

Somali Culturally Responsive Foods

Spices and Other Items

- Salt
- Pepper
- Somali Spice Mix (pron. Hawash)
- Ketchup
- Fruit Juice-Apple or Orange
- Sodas (Bottled Coke, orange, Sprite)
- Cookies or Pastries

Dry Goods

- White Rice (long-grain Basmati)
- Dried Beans (lentils, kidney)
- Pasta (spaghetti)
- Flour (All-Purpose, Cornmeal)
- Bread (brown sandwich)
- Cooking Oil (vegetable)
- Tea (black)
- Sugar

Fresh Produce

- Bananas
- Apples or Oranges
- Papaya
- Watermelon
- Cabbage
- Broccoli or Cauliflower
- Potatoes
- Green Beans or Peas
- Sweet Potatoes
- Onions
- Garlic
- Tomatoes
- Lemons
- Lettuce

Dairy

- Milk (whole)
- Eggs

Meats

- None

Markets with Culturally Specific Items:

- International Mall (sometimes called Somali Mall)-737 S 8th St

Resource adapted from Kentucky Refugee Ministries.