

Ethnic Grocery Care Pack Afghan

<u>Sign up now</u> 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	VEGETABLES	FRUIT
O Almonds	O Carrots	O Apples
O Basmati Rice	O Cauliflower	O Bananas
O Dried Chickpeas	O Cilantro	O Dates
O Dried Green or Yellow Lentils	O Cucumbers	O Lemons
O Dried Kidney Beans	○ Eggplant	O Oranges
O Naan Bread	O Garlic	
PistachiosTomato Paste	GingerLettuceOkra	BEVERAGES Case of Bottled Water
MEAT ○ Beef or Lamb (Halal if Muslim) ○ Whole Chicken (Halal if Muslim)	OnionsPotatoesSpinachTomatoes	Case of Coke/PepsiFruit JuiceGreen Tea
DAIRY		SPICES/CONDIMENTS
O Butter		O Corn Oil
○ Eggs		O Char Masala
O Plain Yogurt		O Flour
O Whole Milk		O Salt/Pepper
		O Sugar
		O Yeast





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)	VEGETABLES Cabbage Choy Sum Cilantro Cucumbers Eggplant Garlic	BEVERAGES Burmese Black Tea Case of Bottled Water Case of Coke/Pepsi Malay Instant Coffee
 Sour Pickled Tea MEAT Beef (Halal if Muslim) Fish (Ask at Burmese ethnic store) Whole Chicken (Halal if Muslim) DAIRY Eggs 	 Ginger Lemongrass Okra Onions Ong Choy (Water Spinach) Opo Potatoes Sour Leaf Thai Green Chili Peppers Tomatoes 	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
	FRUIT O Bananas O Limes	

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Oranges





Ethnic Grocery Care Pack Burundian

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GROCERY	VEGETABLES	FRUIT
O Dried Pinto Beans	O Cabbage	O Apples
O Dried Red Beans	O Carrots	O Bananas
O Long Grain White Rice	O Eggplant	O Lemons
O Peanut Butter	O Garlic	Oranges
O Spaghetti Noodles	O Green Beans	O Pineapple
O Tomato Paste	O Green Peppers	Strawberries
O White Bread	O Ground Cassava Leaf (Sombe)	
	Okra	DEVEDACES
MEAT	Onions	BEVERAGES
O Beef (Halal if Muslim)	O Potatoes	O Apple Juice
O Chicken (Halal if Muslim)	○ Tomatoes	Case of Bottled Water
,	O Whole Cassava Root	Case of Coke/Pepsi
DAIDY		O Decaf Black Tea
DAIRY		
O Butter		SPICES/CONDIMENTS
Eggs		O All-Purpose Flour
O Whole Milk		O Powdered Milk (NIDO brand)
		○ Salt
		O Sugar
		O Vegetable Oil
		O Yeast

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O Yellow Corn Flour



Ethnic Grocery Care Pack Central African Republic

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GROCERY	VEGETABLES	FRUIT
O Baguette	O Cabbage	O Apples
O Long Grain White Rice	O Carrots	O Bananas
Macaroni Noodles	O Corn (Fresh in husks)	Oranges
Millet or Algerian Couscous	O Cucumbers	O Pineapple
O Peanuts (Shell or peeled)	O Eggplant	O Plantains
O Sesame Seeds	O Garlic	
SorghumTomato Paste	GingerGreen BeansGreen Chili Peppers	BEVERAGES Apple or Orange Juice
MEAT O Beef (Halal if Muslim) O Whole Chicken (Halal if Muslim)	LettuceOkraPotatoesSpinachTomatoes	 Case of Bottled Water Case of Coke/Pepsi Green Tea Instant Coffee (Nescafé brand)
DAIRY O Butter O Eggs O Whole Milk	O Yellow Onions	SPICES/CONDIMENTS All-Purpose Flour Cassava Flour Honey Vegetable Oil Salt/Pepper
		Sugar

