



**Refugee Welcome  
Collective**

# Grocery Lists

A necessary step in setting up a new arrival's home is ensuring that the **pantry is fully stocked** and a **culturally appropriate** meal is provided for them when they arrive.

Please consider these lists as a guide when you shop for groceries and prepare for a newly arrived refugee/family.





## Afghan Refugees

- Carrots
- Lettuce
- Tomatoes
- Cucumbers
- Potatoes
- Oranges
- White rice (20 lb bag)
- Green beans
- Fresh cut chicken (halal with bone)
- Sugar
- Salt
- Garlic
- Tomato paste
- Pita bread
- Turmeric
- Fish
- Apples
- Eggs (one dozen)
- Cream cheese
- Jam
- Plain yogurt
- Black tea
- Olive oil
- White onions

**Arrival Meal** Baked chicken (halal), seasoned with butter and salt, white rice, cooked carrots, fresh fruit, and pita bread

## Bhutanese Refugees

- White cabbage
- Red cabbage
- Spinach
- Carrots
- Potatoes
- Onions
- Garlic
- Apples
- Lentils
- White rice (20 lb bag)
- Cooking oil
- Salt
- Pepper
- Flatbread (without eggs)
- Chicken (halal with bone)
- Fish

**Arrival Meal** Baked chicken (halal), white rice and boiled potatoes with green chili peppers, onions and oil, fresh fruit, and a loaf of fresh bread



## Burmese Refugees

- Red cabbage
- White cabbage
- Garlic
- Carrots
- Onions
- Cauliflower
- Tomatoes
- Potatoes
- Grapes
- Bananas
- White rice (20 lb bag)
- Salt
- Pepper
- Ginger
- Cooking oil
- Eggs (one dozen)
- Chicken (halal with bone)
- Fish
- Red chili sauce
- Orange juice

**Arrival Meal** Baked chicken (halal), white rice, boiled white cabbage with spicy seasoning, fresh fruit, and a loaf of fresh bread

## Central African Republic Refugees

- Sweet potatoes
- Rice
- Fresh spinach/collards
- Carrots
- Bananas
- Plantains
- Potatoes
- Chicken (halal)
- Fish
- Chili pepper
- Salt/pepper
- Vegetable oil
- Fresh green beans
- Oranges or other tropical fruit
- Garlic
- Tomatoes
- Onions
- Sugar
- Corn flour
- Cassava flour
- Milk (one gallon)
- Tea

**Arrival Meal** Baked chicken (halal), white rice, sweet potatoes, bananas, and fresh bread rolls



## Colombian Refugees

- White cabbage
- Red cabbage
- Garlic
- Carrots
- Onions
- Cauliflower
- Tomatoes
- Potatoes
- Oranges
- Bananas
- Cilantro
- Avocados
- Black beans  
(one large bag)
- White Rice  
(20 lb bag)
- Salt/pepper
- Cooking oil
- Eggs (one dozen)
- Chicken (with bone)
- Orange juice
- Masarepa flour
- Ketchup
- Goya
- Azafran seasoning

**Arrival Meal** Beef roast, rice, kidney beans cooked with tomatoes and green onions, fried plantains

## El Salvador Refugees

- Green cabbage
- White onion
- Carrots
- Distilled white vinegar
- Dried oregano
- Kosher salt
- Green bell pepper
- Masa harina (flour)
- Grated mozzarella cheese
- Refried beans
- Vegetable bouillon powder
- Banana leaves
- Salt
- Pepper
- Rice (20 lb bag)
- Vegetable oil
- Boneless pork shoulder
- Tomatoes

**Arrival Meal** Tamales, rice, refried beans, fresh fruit



## Eritrean & Ethiopian Refugees

- Coffee
- Injera/flatbread
- Tomatoes
- Hot peppers
- Red and yellow lentils
- White onion
- Garlic
- Ginger
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- Green cabbage
- Red cabbage
- Tea
- Berbere spice
- Black pepper
- Pasta
- Chicken, beef, or lamb
- Salt
- Pepper
- Cooking oil
- Clarified butter
- Cornmeal
- Honey
- Sugar
- Fruit juice (mango)
- Bananas
- Romaine lettuce
- Carrots

### **Arrival Meal**

Pasta with marinara sauce, fresh fruit, and a loaf of fresh bread

## Iraqi Refugees

- White cabbage
- Red cabbage
- Garlic
- Onions
- Tomatoes
- Potatoes
- Apples
- Bananas
- Spinach
- Salt
- Pepper
- Cooking oil
- Eggs (one dozen)
- Beans, whole cut
- Bread, regular and/or pita
- Lentils
- Fish
- Chicken (halal)

### **Arrival Meal**

Baked chicken (halal), rice, hummus with pita bread, green beans, and fresh fruit (apples or bananas)



## Somali Refugees

- White cabbage
- Red cabbage
- Garlic
- Carrots
- Onions
- Tomatoes
- Apples
- Oranges
- Romaine lettuce
- White rice (20 lb bag)
- Eggs (one dozen)
- Milk (one gallon)
- Bread
- Fish
- Salt
- Pepper
- Pasta
- Bananas
- Black tea
- Sugar
- Cooking oil

**Arrival Meal** Baked chicken (halal), steamed rice, steamed vegetables, and a loaf of fresh bread

## Sudanese Refugees

- White cabbage
- Red cabbage
- Garlic
- Onions
- Tomatoes
- Potatoes
- Fresh spinach
- Cooking oil
- Eggs (one dozen)
- Beans, whole cut
- Bread, regular and pita
- Fish
- Chicken (halal)
- Lentils
- Salt
- Pepper
- Apples
- Bananas
- Rice (20 lb bag)

**Arrival Meal** Baked chicken (halal), green beans, rice, a loaf of fresh bread, bananas



## Syrian Refugees

- White rice (20 lb bag)
- Salt/Pepper
- Flour
- Beans (bag)
- Vegetable oil
- Potatoes
- Sugar
- Onions
- Eggs (one dozen)
- Whole milk
- Butter
- Loose leaf black tea
- Lettuce
- Bell peppers
- Tomatoes
- Olives
- Chickpeas
- Cardamom
- Chicken drumsticks (halal)
- Naan
- Tahini
- Fresh garlic
- Lemon juice
- Olive oil
- Bananas
- Wheat or rice crackers
- Noodles (vermicelli)
- Couscous

**Arrival Meal** Drumstick chicken (halal), white rice, fresh fruit, and a loaf of fresh bread