

Ethnic Grocery Care Pack Afghan

[Sign up now](#) to provide a warm welcome to a refugee family (or individual) when they arrive in Chicagoland! Help turn an empty apartment into a home by collecting and delivering culturally familiar food staples that will provide a taste of home to a refugee family.

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. Your program team member will let you know the size of the family you are welcoming.



GROCERY

- ☐ Almonds
- ☐ Basmati Rice
- ☐ Dried Chickpeas
- ☐ Dried Green or Yellow Lentils
- ☐ Dried Kidney Beans
- ☐ Naan Bread
- ☐ Pistachios
- ☐ Tomato Paste

MEAT

- ☐ Beef or Lamb (Halal if Muslim)
- ☐ Whole Chicken (Halal if Muslim)

DAIRY

- ☐ Butter
- ☐ Eggs
- ☐ Plain Yogurt
- ☐ Whole Milk

VEGETABLES

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

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Dates
- ☐ Lemons
- ☐ Oranges

BEVERAGES

- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Fruit Juice
- ☐ Green Tea

SPICES/CONDIMENTS

- ☐ Corn Oil
- ☐ Char Masala
- ☐ Flour
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Yeast

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Ethnic Grocery Care Pack

Burmese

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GROCERY

- ☐ Basmati and Jasmine Rice
- ☐ Boiled Yellow Peas
- ☐ Dried Chana Dal (Split chickpeas)
- ☐ Malay Instant Noodles (Maggi brand or Mie Sedaap brand)
- ☐ Sour Pickled Tea

MEAT

- ☐ Beef (Halal if Muslim)
- ☐ Fish (Ask at Burmese ethnic store)
- ☐ Whole Chicken (Halal if Muslim)

DAIRY

- ☐ Eggs

VEGETABLES

- ☐ Cabbage
- ☐ Choy Sum
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Garlic
- ☐ Ginger
- ☐ Lemongrass
- ☐ Okra
- ☐ Onions
- ☐ Ong Choy (Water Spinach)
- ☐ Opo
- ☐ Potatoes
- ☐ Sour Leaf
- ☐ Thai Green Chili Peppers
- ☐ Tomatoes

FRUIT

- ☐ Bananas
- ☐ Limes
- ☐ Oranges

BEVERAGES

- ☐ Burmese Black Tea
- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Malay Instant Coffee

SPICES/CONDIMENTS

- ☐ Aji-No-Moto (White seasoning powder)
- ☐ Chili Powder
- ☐ Condensed Milk
- ☐ Curry Powder
- ☐ Fish Sauce (Squid brand)
- ☐ Salt/Pepper
- ☐ Shrimp Paste
- ☐ Sugar
- ☐ Turmeric Powder
- ☐ Vegetable Oil

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Ethnic Grocery Care Pack Burundian

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GROCERY

- ☐ Dried Pinto Beans
- ☐ Dried Red Beans
- ☐ Long Grain White Rice
- ☐ Peanut Butter
- ☐ Spaghetti Noodles
- ☐ Tomato Paste
- ☐ White Bread

MEAT

- ☐ Beef (Halal if Muslim)
- ☐ Chicken (Halal if Muslim)

DAIRY

- ☐ Butter
- ☐ Eggs
- ☐ Whole Milk

VEGETABLES

- ☐ Cabbage
- ☐ Carrots
- ☐ Eggplant
- ☐ Garlic
- ☐ Green Beans
- ☐ Green Peppers
- ☐ Ground Cassava Leaf (Sombe)
- ☐ Okra
- ☐ Onions
- ☐ Potatoes
- ☐ Tomatoes
- ☐ Whole Cassava Root

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Lemons
- ☐ Oranges
- ☐ Pineapple
- ☐ Strawberries

BEVERAGES

- ☐ Apple Juice
- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Decaf Black Tea

SPICES/CONDIMENTS

- ☐ All-Purpose Flour
- ☐ Powdered Milk (NIDO brand)
- ☐ Salt
- ☐ Sugar
- ☐ Vegetable Oil
- ☐ Yeast
- ☐ Yellow Corn Flour

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Ethnic Grocery Care Pack Central African Republic

