

GROCERY CARE PACK - AFGHAN

[Sign up now](#) to provide a warm welcome to a refugee family (or individual) when they arrive in Chicago! Help turn an empty apartment into a home by collecting and delivering ethnic-appropriate food staples that will be familiar to a refugee family on the very first day they arrive.

This is a great project for an individual, small group, or entire congregation. The quantity of food may vary depending on the number of family members.



GROCERY

Basmati Rice
Beans (Chickpeas, Kidney Beans)
Green/Yellow Lentils
Naan Bread
Almonds
Pistachios

MEAT

Beef (Halal)
Whole Chicken (Halal)

DAIRY

Butter
Eggs
Plain Yogurt
Whole Milk

VEGETABLES

Carrots
Cauliflower
Cilantro
Cucumbers
Eggplant
Garlic
Ginger
Lettuce
Okra
Onions
Potatoes
Spinach
Tomatoes

BEVERAGES

Case of Coke/Pepsi
Green Tea
Instant Coffee
Juice

FRUIT

Apples
Bananas
Dates
Lemons
Oranges

SPICES/CONDIMENTS

Curry Powder
Corn Oil
Yeast
Flour
Salt/Pepper
Sugar
Tomato Paste

GROCERY CARE PACK - BURMESE

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GROCERY

Bread
Jasmine Rice
Thai Mama Noodles
Black Beans
Kidney Beans

MEAT

Beef (Halal if Muslim)
Whole Chicken (Halal if Muslim)

DAIRY

Eggs
Plain Yogurt

VEGETABLES

Bok Choy
Chinese Broccoli
Choy Sum (Plant)
Cilantro
Cucumber
Daikon (Radish)
Garlic
Ginger
Green Beans
Eggplant
Lettuce
Napa Cabbage
Onions
Potatoes
Thai Chili Peppers
Tomatoes

FRUIT

Apples
Bananas
Limes
Oranges

BEVERAGES

Apple Juice
Case of Coke/Pepsi
Instant Coffee

SPICES/CONDIMENTS

Ajinomoto/MSG
Fish Paste
Shrimp Paste
Lemongrass
Vegetable Oil
Salt/Pepper
Red Chili Powder
Turmeric Powder
Sugar

GROCERY CARE PACK - BURUNDIAN

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GROCERY

Long Grain White Rice
Peanut Butter
Tomato Paste
White Bread
Yellow Beans

MEAT

Beef (Halal if Muslim)

DAIRY

Eggs
Palm Butter
Whole Milk

VEGETABLES

Cabbage
Cassava
Cassava Leaf
Cucumber
Eggplant
Garlic
Ginger
Green Beans
Green Peppers
Lettuce
Okra
Onions
Potatoes
Pumpkin
Red Chili Peppers
Tomatoes

FRUIT

Apples
Bananas
Lemons
Mangoes
Oranges

SPICES/CONDIMENTS

Cassava Flour/Fufu
Cornmeal
Salt/Pepper
Vegetable Oil
Sugar
White Flour
Yeast

BEVERAGES

Black Tea
Case of Coke/Pepsi
Instant Coffee
Juice

GROCERY CARE PACK - CENTRAL AFRICAN REPUBLIC

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GROCERY

Bread (Baguette)
Long Grain White Rice
Macaroni
Millet
Peanuts
Sesame Seeds
Sorghum

MEAT

Beef (Halal if Muslim)
Whole Chicken (Halal if Muslim)

DAIRY

Eggs
Kefir (Drinkable Yogurt)
Palm Butter
Whole Milk

VEGETABLES

Carrots
Cassava
Cucumber
Eggplant
Garlic
Green Chili Peppers
Lettuce
Maize
Okra
Potatoes
Spinach
Tomatoes
Yellow Onions

FRUIT

Apples
Bananas
Oranges

BEVERAGES

Apple Juice
Orange Juice
Case of Coke/Pepsi
Green Tea
Instant Coffee

SPICES/CONDIMENTS

Cassava Flour (Kusikusi)
Palm Oil
Salt/Pepper
Sugar
Vegetable Oil
White Flour

GROCERY CARE PACK - CONGOLESE

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GROCERY

Beans (Kidney, Navy, Pinto)
Long Grain White Rice
Maize Flour
Peanuts
Tomato Paste
White Bread

