

# Burundi/Congo/Rwanda/Great Lakes Region Culturally Responsive Foods

## Spices and Other Items

- Salt
- Chili Spice
- Honey
- Peanuts
- Fruit Juice-Apple or Orange
- Cookies or Pastries

## Dry Goods

- White Rice (long-grain Jasmine)
- Dried Beans (kidney)
- Corn Meal
- Bread (white sandwich)
- Cooking Oil (canola, palm)
- Tea-black (bags)
- Sugar

## Meats

- Beef (stew)
- Chicken (whole)
- Fish (whole, not fillet)

## Fresh Produce

- Bananas
- Apples or Oranges
- Cabbage
- Carrots
- Potatoes
- Greens (spinach, cassava)
- Onions
- Garlic
- Tomatoes
- Hot Peppers

## Dairy

- Milk (whole)
- Eggs