EXODUS
world service

Grocery Care Pack

AFGHAN

Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.



Grocery
- ○ Almonds
- ○ Basmati Rice
- ○ Dried Chickpeas
- ○ Dried Green or Yellow Lentils
- ○ Dried Kidney Beans
- ○ Pistachios
- ○ Tomato Paste
- ○ Corn Oil
- ○ Flour
- ○ Yeast

Dairy
- ○ Butter
- ○ Eggs
- ○ Plain Yogurt
- ○ Whole Milk

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)

Fruit
- ○ Apples
- ○ Bananas
- ○ Dates
- ○ Lemons
- ○ Oranges

Beverages
- ○ Case of Bottled Water
- ○ Fruit Juice
- ○ Green Tea

Once you sign up to provide a Pack, your Exodus team will share the family size and needed quantities. We'll also help you locate a grocery store with specialty items.

Scan now to sign up

This is a great project for an individual, small group, or entire congregation.

QUESTIONS? jeanna.choi@exodusworldservice.org | 630.642.9059

EXODUS
world service

Grocery Care Pack

BURMESE

Provide hospitality to a refugee family with a *Grocery Care Pack*!

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Grocery

- ○ Basmati and Jasmine Rice
- ○ Boiled Yellow Peas
- ○ Chana Dal (Split chickpeas)
- ○ Malay Instant Noodles (Maggi brand or Mie Sedaap brand)
- ○ Sour Pickled Tea
- ○ Condensed Milk
- ○ Lemongrass
- ○ Vegetable Oil

Meat

- ○ Fish (Ask at Burmese ethnic store)

Dairy

- ○ Eggs

Vegetables

- ○ Cabbage
- ○ Choy Sum
- ○ Cilantro
- ○ Cucumbers
- ○ Eggplant
- ○ Garlic
- ○ Ginger
- ○ 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
- ○ Malay Instant Coffee

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EXODUS
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Grocery Care Pack

BURUNDIAN



Provide hospitality to a refugee family with a *Grocery Care Pack*!

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Grocery
- ○ Dried Pinto Beans
- ○ Dried Red Beans
- ○ Long Grain White Rice
- ○ Peanut Butter
- ○ Spaghetti Noodles
- ○ Tomato Paste
- ○ White Bread
- ○ All-Purpose Flour
- ○ Powdered Milk (NIDO brand)
- ○ Vegetable Oil
- ○ Yeast
- ○ Yellow Maize Flour

Meat
- ○ Beef (Halal if Muslim)
- ○ Chicken (Halal if Muslim)

Vegetables
- ○ Cabbage
- ○ Carrots
- ○ Cassava
- ○ Eggplant
- ○ Garlic
- ○ Green Beans
- ○ Green Peppers
- ○ Ground Cassava Leaf (Sombe)
- ○ Okra
- ○ Onions
- ○ Potatoes
- ○ Tomatoes

Dairy
- ○ Butter
- ○ Eggs
- ○ Whole Milk

Fruit
- ○ Apples
- ○ Bananas
- ○ Lemons
- ○ Oranges
- ○ Pineapple
- ○ Strawberries

Beverages
- ○ Apple Juice
- ○ Case of Bottled Water
- ○ Decaf Black Tea

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EXODUS
world service

Grocery Care Pack

CENTRAL AFRICAN REPUBLIC

Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.



Grocery
- ○ Baguette
- ○ Macaroni Noodles
- ○ Millet or Algerian Couscous
- ○ Peanuts (Shell or peeled)
- ○ Long Grain White Rice
- ○ Sesame Seeds
- ○ Sorghum
- ○ Tomato Paste
- ○ All-Purpose Flour
- ○ Cassava Flour
- ○ Vegetable Oil

Fruit
- ○ Apples
- ○ Bananas
- ○ Oranges
- ○ Pineapple

Vegetables
- ○ Carrots
- ○ Cabbage
- ○ Cucumbers
- ○ Eggplant
- ○ Garlic
- ○ Ginger
- ○ Green Beans
- ○ Green Chili Peppers
- ○ Lettuce
- ○ Maize
- ○ Okra
- ○ Potatoes
- ○ Spinach
- ○ Tomatoes
- ○ Yellow Onions

Dairy
- ○ Butter
- ○ Eggs
- ○ Kefir (Drinkable yogurt)
- ○ Whole Milk

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

Beverages
- ○ Apple or Orange Juice
- ○ Case of Bottled Water
- ○ Green Tea
- ○ Instant Coffee (Nescafé brand)

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EXODUS
world service

Grocery Care Pack

COLOMBIAN

Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.



