

# EBYOKULYA HABWENDYA ENUNGI MU UGANDA

EMIRINGO YOKULIMIRAMU NOKUKULIZAMU  
EBYOKULYA BYAITU EBYENZARWA HAMU NOKUKIKORA  
KURUNGI MUNO



FOOD PLANT SOLUTIONS  
ROTARY ACTION GROUP  
Solutions to Malnutrition and Food Security



A project of the Rotary Club of Devonport North and  
District 9830



# EBYOKULYA HABWENDYA ENUNGI MU UGANDA



Ekigendererwa kye kitongole kinu ekikwegesa endima enungi eyebyokulya ebyemigaso mubwomeezi kiri kyokusobozesa abantu kwetegereza emigaso enyakuli mukulya ebyokulya byaitu ebyenzarwa kurabira mukuhandika hamu nobusagiki bwokwegesa habwokuba abaana bataano abalihansinyemyaka etaano nibafwa buli dakiika buli kiro habwa malyamabi.

Mukwongererraho ebiri mukatabu muno ebindi ebikuyambaho bihandikirwe habwa Uganda kandi nibisobora kutungibwa kuraba hamukutu gwaitu gunu ogwokuhulirizangana owakalimagezi.

Nitutangirra kandi nitukutamu amaani habwobusagiki bwawe.

Ekitongole kinu ekyebyokulya hamu nemikibi eyerukwiragura kiri kitongole kyaba Rotare Ekikusangibwa mumatamba ga Devonport.

Akatabu kanu kahandikirwe ha musingi gwakitongole kyensi yoona ekikwegesa abantu kulima kurungi ebyokulya byomugaso hamu namalya amarungi: "Ebyokulya ebisemerire kulibwa muni enu", bitekanizibwe kandi bya korwa omukugu kandi kalimagezi mubyokulima wekitongole kya Tasmanian Omukuru Bruce French.

Rutooro, Aug 2024



# Ebyokulya habwendya nungi mu uganda.

Habwenyikara enungi eyobwire hamu nitaka eryemiringo etalyemu, nobuhangwa bwensi, hamu nengwa yenjura hanu munuka. kanu niko kaire kokuzonzora nokwetegereza emiringo yebyokulya etalyemu eyiturabyaho amaiso ebikwera mubicweka bitalibimu kandi biine ebirisa bingi muno.



Bwayise



Enanaasi



Dodo

# Ebyokulya ebyebirisa

kwikara nobwomeezi oburungi, abantu boona kukira muno abaana baine kulya ebyokulya ebyemiringo etakusana. binu biine kurunga mumiringo yebyokulya enu etakusana nkenu.

- Ebyokulya ebituha amaani. nke ebitakuli.
- Ebyokulya ebikukuza emibiri yaitu.
- Ebyokulya ebikututangira endwaire nka dodo

Ebirisa byoona ebikwetagisibwa mumibiri yaitu twine kubirya mumpimo ezikwinganaingana.

Ebyokulya ebikututangira endwaire



Omubwiga

Ebinyobwa



Ebyokulya ebikukuza emibiri yaitu

Ebitakuli



Ebyokulya ebikutuha amaani

# Kuba nebyokulya ebikumara

Byara ebyokulya ebyemiringi nyingi, byarra mubwire obutalibumu nabumu mumwaka gwona. nukwo otunge ebyokulya buli kaire koon. kandi otebwa ebijuma hamu nebinyobwa rundi ebyokulya ebyensigo.



