



## Culturally Appropriate Grocery Lists

Thank you so much for volunteering to purchase 2 weeks of groceries for a refugee family! Your contribution really helps the family feel loved and welcome. You can find the culturally appropriate food list for the family below. To give you a general idea of what the cost might be, 2 weeks of groceries is generally about \$30-\$40 per person in the family, but feel free to spend more or less. Please choose a variety of items on the list of the country the family you are purchasing for is from. Let me know if you have any questions. Thanks again!

Carlissa Larsen ([carlissa@liftinghandsinternational.org](mailto:carlissa@liftinghandsinternational.org))

Afghanistan, Syria, Iraq, Iran			
Dry Kidney beans	Walnuts	Almonds	Basmati Rice
Canned tomatoes	Onions	Bananas	Garlic
Tomato sauce	Pasta- small elbow macaroni	Apples	Loaf of white/wheat bread
Olive oil	Potatoes	Oranges	Lentils
Salt/pepper	Za'atar	Eggs	Chickpeas
Milk	Plain yogurt	Black tea	Green tea

Cuba, Haiti, Columbia			
Tomatoes	Garlic	Bread	Eggs
Potatoes	Apples	Olive oil	Pasta- small elbow macaroni
Sweet potatoes	Oranges	Broth	Juice
Red/green bell peppers	Melons	Milk	Apricot or other jam
Cucumbers	Pineapples	Dry black beans (a lot)	Mayonnaise
Lettuce	Any fresh fruit	Dry chickpeas	Mustard
Pickles	Canned tomatoes	Cumin	Bottled water
Tomato sauce	Canned green beans	Pork	Coffee
Salt/pepper	Oregano	Cinnamon	Beef
Chicken	Rice	Vegetable oil	Flour
Sugar	Lentils		

Malaysian, Burma, Myanmar & Bhutan			
Bananas	Cabbage (bok choy, red, green)	Eggs	Peanuts
Oranges	Cucumbers	Bread-sliced	Soy sauce
Mangos	Garlic	Pineapple juice	Sriracha sauce
Pineapple	Potatoes	Orange juice	Salt/pepper
Tomatoes	Milk	Coconut milk	Rice noodles
Tomato paste	Rice	Vegetable oil	Sugar
Flour	Lentils		

Somalia			
Honey	Vermicelli	Oats	Millet
Corn meal	Sorghum flour	Cumin	Chickpeas
Dry beans	Cinnamon	Flat bread/Pita	Ginger (powder/whole)
Coriander	Salt/pepper	Eggs	Butter
Plain yogurt	Milk	Squash	Spaghetti
Marinara sauce	Tomato sauce	Peppers	Sweet potato
Tomatoes	Onions	Apples	Cilantro
Bananas	Mangoes	Papaya	Citrus fruit
Rice	Flour	Vegetable oil	Sugar
Lentils			

Central Africa Republic Eritrea, Burundi, Sudan, Ethiopia			
Bananas	Cucumbers	Dried pinto beans	Sorghum flour
Oranges	Potatoes	Fava beans	Peppers (spicy)
Mangos	Milk	Sweet potatoes	Salt/pepper
Tomatoes and paste	Eggs	Peanut butter	Pineapple juice
Cabbage	Bread-sliced	Corn flour	Black tea bags
Orange juice	Cassava	Rice	Vegetable oil
Sugar	Flour	Lentils	

Democratic Republic of the Congo			
Tomatoes	Bananas	Oranges	Mangoes
Peppers (spicy)	Tomato paste	Cabbage	Sweet potatoes
Butter	cucumbers	Potatoes	Milk
French bread	Plain yogurt	Eggs	Bread-sliced
Fava beans	Pineapple juice	Orange juice	Dried pinto beans
Chicken	Beef	Peanut butter	Corn flour
Nutmeg	Cassava	Sorghum flour	Turmeric
Cumin	Black tea bags	Salt/pepper (shakers)	Cinnamon
Onion powder	Cayenne	Ginger	Garlic powder
Bottled water	Rice	Flour	Vegetable oil
Sugar	Lentils		

Russia			
Apple sauce	Apples	Grapes	Tomatoes
Tomato paste	Cabbage	Onions	Potatoes
Sweet potatoes	Carrots	Cucumbers	Cauliflower
Mushrooms	Cilantro	Milk	Butter
Eggs	Sour Cream	Bread- sliced	Rye bread
Mayonnaise	Mustard	Horseradish	Pickles
Salt/pepper	Orange juice	Cherry juice	Vinegar
Black tea bags	Buckwheat	Bologna	Fish
Pork	Sausage	Chicken	Beef
Rice	Vegetable oil	Flour	Sugar
Lentils			
Spices: pick a good assortment- Garlic, dill, parsley, bay leaves, basil, chives, cumin, coriander, cinnamon, saffron, oregano, curry			