Grocery
- ○ Canned and Dried Pinto Beans
- ○ Dried Chickpeas
- ○ White Rice
- ○ Bouillon Cubes (Maggi brand)
- ○ Powdered Milk (Klim brand)
- ○ Oil
- ○ Salsa Negra
- ○ White Corn Flour (P.A.N. brand)
- ○ Wheat Flour (White)

Dairy
- ○ Costeño Cheese
- ○ Fresco Cheese
- ○ Eggs

Vegetables
- ○ Bean Sprouts
- ○ Carrots
- ○ Cilantro
- ○ Corn
- ○ Garlic
- ○ Onions
- ○ Peas
- ○ Potatoes
- ○ Roma Tomatoes

Meat
- ○ Beef
- ○ Whole Chicken
- ○ Whole Tilapia

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

Beverages
- ○ Case of Bottled Water
- ○ Instant Coffee
- ○ Juice

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EXODUS
world service

Grocery Care Pack

CONGOLESE



Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.

Grocery

- ○ Dried Kidney Beans
- ○ Dried Navy Beans
- ○ Dried Pinto Beans
- ○ Ground Peanuts (Traditional
- ○ Taste brand)
- ○ Italian or White Bread
- ○ Long Grain White Rice
- ○ Tomato Paste
- ○ Cassava Flour/Fufu
- ○ Palm Butter
- ○ Powdered Milk (NIDO brand)
- ○ Vegetable Oil
- ○ White Maize Flour
- ○ Yeast

Vegetables

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

Meat

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

Fruit

- ○ Apples
- ○ Bananas
- ○ Lemons
- ○ Oranges
- ○ Pineapple
- ○ Plantains

Dairy

- ○ Eggs
- ○ Kefir
- ○ Margarine
- ○ Whole Milk

Beverages

- ○ Case of Bottled Water
- ○ Instant Coffee
- ○ Juice
- ○ Lipton Black Tea

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Grocery Care Pack

ETHIOPIAN/ERITREAN



Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.

Grocery
- ○ Baguette
- ○ Macaroni Shells
- ○ Peanuts
- ○ Red Lentils
- ○ Spaghetti Noodles and Sauce
- ○ Tomato Sauce
- ○ White Rice
- ○ All-Purpose Flour
- ○ Teff Flour
- ○ Vegetable Oil
- ○ Yeast

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

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

Dairy
- ○ Eggs
- ○ Whole Milk

Fruit
- ○ Apples
- ○ Bananas
- ○ Limes
- ○ Oranges
- ○ Pineapple

Beverages
- ○ Black Tea
- ○ Case of Bottled Water
- ○ Orange Juice

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EXODUS
world service

Grocery Care Pack

GUATEMALAN



Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.

Grocery

- ○ Canned Refried Black Beans
- ○ Cereal Only if There are Children (Fruit Loops or Cocoa Puffs)
- ○ Corn Tortillas
- ○ French Bread Rolls (Bolillos)
- ○ Macaroni Shells
- ○ Pancake Mix and Syrup
- ○ Pasta Sauce
- ○ Rice
- ○ Flour
- ○ Masa Harina (Corn flour)
- ○ Corn Oil

Meat

- ○ Beef
- ○ Hot Dogs
- ○ Whole Chicken

Vegetables

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

Dairy

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

Fruit

- ○ Apples
- ○ Avocados
- ○ Bananas
- ○ Limes
- ○ Oranges
- ○ Pineapple

Beverages

- ○ Case of Bottled Water
- ○ Fruit Juice
- ○ Instant Coffee

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EXODUS
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Grocery Care Pack

IRAQI/SYRIAN

Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.



