

# Pād wōt iumin Kōjbarok im ilo am Bojjak: Kepooj Mōñā ñan ien ko ewōr Jōrrān

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Rijerbal in Būrokraam ko  
ikijen Ta ko Rekkar ñan  
Enbwin & Kōjbarok Mōñā -  
Jain ko an Baamle im RiWia

Ejelok ke jikin aijbook mōñā?  
Ejelok ke jarom? Edik ke dān?

Jokdoon unin eo, būroblem  
kein remaroñ lap aer jelot mōñā ko  
jej mōñā. Jimwe waween būlān ej  
kōmman bwe en alikkar ke enaj  
wōr mōñā ko remman im rej jibañ  
enbwin ñan baamle ko ad ñe ewōr  
jōrrān enij walok.

## la eo lj Jinoe le?

Elikin an juon jōrrān walok,  
emaroñ kwin jarom im jabwe dān  
iumin jejjō raan ko. Kōmmane juon kein  
bojjak ñan ien  
emojonji im ewōr  
men aurok ko āinwot  
mōñā, kein karreo juon  
māke, teñki/candle,  
kooj, im mweiuk ko  
jot rej rojāñ aurok ñan  
an maroñ tobrak aikuj  
ko an armej māke im  
baamle ko aer ilo ien  
ko rebin. Rimelotlot ro  
rej rojāñ bwe en wōr  
mōñā ñan ien emojonji  
tarrin jilu-raan eo enij bwe ñan eloñ  
jōrrān ko rej walok. Botaab, pedped  
ion joñan jōrrān eo im ia eo kwoj  
jokwe ie, juon ñan ruo-wiik tarrin  
mōñā ñan bojjak ilo ien emojonji  
emaroñ eman lak.

## Mōñā ko ñan Lōmnak Kaki ilo len Emojonji

Ñe kwoj jinoe kepooj mōñā ko am  
ñan ien emojonji, lōmnak kin laajrak  
kein ilal:

- **Mōñā ko Eman IppānBaamle ao Am** – Lale bwe enwōr mōñā ko enno ippānbaamle eo am. Mōñā ko rej canak mōñā mōrā ko raurok ñanjabdewōt mōñā ko rej jerbal iloien emojonji, bwe ñe mōñā kein-rejjab mottan mōñā ko kwojmōñā aolep ien, lale bwe kwonkwelok ñan er mōkta jen anjuon ien jōrrān walok bwe renbojjak in mōñā ñe aikuj.
- **Aikuj in Mōñā ko Rej Oktak** – Kaloñloñ mōñā ko rej tobaraikuj ko ikijen kakajur enbwinim bwe ren jibañ ro ewōr mōñārej kadok e (waanjoñak., kadokpeanut) im nañinmej ko(waanjoñak., nañinmej intoñal).



## Arkansas ej Kambōj eo Ad

Lale webjait eo ad ilo:  
<https://www.uaex.uada.edu>



**Kobalak, lale kwon kobaiki pepa pilaaj, pepa kab, pepa t̄oql, im kein mōñā ko āinwot jibuun, fork, im bakkok ko.**

- **Kōmman bwe en bidodo am kabojjak** –Jab kōjerbale menko elab jerbali, elablok ienkomate, eloñ kain kere, ak lap an kōjerbale aiboj.
- **Joñan-aitok in an maroñ pād ion shelf** –Joñan aitok in an maroñ pād mōñā ko ilo mōñāko am ñan ien emojonji emaroñ loñ an kakōlleāinwot “eman mōkta jen” ak “kōjerbale mōktajen.” “Eman mōkta jen” ej kwalok ñe juon mōñāej pād ilo joñan eo eman tata im kāāl, meleleinemaroñ jerbali wōt ak emaroñ jab lukkun ennonāmen. “Kōjerbale mōkta jen” ej juon raan inkōjbarok, melelein kobban kōjerbale elikin raaneo āinwot ke emaroñ jab eman.
- **Men Aurok ko** – Jab meloklok in kobaikimenko āinwot toñal ak kukij āinwot juon keinkairuj im kalimomo.