MEAT

Beef (Halal if Muslim)
Whole Chicken (Halal if Muslim)

DAIRY

Butter
Eggs
Palm Butter
Whole Milk

VEGETABLES

Cabbage
Cassava
Cassava Leaf
Cucumbers
Garlic
Ginger
Green Beans
Green Peppers
Lettuce
Maize
Okra
Onions
Plantains
Potatoes
Pumpkin
Red Chili Peppers
Tomatoes

FRUIT

Apples
Bananas
Lemons
Oranges

BEVERAGES

Case of Coke/Pepsi
Instant Coffee
Juice
Lipton Black Tea

SPICES/CONDIMENTS

Cassava Flour/Fufu
Maize Flour
Salt/Pepper
Sugar
Vegetable Oil
Yeast

GROCERY CARE PACK - ETHIOPIAN AND ERITREAN

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GROCERY

Bread (Baguette)
Dry Chickpeas
Dry Red Lentils
Honey
Long Grain Rice
Macaroni
Peanuts
Tomato Sauce

MEAT

Beef (Halal if Muslim)
Whole Chicken (Halal if Muslim)

DAIRY

Eggs
Plain Yogurt
Whole Milk

VEGETABLES

Cabbage
Carrots
Corn
Garlic
Ginger
Green Peppers
Hot Green Chili Peppers
Lettuce
Onions
Potatoes
Tomatoes

FRUIT

Apples
Bananas
Limes
Oranges

BEVERAGES

Black Tea
Case of Coke/Pepsi
Instant Coffee
Orange Juice

SPICES/CONDIMENTS

Berberbe Spice
Chili Powder
Cumin
Flour
Pepper
Salt/Pepper
Sugar
Teff Flour
Vegetable Oil
Yeast

GROCERY CARE PACK - IRAQI AND SYRIAN

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GROCERY

Basmati Rice
Bulgur Wheat (Cracked Wheat)
Cannellini Beans
Chickpeas
Fava Beans
Nuts (Almonds or Walnuts)
Pita Bread
Red Lentils

MEAT

Halal Beef
Halal Chicken

DAIRY

Butter
Eggs
Plain Yogurt
Whole Milk

VEGETABLES

Cucumbers
Garlic
Lettuce
Okra
Onions
Potatoes
Spinach
Tomatoes
Tomato Paste

FRUIT

Apples
Bananas
Dates
Lemons
Oranges

BEVERAGES

Black Tea
Case of Coke/Pepsi
Instant Coffee

SPICES/CONDIMENTS

Salt/Pepper
Sugar
Flour
Vegetable Oil

GROCERY CARE PACK - ROHINGYA

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GROCERY

Basmati Rice
Black Chickpeas (Kala Chana)
Flour
Jasmine Rice
Madhi Toor Dal
Peanuts
Red Lentils (Chana Dal)

MEAT

Fish
Halal Whole Chicken

DAIRY

Eggs

VEGETABLES

Cauliflower
Cilantro
Cucumbers
Eggplant
Garlic
Ginger
Green Beans
Lemongrass
Okra
Onions
Potatoes
Small Green Chili Peppers
Tomatoes
White Cabbage

FRUIT

Apples
Bananas
Mangoes
Oranges

BEVERAGES

Burmese Black Tea
Case of Coke/Pepsi
Instant Coffee

SPICES/CONDIMENTS

Ajinomoto/MSG
(White Seasoning Powder)
Flour
Oil
Salt/Pepper
Sugar
Turmeric

GROCERY CARE PACK - SUDANESE

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GROCERY

Cereal (Corn Flakes)
Dry White Beans
Peanut Butter
Pita Bread
Raisins
Rice
Tomato Sauce

MEAT

Tilapia
Whole Chicken (Halal if Muslim)

DAIRY

Eggs
Plain Yogurt
Whole Milk

VEGETABLES

Carrots
Corn
Cucumbers
Eggplant
Garlic
Green Chili Peppers
Lettuce
Okra
Onions
Potatoes
Red and Green Peppers
Spinach
Tomatoes

FRUIT

Apples
Bananas
Dates
Oranges

BEVERAGES

Apple Juice
Case of Coke/Pepsi
Instant Coffee
Lipton Black Tea

SPICES/CONDIMENTS

Cardamom
Corn flour
Cumin
Oil
Salt/pepper
Sugar
Wheat Flour