

UKRAINIAN FOODS

Animal Protein

- Beef
- Eggs
- Chicken
- Fish
- Herring
- Sardines
- Turkey
- Pork
- Sausage



Plant Based Protein

- Lentils
- Kidney Beans
- Split Peas
- Flax Seeds
- Pine Nuts
- Sesame Seeds
- Poppy Seeds



Dairy

- Cottage Cheese
- Milk
- Yogurt
- Condensed Milk
- White Cheese



Grains

- Buckwheat
- Millet
- Oatmeal
- Rye Bread
- White Rice

Condiments and Cooking Staples

- Cinnamon
- Garlic
- Pickles
- Mustard
- Horseradish
- Dill
- Sauerkraut
- Sugar
- Bay Leaves
- Parsley
- Cilantro
- Sour Cream



Fruits and Vegetables

- Onions
- Tomato
- Asparagus
- Avocado
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Green Beans
- Leeks
- Lettuce
- Mushrooms
- Bell Peppers
- Radishes
- Apples
- Apricots
- Blackberries
- Blueberries
- Grapes
- Dates
- Cherries
- Currants
- Peaches
- Pears
- Persimmons
- Raisins
- Parsnips



**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.

