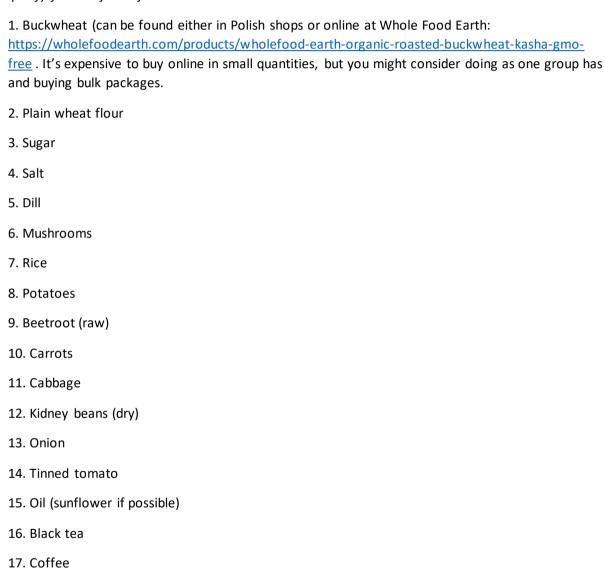


## Welcome Basket for Ukrainian Families: A Shopping List

Provided to Christian Concern for One World by the Reading Ukrainian School, with supplementary items from a <u>post by Olia Hercules</u>

Cooking one's own food can be a comfort in a time of turmoil. This is a list of ingredients that you might want to put into a welcome basket for a Ukrainian family to make that easier. We'd suggest also tucking in a supermarket gift card, so that they can supplement it with additional materials, especially bearing in mind the gap that there will be between when people arrive and when they qualify for benefits or find work.



- 18. Peppermint Tea
- 19. Chocolate
- 20. Rich tea biscuits
- 21. Lemon (Ukrainians generally drink tea with lemon, not milk)
- 22. Jam (popular jams include apricot and raspberry)
- 23. Honey

## PERISHABLE GOODS

- 24. Milk
- 25. Eggs
- 26. Full Fat Crème Fraiche
- 27. Minced meat
- 28. Frozen varenyky or pierogi dumplings

## **USEFUL NECESSITIES**

- 29. Ibuprofen or paracetamol
- 30. Individual hygiene products