## Mōñā ñan Bojjak ilo len Emojonji (Jilu-Raan)

Juon kein bojjak ñan kōjerbale ilo ien emojonji ilo jidik wōt ien aikuj in wōr tarrin jilu-raan in mōñā eo ekkā an wōr mōñā ko eto aer jōrrāān, ekoba ko ilo kuwaat, bōq, ak bato, iiōk ko remōrā, im men ko jot rej aikuj im rejjab aikuj aijbōq. Kajeoñ in jab kakwon men ko rej aikuj juon waween kebooje eo ebin, aitoklak ien komate, eloñ kere in, ak aikuj elap dān. Beddo lale raan in expire ko ilo mōñā ko ilo pantry eo am im ukōte. Laajrak in men kein ilal rej rojāñ in kōjerbale ñe kwoj kelet mōñā ñan kōjerbale ilo ien emojonji. Emaroñ wōr eloñ ian men kein ippām:

- Bilawe
- Mōñā ko ilo kuwaat (juub, bean, sauce, leenwōjke, pejtōbol, bar jot.)
- Condiment ko āinwot kain ko an ketchup,shoyu, bar jot
- Cracker
- Leen wōjke ko remōrā
- Nut im inne ko
- Mōñā kijan ajiri (ñe ekkar)
- Cereal bwil eo emokaj komate
- Protein ak fruit bar
- Cereal mōrā ak granola
- Raij eo emokaj komate ak noodle
- Bouillion cube ak broth ko ilo kuwaat/bōq
- Weil, vinegar, ak lemon juuj
- Jij ben (Parmesan)
- Peanut bota ak bota ko jot rej kōmman jennut
- Dān ko emokaj kōmmane (kope, coco, 100%juuj kōmman jen leen wōjke)
- Milik ko jen cow (ak nut) ilo bōq ak kuwaat

Lale bwe en wōr am kein kabellek kuwaat, jijāj,ak bakbōk ñan mwijit foil ak bulaajtik pouch ko. Likit aolep men kein ñan bulaajtik (ziplock emaroñ bar jerbali) ñan kōjbarok er jen aer tutu im bwe en jab duoj koto joñan wōt an maroñ. Kōjbarok juon laajrak in raan ko mōñā ko rej aikuj in etaale im jerbali im kakāal kin mweiuk ko rej kab wia.

## Mōñā ko ñan len Emojonji (Juon ñan Ruo Wiik)

Juon kein bojjak ilo ien emojonji ko rej aitok-lak ijo emaroñ kwin jarom iumin ien aitok ko, juon-ñan-ruo-wiik joñan bojjak ekkā an eman. Ejja rojāñ ko wōt ñan jiluraan tarrin mōñā enij jerbali ñan juon-ñan-ruo-wiik mōñā ko. Botaab, jen wōt an aitok lak ien emojonji eo, enij lablok ad etaale ta ko remman ñan enbwin. Būlāān moñā bwe en wōr juon mōñā eo eman-joñan im eman ñan enbwin ewōr lalem kain group in mōñā ko ie aolep raan.

Jokdoon ñe kwoj kabojak ñan jōrrāān ko renij walok ilo ien-kadu ak ien-aitok, Book in Kōmat eo ej Kwalok kin Kabojak im Kajur ej juon kein jibañ ñan juon armej mākē im baamle ko ilo aer kaloñloñ im kōmman mōñā ko remman ñan ejmour, enno, mokaj komate ilo ien ko rebini ak ien ko ej wōr jōrrāān ej walok.

## Kakwon Dān

Elikin an juon jōrrāān walok, emaroñ jab wōr dān in daak erre. Juon kein kabojak aikuj koba juon gallon in aiboj ñan kajojo armej kajojo raan. Aolep armej eo emourur aikuj jilu-quarter in gallon in dān aolep raan.

