

Afghanistan

This list is to list items that are not as common in North Dakota/ Minnesota and might be more difficult to access through food pantries for our neighbors. While many neighbors enjoy items that are common to have at a food pantry such as snacks, juices and condiments such as ketchup. We thought these lists would identify items that are not traditional in Midwest diets.

Avoid: Any pork products including sausages or spam, egg white cartons. *Subject to religious dietary restrictions during some holidays. The cut of meat does not matter as long as it is fresh. Often, meat will be chopped up and put in a stew. All meat must be processed halal in keeping with Islamic law. Seafood does not need to be Halal-certified although it may be unfamiliar as Afghanistan is a landlocked country.

*Bread is often made fresh

Beans/Legumes	Dry beans including Kidney Beans, Lentils
Grains	Basmati Rice, Macaroni, Spaghetti
Meats/Proteins	Fish, Halal Beef, Halal Calf/Veal, Halal Chicken, Halal Lamb
Dairy	Butter, Dried Yogurt, Heavy Cream, Kiri Cheese, Whole Milk, Yogurt
Produce	Afghan leeks, Cauliflower, Cucumber, Eggplant, Green Beans, Lettuce, Okra, Onion, Peppers, Potato, Pumpkin, Spinach, Tomato, Cilantro, Parsley, Apples, Cherries, Dried Apricots, Lemon, Lychees, Mango, Melon, Peach, Pomegranate, Strawberries/Berries, Watermelon
Oils/Spices/Flour	Biryani Masala, Black pepper, Cardamom, Chickpea Wheat, Cilantro seeds, Cinnamon stick, Coriander, Corn flour, Corn oil, Cumin, Garam Masala, Ginger, Grape Seeds, Kabob Seasoning, Olive oil, Powdered Sugar, Rice Flour, Saffron, Semolina, Sugar, Sumac, Sunflower Oil, Turmeric, Wheat Flour
Beverages	Black Tea, Cherry Juice, Coffee, Mango Juice, Nazo Green Tea
Bakery/Snacks*	Almonds, Biscuits, Chips, Dried Fruits, Pistachios, Popcorn, Raisins, Walnut Bread, Cake, Naan, Roti
Other	Honey, Tomato paste, Tahini