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O Turmeric



Ethnic Grocery Care Pack Colombian

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GROCERY	VEGETABLES	BEVERAGES
O Canned and Dried Pinto Beans	Bean Sprouts	O Case of Bottled Water
O Dried Chickpeas	○ Carrots	O Case of Coke
O White Rice	O Cilantro	O Instant Coffee
	O Corn (Fresh in husks)	O Juice
MEAT	O Garlic	
O Beef	Onions	
O Whole Chicken	O Peas	SPICES/CONDIMENTS
O Whole Tilapia	O Potatoes	All-Purpose Flour Revilled College (Manuel Invested)
·	O Roma Tomatoes	Bouillon Cubes (Maggi brand)Capers
DAIRY		O Goya Adobo Seasoning
O Costeño Cheese	FRUIT	O Panela
○ Eggs	Avocados	O Powdered Milk (Klim brand)
O Fresco Cheese	O Bananas	O Oil
	O Guava	○ Salt/Pepper
	O Limes	O Salsa Negra
	O Papaya	O Sugar
	O Pineapple	O White Corn Flour (P.A.N. brand)

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PlantainsOranges





Ethnic Grocery Care Pack Congolese

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GROCERY	VEGETABLES	FRUIT
O Dried Kidney Beans	O Acorn Squash	O Apples
O Dried Navy Beans	O Cabbage	O Bananas
O Dried Pinto Beans	O Corn (Fresh in husks)	O Lemons
O Ground Peanuts (Traditional	O Cucumbers	O Oranges
Taste brand)	O Garlic	O Pineapple
O Long Grain White Rice	○ Ginger	O Plantains
O Spaghetti Noodles	O Green Beans	
O Tomato Paste	O Ground Cassava Leaf	
O White Bread	O Okra	BEVERAGES
	Onions	Case of Bottled Water
MEAT	O Potatoes	Case of Coke/Pepsi
O Beef (Halal if Muslim)	Tomatoes	O Juice
O Whole Chicken (Halal if Muslim)	O Whole Cassava Root	O Lipton Black Tea
O Whole Tilapia		
		SPICES/CONDIMENTS
DAIRY		All-Purpose Flour
O Butter		Cassava Flour/Fufu
○ Eggs		O Palm Butter
O Whole Milk		Salt/Pepper
		•
		O Vegetable Oil
		White Corn Flour

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O Yeast



Ethnic Grocery Care Pack Ethiopian/Eritrean

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GROCERY	VEGETABLES	BEVERAGES
O Baguette	O Cabbage	O Black Tea
O Dried Red Lentils	O Carrots	O Case of Bottled Water
O Macaroni Shells	O Chili Peppers	O Case of Coke/Pepsi
O Peanuts	O Corn (Fresh in husks)	Orange Juice
O Spaghetti Noodles and Sauce	O Garlic	
O Tomato Sauce	O Green Chili Peppers	
O White Rice	O Lettuce	SPICES/CONDIMENTS
	Onions	O All-Purpose Flour
MEAT	O Potatoes	O Berbere Spice
Beef (Halal if Muslim)	Tomatoes	O Honey
Whole Chicken (Halal if Muslim)		O Salt/Pepper
,	FRUIT	O Sugar
	O Apples	O Teff Flour
DAIRY	O Bananas	O Vegetable Oil
C Eggs		O Yeast
O Whole Milk	O Limes	
	O Oranges	
	Pineapple	





Ethnic Grocery Care Pack Guatemalan

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GROCERY	VEGETABLES	BEVERAGES
O Canned Refried Black Beans	Carrots	 Case of Bottled Water
O Cereal (Fruit Loops or Cocoa	○ Celery	Case of Coke/Pepsi
Puffs; only buy cereal if there are children.)	O Cilantro	O Fruit Juice
Corn Tortillas	O Cucumbers	Instant Coffee
	O Garlic	
French Bread Rolls (Bolillos)	O Lettuce	
Macaroni Shells	Onions	SPICES/CONDIMENTS
O Pancake Mix and Syrup	Plantains	O Corn Oil
O Pasta Sauce	O Potatoes	O Flour
O Rice	O Tomatoes	
		○ Ketchup
	O Zucchini	O Masa Harina (Corn flour)
MEAT		O Mayo
O Beef		Mustard
	EDIUT	O Salt/Pepper
O Hot Dogs	FRUIT	O Sugar
O Whole Chicken	O Apples	J
	O Avocados	
	O Bananas	
DAIRY	O Limes	
O Butter	O Oranges	