Aikuj ko an armej emaroñ oktak ekar ñan joñan yiiō, makutkut enbwin, moñā, mejatoto, ejmour, im jekjek in enbwin. Juon waween bwe en wōr dān ilo juon ien eo ewōr jōrrāān ej ñan wia aiboj ko ilo bato im kakwone container eo emōjan sil ilo juon jikin eo emolo, im marok. Ñe kwoj mākē keboo am container in aiboj, wia container ko remaroñ kakwon mōñā. Karreo ki container kein in joop in kwalkwol kenno im karreo ki bato ko kin juon teaspoon in jerajko eo ej jerbali ñan lowaan em im ejelok-bwiin ñan juon quart mōkta jen am teiñi kin aiboj. Aiboj rot eo ejjab kōmman ilo jikin jerbali ko rej aikuj in kakāal aolep jijjino alloñ.

## Lale Dān

Ñe enij tal im lukkun dik dān, komaroñ aikuj in jerbali e dān ko retoon ñan am jab daak wōt ak ñan bar kwalkwol/keboo mōñā, kwalkwol kenno, ak buraaj e ñiim. Dān etoon ko emaroñ jab nana wōt bwin im nāmen, ak emaroñ bar wōr etoon ko rej kōmman nañinmej ko

Waween	Tipdik in Melele	Ej Kokkure Microbe	Jolok Bajjen ko Jot (Aen ko, Jool, Chemical)
<b>Boel</b>	Waween eo elap an bobrae. Boel dān iumin 1 minit (aitoklok ñe elaplok). Kotlak an jako an bwil mökta jen am daa. Ñan am kōmman bwe en eman lak nāmen, teiñi eloñ container ko.	Aet	Jab
<b>Likit Chlorine</b>	1/8 tsp in jerajko eo ekkā köjerbale (5.25–6.0% sodium hypochlorite) kajojo gallon in aiboj. Kotlak an pād iumin 30 minit. Jab köjerbale jerajko rot eo elap bwin ak eloñ-laden ie.	Aet	Jab
<b>Jerbal in Distillation</b>	Boel dān im aini vapor eo ie ilo am katoto ki juon kab iumin juon mej. Ej jolok microbe, aen, jool, im eloñ ian chemical ko.	Aet	Jab

*Teböl in ear bök jen U.S. Rā eo an Lolorjake Köjbarok.*

āinwot hepatitis, typhoid, cholera, im dysentery. Jilu waween ko ekkā aer jerbal ñan dān rot in: boel, likit chlorine, im distill i.

## Kilen Kalimjok E

Kepooj moñā im dān ñan juon ien eo elap jōrrān aurok ñan köjbarok im ejmour ilo ien emojonji ko. Loore buñtoñ ko rejimwe—āinwot kōmmane juon kein kabojak eo ewōr moñā ko eto aer jōrrān im joñan dān eo ejimwe, emaroñ kadiklok kauwōtata im debij joñan am maroñ kein jibañ ko ñe aikuj. Kememej, bojjak rainin ej lewaj ainemmon in kalmenlakjen ñan ilju.

## Melele ko rej Itok Jen:

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Kamolol ej etal ñan Easter H. Tucker, rijeje eo jinion, im ñan Utah State University eo ear letok kobban peba in.

Buriin jen University of Arkansas Jerbal ko Relablok im Jerbal in Buriin.

QUADARIUS WHITSON eej juon rijerbal in Rijerbal in Bürokraam ko ikijen Ta ko Rekkar ñan Enbwin & Kōjbarok Mōñā ilo Jain ko an Baamle im Riwiā ippān University of Arkansas Doulol eo an Jikin Ekkat Jerbal ko Relablok, Little Rock.

Kōmman ilo jermal ko Relablok, Jerbal ko ilo Māe 8 im Juun 30, 1914, kobalak ippān Rā eo an Jikin Ekkat, Tūreektor, Jerbal ko Relablok, University of Arkansas. University of Arkansas Doulol eo an Jikin Ekkat ej lelok aolep būrokraam ko Relablok im Bürokraam in Katak ko ilo an ejelok kaljeklak ikijen ia eo juon ej itok jen e, kolar, ñe emaan ak kora, waween an juon kwalok e māke, ia eo baamle eo aer ej itok jen e, kabuñ, yiiō, nañimej, utamwe, jekjek in palele ak ritarinae, melele ko ikijen kijin armej, ak jabdewōt bar waween kōjbarok, im juon Jikin Jerbal eo Ejimwe Jerbal/Juon Wōt Kain Melele.

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