

RUSSIAN FOODS

Animal Protein

- Beef
- Bones
- Chicken
- Eggs
- Fish
- Lamb
- Pig Feet
- Pork
- Veal
- Turkey



Plant Based Protein

- Kidney Beans
- Lima Beans
- Poppy Seeds
- Yellow Split Peas



Dairy

- Cottage Cheese
- Condensed Milk
- Milk
- Cream Cheese
- Kefir



Grains

- Pearled Barley
- Millet
- Rye
- White Rice
- Oats



Condiments and Cooking Staples

- All-Purpose Flour
- Basil
- Bay Leaves
- Butter
- Caraway Seeds
- Garlic
- Lard
- Parsley
- Dill
- Mint
- Mustard
- Sauerkraut



Fruits and Vegetables

- Apples
- Apricot
- Avocado
- Bananas
- Beets
- Bell Peppers
- Berries
- Cabbage
- Cantaloupe
- Carrots
- Celery
- Cherries
- Corn
- Cucumber
- Eggplant
- Figs
- Green Cabbage
- Kiwi
- Mushrooms
- Nectarines
- Onions
- Oranges
- Peaches
- Pears
- Peas
- Persimmons
- Potatoes
- Radishes
- Spinach
- Tomato
- Turnips
- Zucchini



**GREATER
CHICAGO
- FOOD -
DEPOSITORY®**

Food preferences and cultural practices can vary widely depending on social factors like language, religion, ethnic group, age, geography, etc. This guide is intended to serve as a bridge to start conversations with the communities we serve.