Mulinga



Ekimuli kyomusayi



Bwayisi



Ebitakuli



Amajalero



Dodo



Muhogo

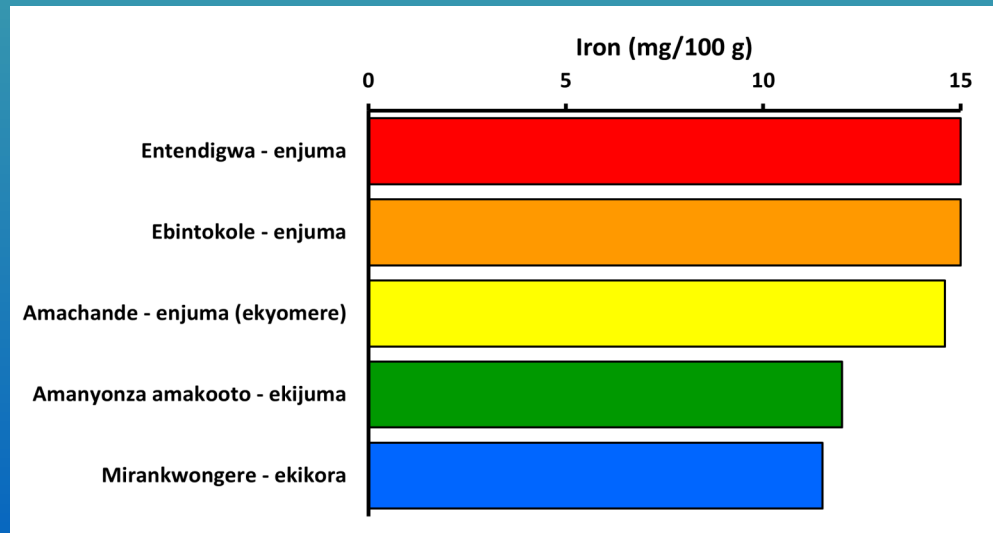
# Ekirungo ekyomunyu habwomusayi omurungi.

Ekirungo kiyomunyu kirungi muno mumusayi gwaitu nikyo kiretereza omussayi gwaitu gwatukura.

Ekirungo kinu ekyomunyu kiretereza orwoya orutwikya kutaha mubihaha byaitu .kinu kituyamba kutunga amaani gokukora emirimu yaitu.

Obutuba tutaine musayi kurungi twerrukana kandi tuzigorra muno. ekirungo kinu ekyomunyakiba kingi kakuba tuba nitulya ebijuma nabyo ebikuyamba kutunga omusayi mumubiri gwaitu.

Kwibika kaho eyeyomere ekiro otakagicumbire kinu kiyamba kwongeza ekirungo ekyomunyu mukaho.

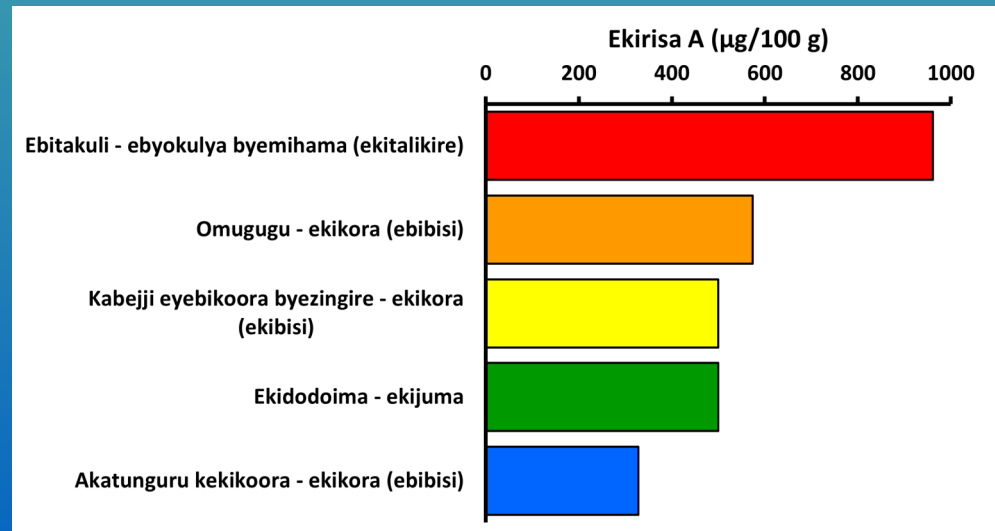


**Ekirisa ekikuyamba amaiso gaitu kurora kurungi. Nikisangibwa mu byenyanja, obun, amata, amagita, amahuli, ebijuma hamu nemikubi ekwiragura.**

**Ekiriisa kinu ekya A kirungi muno habwa maiso gaitu kurora kurungi nokurwanisa endwaire ezitali zimu nazimu. Kukira muno mubaana abato hamu nabakazi benda.**

**Abantu abataine ekirisa kinu batangatangana obuzibu kurora ekiro.**

**Mubimera ekirisa kinu kirumu kandi kihindurwa kurora kyatuyamba mumibiri yaitu.**





Ebyokulya ebikutuyamba kwombeka obutafali bwaitu obwomubiri hamu nokubujanjaba obububa burwaire. nkenyama, ebyenyanja, enkoko, amata, amagita, ensigo zemyongo, ebinyobwa, kaho nebindi.