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GROCERY

- ☐ Baguette
- ☐ Long Grain White Rice
- ☐ Macaroni Noodles
- ☐ Millet or Algerian Couscous
- ☐ Peanuts (Shell or peeled)
- ☐ Sesame Seeds
- ☐ Sorghum
- ☐ Tomato Paste

MEAT

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

DAIRY

- ☐ Butter
- ☐ Eggs
- ☐ Whole Milk

VEGETABLES

- ☐ Cabbage
- ☐ Carrots
- ☐ Corn (Fresh in husks)
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Garlic
- ☐ Ginger
- ☐ Green Beans
- ☐ Green Chili Peppers
- ☐ Lettuce
- ☐ Okra
- ☐ Potatoes
- ☐ Spinach
- ☐ Tomatoes
- ☐ Yellow Onions

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Pineapple
- ☐ Plantains

BEVERAGES

- ☐ Apple or Orange Juice
- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Green Tea
- ☐ Instant Coffee (Nescafé brand)

SPICES/CONDIMENTS

- ☐ All-Purpose Flour
- ☐ Cassava Flour
- ☐ Honey
- ☐ Vegetable Oil
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Turmeric

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Ethnic Grocery Care Pack Colombian

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GROCERY

- ☐ Canned and Dried Pinto Beans
- ☐ Dried Chickpeas
- ☐ White Rice

MEAT

- ☐ Beef
- ☐ Whole Chicken
- ☐ Whole Tilapia

DAIRY

- ☐ Costeño Cheese
- ☐ Eggs
- ☐ Fresco Cheese

VEGETABLES

- ☐ Bean Sprouts
- ☐ Carrots
- ☐ Cilantro
- ☐ Corn (Fresh in husks)
- ☐ Garlic
- ☐ Onions
- ☐ Peas
- ☐ Potatoes
- ☐ Roma Tomatoes

FRUIT

- ☐ Avocados
- ☐ Bananas
- ☐ Guava
- ☐ Limes
- ☐ Papaya
- ☐ Pineapple
- ☐ Plantains
- ☐ Oranges

BEVERAGES

- ☐ Case of Bottled Water
- ☐ Case of Coke
- ☐ Instant Coffee
- ☐ Juice

SPICES/CONDIMENTS

- ☐ All-Purpose Flour
- ☐ Bouillon Cubes (Maggi brand)
- ☐ Capers
- ☐ Goya Adobo Seasoning
- ☐ Panela
- ☐ Powdered Milk (Klim brand)
- ☐ Oil
- ☐ Salt/Pepper
- ☐ Salsa Negra
- ☐ Sugar
- ☐ White Corn Flour (P.A.N. brand)

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Ethnic Grocery Care Pack Congolese

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GROCERY

- ☐ Dried Kidney Beans
- ☐ Dried Navy Beans
- ☐ Dried Pinto Beans
- ☐ Ground Peanuts (Traditional Taste brand)
- ☐ Long Grain White Rice
- ☐ Spaghetti Noodles
- ☐ Tomato Paste
- ☐ White Bread

MEAT

- ☐ Beef (Halal if Muslim)
- ☐ Whole Chicken (Halal if Muslim)
- ☐ Whole Tilapia

DAIRY

- ☐ Butter
- ☐ Eggs
- ☐ Whole Milk

VEGETABLES

- ☐ Acorn Squash
- ☐ Cabbage
- ☐ Corn (Fresh in husks)
- ☐ Cucumbers
- ☐ Garlic
- ☐ Ginger
- ☐ Green Beans
- ☐ Ground Cassava Leaf
- ☐ Okra
- ☐ Onions
- ☐ Potatoes
- ☐ Tomatoes
- ☐ Whole Cassava Root

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Lemons
- ☐ Oranges
- ☐ Pineapple
- ☐ Plantains

BEVERAGES

- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Juice
- ☐ Lipton Black Tea

SPICES/CONDIMENTS

- ☐ All-Purpose Flour
- ☐ Cassava Flour/Fufu
- ☐ Palm Butter
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Vegetable Oil
- ☐ White Corn Flour
- ☐ Yeast

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Ethnic Grocery Care Pack Ethiopian/Eritrean

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GROCERY

- ☐ Baguette
- ☐ Dried Red Lentils
- ☐ Macaroni Shells
- ☐ Peanuts
- ☐ Spaghetti Noodles and Sauce
- ☐ Tomato Sauce
- ☐ White Rice

