

## **Liberia**

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.

<b>Beans/Legumes</b>	Dry beans including Lentils, Kidney Beans, Red Cow Peas
<b>Grains</b>	Brown Rice, Couscous, Fufu, Golden Rice, White Rice
<b>Meats/Proteins</b>	Chicken, Dried Fish, Goat, Pork, Tilapia, Smoked Meats, Shrimp
<b>Dairy</b>	Butter, Eggs, Evaporated Milk, Milk
<b>Produce</b>	Avocado, Bananas, Bitter Ball, Bitter Leaf, Cabbage, Cassava Leaves + Root, Coconut, Collard Greens, Eggplant, Garlic, Ginger, Grapefruit, Green Beans, Hot Peppers, Lemons, Limes, Lychee, Mango, Okra, Onion, Oranges, Papaya, Pepper, Pineapple, Plantains, Potatoes, Spinach, Sweet Potatoes, Tomatoes, Watermelon, Yams
<b>Oils/Spices/Flour</b>	All Purpose Flour, Baking Soda, Benne Seeds, Canola Oil, Cayenne, Cinnamon, Cream of Rice Cereal, Palm Oil, Pepper, Maggi Cubes, Molasses, Nutmeg, Salt, Sugar, Tomato Paste, Vegetable Oil, Yeast
<b>Beverages</b>	Coffee, Ginger Beer, Tea
<b>Bakery/Snacks</b>	Dried Fruit, Nuts