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FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative



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Ushobora no guhamagara: J. Claude Nshimiyimana: +250 788639417 (CIP), Jean Ndirigwe : +250 788527320 (RAB)



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Vita, Kabode, Cacearpedo na **Ndamirabana**

- Bitogose hagati y'iminota 25-30, hanyuma ubyarure mu nkono ako kanya.
- Si byiza kuvanga ibijumba bifite imbere hasa na oranje n'ibindi bijumba bisanzwe kuko bidahira igihe kimwe. Ibijumba bisa na oranje bishya mbere ugereranije n'iby'umweru cyangwa umuhondo.

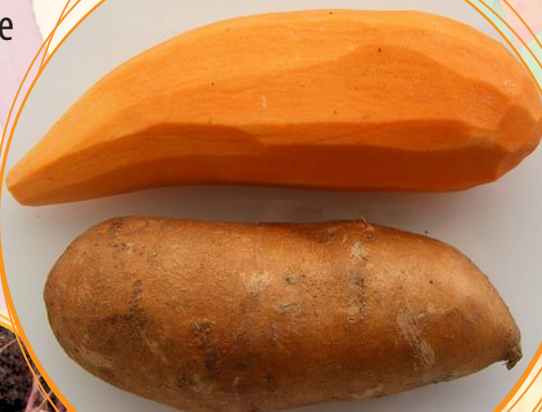


Terimbere na **Gihingumukungu**

- Sarura, hanyuma ubihongeshe nk'iminsi 2 ahantu hatari izuba ryinshi mbere yo kubiteka.
- Guhera ku muni wa gatatu, ushobora kubitogosa mu gihe cy'iminota 15, hanyuma ugahita ubyarura ako kanya.
- Si byiza kuminina amazi, ibijumba ukabirekera ku ziko (amashyiga).
- Si byiza kuvanga ibijumba bifite imbere hasa na oranje n'ibindi bijumba bisanzwe kuko bidahira igihe kimwe. Ibijumba bisa na oranje bishya mbere ugereranije n'iby'umweru cyangwa umuhondo.

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