MEAT

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

DAIRY

- ☐ Eggs
- ☐ Whole Milk

VEGETABLES

- ☐ Cabbage
- ☐ Carrots
- ☐ Chili Peppers
- ☐ Corn (Fresh in husks)
- ☐ Garlic
- ☐ Green Chili Peppers
- ☐ Lettuce
- ☐ Onions
- ☐ Potatoes
- ☐ Tomatoes

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Limes
- ☐ Oranges
- ☐ Pineapple

BEVERAGES

- ☐ Black Tea
- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Orange Juice

SPICES/CONDIMENTS

- ☐ All-Purpose Flour
- ☐ Berbere Spice
- ☐ Honey
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Teff Flour
- ☐ Vegetable Oil
- ☐ Yeast

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Ethnic Grocery Care Pack Guatemalan

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GROCERY

- ☐ Canned Refried Black Beans
- ☐ Cereal (Fruit Loops or Cocoa Puffs; only buy cereal if there are children.)
- ☐ Corn Tortillas
- ☐ French Bread Rolls (Bolillos)
- ☐ Macaroni Shells
- ☐ Pancake Mix and Syrup
- ☐ Pasta Sauce
- ☐ Rice

MEAT

- ☐ Beef
- ☐ Hot Dogs
- ☐ Whole Chicken

DAIRY

- ☐ Butter
- ☐ Chihuahua or Fresco Cheese
- ☐ Eggs
- ☐ Whole Milk

VEGETABLES

- ☐ Carrots
- ☐ Celery
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Garlic
- ☐ Lettuce
- ☐ Onions
- ☐ Plantains
- ☐ Potatoes
- ☐ Tomatoes
- ☐ Zucchini

FRUIT

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Limes
- ☐ Oranges
- ☐ Pineapple

BEVERAGES

- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Fruit Juice
- ☐ Instant Coffee

SPICES/CONDIMENTS

- ☐ Corn Oil
- ☐ Flour
- ☐ Ketchup
- ☐ Masa Harina (Corn flour)
- ☐ Mayo
- ☐ Mustard
- ☐ Salt/Pepper
- ☐ Sugar

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Grocery Care Pack Iraqi/Syrian

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GROCERY

- ☐ Arabic Bread (Pita)
- ☐ Basmati Rice
- ☐ Bulgur Wheat (Cracked wheat)
- ☐ Dried Cannellini Beans
- ☐ Dried Chickpeas
- ☐ Dried Fava Beans
- ☐ Dried Red Lentils
- ☐ Nuts (Almonds or walnuts)
- ☐ Tomato Paste

MEAT

- ☐ Beef or Lamb (Halal if Muslim)
- ☐ Chicken (Halal if Muslim)

DAIRY

- ☐ Butter
- ☐ Eggs
- ☐ Plain Yogurt
- ☐ Whole Milk

VEGETABLES

- ☐ Garlic
- ☐ Green Bell Peppers
- ☐ Lettuce
- ☐ Okra
- ☐ Onions
- ☐ Persian Cucumbers
- ☐ Potatoes
- ☐ Spinach
- ☐ Tomatoes

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Dates
- ☐ Lemons
- ☐ Limes
- ☐ Oranges

BEVERAGES

- ☐ Black Tea
- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Instant Coffee
- ☐ Turkish Coffee

SPICES/CONDIMENTS

- ☐ Cumin
- ☐ Curry Powder
- ☐ Flour
- ☐ Honey
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Vegetable Oil

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Ethnic Grocery Care Pack

Rohingya

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GROCERY

- ☐ Basmati and Jasmine Rice
- ☐ Boiled Yellow Peas
- ☐ Dried Chana Dal (Split chickpeas)
- ☐ Malay Instant Noodles (Maggi brand or Mie Sedaap brand)
- ☐ Sour Pickled Tea

MEAT

- ☐ Beef (Halal if Muslim)
- ☐ Fish (Ask at Burmese ethnic store)
- ☐ Whole Chicken (Halal if Muslim)

DAIRY

- ☐ Eggs

VEGETABLES

- ☐ Choy Sum
- ☐ Cilantro
- ☐ Garlic
- ☐ Ginger
- ☐ Lemongrass
- ☐ Okra
- ☐ Onions
- ☐ Ong Choy (Water Spinach)
- ☐ Opo
- ☐ Potatoes
- ☐ Sour Leaf
- ☐ Thai Eggplant
- ☐ Thai Green Chili Peppers
- ☐ Tomatoes

