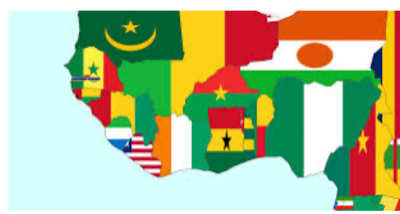


Culturally Appropriate Guidelines: West Africa

The following long life food items would all be appropriate options for someone from West Africa, try to include some from each group:



Carbohydrate-rich foods:

- Rice & Couscous
- Gari
- Sorghum
- Maize
- Millet
- Wheat flour & bread products
- Plantain chips

Fruits and vegetables:

- Tinned Tomatoes
- Tinned vegetables (spinach, tinned mixed veg, sweetcorn)
- Tinned Fruit (Pineapple, Mango)
- Lemon or Lime Juice
- Tomato Paste
- Fruit Juice & Coconut Water

Protein-rich foods:

- Tinned Fish (mackerel, sardines, tuna)
- Unsweetened Peanut Butter
- Black-eyed Beans/Cowpea
- Soya beans
- Nuts (Peanuts, Cashews etc)

Dairy and alternatives:

- Tinned coconut Milk
- UHT Milk (cow or goat)
- UHT plant milks alternatives e.g. soya, coconut, almond, rice
- Milk Powder
- Evaporated Milk

Other items to include:

Oil & Vinegar (if possible ask for oil preference – palm oil, vegetable oil, sunflower oil, coconut oil are used traditionally)

Spices, herbs and seasonings– cayenne pepper, chili flakes, ginger, coriander, thyme, tamarind, stock cubes, garlic powder or paste

Hot drinks e.g. Tea, coffee, malt drinks

Spreads such as honey and jam etc.

If you have access to fresh or frozen food you could also add:

Fresh/frozen vegetables or fruits : **onion, peppers, bananas, spinach, cabbage, carrot, aubergine, corn, garlic, avocado, plantain, chillies**

Starchy Tubers: **cassava, potato, sweet potato, yams, taro**

Protein: **chicken, beef, lamb, pork, eggs, fish**

An example 3 day parcel could include:

- | | |
|---------------------------|-----------------------------------|
| • 1 pack of rice | • 2 tins of fruit |
| • 1 pack of gari | • 1 tin of mixed vegetables |
| • 1 bread product | • 1 tin of spinach |
| • 1 pot of nut butter | • 1 small oil |
| • 2 tins of fish | • Chilli flakes and garlic powder |
| • 2 tins of tomatoes | • Tea, coffee or malt drink |
| • 2 tins of beans | • Stock Cubes |
| • 1 carton of fruit juice | • Tomato Puree |
| | • Lemon Juice |

The following recipes on the IFAN website are inspired by the West African Diet:

- Jollof-style Rice
- Okra Stew
- Peanut Stew