Macaamiishu waa inay awoodaan inay samaystaan xulashooyin ay ogyihiin oo ku saabsan cuntada. Marka shaqaalaha cuntadu cuntada u diyaariyo codsiga macmiilka, shaqaaluhu wuxuu diyaar u yahay inuu ka jawaabo su'aalaha macmiilka loomana baahna warbixinta baakatka ku qoran. Si kastaba ha ahaatee, marka cuntada la seejalo kahor codsiga macmiilka, waxaa loo baahan yahay warbixin dhamaystiran in laga bixiyo macluumaadka ku saabsan waxyaabaha ay ka koobantahay cuntadu, xasaasiyadaha, cadadka, iyo cida samaysay cuntada.

**Ogsoonoow**: Qalabkaan loogu tala galay cuntada inta badan loo seejalo in qofku ka adeegto goobaha tafaariiqda kamid ma ahan xaalad walba sida ku deeqista cuntada ama seejalista ayada oo la isticmaalayo qaabka seejalista oksijiinkiisa la yareeyay sida gasacadaynta ama seejalista maran. Kala shaqee [waaxda caafimaadka ee deegaankaaga](https://doh.wa.gov/community-and-environment/food/local-food-safety-contacts) si aad uga hesho hagitaano dheeraad ah [www.doh.wa.gov/localhealthfoodcontacts](http://www.doh.wa.gov/localhealthfoodcontacts) (Ingiriisi) . Ka eeg hagaha Food and Drug Administration (FDA, Maamulka Cuntada iyo Daawada) si aad uga hesho tafaasiil dheeraad ah oo ku saabsan calaamadaynta: [www.fda.gov/media/81606/download](http://www.fda.gov/media/81606/download) (Ingiriisi).

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| **Qeybta 1-aad: Xogta Xarunta Cuntada** | | | | | | | | |
| **Magaca Xarunta** | | | | | | **Taleefoonka** | | |
| **Wadada (Goobta Rasmiga ah)** | | | | | **Magaallada** | **Koodhka Boostada** | **Iimeelka** | |
| **Magaca Xariirka** | | | | | **Jagada / Booska** | | | |
| **Qeybta 2-aad: Tusaalooyinka Calaamadaynta Cuntada loo Baahanyahay marka lagu Seejalayo Tafaariiqda** | | | | | | | | |
| * Cuntada lagu diyaariyo gudaha ama meel ka baxsan dhismeyaasha loona sii seejalay in macaamiishu kaga adeegtaan miiska, marfishka, miiska lagu soo bandhigayo, miiska laga qaato, bokiska qaboojiyaha ah, ama lamidka ah * Cuntada xayawaanka ee cayriinka ah ama aan la bislayn (waxay u baahan tahay warbixinta isticmaalka ee bedqabka leh ama la talinta isticmaalaha) * Cuntada lagu diyaariyo hal goob loona seejalo adeega kajira goobaha satlayka ah * Qalabka cuntada ee la seejalo codsiga macmiilka kahor * Seejalista cuntada aan lagu diyaarin dhismeyaashu waxay u baahan yihiin calaamadayn dhamaystiran oo ku saabsan macluumaadka nafaqada haddii loo iibinayo in lagu isticmaalo meel goobta ka baxsan | | | | | | | | |
| **Qeybta 3-aad: Qaybaha Calaamadaynta Cuntada lagu Seejalay Tafaariiqda** | | | | | | | | |
| Wax walba oo cunto ah oo lagu seejalay tafaariiqda waa in lagu calaamadeeyaa lixda shay ee soo socota. Qoraalka calaamadaynta waa in lagu daraa Ingiriisi ayna fududaataa in la akhriyo cabir ahaan, nooc ahaan, iyo midab ahaanba. Cabirka fartu, xarfaha yaryar “o” waa inay ahaataa ugu yaraan lix iyo toban meelood meel (1/16) inji dheerar ahaan.  Eeg Qaybta 4aad si aad u hesho shuruudaha sumada ee dheeraadka ah ee loogu tala galay cuntooyinka dheeraadka ah. | | | | | | | | |
| **Calaamadee Shayga** | | | **Qeexitaanka** | | | | | |
