

Culturally Appropriate Guidelines: Central Asia

The following long life food items would all be culturally appropriate for someone from Central Asian countries such as Afghanistan and Pakistan



Carbohydrate-rich foods:

- Flour (e.g., wheat, oat, gram, millet)
- Rice (basmati is commonly used)
- Oats
- Tinned potato
- Cornmeal & Semolina
- Naan bread

Protein-rich foods:

- Tinned meats (e.g., beef)
- Tinned or dried fish
- Legumes (e.g., lentils, chickpeas, beans)
- Nuts (e.g., peanuts, walnuts, almonds)

Dairy and alternatives:

- UHT milk (cow)
- UHT milk alternatives (e.g., soya)
- Powdered/dried milk

Fruits and vegetables:

- Tinned vegetables (e.g., carrots, spinach)
- Picked vegetables (e.g., beetroot, onions, carrots)
- Tinned fruit (e.g., peaches)
- Tinned tomatoes
- Dried fruit (e.g., apricots, raisins, figs)

Other items to include:

Oil (if possible, ask for preference –sunflower, olive & mustard oils & ghee are used)

Spices and herbs – chilli powder, ground ginger, cumin, basil, coriander, mint, dill, garlic, turmeric, sesame seeds, paprika, oregano & lovage seeds are all used

Seasonings and sauces – e.g., vinegar, chutneys and pickles, ketchup

Tea/ coffee/ other drinks – tea is very commonly consumed. Sugar is generally added.

Spreads such as honey and jam etc. can be offered.

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

Any fresh or frozen vegetables or fruit – cabbage, carrot, beetroot, tomato, bell pepper, chillies, fresh herbs, garlic, onion, aubergines, okra, cucumbers, radishes, melon, figs, apple, oranges and peaches are all commonly used in central Asia

Protein (you may need to make consideration for Halal foods – see halal guideline) – fresh or frozen chicken, beef, goat, mutton or lamb, eggs are all appropriate. Fish and seafood can also be offered

Dairy –milk, sour milk, sour cream, cheese e.g. paneer, yoghurt, butter are common

An example 3-day parcel could include:

- 1 bag of dried rice or 2 packs of microwave rice
- 1 bag of porridge
- 1 bag of wheat flour
- 1 tin of potatoes
- 1 tin of beef
- 1 tin of fish
- 1 bag of dried lentils
- 1 bag of nuts
- 1 carton of UHT milk
- 2 tins of fruit
- 2 tins of vegetables
- 2 tins of tomatoes
- 1 bag of dried fruit
- 1 pack of spices e.g., garlic or chilli
- Tea or coffee (offer sugar or honey)
- 1 small bottle of oil
- 1 jar of chutney or pickles
- 1 packet of biscuits or crackers

This would provide meals (such as porridge with fruit, lentil dhal, beef and vegetables in tomato sauce, rice and roti,) snacks (such as nuts, dried fruit and crackers or biscuits,) and tea or coffee to drink for 3 days. If possible, check availability of kitchen facilities and provide ring-pull tins and microwave foods depending on equipment available.