

The following long life food items would all be healthy options for someone from Poland and neighbouring countries, try to include some from each group:



Dairy and alternatives:

- UHT milk
- UHT milk alternatives e.g. soya, oat, almond
- Condensed milk

Protein-rich foods:

- Tinned fish (herring, sardines, mackerel, tuna, anchovies)
- Tinned meat (pork/sausage)
- Tinned beans (haricot, butter, cannellini, black eye, broad beans)
- Pate (pork, chicken)
- Nuts and nut butters e.g. walnuts

Fruits and vegetables:

- Jar of Sauerkraut
- Pickled vegetables (e.g. cucumber, beetroot, onion, mushrooms)
- Dried Fruit (raisins, prunes)
- Tinned vegetables and fruit can be included but they are not a part of the traditional diet
- Tomato puree
- Long life apple or orange juice

Carbohydrate-rich foods:

- Grains (oats, semolina, buckwheat, pearl barley, rye)
- Wheat flour
- Bread crumbs and bread products
- Rice & Pasta
- Tinned potatoes

Other items to include:

Oil & Vinegar - vegetable/rapeseed oil and sunflower oil are used traditionally. Olive oil is recently more present in Polish diets and can be accepted depending on preference.

Apple cider vinegar & white wine vinegar are most popular

Spices and herbs e.g. mixed herbs, paprika, cloves, dill, coriander, mustard seeds, garlic, bay leaf, marjoram, parsley, caraway seed, nutmeg, allspice, lovage.

Condiment e.g. mayonnaise, horseradish, mustard, stock cubes

Hot drinks e.g. Tea/ coffee/ barley cup (inka coffee). **Spreads** e.g. honey and jam (strawberry, black currant, cherry most popular) **Snacks** e.g. sesame snacks (Chalwa and Sezamki), salted bread sticks (Paluszki) or pretzels

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

Fresh/frozen vegetables or fruit – potatoes, green beans, broad beans, carrots, mushrooms, spinach, beetroot, cabbage, kohlrabi, salad vegetables such as cucumber, tomato, gem lettuce, dill, apples, pears, cherries, plums, berries.

Protein – pork, sausages, beef, chicken, mackerel, cod, eggs

Dairy - yogurt, sour cream, kefir, buttermilk, cheeses (gouda, cheddar, cottage, quark)

An example 3 day parcel could include:

- 1 bag of oats
- 1 bag of flour
- 1 bag of pasta
- 1 tin of potatoes
- 1 pack of biscuits or pretzels
- 2 tins of mackerel
- 2 tins of cannellini beans
- 1 jar of sausages
- 1 bag of walnuts
- 1 carton of milk or dairy-free alternative
- 1 carton of fruit juice
- 1 tin of pears
- 1 tin of tomatoes
- 1 jar of sauerkraut
- 1 bag of raisins
- 1 small vegetable oil
- 1 pack of dried herbs
- 1 pack of tea or coffee
- 1 condiment e.g. horseradish or mustard

The following Recipe Cards are based on Polish dishes:

- Sauerkraut cakes
- Bean and sausage stew