



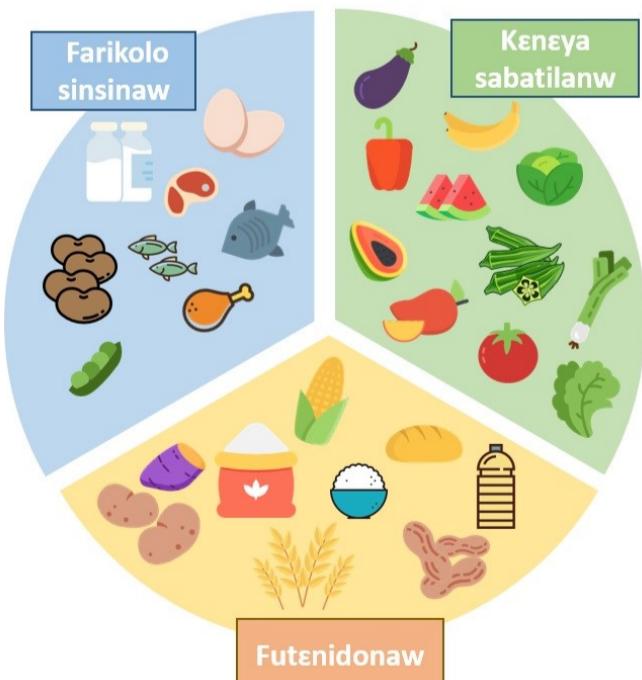
Segu, Mali

dumuni fén suguya caama dunye
wagati kunafoni walasa ka balocogo numa sabati ni
jiridenw ni legimu (nakakndew) sugyawawu srs

Dumunifén sukuya caama walasa ka balocogo numa ni kénéya sabati

Balo kecogo numa be sinsi balofen suguya caaya n'u hakew berébenni kan.
Balo fénw sigilendo kulu saba ye:

- 1) **Futénidonaw**, farikolo futénidona sukaroma n'atunuma caama b'o lu la
- 2) **Farikolo sinsinaw**, balofen caama b'u la minu be do farikolo dilanila
- 3) **Kénéya sabatilanw**, witaminiw ani kókow hake caama b'olula. U cracéj U bo kosébe kénéya sabatili ni banaw kumbenila



Ni kulu saba bée dumunifén dunni a hakela don o don b'a to farikolo be
lamo kajan, k'a lasabati, k'a lakana ani k'a laben ni tijenli y'a ca.

Dumunifén kuléri(nen) suguya caama ke cögöka i ka dumunini mine cögöka!
Dumuni kuléri suguya caaya be balofen suguya caaya kofa dumunila.

A besékake suguya werew be srsan minu te gafe ni kanc. I be se k'oli
far, kan. K'i ni here ben/k'a dumuni ja i dal

Tere be minu krcolu be srska caaya koscbe.
sigira kulu naani ye waliasa ka sisu u be jyckerekelen kan baloko.
beé kungokndew ni senetaw be kofmuni be srsan kalo tanifila. U
serikili) dugu ye, san 2017 Zuwenkalo kanc. A be sigidala jiridenwui legimu
Ni dumuni suguya gafe laben na ni Dumboro (Tomian serikili) ni Somo (San

Gafe Jeufli Kumaw



ni legimu minu soko kuleri (jen) ye bilima ye.
duni matara do o do, kergerelenyalie legimu bulukene
Ferew tike walasa | ka dukans mskw be jiriden ni legimu



legimu ka srs | bollo san wagat bela
| ka naks kanc sene boloda ka jen walasa jiridenw ni
Nakakndew (legimu) ki ka na la ka caaya walasa ki ka
to ni dumuni werew nafan sankrada balo kola
be srs san wagat bee la.

ka kénéni san wagat ye, jiriden ni nakakndew suguya caama be srs Segu
erezon kungow kanc, forow la ani sukuw kanc. Gafe ni dayele i k'a laje minu kene

walasa farikolo ka balofen suguya caama srs
sigidala jiridenw ni nakakndew (legimu) dun

Jiridenw ni nakakndew (legimu) dun ka caaya walassa farikolo ka balofen suguya caama srs ani ka kénéya sabati

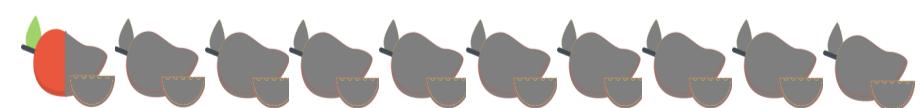
Sékesékeli baara d'w kera muso210 ka dumuni ko kanTominian ni San
serikili la,sans 2015kon. O jabiw la, a yera ko:

Muso tan(10) ootan(10), saba(3) kadumuni dun ta
suguya tu ma ca



Kergerelenyalie, farikololakana dumuniw dunnni fagan tun ka dpgog

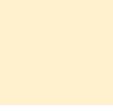
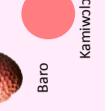
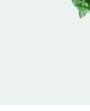
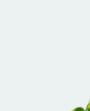
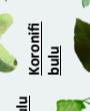
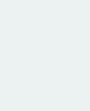
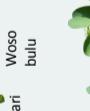
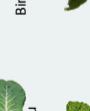
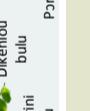
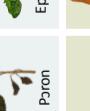
A yera ko muso sigiyemtan(10) ootan(10), jiriden
dunbagahake tun te hali kelen c



Muso tan (10) oo tan(10), wolofila (7) ngon de tun ye
nafcncaknu bulu nugujiéken dun



Jiriden ni legimu kənənu kibaruyaw nu sçrowagati kibaruyaw file. I jija i k'u duni matarafa don oo don!

Zanwuyekalo	Fewuruyekalo	Maristikalo	Awirilikalo	Mékalo	Zuwenkalo	Utilekalo	Sétanburukalo	Ekutobokkalo	Nowanburukalo	Desanburukalo
Nakökönçfen (legimu) bulu þukuji kene maw Balofen mi tog ye ko nèke, o hake ka cau la, o balo fen nafan ka bo kosöbe farikolo sabatili ani kuyen ni joli ka baaraw la	Nakökönçfen (legimu) Balofen nafama caama b'u la, fiburu, witaminu, antiökisidanw ani minerow minu nafan ka bo kosöbe bolocogo juuma sabatilia	Jiriden Balofen nafama caama b'u la, fiburu, witaminu, antiökisidanw ani minerow minu nafan ka bo kosöbe bolocogo juuma sabatilia	Witamini A caama bë soro Jiriden ni nökökönçfen (legimu) na Witamini A nafan ka bo hën kolo la, banakumbe ani bake ko la	 Kekele / Forotomiseni  Forotobani  Papaye	 Kekele / Forotomiseni  Forotobani  Papaye	 Kekele / Forotomiseni  Forotobani  Papaye	 Kekele / Forotomiseni  Forotobani  Papaye	 Kekele / Forotomiseni  Forotobani  Papaye	 Kekele / Forotomiseni  Forotobani  Papaye	 Kekele / Forotomiseni  Forotobani  Papaye
 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu  Bane bulu	 Minti  Salati  Zekene bulu  Jabéle bulu  Basiljini bulu  Tiaoua  Woso bulu  Bunbu  Bimbuni  Epinari  Menti  Bana bulu  Bane bulu  Bane bulu  Bane bulu		