

Democratic Republic of the Congo

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: Canned vegetables and beans. Fresh produce and meats are preferred.

Beans/Legumes	Dry beans including Kidney Beans, Pinto Beans
Grains	Fufu, Rice, Spaghetti
Meats/Proteins	Beef, Chicken, Goat, Tilapia, Dried Fish
Dairy	Eggs, Milk, Powdered Milk
Produce	Avocado, Mango, Oranges, Passion Fruit, Papaya, Pineapple, Plantains (not sweet), Small Bananas, African Eggplant, Cabbage, Carrots, Cassava, Garlic, Onions, Peppers, Potatoes, Spinach, Squash, Squash Leaves, Sweet Potato, Tomatoes, Pumpkin Blossoms
Oils/Spices/Flour	All Purpose Flour, Crystal Sugar, Dry Peanut Flour, Garlic, Maize Flour, Maggi Cube Palm Oil, Pepper, Vegetable Oil, Salt, Sugar
Beverages	Tea
Bakery/Snacks	Biscuits, Chapati, Dried Fruit

FOOD BANK