FRUIT

- ☐ Bananas
- ☐ Limes
- ☐ Oranges

BEVERAGES

- ☐ Burmese Black Tea
- ☐ Case of Bottled Water
- ☐ Case of Coke/Pepsi
- ☐ Malay Instant Coffee

SPICES/CONDIMENTS

- ☐ Aji-No-Moto (White seasoning powder)
- ☐ Chili Powder
- ☐ Condensed Milk
- ☐ Curry Powder
- ☐ Fish Sauce (Squid brand)
- ☐ Flour
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Turmeric Powder
- ☐ Vegetable Oil

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Ethnic Grocery Care Pack Senegalese

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GROCERY

- ☐ Baguette
- ☐ Dried Black-Eyed Peas
- ☐ Dried Green Lentils
- ☐ Dried White Beans
- ☐ Millet Couscous (or Sorghum)
- ☐ Shelled Peanuts
- ☐ Tomato Paste
- ☐ White Rice

MEAT

- ☐ Beef (Halal if Muslim)
- ☐ Chicken (Halal if Muslim)

DAIRY

- ☐ Eggs

VEGETABLES

- ☐ Bell Peppers
- ☐ Cabbage
- ☐ Carrots
- ☐ Chili Peppers
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Garlic
- ☐ Okra
- ☐ Yellow Onions
- ☐ Parsley
- ☐ Potatoes
- ☐ Sweet Potatoes
- ☐ Tomatoes
- ☐ Whole Cassava Root

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Lemons
- ☐ Oranges
- ☐ Pineapple

BEVERAGES

- ☐ Black Tea
- ☐ Case of Bottled Water
- ☐ Case of Coke
- ☐ Instant Coffee

SPICES/CONDIMENTS

- ☐ Adja
- ☐ All-Purpose Flour
- ☐ Black Pepper
- ☐ Bouillon
- ☐ Dijon Mustard
- ☐ Ginger Powder
- ☐ Powdered Milk (NIDO brand)
- ☐ Rice Vinegar
- ☐ Salt
- ☐ Sugar
- ☐ Vegetable Oil

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Ethnic Grocery Care Pack Somali

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GROCERY

- ☐ Basmati Rice
- ☐ Dried Fava Beans
- ☐ Dried Lentils
- ☐ Pita Bread
- ☐ Spaghetti Noodles

MEAT

- ☐ Beef or Lamb (Halal if Muslim)
- ☐ Chicken (Halal if Muslim)

DAIRY

- ☐ Butter
- ☐ Eggs
- ☐ Whole Milk

VEGETABLES

- ☐ Carrots
- ☐ Garlic
- ☐ Green Peppers
- ☐ Onions
- ☐ Peas
- ☐ Potatoes
- ☐ Spinach
- ☐ Tomatoes

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Dates
- ☐ Grapes
- ☐ Oranges
- ☐ Pears

BEVERAGES

- ☐ Black Tea
- ☐ Case of Bottled Water
- ☐ Case of Coke
- ☐ Instant Coffee
- ☐ Juice

SPICES/CONDIMENTS

- ☐ Cardamom
- ☐ Cumin
- ☐ Flour
- ☐ Ghee
- ☐ Salt/Pepper
- ☐ Sorghum Flour
- ☐ Sugar
- ☐ Tomato Sauce
- ☐ Turmeric
- ☐ Vegetable Oil
- ☐ White Cornmeal (or Corn Flour)
- ☐ Yeast

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Ethnic Grocery Care Pack Sudanese/Ugandan

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GROCERY

- ☐ Corn Flakes Cereal
- ☐ Dried White Beans
- ☐ Peanut Butter
- ☐ Pita Bread
- ☐ Rice
- ☐ Tomato Sauce

MEAT

- ☐ Tilapia
- ☐ Whole Chicken (Halal if Muslim)

DAIRY

- ☐ Eggs
- ☐ Plain Yogurt
- ☐ Whole Milk

VEGETABLES

- ☐ Carrots
- ☐ Corn (Fresh in husks)
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Garlic
- ☐ Green Chili Peppers
- ☐ Lettuce
- ☐ Okra
- ☐ Onions
- ☐ Potatoes
- ☐ Red and Green Bell Peppers
- ☐ Tomatoes