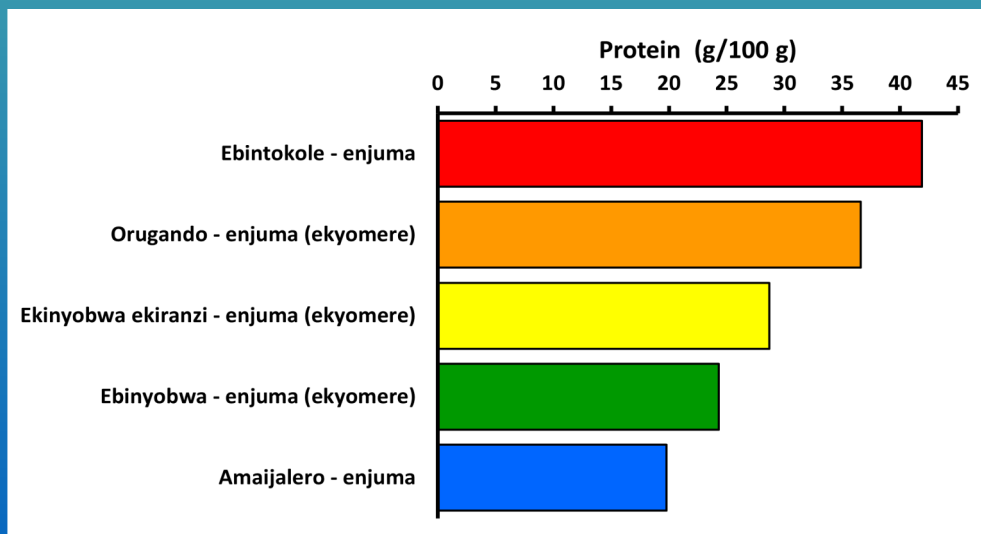


Orugando

Ebyokulya ebimera nabyo harumu ekirisa ekyo ekikwombeka omubiri gwaitu kakuba tuba tutaine ebyenyanja hamu nenyama.



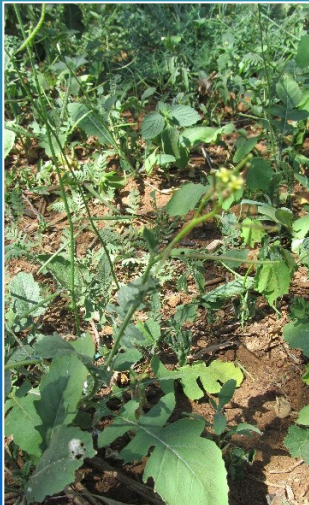
Ebintokole



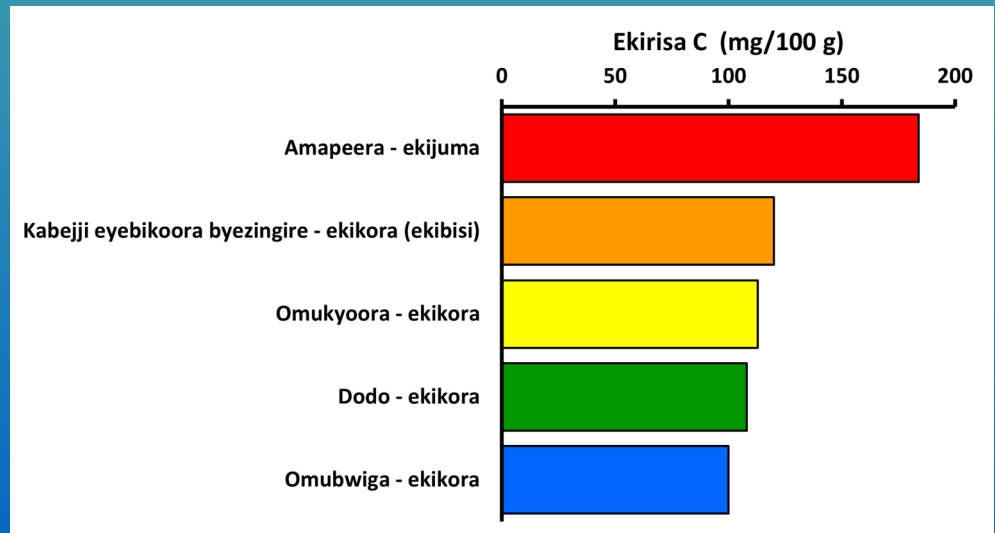
Ekirisa ekine ebirungo ebikutangira endwaire hamu nokukiza ebihoya nikisangibwa mubijuma byoona hamu nemikubi ekwiragura.