| **Magaca Cuntada** | | | Baakatku waa inuu lahaadaa magac lamid ah kan cuntada ama macluumaad si sax ah u faahfaahinaya badeecada asaga oo ah **far waaweyn**, farta la wada yaqaano ah. | | | | | |
| **Maadooyinka** | | | Cuntooyinka leh wax ka badan hal maado waa inay qoraan maadoyinka kujira ayaga oo usoo kala hormarinaya siday miisaan ahaan u kala badan yihiin. Maadooyinka ugu miisaanka badan ayaa marka hore la qorayaa maadooyinka miisaanka yarna gadaal ayaa laga qorayaa. U isticmaal magacyada loo yaqaano maadooyinka sida 'sugar' badalkii aad isticmaali lahayd 'sucrose'. Walxaha laga sameeyay cuntada diyaarka ah ee ay kujiraan maadooyinka badan waa in lagu daraa maadooyinka qaybta hoose sida 'bariiska, suugada soy (biyo, qamadi, soybeans, milixa), nori'. Kiimikooyinka wax kaydiya waa in la qoraa magacyadooda iyo shaqadooda sida “ascorbic acid si loo ilaaliyo midabka”. | | | | | |
| **Cadadka** | | | Cadadka go'an ee waxyaabaha kujira waa in lagu qoraa 30% qaybta hoose ee calaamadda. Sumadaha cuntadu waa inay muujiyaan cabirka guud ee maadooyinka labadaba (garaamyo, kiilogaraamyo, liitaro, iwm.) iyo ereyada Hanaanka Marayka (wiiqado, bown, iwm.). Cabirada gaarka ah ee culayskoodu ka yaryahay wiiqad barkeed lagama rabo calaamadaynta miisaanka. | | | | | |
| **Xasaasiyad Kiciyaasha**  (Kaluunka, crustacean shellfish, ukunta, caanaha, tree nuts, soy, peanuts, qamadiga, sesame) | | | Magaca iyo halka ay ka imaanayso xasaasiyada cuntada waa in lagu cadeeyaa calaamada ayada oo la isticmaalayo mid kamid ah laba qaab:   1. Muuji asalka xasaasiyada adoo galinaya qaws liiska maadooyinka kujira, sida:   **Maadooyinka:** Whey (caano) ukumo, iyo lecithin (soy).   1. Gali ereyga "contains (waxay ka kooban tahay," adiga oo raacinaya magaca asalka cuntada xasaasiyad kasta adoo ku xigsiinaya ama ku lamaaninaya liiska maadooyinka, sida:   **Maadooyinka:** Whey ukumo, iyo lecithin.  **Waxyaabaha ku jira:** Caano, ukun, iyo soy  Marka lagu qoro maadooyinka, noocyada gaarka ah ee miraha (almond, pecan, iwm.) ama noocyada kaluunka (salmon, cod, iwm.) iyo aargoosatada (shrimp, crab, iwm.) waa in la cadeeyaa.  Eeg dhammaanba Allergen Awareness Toolkit and materials (Qalabka Wacyigalinta Xasaasiyada) iyo Agabyada: [www.doh.wa.gov/foodrules](http://www.doh.wa.gov/foodrules) (Ingiriisi) | | | | | |
| **Soosaaraha** | | | Magaca iyo goobta ganacsiga soosaaray, seejalay, ama qaybiyay cuntada waa in lagu daraa ciwaanka wadada, gobolka, iyo koodhka furaha. Ciwaanka wadada waa laga tagi karaa hadii uu kujiro barta macluumaadka magaalada ama teleefoonka xiligaas. Cuntada lasoo dajiyay waa in lagu daraa wadanka laga keenay. | | | | | |
| **Macluumaadka Nafaqada** | | | Cuntada lagu diyaariyo goobaha tafaariiqda laguna seejalo si loogu iibiyo isla goobta uma baahna macluumaadka nafaqada marka laga reebo in sheegashooyin nafaqo ama caafimaad lagu darayo sumada ama xayaysiin. Ka eeg hagaha FDA si aad uga hesho tafaasiil dheeraad ah oo ku saabsan calaamadaynta nafaqada: [www.fda.gov/media/81606/download](http://www.fda.gov/media/81606/download)) | | | | | |