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Dates
- ☐ Oranges

BEVERAGES

- ☐ Case of Bottled Water
- ☐ Case of Coke
- ☐ Instant Coffee
- ☐ Juice
- ☐ Lipton Black Tea

SPICES/CONDIMENTS

- ☐ All-Purpose Flour
- ☐ Cardamom
- ☐ Corn Flour
- ☐ Oil
- ☐ Salt/Pepper
- ☐ Sugar

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Grocery Care Pack Ukrainian

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GROCERY

- ☐ Bread
- ☐ Dried Cannellini Beans
- ☐ Pasta
- ☐ Tomato Paste

MEAT

- ☐ Beef
- ☐ Chicken

DAIRY

- ☐ Eggs
- ☐ Milk
- ☐ Plain Yogurt
- ☐ Sour Cream

VEGETABLES

- ☐ Beets
- ☐ Cabbage
- ☐ Carrots
- ☐ Cucumber
- ☐ Garlic
- ☐ Lettuce
- ☐ Onions
- ☐ Potatoes
- ☐ Tomatoes

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Grapes
- ☐ Oranges

BEVERAGES

- ☐ Instant Coffee
- ☐ Juice
- ☐ Tea

SPICES/CONDIMENTS

- ☐ Bay Leaves
- ☐ Dill
- ☐ Flour
- ☐ Honey
- ☐ Jam
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Vinegar

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Ethnic Grocery Care Pack Venezuelan

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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. Your program team member will let you know the size of the family you are welcoming.



GROCERY

- ☐ Canned Black Beans
- ☐ Frosted Flakes Cereal
- ☐ Harina Pan (Flour Mixture)
- ☐ Loaf of White Bread
- ☐ White Rice

MEAT

- ☐ Beef (Roast)
- ☐ Canned Tuna
- ☐ Chicken

DAIRY

- ☐ Butter
- ☐ Eggs
- ☐ Feta Cheese
- ☐ Whole Milk

VEGETABLES

- ☐ Carrots
- ☐ Eggplant
- ☐ Garlic
- ☐ Onions
- ☐ Potatoes
- ☐ Spinach
- ☐ Tomatoes
- ☐ Zucchini

FRUIT

- ☐ Oranges
- ☐ Papayas
- ☐ Pineapple
- ☐ Plantains

BEVERAGES

- ☐ Bottled Water
- ☐ Instant Coffee
- ☐ Juice

SPICES/CONDIMENTS

- ☐ Adobo (Spice blend)
- ☐ Coriander
- ☐ Hot Sauce (Tabasco)
- ☐ Jam
- ☐ Ketchup
- ☐ Salt/Pepper
- ☐ Sugar

Your Exodus Team can help you locate an ethnic grocery store once you sign up to provide a Pack.

Ethnic Grocery Care Pack Yemeni

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GROCERY

- ☐ Almonds
- ☐ Arabic Bread (Pita)
- ☐ Basmati Rice
- ☐ Dried Chickpeas
- ☐ Dried Fava Beans
- ☐ Dried Red Lentils
- ☐ Dried White Beans
- ☐ Sesame Seeds
- ☐ Tomato Paste

MEAT

- ☐ Chicken (Halal if Muslim)
- ☐ Lamb (Halal if Muslim)

DAIRY

- ☐ Eggs
- ☐ Whole Milk

VEGETABLES

- ☐ Carrots
- ☐ Eggplant
- ☐ Garlic
- ☐ Hot Peppers
- ☐ Okra
- ☐ Onions
- ☐ Potatoes
- ☐ Tomatoes

FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Dates
- ☐ Oranges

BEVERAGES

- ☐ Black Tea
- ☐ Orange/Mango Juice
- ☐ Turkish Coffee

SPICES/CONDIMENTS

- ☐ All-Purpose Flour
- ☐ Cardamom
- ☐ Cinnamon
- ☐ Coriander
- ☐ Cumin
- ☐ Curry
- ☐ Ghee
- ☐ Paprika
- ☐ Salt/Pepper
- ☐ Sugar
- ☐ Vegetable Oil
- ☐ Yeast

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