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Pineapple



O Eggs

O Whole Milk

O Chihuahua or Fresco Cheese



Grocery Care Pack Iraqi/Syrian

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GROCERY	VEGETABLES	BEVERAGES
O Arabic Bread (Pita)	O Garlic	O Black Tea
O Basmati Rice	O Green Bell Peppers	O Case of Bottled Water
O Bulgur Wheat (Cracked wheat)	O Lettuce	O Case of Coke/Pepsi
O Dried Cannellini Beans	O Okra	O Instant Coffee
O Dried Chickpeas	Onions	O Turkish Coffee
O Dried Fava Beans	O Persian Cucumbers	
O Dried Red Lentils	O Potatoes	CDICEC/CONDINAENTS
O Nuts (Almonds or walnuts)	O Spinach	SPICES/CONDIMENTS O Cumin
O Tomato Paste	○ Tomatoes	Curry Powder
		O Flour
MEAT		
Beef or Lamb (Halal if Muslim)	FRUIT	O Honey
	O Apples	○ Salt/Pepper
Chicken (Halal if Muslim)	O Bananas	O Sugar
	O Dates	O Vegetable Oil
DAIRY	O Lemons	
O Butter	O Limes	
○ Eggs	Oranges	
O Plain Yogurt	J	

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O Whole Milk



Ethnic Grocery Care Pack Rohingya

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 GROCERY Basmati and Jasmine Rice Boiled Yellow Peas Dried Chana Dal (Split chickpeas) 	VEGETABLES Choy Sum Cilantro Garlic	BEVERAGES Burmese Black Tea Case of Bottled Water Case of Coke/Pepsi
 Malay Instant Noodles (Maggi brand or Mie Sedaap brand) 	GingerLemongrassOkra	Malay Instant Coffee
O Sour Pickled Tea	OnionsOng Choy (Water Spinach)	SPICES/CONDIMENTSAji-No-Moto (White seasoning powder)
 MEAT Beef (Halal if Muslim) Fish (Ask at Burmese ethnic store) Whole Chicken (Halal if Muslim) 	 Opo Potatoes Sour Leaf Thai Eggplant Thai Green Chili Peppers 	 Chili Powder Condensed Milk Curry Powder Fish Sauce (Squid brand) Flour
DAIRY C Eggs	TomatoesFRUITBananas	Salt/PepperSugarTurmeric PowderVegetable Oil

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LimesOranges





Ethnic Grocery Care Pack Senegalese

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GROCERY	VEGETABLES	BEVERAGES
O Baguette	O Bell Peppers	O Black Tea
O Dried Black-Eyed Peas	O Cabbage	 Case of Bottled Water
O Dried Green Lentils	O Carrots	O Case of Coke
O Dried White Beans	O Chili Peppers	O Instant Coffee
Millet Couscous (or Sorghum)	O Cucumbers	
O Shelled Peanuts	○ Eggplant	CDICEC/CONDINENTS
O Tomato Paste	O Garlic	SPICES/CONDIMENTS Adja
O White Rice	Okra	All-Purpose Flour
	O Yellow Onions	Black Pepper
MEAT	O Parsley	Bouillon
Beef (Halal if Muslim)	O Potatoes	O Dijon Mustard
Chicken (Halal if Muslim)	 Sweet Potatoes 	Ginger Powder
•	○ Tomatoes	Powdered Milk (NIDO brand)
DAIRY	O Whole Cassava Root	Rice Vinegar
O Eggs		Salt
Lygs		O Sugar
	FRUIT	
	O Apples	O Vegetable Oil
	O Bananas	
	O Lemons	
	Oranges	
	Pineapple	





