

GIDIYAANG AMOGOWIN ANDOOSHKIGAADEG

Zagakibii'aman andooshkaman amogowin gidiyaang ✓

Ningo anami'egizhig jibwaa waabamigoowan (gemaawashime izhiseg)

- Weweni anamitoon ezhibii'igaadeg..
- Inaabin daga mashkikiin wedaapinaman jimeshkwajitoowan jibwaa waabamigoowan. Aanind mashkikiin jimeshkwajichigaadeg ningo-anami'egizhig jibwaa waabamigoowin. Inaabin *Odaapinan netaa-aabajitoowan mashkikiin.*
- Nitam bezhigwewig.** ningo-anami'egizhig jibwaa: Gego wiisiniken mandaamin, flax/poppy/sesame seeds, bagaanag, giigoo bimiden, gemaawashime mashkikiin biiwaabik dagonigaadeg abooshke mino-ayaawinensan .
- Ani-niizh jidoodaman.** dasogon jibwaa waabamigoowin: Bigo izhaanedaawaageng mashkikiin adaawen ge-miiziishkaagowan, maagizhaa gaye gravol gaa-ijigaadeg.

Ningo-giizhig jibwaa waabamigoowin

- Ani-niswewig jidoodaman** Gego miijiken gegoo jizhaashaagondaman. Nibiiwaagaming eta gegoo minikwen. Gojitoon bezhigominikwaagan nibiiwaagaming gegoo minikwe (inaabin) *Gidiyaang jidoodaman* endasowaakaasegoshkoziyan.
- Ani-niiewewig.** Maajii-odaapinan minik egoowanapii jionji-miiziyan

Apii ge-giizhig jiswaabamigoowan

- Ani-naanwewig** Gego miijiken gegoo jizhaashaagondaman, minikwennibiiwaagaming gegoo.
- 4 akoo naanwaakaase jibwaa waabamigoowan, odaapinan ishkwaaach iwe ge-miiziishkaagowan aaniin ezhibii'igaadeg.
- Gimoo jigii-nibiiwaagaming gemaaw jiozaawaagaming jizhinaagwak. Mii dash gijiidiing gaan gegoo jiatesinog jibagakaabandang mashkikiwinini apii waabamig
- Ningodwaaswewig** Gagwejim awiya jizhiwinig jiswaabamigoowin, bii'on minik jiwindamaagoowin, giga-giiewewinig, da-gibichii minik jiboonanokiimagak gimashkikiim (maagizhaa gabe-dibik).g4]

Ani-dasogon ishkwaawaabamigoowin

- Onatoon jandawaabamad gemaaw jiganoonad gimashkikiwininiim gaa-giiswaabamig gemaaw bakaan dino. Ozhibii'amaazon aaniin gaa-igoowan jiani-izhichigeyan. Maagizhaa aaniin dasoanami'egizhigoon ge-izhiseg jigikendaman (maagizhaa giibakwezhigoowan) daga amogowin jiaayaamban.
- Gikendan daga jigii-ozhigiwan gijiidiing.