
GROCERY LIST

The shopping list recommendation shows the best options and follow religious guidelines to ensure there is culturally appropriate food for newly arrived refugee families.

Required Items / Preferred Quantity

- Sealable plastic bin
- Basmati rice / 32oz bag
- Sugar / 4lb bag
- Flour / 5lb bag
- Cooking oil / 48oz
- non-refrigerated juice / two 64oz bottles
- 1 case of bottled water

Optional Items / Preferred Quantity

- Pasta / 16oz box or bag
- Halal beans (dried) / 16oz
- Tea bags / 50 count
- Spices: 3-5oz individual jars or bags
cumin, turmeric, allspice, paprika, salt,
pepper, chicken/beef bouillon cubes,
cardamom
- Potatoes / 10lb bag
- Garlic / 1-2 heads
- Yellow or White Onions / 3lb bag
- Cereal (no marshmallows) / 16oz box or bag
- Peanut Butter / 16oz jar or container

A member of the WRS staff will be available to meet you in the back alley of the office each Friday from 9am-5pm.

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