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**Ethnic Grocery Care Pack**

**Afghan**

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

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

**MEAT**
- Beef or Lamb (Halal if Muslim)
- Whole Chicken (Halal if Muslim)

**DAIRY**
- Butter
- Eggs
- Plain Yogurt
- Whole Milk

**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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</tr>
</thead>
<tbody>
<tr>
<td>• Basmati and Jasmine Rice</td>
<td>• Cabbage</td>
<td>• Burmese Black Tea</td>
<td>• Aji-No-Moto (White seasoning</td>
</tr>
<tr>
<td>• Boiled Yellow Peas</td>
<td>• Choy Sum</td>
<td>• Case of Bottled Water</td>
<td>powder)</td>
</tr>
<tr>
<td>• Dried Chana Dal (Split chickpeas)</td>
<td>• Cilantro</td>
<td>• Case of Coke/Pepsi</td>
<td>• Chili Powder</td>
</tr>
<tr>
<td>• Malay Instant Noodles (Maggi</td>
<td>• Cucumbers</td>
<td>• Malay Instant Coffee</td>
<td>• Condensed Milk</td>
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<td>brand or Mie Sedaap brand)</td>
<td>• Eggplant</td>
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<td>• Curry Powder</td>
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<td>• Sour Pickled Tea</td>
<td>• Garlic</td>
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<td>• Fish Sauce (Squid brand)</td>
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<td>• Case of Bottled Water</td>
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<td>• Sour Leaf</td>
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<td>• Thai Green Chili Peppers</td>
<td>• Malay Instant Coffee</td>
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**Ethnic Grocery Care Pack**

**Burundian**

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<tr>
<th>GROCERY</th>
<th>VEGETABLES</th>
<th>FRUIT</th>
<th>MEAT</th>
<th>DAIRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Pinto Beans</td>
<td>Cabbage</td>
<td>Apples</td>
<td>Beef (Halal if Muslim)</td>
<td>Butter</td>
</tr>
<tr>
<td>Dried Red Beans</td>
<td>Carrots</td>
<td>Bananas</td>
<td>Chicken (Halal if Muslim)</td>
<td>Eggs</td>
</tr>
<tr>
<td>Long Grain White Rice</td>
<td>Eggplant</td>
<td>Lemons</td>
<td></td>
<td>Whole Milk</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>Garlic</td>
<td>Oranges</td>
<td></td>
<td></td>
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<tr>
<td>Spaghetti Noodles</td>
<td>Green Beans</td>
<td>Pineapple</td>
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<tr>
<td>Tomato Paste</td>
<td>Green Peppers</td>
<td>Strawberries</td>
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<tr>
<td>White Bread</td>
<td>Ground Cassava Leaf (Sombe)</td>
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<td>Okra</td>
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630.307.1400

programs@exodusworldservice.org
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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
**Ethnic Grocery Care Pack**

**Colombian**

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</tr>
</thead>
<tbody>
<tr>
<td>- Canned and Dried Pinto Beans</td>
<td>- Bean Sprouts</td>
<td>- Case of Bottled Water</td>
<td>- All-Purpose Flour</td>
</tr>
<tr>
<td>- Dried Chickpeas</td>
<td>- Carrots</td>
<td>- Case of Coke</td>
<td>- Bouillon Cubes (Maggi brand)</td>
</tr>
<tr>
<td>- White Rice</td>
<td>- Cilantro</td>
<td>- Instant Coffee</td>
<td>- Capers</td>
</tr>
<tr>
<td></td>
<td>- Corn (Fresh in husks)</td>
<td>- Juice</td>
<td>- Goya Adobo Seasoning</td>
</tr>
<tr>
<td></td>
<td>- Garlic</td>
<td></td>
<td>- Panela</td>
</tr>
<tr>
<td></td>
<td>- Onions</td>
<td></td>
<td>- Powdered Milk (Klim brand)</td>
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<tr>
<td></td>
<td>- Peas</td>
<td></td>
<td>- Oil</td>
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<tr>
<td></td>
<td>- Potatoes</td>
<td></td>
<td>- Salt/Pepper</td>
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<tr>
<td></td>
<td>- Roma Tomatoes</td>
<td></td>
<td>- Salsa Negra</td>
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<td></td>
<td></td>
<td>- Sugar</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>- White Corn Flour (P.A.N. brand)</td>
</tr>
</tbody>
</table>

**DAIRY**

- Costeño Cheese
- Eggs
- Fresco Cheese

**MEAT**

- Beef
- Whole Chicken
- Whole Tilapia

**FRUIT**

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

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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

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

**MEAT**
- Beef (Halal if Muslim)
- Whole Chicken (Halal if Muslim)
- Whole Tilapia

**DAIRY**
- Butter
- Eggs
- Whole Milk

**FRUIT**
- Apples
- Bananas
- Lemons
- Oranges
- Pineapple
- Plantains

**MEAT**
- Beef (Halal if Muslim)
- Whole Chicken (Halal if Muslim)
- Whole Tilapia

**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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<td>○ Cabbage</td>
<td>○ Black Tea</td>
<td>○ All-Purpose Flour</td>
</tr>
<tr>
<td>○ Dried Red Lentils</td>
<td>○ Carrots</td>
<td>○ Case of Bottled Water</td>
<td>○ Berbere Spice</td>
</tr>
<tr>
<td>○ Macaroni Shells</td>
<td>○ Chili Peppers</td>
<td>○ Case of Coke/Pepsi</td>
<td>○ Honey</td>
</tr>
<tr>
<td>○ Peanuts</td>
<td>○ Corn (Fresh in husks)</td>
<td>○ Orange Juice</td>
<td>○ Salt/Pepper</td>
</tr>
<tr>
<td>○ Spaghetti Noodles and Sauce</td>
<td>○ Garlic</td>
<td></td>
<td>○ Sugar</td>
</tr>
<tr>
<td>○ Tomato Sauce</td>
<td>○ Green Chili Peppers</td>
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<td>○ Teff Flour</td>
</tr>
<tr>
<td>○ White Rice</td>
<td>○ Lettuce</td>
<td></td>
<td>○ Vegetable Oil</td>
</tr>
</tbody>
</table>

**MEAT**

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

**DAIRY**

- Eggs
- Whole Milk

**FRUIT**

- Apples
- Bananas
- Limes
- Oranges
- Pineapple

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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

**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

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

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**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
- 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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**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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EXODUS world service

630.307.1400
programs@exodusworldservice.org

SIGN UP NOW
**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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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.

**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
**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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**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

**DAIRY**
- Bottled Water
- Instant Coffee
- Juice

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

**FRUIT**
- Oranges
- Papayas
- Pineapple
- Plantains

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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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