

North/South Sudan and Eritrean Culturally Responsive Foods

Spices and Other Items

- Salt
- Pepper
- Bouillon Cubes (Maggi)
- Hot Sauce
- Fruit Juice-Apple or Orange
- Soda (orange or Sprite)
- Cookies or Pastries
- Jam

Dry Goods

- White Rice
- Dried Beans (red, lentils)
- Pasta (spaghetti)
- Tomato Sauce
- Flour (All-Purpose, cornmeal)
- Bread (baguette)
- Cooking Oil (corn, vegetable)
- Tea (bags)
- Sugar

Fresh Produce

- Bananas
- Apples or Oranges
- Cabbage
- Carrots
- Eggplant
- Potatoes
- Greens (kale)
- Onions
- Garlic
- Tomatoes
- Lemons

Dairy

- Milk (whole)
- Eggs
- Yogurt (full fat, Plain)

Meats

- None

Markets with Culturally Specific Items:

- Al-Watan Restaurant, Bakery, and Grocery-3711 Klondike Ln
- Sumer Food Mart-3027 S 4th St
- Al-Waha Food Mart-3019 Hunsinger Ln
- Hatim Market-3122 Taylor Blvd
- Darou Salaam-2200 Buechel Ave

Resource adapted from Kentucky Refugee Ministries.