

South Sudan

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 Black Beans, Fava Beans, Kidney Beans, Lentils, Pinto Beans
Grains	Brown Rice, Jasmine Rice, Jolla, Long grain rice, Millet, Sorghum
Meats/Proteins	Beef, Chicken, Goat, Sheep, Tilapia
Dairy	Butter, Milk, Powdered Milk, Yogurt
Produce	Apples, Avocado, Banana, Cassava Leaves + Root, Collard Greens, Eggplant, Garlic, Green Beans, Green Pepper, Kiwi, Mallow, Mandarin Oranges, Mango, Okra, Onions, Oranges, Passion Fruit, Pears, Pineapple, Potatoes, Spinach, Tomato, Watermelon, Yams
Oils/Spices/Flour	Corn Flour, Corn Oil, Cumin, Curry Powder, Hot Pepper, Lemon Pepper, Maggi Cube, Olive Oil, Palm Oil, Peanut Flour, Sorghum, Wheat Flour
Beverages	Juice, Tea
Bakery/Snacks	Chapati, Ground nuts, Peanuts