| **Qeybta 4-aad: Cuntooyinka wata Shuruudaha Calaamadaynta ee Dheeraadka ah haddii lagu Seejalo Tafaariiqda oo loogu tala galay Adeegga Macaamiisha** | | | | | | | |
| Cuntooyinka soo socda ee **lagu seejalo** tafaariiqda waxay leeyihiin shuruudaha calaamadaynta **marka laga tago** kuwa ku qoran Qaybta 3. | | | | | | | |
| **Cabbitaanka Miraha** | | Inuu jiro qorshaha Hazard Analysis and Critical Control Points (HACCP, Baaritaanka Khatarta iyo Xakamaynta Summoowga Cuntada) oo la meelmariyay maahane ama loogu tala galay in la gaarsiiyo yaraynta 5-log, sharaabka lagu seejalay goobta cuntada waa in lagu calaamadeeyaa ogaysiiska macmiilka ee soo socda.  **DIGNIIN:** Maadadaan lama sifayn, sidaas awgeedna, waxaa ku jiri karta bakteeriyo khatar ah oo sababi karta xanuun xun oo ku dhaca ilmaha, dadka waayeelka ah, iyo dadka nidaamkooda difaaca uu liitto.  Kaliya cabitaanka 100% sharaabka ah ayaa loogu yeeri karaa 'sharaab' haddii kale macluumaad dheeraad ah sida 'cabitaan, sharaab, \_\_\_% sharaab' waa in la isticmaalaa. | | | | | |
| **Cuntada dhakhsaha Xumaata** | | Cuntada ku xumaanaysa 30 maalmood gudahood waa in lagu qoraa wakhtiga la saarayo kaasoo muujinaya wakhtiga kama danbaysta ah ee cuntada la iibin karo. Arintaani ma khusayso badeecada beeraha ee cayriinka ah; cuntada la barafeeyay; iyo hilibka cusub, digaaga, kaluunka, ama aargoosatada. Wakhtiga la saarayo waxaa loo baahan yahay inuu noqdo 7 maalmood gudahood hadii taariikhda lagu calaamadaynayo. | | | | | |
| **Hilibka iyo Digaaga Cayriin** (nonRTE) | | Ukunta cayriinka ah waa in lagu daraa calaamad soo socota ee bandhiga guud ama qaybta hoose ee dabooka kartoonka ukunta.  **TILMAAMAHA MAAMULISTA AMMAANKA AH:** Si looga hortago xanuunada ka dhasha bakteeriyada: gali ukunta talaagada, kari ukunta ilaa qaybta dareeraha ah ay ka adkaanayso, si adagna u kari cuntada ay ukuntu kujirto.  Haddii warbixintaanu ku qorantahay gudaha daboolka, ereyga “Keep Refrigerated (Talaagada Ku hay)” ayaa loo baahan yahay inuu ka muuqdo calaamadaynta guud. | | | | | |
| Dhammaanba hilibka aan u diyaarsanayn in markaas la cuno ee laga keeno xayawaanka loo baahan yahay in federaalku baaro (lo'da, doofaarka, idaha, riyaha, fardaha, digaaga, iwm) waa in lagu daraa Tilmaamaha Isticmaalka Ammaanka ah. Ka eeg Safe Handling Instructions (Tilmaamaha Isticmaalka Ammaanka ah) ee United States Department of Agriculture (USDA, Waaxda Beeraha ee Maraykanka):[www.fsis.usda.gov/sites/default/files/2020-10/safe\_handling\_label\_lo.jpg](https://www.fsis.usda.gov/sites/default/files/2020-10/safe_handling_label_lo.jpg) (Ingiriisi).  Hilibka lo'da iyo weylaha waxaa sidoo kale looga baahan yahay macluumaadka nafaqada: <https://www.fsis.usda.gov/sites/default/files/import/Beef_Veal_Nutrition_Facts.pdf> (Ingiriisi) | | | | | |
| **Cuntadda Culus** | | Cuntada culus ee loogu tala galay in macaamiishu ka adeegtaan waxaa looga baahan yahay calaamadaynta soosaaraha ama qaab kale oo magaca badeecada ah, maadooyinka, xasaasiyadaha, iyo macluumaadka nafaqada kuwaas oo loo soo bandhigayo isticmaalaha. | | | | | |