Ekiriisa kinu nikitangira endwaire kutukwata



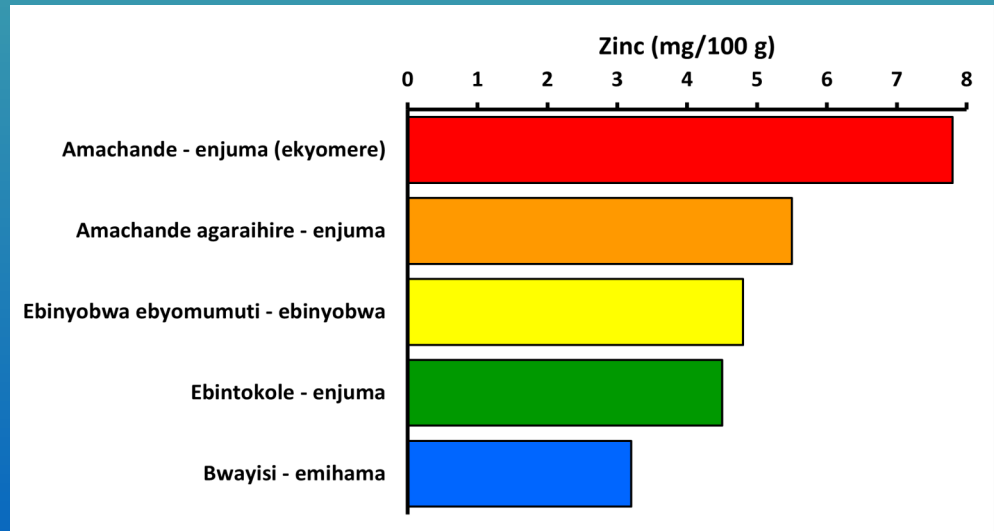
kabejji eyebikoora byezingire



# Kinu ekirisa nikiyamba kukura kwamagufa nomubiri kandi nikitangira nokurwara rwara.



Ekirisa kinu nikiyamba muno abaana bato hamu nabasigazi kikira bwangu nokwikara bomeezi.



# emikubi erukwiragura yomugaso muno

Emikubi erukwiragura yomugaso muno kandi erumu ebirisa bingi nko omunyu ogukwongeramu esagama mumubire, harumu ebirisa ebikwombeka omubiri, nebindi bingi habwobwomeezi oburungi.

Ebikora bwemikubi erukwiragura bine ekirisa ekikuleta esagama kandi kiyamba mukukura kwomubiri gwaitu kandi kiyamba muno abakazi abakyakuzara.

kakuba ekirisa kinu kiba kitaito nikiretereza obuzubu bwingi hali abakazi abakutwara enda.

Buli muntu kukiramuno abakazi hamu na baana baine kulya ekiganja kyemikubi ekwiragura buli kiro.



# Ebyokulya ebitukulya emihama nibyo bisemerire kubwarwa mubikaro ebikwokya yokya

Ebyokulya ebikuleta amaani mumubiri nigomaani kandi bwomeezi bwa Uganda.

Twine kuba begendereza habwa amali, ebihuka, nendwara hamu nobwokuroraho obwebimera ebikukurra mumataka agabi.



