

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 [post by Olia Hercules](#)

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.

1. Buckwheat (can be found either in Polish shops or online at Whole Food Earth: <https://wholefoodearth.com/products/wholefood-earth-organic-roasted-buckwheat-kasha-gmo-free> . It's expensive to buy online in small quantities, but you might consider doing as one group has and buying bulk packages.
2. Plain wheat flour
3. Sugar
4. Salt
5. Dill
6. Mushrooms
7. Rice
8. Potatoes
9. Beetroot (raw)
10. Carrots
11. Cabbage
12. Kidney beans (dry)
13. Onion
14. Tinned tomato
15. Oil (sunflower if possible)
16. Black tea
17. Coffee
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