| * Cuntada culus ee aan *seejalaysnayn* ee shaqaaluhu bixinayo *marka macmiilku ka codsado* uma baahna in la calaamadeeyo haddii aysan jirin warbixin caafimaad ama nafaqo cuntadana ay samaynayso goobta cuntadu (ama goobo kale oo hal meel laga wada leeyahay). * Cuntada culus ee la seejalo *kahor codsiga macmiilka* waxaa looga baahan yahay calaamadayn dhamaystiran, oo wadata warbixinta nafaqada. | | | | | |
| **Kaluunka Salmonidae** | | Kaluunka Salmonidae sida salmon (pink, coho, sockeye, chinook, Atlantic, and chum) iyo trout (rainbow, cutthroat, and brown) ee lagu quudiyay waxyaabah midabka ah Canthaxanthin iyo Astaxanthin waa in lagu calaamadeeyaa liiska maadooyinka baakatka ama weelka weyn si macmiilka loo ogaysiiyo waxyaabaha midabka ah ee gaarka ah. | | | | | |
| **Cuntada Xaywaanka ee aan la Bislayn** (RTE) | | Cuntooyinka xayawaanka ee cayriinka ah iyo kuwa aan bislayn ee loo iibiyo qaab u diyaarsan in islamarkiiba la cuno, sida kaluunka la qiiqiyay ee la qaboojiyay, poke, ama ceviche waa in lagu daraa warbixinta isticmaalaha ayada oo leh tafaasiil sax ah iyo xasuusin ku qoran calaamadaynta. | | | | | |
| **Aargoosatada Kalluunka qolofta leh** | | Weel walba oo lagu adeegto waa inuu leeyahay Macluumaadka calaamada asalka ah ee kaluunka qolofta leh oo ku qoran baakat walba:   * Magaca, ciwaanka, iyo lambarka shahaadada ee weelka/baakatka; iyo * "iibi ugu danbayn", "ku wanaagsan isticmaalka ugu danbayn", ama "taariikhda la seejalay" baakatka asalka ah   Macluumaadka calaamada waa in lala socdaa marka kaluunka la iibinayo ama la bixinayo waana in la hayaa sagaashan maalmood. | | | | | |
| **Shellstock** | | Weel walba oo lagu adeegto waa inuu leeyahay Macluumaadka sumadda asalka ah ee kaluunka qolofta leh oo ku qoran baakat walba:   * Magaca goobta laga keenay (oo leh gobolka ama waddanka oo lasoo gaabiyay) iyo taariikhda, iyo lambarka aqoonsiga ganacsadaha; ama * Lagu calaamadeeyay koodhka si looga tixraaco sumada macluumaadka asalka ah   Macluumaadka sumada waa in lala socdaa marka kaluunka la iibinayo ama la bixinayo waana in la hayaa sagaashan maalmood. | | | | | |
| **Tilmaamo Dheeraad ah:** | | Cuntooyinka qaarkood waxay leeyihiin shuruudaha calaamadaynta oo dheeraad ah oo ka baxsan tilmaamahaan.   * cuntooyinka sida gaarka ah loogu seejalay ilmaha iyo caruurta ka yar da'da 4 sanno. [www.fda.gov/media/81606/download](http://www.fda.gov/media/81606/download) (Ingiriisi) * Wadanka laga Keenay Shuruudaha Calaamadaynta bakhaarada waaweyn ee iibiya in ka badan $230,000 oo badeeco ah sannadkii <https://www.ams.usda.gov/rules-regulations/cool> (Ingiriisi) | | | | | |
| **Qeybta 5-aad: Tababarka Shaqaalaha** | | | | | | | |
|  | Yaa loo tababarayaa dib u eegista iyo diyaarinta calaamadaha cuntada ee caadiga ah ee loogu tala galay cuntada lagu seejalay goobta cuntada?  Shaqaalaha oo dhan  Qofka u Xilsaaran/Maareeyaha  Cunto kariyaha ugu weyn  Kuwo kale: | | | | | | |
| **Qeybta 6-aad: Saxiixa** | | | | | | | |
|  | | | | | | | |
| Saxiixa Taariikhda | | | | Magaca Farwaaweyn Taleefanka | | | |

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).