Ethnic Grocery Care Pack Somali

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GROCERY	VEGETABLES	BEVERAGES
O Basmati Rice	O Carrots	O Black Tea
O Dried Fava Beans	O Garlic	O Case of Bottled Water
O Dried Lentils	O Green Peppers	O Case of Coke
O Pita Bread	Onions	O Instant Coffee
O Spaghetti Noodles	O Peas	O Juice
	O Potatoes	
MFAT	O Spinach	SDICES/CONDIMENTS
Beef or Lamb (Halal if Muslim)	O Tomatoes	
O Chicken (Halal if Muslim)		
	FRUIT	
DAIDY		
		_
Whole Milk		
	O Pears	
	O Spinach	SPICES/CONDIMENTS Cardamom Cumin Flour Ghee Salt/Pepper Sorghum Flour Sugar Tomato Sauce Turmeric Vegetable Oil White Cornmeal (or Corn Flour) Yeast





Ethnic Grocery Care Pack Sudanese/Ugandan

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GROCERY	VEGETABLES	FRUIT
 Corn Flakes Cereal Dried White Beans Peanut Butter Pita Bread Rice Tomato Sauce MEAT Tilapia Whole Chicken (Halal if Muslim) 	 Carrots Corn (Fresh in husks) Cucumbers Eggplant Garlic Green Chili Peppers Lettuce Okra Onions Potatoes Red and Green Bell Peppers Tomatoes 	 Apples Bananas Dates Oranges BEVERAGES Case of Bottled Water Case of Coke Instant Coffee Juice Lipton Black Tea
EggsPlain YogurtWhole Milk		SPICES/CONDIMENTS All-Purpose Flour Cardamom Corn Flour Oil Salt/Pepper

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Sugar



Grocery Care PackUkrainian

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GROCERY	VEGETABLES	BEVERAGES
O Bread	O Beets	O Instant Coffee
O Dried Cannellini Beans	O Cabbage	O Juice
O Pasta	O Carrots	О Теа
O Tomato Paste	O Cucumber	
MEAT O Beef O Chicken	GarlicLettuceOnionsPotatoesTomatoes	SPICES/CONDIMENTS Bay Leaves Dill Flour Honey
DAIRY		O Jam
○ Eggs	FRUIT	O Salt/Pepper
O Milk	O Apples	O Sugar
O Plain Yogurt	O Bananas	O Vinegar
O Sour Cream	O Grapes	
	O Oranges	





Ethnic Grocery Care Pack Venezuelan

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GROCERY	VEGETABLES	BEVERAGES
O Canned Black Beans	O Carrots	O Bottled Water
O Frosted Flakes Cereal	○ Eggplant	O Instant Coffee
O Harina Pan (Flour Mixture)	O Garlic	O Juice
O Loaf of White Bread	Onions	
O White Rice	PotatoesSpinach	SPICES/CONDIMENTS
MEAT	○ Tomatoes	Adobo (Spice blend)Coriander
O Beef (Roast)	O Zucchini	O Hot Sauce (Tabasco)
O Canned Tuna		O Jam
O Chicken	FRUIT	○ Ketchup
	Oranges	O Salt/Pepper
DAIRY	O Papayas	O Sugar
O Butter	O Pineapple	
○ Eggs	O Plantains	
O Feta Cheese		

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O Whole Milk



Ethnic Grocery Care Pack Yemeni

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GROCERY	VEGETABLES	BEVERAGES
O Almonds	○ Carrots	O Black Tea
O Arabic Bread (Pita)	Eggplant	Orange/Mango Juice
O Basmati Rice	O Garlic	O Turkish Coffee
O Dried Chickpeas	O Hot Peppers	
O Dried Fava Beans	O Okra	
O Dried Red LentilsO Dried White Beans	OnionsPotatoes	SPICES/CONDIMENTS All-Purpose Flour Cardamom
O Sesame Seeds	O Tomatoes	CardamonCinnamon
O Tomato Paste		Coriander
	FRUIT	O Cumin
MEAT	O Apples	O Curry
O Chicken (Halal if Muslim)	O Bananas	O Ghee
O Lamb (Halal if Muslim)	O Dates	O Paprika
	Oranges	O Salt/Pepper
DAIRY		O Sugar
○ Eggs		O Vegetable Oil
O Whole Milk		O Yeast

