray) | | Cuntada la kariyay lana qaboojiyay: | | | |
| Cuntooyinka guriga lagu sameeyay: | | Waxkale: | | | |
| **Qeybta 3-aad: Qaabka Taariikhaynta** | | | | | |
| **Dooro qaabka astaynta la adeegsaday Dooro taariikhda la adeegsan doono**  Istiikarka  Taariikhda/maalinta la diyaariyay/la furay qasaca  Koodhka midabka  Taariikhda kama danbaysta ah/maalinta adeegga/la tuuray  Asteeyaha  Taariikhda la gashay talaagada/la barafeeyay (waa in lagu daraa haddii la barafeeyay)  Waxkale:        Waxkale: | | | | | |
| **Qeybta 4-aad: Xaqiijinta** | | | | | |
| Yaa xaqiijinaaya in habraaca si sax ah loo raacay? Habraaca waa in la xaqiijiyaa maalin kasta. Dooro dhammaan meelaha ku khuseeya.  PIC/Maamulaha  Cunto kariyaha  Kabar-yeeriga  Cid kale: | | | | | |
| **La socoshada Heerkulka**   * Xaqiiji in talaagadu cuntada ku hayso 41°F ama ka hoos   **Astaynada saxda ah ee taariikhda ayaa ku qoran cuntooyinka Xakameynta Heerkulka Badqabka leh ee laga rabo**   * Cuntooyinka Xakameynta Heerkulka Badqabka leh ee la kaydiyo wax ka badan 24 saac ayaa la asteeyaa * Cuntooyinka la qaboojiyay waxaa ku jira taariikhda koobaad ee diyaarinta iyo taariikhaha baraf ka dhigista/talaagad gelinta oo ku qoran dushooda. * Cuntooyinka la isku qasay ayaa leh astaynta taariikhda ee diyaaarintii ugu horeysay * Cuntooyinka aan la astayn ama dhaafay taariikhda astaynta ayaa la iska tuurayaa | | | | | |
| **Qeybta 5-aad: Tababarka Shaqaalaha** | | | | | |
| **Tababarka Shaqaalaha:** Shaqaalaha waa in si sax ah loo tababaraa. Dooro dhammaan meelaha ku quseeya | | | | | |
|  | Sidee loo tababaraa shaqaalaha?  Akhri oo saxiix dukumiintiga  Nidaamka astaynta iyo shuruudaha tuurista  Waxkale: | | | | |
|  | Intee jeer ayaa la tababaraa shaqaalaha?  Xiliga shaqaalaysiinta  Sanad kasta  Marka khalad lagu arko  Xili kale: | | | | |
| **Qeybta 6-aad: Macluumaad Dheeraad ah oo Gaar u ah Xarunta** | | | | | |
|  | | | | | |
| **Qeybta 7-aad: Saxiixa** | | | | | |
| Qorshaha waxaa diyaariyay: | | | | | |
|  | | | | | |
| Saxiixa Taariikhda | | | Magaca Daabacan Taleefanka | | |

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Galka xogta: Astaynta Taariikhda Jiiska iyo Cuntooyinka Shardiga laga Reebay

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| --- | --- | --- | --- |
| **Jiiska Jilicsan iyo kan la Jilciyay ayaa u Baahan In La taariikheeyo** | | | |
| **Jiiska lagu jarjaray goobta ama ku jira baakadaha furan waa in lagu qoraa taariikhda lana isticmaalaa 7 maalmood gudahood.** | | | |
| *Jiisaska caanka ah ayaa lagu qoray* ***far waawayn.*** | | | |
| Alemtejo  Alpin  Anari  Bakers  Banbury  Barberey  Bel Paese  Bella Milano  Bondon  **Brie** | Cambridge  **Camembert**  **Cottage**  Coulommiers  **Kareem**  Crescenza  Damen  Farmers  Ferme  **Feta** | Formagelle  Gournay  Livarot  Maitre  Mignot  Mont d’Or  **Mozzarella**  **Neufchatel**  **Queso Blanco** | Queso de Hoja  Queso del Pais  Queso de Puna  **Queso Fresco**  Provatura  **Ricotta**  Scamorze  Villiers  Void |
| **Shardi Dhaafyada Taariikhaynta** | | | |
| **Cuntooyinka soo socda lagama doonaayo in lagu qoro taariikhda.** | | | |
| * Cuntooyinka aan ahayn Xakameynta Heerkulka Badqabka leh * Cuntooyinka Xakameynta Heerkulka Badqabka leh ee talaagada ku jiray wax kayar 24 saac * Cuntooyinka Xakameynta Heerkulka Badqabka leh ee aan ahayn kuwo u diyaarsan in la cuno * Cuntooyinka Xakameynta Heerkulka Badqabka leh ee ku jira baakada xiran, ee ganacsiga * Shellstock (iee ku jira galka, clams, mussels) * Saladhyada hilibka ceeriin ee loo diyaarshay ganacsiga | | * Jiiska adag (arag sanballada hoose) * Jiisaska qayb ahaan jilicsan, qoyaanka yar (arag sanballada hoose) * Cuntada caanaha (yooqadka, kareemka dhanaan, subaga caanaha) * Hlibka aan qurmayn, la warshadeeyay, laguna daweeyay cusbada  (arag sanballada hoose) * Kaluunka horay loo habeeyay (herring la qalajiyay iyo cod la qalajiyay/la cusbeeyay) | |
| **Tusaaleyaasha jiisaska adag ee aan laga dooneyn in lagu asteeyo taariikhda.** Waxaa ku jira 39% ama kayar oo qoyaan ah. | | | |
| Asadero  Abertam  Appenzeller  Asiago medium ama old  Bra  Cheddar  Christalinna  Colby  Edam  Cotija Anejo | Cotija  Coon  Derby  Emmentaler  English Dairy  Gex (blue-veined)  Gloucester  Gjetost  Gruyere  Herve | Lapland  Lorraine  Oaxaca  Parmesan  Pecorino  Queso Anejo  Queso Chihuahua  Queso de Prensa  Romanello  Romano | Reggiano  Sapsago  Sassenage (blue veined)  Stilton (blue veined)  Swiss  Tignard (blue veined)  Vize  Wensleydale (blue veined) |
| **Tusaaleyaasha jiisaska qayb ahaan adag ee aan la dooneyn in lagu qoro taariikhda.** Waxaa ku jira qoyaan dhan 39--50%. | | | |
| Asiago soft  Battelmatt  Bellelay (blue veined)  Blue  Brick  Camosum  Chantelle  Edam | Fontina  Gorgonzola (blue veined)  Gouda  Derby  Havarti  Konigskase  Limburger  Milano | Manchego  Monterey  Muenster  Oka  Port du Salut  Provolone  Queso de Bola  Queso de la Tierra | Robbiole  Roquefort (blue veined)  Samsoe  Tilsiter  Trappist |
| **Tusaaleyaasha hilibka ceeriin ee aan laga dooneyn in lagu qoro taariikhda.** Noocyada soo socda waa hlib la gelin karo qaanada oo la warshadeeyay ama cusbada lagu daweeyay. | | | |
| Basturma  Breasaola  Coppa/Capocollo  Pepperoni  Dry salami | | Prosciutto  Country-cured ham  Parma ham | |

Si aad dukumiintigaan oo qaab kale ah u dalbato, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir civil.rights@doh.wa.gov.