Grocery
- ○ Basmati Rice
- ○ Bulgur Wheat (Cracked wheat)
- ○ Dried Cannellini Beans
- ○ Dried Chickpeas
- ○ Dried Fava Beans
- ○ Red Lentils
- ○ Nuts (Almonds or walnuts)
- ○ Pita Bread
- ○ Tomato Paste
- ○ Flour
- ○ Vegetable Oil

Dairy
- ○ Butter
- ○ Eggs
- ○ Plain Yogurt
- ○ Whole Milk

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

Meat
- ○ Beef (Halal) or Lamb (Halal)
- ○ Chicken (Halal)

Fruit
- ○ Apples
- ○ Bananas
- ○ Dates
- ○ Lemons
- ○ Limes
- ○ Oranges

Beverages
- ○ Black Tea
- ○ Case of Bottled Water
- ○ Instant Coffee
- ○ Turkish Coffee

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EXODUS
world service

Grocery Care Pack

NICARAGUAN



Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.

Grocery
- ○ Corn Tortillas
- ○ Pinto Beans
- ○ Red Beans (dry)
- ○ Tomato Paste
- ○ White Rice
- ○ Masa (corn flour)
- ○ Vegetable Oil

Meat
- ○ Beef
- ○ Chicken

Dairy
- ○ Cuajada (curd cheese)
- ○ Coconut Milk
- ○ Eggs

Vegetables
- ○ Bell Peppers
- ○ Broccoli
- ○ Cabbage
- ○ Carrots
- ○ Cassava
- ○ Chayote
- ○ Cilantro
- ○ Corn (fresh in husks)
- ○ Garlic
- ○ Onion (red and yellow)
- ○ Potatoes
- ○ Tomatoes

Fruit
- ○ Apples
- ○ Bananas
- ○ Lemons
- ○ Oranges
- ○ Pineapple
- ○ Plantains

Beverages
- ○ Case of Bottled Water
- ○ Instant Coffee
- ○ Orange/Mango Juice

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EXODUS
world service

Grocery Care Pack

ROHINGYA

Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.



Grocery
- ○ Basmati and Jasmine Rice
- ○ Boiled Yellow Peas
- ○ Chana Dal (Split chickpeas)
- ○ Malay Instant Noodles (Maggi brand or Mie Sedaap brand)
- ○ Sour Pickled Tea
- ○ Condensed Milk
- ○ Vegetable Oil

Meat
- ○ Fish (Ask at Burmese ethnic store)

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
- ○ Malay Instant Coffee

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EXODUS
world service

Grocery Care Pack

SENEGALESE



Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.

Grocery
- ○ Black-Eyed Peas
- ○ Baguette
- ○ Green Lentils
- ○ Millet Couscous (or Sorghum)
- ○ Shelled Peanuts
- ○ Tomato Paste
- ○ White Beans
- ○ White Rice
- ○ All-Purpose Flour
- ○ Powdered Milk (NIDO brand)
- ○ Vegetable Oil

Dairy
- ○ Eggs

Meat
- ○ Beef (Halal)
- ○ Chicken (Halal)

Vegetables
- ○ Bell Peppers
- ○ Cabbage
- ○ Carrots
- ○ Cassava
- ○ Chili Peppers
- ○ Cucumbers
- ○ Eggplant
- ○ Garlic
- ○ Okra
- ○ Yellow Onions
- ○ Parsley
- ○ Potatoes
- ○ Sweet Potatoes
- ○ Tomatoes

Fruit
- ○ Apples
- ○ Bananas
- ○ Lemons
- ○ Oranges
- ○ Pineapple

Beverages
- ○ Black Tea
- ○ Case of Bottled Water
- ○ Instant Coffee

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EXODUS
world service

Grocery Care Pack

SOMALI



Provide hospitality to a refugee family with a *Grocery Care Pack*!

