

**Mali: The Natomos of Kouakourou**  
**ONE WEEK'S FOOD IN JANUARY**

**Grains & Other Starchy Foods: \$11.77**

corn, dried, 66.2 lb  
millet, 44.1 lb  
rice, smoked, 44.1 lb

**Dairy: \$0.30**

sour milk, 1.1 gal

**Meat, Fish & Eggs: \$1.49**

fish, dried, 4.4 lb, *used in fish and okra soup when the family can afford it, otherwise, they have soup with okra only.*

**Fruits, Vegetables & Nuts: \$6.50**

tomatoes, 5.5 lb  
okra, dried, 4.4 lb  
onions, fresh 2.2 lb  
onions, dried, 1.1 lb  
red peppers, dried, 14.1 oz  
*Anna d'Italie* tomato paste, canned, 14 oz  
*not a common purchase, although they like to buy it when they can afford it.*

*No fruits were in season at the time the photograph was taken. In season, they have mangos from the ten trees planted by Sumana's father. Oranges from the market are also purchased if they can afford them.*

**Condiments: \$6.03**

vegetable oil, 1.1 gal  
salt, 5.5 lb  
tamarind, 2.2 lb  
white sugar, 7.3 oz  
sumbala (spice from nere tree pods), 1.1 oz, *used as a bouillon for soup, mixed with hot pepper and dry onion and cooked with smoked rice.*

**Prepared Food: \$0.30**

*Maggi* bouillon cubes, 2.1 oz, *the family purchased this, but they normally use the traditional sumbala.*

**Homemade Food:**

Ngome, approx. 4 lb, *thick fried cake made of millet flour, water, vegetable oil, (and an inadvertent bit of sand).*

**Beverages:**

water drawn from community well for drinking and cooking.

**Food Expenditure for One Week:**  
**\$26.39**

**Francs: 17,670**