

SUB-SAHARAN AFRICA

Animal Protein

- Beef
- Chicken
- Pork
- Lamb
- Goat
- Crayfish
- Mussels
- Shrimp
- Turkey
- Fish



Plant Based Protein

- Lentils
- Black-eyed Peas
- Yellow Split Peas
- Pigeon Peas
- Fava Beans
- Sesame Seeds
- Melon Seeds
- Red Beans
- Brazil Nuts
- Dika Nuts



Dairy

- Condensed Milk
- Milk
- Yogurt
- Cheese
- Wara



Grains

- White Rice
- Ofada Rice
- Oats
- Popcorn
- Teff



Condiments and Cooking Staples

- Peanut Oil
- Coconut Oil
- Bouillon Cubes
- Ginger
- Garlic
- Berbere Spice Mix
- Turmeric
- Sour Cream
- Nutmeg
- Fenugreek
- Paprika
- Cumin



Fruits and Vegetables

- Citrus Fruits
- Tamarind
- Bell Peppers
- Cassava
- String Beans
- Cabbage
- Amaranth
- Kale
- Mustard Greens
- Okra
- Hibiscus
- Pineapple
- Mango
- Potatoes
- Onions
- Melons
- Squash
- Yams
- Spinach
- Bananas
- Plantains
- Collard Greens
- Coconut
- Tomatoes
- Dates
- Cucumbers
- Grapefruit
- Radish
- Avocado
- Guava
- Berries
- Figs
- Jicama



**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.