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Grocery
- ○ Basmati Rice
- ○ Eggs
- ○ Fava Beans
- ○ Lentils
- ○ Pita Bread
- ○ Spaghetti Noodles
- ○ Flour
- ○ Ghee
- ○ Sorghum Flour
- ○ Tomato Sauce
- ○ Vegetable Oil
- ○ White Cornmeal (or Cornflour)
- ○ Yeast

Meat
- ○ Beef or Lamb (Halal)
- ○ Chicken (Halal)

Vegetables
- ○ Carrots
- ○ Garlic
- ○ Green Peppers
- ○ Onions
- ○ Peas
- ○ Potatoes
- ○ Spinach
- ○ Tomatoes

Dairy
- ○ Butter
- ○ Whole Milk

Fruit
- ○ Apples
- ○ Bananas
- ○ Dates
- ○ Grapes
- ○ Oranges
- ○ Pears

Beverages
- ○ Black Tea
- ○ Case of Bottled Water
- ○ Instant Coffee
- ○ Juice

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EXODUS
world service

Grocery Care Pack

SUDANESE/UGANDAN



Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.

Grocery
- ○ Corn Flakes Cereal
- ○ Dried White Beans
- ○ Pita Bread
- ○ Peanut Butter
- ○ Rice
- ○ Tomato Sauce
- ○ All-Purpose Flour
- ○ Corn Flour
- ○ Oil

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

Meat
- ○ Tilapia
- ○ Whole Chicken (Halal if Muslim)

Fruit
- ○ Apples
- ○ Bananas
- ○ Dates
- ○ Oranges

Beverages
- ○ Case of Bottled Water
- ○ Instant Coffee
- ○ Juice
- ○ Lipton Black Tea

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EXODUS
world service

Grocery Care Pack

UKRAINIAN

Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.



Grocery
- ○ Bread
- ○ Cannellini Beans
- ○ Pasta
- ○ Tomato Paste
- ○ Flour
- ○ Oil

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

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EXODUS
world service

Grocery Care Pack

VENEZUELAN



Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.

Grocery
- ○ Canned Black Beans
- ○ Frosted Flakes Cereal
- ○ Harina Pan (Flour Mixture)
- ○ Loaf of White Bread
- ○ Spaghetti Noodles
- ○ White Rice
- ○ Oil

Dairy
- ○ Butter
- ○ Eggs
- ○ Feta Cheese
- ○ Whole Milk

Vegetables
- ○ Carrots
- ○ Eggplant
- ○ Garlic
- ○ Onions
- ○ Potatoes
- ○ Spinach
- ○ Tomatoes
- ○ Zucchini

Meat
- ○ Beef (roast)
- ○ Canned tuna
- ○ Chicken

Fruit
- ○ Mangoes
- ○ Oranges
- ○ Papayas
- ○ Pineapple
- ○ Plantains (Ripe)

Beverages
- ○ Bottled Water
- ○ Instant Coffee
- ○ Juice

Once you sign up to provide a Pack, your Exodus team will share the family size and needed quantities. We'll also help you locate a grocery store with specialty items.

Scan now to sign up

This is a great project for an individual, small group, or entire congregation.

QUESTIONS? jeanna.choi@exodusworldservice.org | 630.642.9059

EXODUS
world service

Grocery Care Pack

YEMENI

Provide hospitality to a refugee family with a *Grocery Care Pack*!

You can encourage a refugee family with a comforting taste of home. Collect culturally appropriate groceries with produce, meat, and staple foods and deliver them to a refugee neighbor with a friendly visit.



Grocery
- ○ Almonds
- ○ Arabic Bread
- ○ Basmati Rice
- ○ Dried Chickpeas
- ○ Dried Fava Beans
- ○ Dried Red Lentils
- ○ Dried White Beans
- ○ Sesame Seeds
- ○ Tomato Paste
- ○ Ghee
- ○ Vegetable Oil
- ○ White Flour
- ○ Yeast

Dairy
- ○ Eggs
- ○ Whole Milk

Vegetables
- ○ Carrots
- ○ Eggplant
- ○ Garlic
- ○ Hot Peppers
- ○ Okra
- ○ Onions
- ○ Potatoes
- ○ Tomatoes

Meat
- ○ Chicken
- ○ Lamb

Fruit
- ○ Apples
- ○ Bananas
- ○ Dates
- ○ Oranges

Beverages
- ○ Black Tea
- ○ Orange/Mango Juice
- ○ Turkish Coffee

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