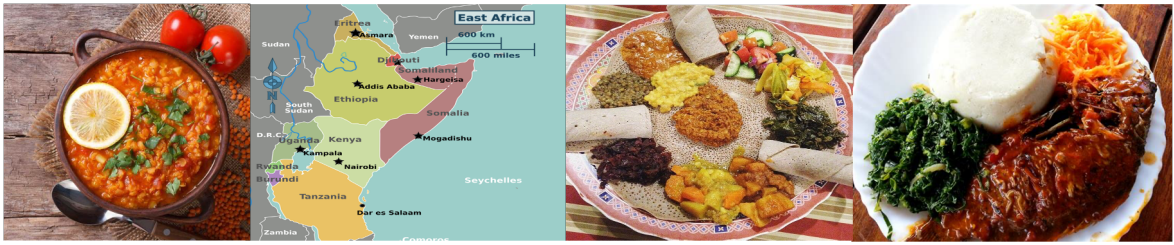


Eastern Africa Culture Guidelines

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



Carbohydrate-rich foods:

- Rice
- Pasta
- Flours e.g., maize, teff, cassava, sorgum, millet, wheat
- Ugali (African cornmeal)

Fruits and vegetables:

- Tinned tomatoes
- Tinned vegetables (sweetcorn, peas, spinach, okra)
- Tinned fruit (mangoes, pineapples, pears)
- Tomato Puree
- Lemon Juice

Protein-rich foods:

- Lentils
- Tinned fish e.g., sardines, mackerel
- Tinned Beans e.g., kidney, adzuki, fava, cowpeas & chickpeas
- Nuts e.g., peanuts, cashews

Dairy and alternatives:

- UHT milk
- UHT milk alternatives
- Milk powder

Other items to include:

Oil & Vinegar (if possible ask for oil preference – olive, sunflower vegetable, sesame, ghee are all used).

Spices and herbs – chilli powder, curry powder, cumin, tumeric, garam masala, cinnamon, coriander, fenugreek, berbere, ajwain & cardamom are all used

Seasonings and sauces – piri piri, stock cubes, tinned coconut milk

Drinks – tea, coffee, long life fruit juice & other drinks.

Spreads such as honey and jam.

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

Fresh/ frozen vegetables or fruit – ginger, potato, sweet potato/yam, cassava, bananas & plantains, peppers, onions, garlic, leafy greens e.g., kale, spinach

Protein – (may need to make consideration for halal foods) goat, mutton, lamb, beef, chicken, fish, eggs.

Dairy – milk, yoghurt, butter, margarine. **Bread** and bread products.

An example 3 day parcel could include:

- 1 bag of rice
- 1 bag of pasta
- 1 bag of Ugali or flour
- 1 bag of lentils
- 2 Tins of fish
- 2 Tins of beans
- 1 bag of nuts
- 2 tins of tomatoes
- 2 tins of vegetables
- 2 tins of fruit
- 1 small vegetable oil
- 1 packet of herbs or spices
- Tomato puree
- Lemon juice
- UHT Milk
- Tea or coffee
- 1 packet of biscuits or crackers
- Available fresh food

The following Recipe Cards may be useful:

- Githeri (Kenyan inspired)
- Cambuulo (Somalian inspired)