

Welcome Basket for Ukrainian Families: A Shopping List

Provided to Christian Concern for One World by the Reading Ukrainian School

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. Milk
6. Eggs
7. Rice
8. Potatoes
9. Beetroot (raw)
10. Carrots
11. Cabbage
12. Kidney beans (dry)
13. Onion
14. Oil
15. Black tea
16. Coffee
17. Chocolate
18. Rich tea biscuits
19. Peppermint tea
20. Ibuprofen or paracetamol
21. Individual hygiene products