

**Provisions for extended fieldwork stays**

~ List provided by Cabeceras Aid Project ([www.cabeceras.org](http://www.cabeceras.org))

~ These recommendations are per person; calibrate to the number and needs of the people involved.

~ We recommend storing most of these items in large plastic buckets or bins with lids, to protect them from spills, moisture, rodents, insects, etc.

~ All of these items are available either in bulk quantities in the Mercado Central or in a largish supermarket like Saby on Raimondi or Los Portales on Próspero in Iquitos.

<b>Packaged items:</b>	<b>Castellano peruano:</b>	<b>Qty per meal or day:</b>	<b># of meals or days:</b>	<b>BUY:</b>
Rice	Arroz	.25 to .5 K		
Noodles	Tallarines/Fideos	.25 to .5 K		
(Alternate noodles and rice day-to-day for your principal meal; eat something different on Sundays!)				
Flour	Harina	.5 to 1 K		
(Pan bread or pancakes make a nice treat every few weeks on Sunday)				
Oatmeal	Avena	80 to 100g		
(The easiest breakfast possible; quick oats just need boiling water added, no cooking!)				
White or brown sugar	Azucar blanca o rubia	to taste		
Canned fish	Conserva	.5 to 1 can		
(We have canned fish a few times a week for flavor and protein)				
Tomato paste	Rojita	to taste		
(For sauce for noodles; to stir into rice; to flavor your legumes)				
Powdered Milk	Leche en polvo	to taste		
(To drink, to add to tea or coffee; to add to bread or pancakes)				
Cooking oil	Aceite (Primor)	to taste		
Olive oil	Aceite de oliva	to taste		
Ramen	Ramen	1 to 2 pkg		
Coffee (ground or instant)	Café o Nescafé	to taste		
Tea – lemongrass, camomile, etc.	Hierba Luisa, manzanilla	to taste		
Camomile tea	Manzanilla	to taste		
Cookies	Galletas dulces	to taste		
Crackers	Galletas saladas	to taste		
Wheat or soy gluten cubes	Carne de soya o trigo	100-200g		
(Available at large supermarkets, or buy in the US; add to legumes and pasta sauce for protein and texture)				
Jam – strawberry	Mermelada de fresa	200gr		
Soup mix – Asparagus, Spinach	Crema de asparagos, espinaca			
(A nice alternative topping for noodles)				

<b>Bulk items:</b>	<b>Castellano peruano:</b>	<b>Qty per meal or day:</b>	<b># of meals or days:</b>	<b>BUY:</b>
Split peas	Arberjas	1 to 2 handful		
Lentils	Lentejas	1 to 2 handful		
Quinoa	Quinoa	2 to		
(Add to split peas or lentils for variety and texture!)				
Popcorn	Pocor, canchita	1 to 2 handful		
Peanuts	Maní	to taste		
(Raw peanuts are often available in markets; toast with salt in your frying pan)				
Fariña	Fariña	1 to 2 handful		
(An easy, nearly indestructible snack or addition to legumes and soup)				
Beans	Frejoles	1 handful		
(note that beans take *very* long to cook; soaking them overnight first helps)				

<b>Bulk seasonings:</b>	<b>Castellano peruano:</b>	<b>Qty per meal or day:</b>	<b># of meals or days:</b>	<b>BUY:</b>
Bayleaf	Laurel	2 to 3 leaves		
Oregano	Oregano	half handful		
Salt	Sal	to taste		
Black pepper	Pimienta negra	to taste		
Cuminos	Cumin	to taste		
Cinnamon	Canela	to taste		
Soy sauce	Sillao	to taste		
Sesame oil	Aceite de ajonjolí	to taste		
Bouillion cubes	cubos 'Maggy'	1 or 2		

<b>Household items:</b>	<b>Castellano peruano:</b>	<b>Quantity per:</b>	<b>Total:</b>	<b>BUY:</b>
Toilet paper	Papel higiénico	suit yourself		
Laundry powder	Jabón en polvo (Ace, etc.)	1 handful per load		
(Use sparingly; just soak your clothes in it for an hour or so, then rinse)				
Laundry soap	Jabon en barra	1-2 sm bar per mo		
(Use bar soap for cleaning spots and stains, and for single item handwashing)				
Dish soap	Ayudín	~300g tub per 2 mo		
Matches	Fósforos	lots for cookstove		
Shotgun shells	Cartuchos	trade for fresh food!		
Candles	Velas	~ ½ to 1 per night		
Bleach	lejía	250ml or 500ml bottle		

<b>Fresh food for first week(s)</b>	<b>Castellano peruano:</b>		<b>BUY:</b>
Cabbage	Col, repollo	can keep up to 2 weeks	
Carrots	Zanahoria	can keep up to 2 weeks	
Tomatoes	Tomates	can keep up to a week	
Onion	Cebolla	can keep 2+ weeks	
Garlic	Ajos	can keep 2+ weeks	
Cucumber	Pepino	can keep up to a week	
Eggs	Huevos	can keep up to a week	
Ginger	Kión	can keep 2+ weeks	
Beets			

<b>Special items from the US:</b>				
Peanut butter in plastic jar				
Your favorite type of chocolate				
Instant cocoa mix				
Nutritional yeast for popcorn				
Small jar of furikake rice topping				
Knorr pasta sauce mixes				
(These are expensive, but add can welcome variety to your menu once or twice a week)				
Wheat or soy gluten cubes				
Toasted seaweed				
Coconut milk powder				
(A nice change of flavor in your lentils once in a while)				
Genmaicha tea				