

Somalia

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.

**Bread is often made fresh. Many different types of flour are used but teff and all-purpose flour are most common. Flour tortillas, kept refrigerated, are often used as a replacement for the dough used to make sambusas, a traditional and commonly eaten fried pastry with a savory filling.*

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. Goat meat is the primary protein staple and is eaten daily in Somalia, however, immigrants often supplement for other proteins like chicken.

Beans/Legumes	Dry beans including Chickpeas/Garbanzo beans, Lentils, Mung, Pinto, Red, and White Pinto beans (dry),
Grains	Basmati Rice, Spaghetti Pasta
Meats/Proteins	Camel, Halal Beef, Halal Chicken, Fish, Dried Fish Halal Goat
Dairy	Camel Milk, Dried Nido, Goat milk (fresh) Soy Milk, Yogurt,
Produce	Apples , Banana, Cabbage, Cassava Leaves, Cilantro, Cucumbers, Eggplant, Grapes, Green Onion, Lettuce, Mango, Onions, Oranges, Papaya ,Spinach, Tomatoes, Strawberries, Watermelon
Oils/Spices/Flour	All-purpose flour, Almond flour, Berbere spice mix, Cardamom, Cinnamon, Coriander, Corn Meal, Cumin ground + seed, Fenugreek, Garlic, Maggi Cube, Olive oil, Sorghum flour, Turmeric, White sugar, Turmeric,
Beverages	Coconut milk, Guava juice, Juice, Tea,
Bakery/Snacks*	Chapatti, Dried Fruit, Injera
Other	Canned Tomatoes, Honey