# Ebihimba biine ebiriisa ebikutambira endwaire hamu nokwombeka omubiri gwaitu nokugarramu orwezo mwitaka

Ebihimba biome obuhuka obwomugaso mumihama yabyo obukuyambaho kuteka ekirisa mwitaka ha bwebimera kukikozesa kandi kirisa kyabusa.



# Buli omu aine kulya ekijua buli kiro

Ebijuma biine ebiriisa byabuli mulingo ebikuyambabuli omu kwikara mwomeezi kandi atarwaire.

Abalimi abarungi balima emiti yebijuma biingi.



# Ebijuma hamu nebimera ebiine ensigo nkebinyobwa biine kubyarwa haihi nenju.

Ebijuma ebikwetagibwa buli omu.

Ebimu bibyarwa habwo kutuyamba mubwire bwomumaiso.

Ebimu bimerra mubwire buke rundi buli sizoni.



Fene



Orusaali orukoto



Ekinyobwa ekiranzi



Amanyonza amakotoo



# Emikubi ekwiragura yebika bingi kandi ine emigasano nyingi

Ebimu bimerra mubwire buke rundi buli sizoni. abalimi baine kubyara ebyokulya ebyemiringo nyingi nuke habeho ebyokulya omwaka gwoona.

Emikubi endi erukwiragura ine kubyarwa haihi nenju nukwe ebe erihaihi nomubiro byenjura ebe eroho nukwe kiyambe abantu kuginoga haihi nobubakuba bajwahire.



Dodo



Enjagi



Mirankwongere



Ebicooli



Bamiya(Etereza)

# Ebimera ebikumera munsarozemisiri

Musitafeeri



Mulinga



Amapeera



Ekitembe



# Ebimera ebikumera munsarozemisiri

Ebimera ebyamaani nibisobora  
kubyarwa haihi nensaro yomusiri.

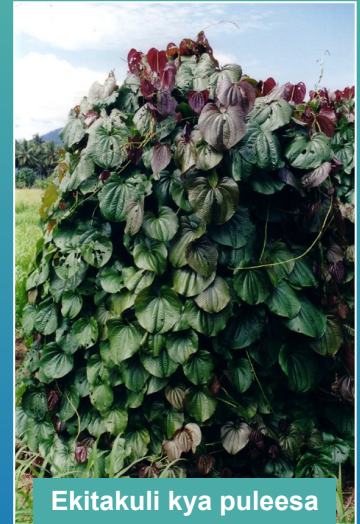


# Ebimera ebimu nibibyalirwa hamu nkahakikoomi kimu rundi mukikaro kimu.



# Ebimera ebikurandira ha rugo

Ebimera bingi nibisobora kukurra  
harugo oretoroire enju ne misiri.



# Kusiima nokumanyirra



**Ebihandikirwe mukatabu kanu bitairweho nkemu hantekaniza eyatwairwe ekitongole ekikwegesa abantu kulima ebimera hamu nendya nungi ekya Rotary nobusagiki kuruga mu Distrikiti numba 9830.**

**Kinu tikyakusobokere kakuba batarabaire abantu abatalibamu kwehayo kuyamba hamu nokurorra hara kandi bahayo obwire bwabu batakwebalirra mukusagika purojekiti enu.**

**Kurabyamu Amaiso, Nokutekaniza Hamu nokwinganizibwa - Rick Campbell, John McPhee  
Kuhindura - Mugume Bright Araali (Lead), Sam James Mugweri  
Akatebe akagumize ebihandikirwe - Faustine Victor Ngarambe (Lead)**

**Akatabu kanu kahandikirwe ha musingi gwekitongole kyensi yoona ekikwegesa abantu kulima kurungi ebyokulya byomugaso hamu nendya enungi projekiti ya Rotare Distrikiti 9830.**

Kumanya ebikukiraho tuhondere hamikutu yaitu enu. [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org)

website: [www.foodplantsolutions.org](http://www.foodplantsolutions.org)

Ekitongole kinu ekyebyokulya hamu nemikibi eyerukwiragura nikorra habiragiro bye kitongole kyaba Rotare baitu tikukwatibwaho Habwekitongole kya Rotary ekyensi yoona, rundi kubaragira ekyokukora.

# Notes



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