

## CULTURAL COMPANIONS

# GROCERY SHOPPING

### Grocery Store Resources:

Price Right has a halal meat section

### Before you start:

- Eat a snack - don't shop hungry!
- Bring your creativity. Use non-verbal communication and items in the store.
- Follow the newcomer's lead when it comes to choosing grocery items. Don't tell them what to buy or not to buy.
- Ask the person what they like to eat. What foods would they normally make with their family?
- Don't forget your grocery bags.
- Only certain items can be purchased on the food stamp card (EBT). Make sure you and your new friend know what can and can't be purchased with the EBT. For more information, [check out the SNAP Program Overview here](#).

### In the store:

- Go to Customer Service and sign up for a grocery store discount card. If helpful, you can ask for a map of the store.
- Demonstrate the difference in price between name and store brands items to help make a decision about which items to buy.
- Look at packaging and labels. Is something weighed in pounds or ounces? Look at the expiration date and sell by date and explain the difference. Look for halal certified symbols if relevant.

### Produce Department:

- Select, bag, and weigh fruit.
- Show which FRUITS and VEGETABLES are seasonal in NY (fresher and cheaper).
- Talk about price. For example: 4/\$1.00 does not always mean that you need to buy 4 of the item to get the reduced price.

### Pharmacy (if applicable):

- Walk around and show what different medicines are for (cough, fever, eyes, nose, etc.).
- Show where to take a prescription (Rx) to the counter.
- Locate the drop-off and pick-up counter.

## Meat Department:

- Study package labels on meats (item name, cost, poundage).
- Look for Halal meats and labels.

## At Checkout:

- Look for a check out aisle light that is on and open
- Put items on conveyer belt
- Use the store card or coupons for a discount
- Use EBT card
- Bag groceries if necessary
- Show where coins come out (if applicable)
- Check the receipt for the remaining EBT balance

If you notice your new friend appears confused be sure to ask if they would like help. Keep in mind that everyone's learning style is different. Some people like to watch how something is done, while others like to figure things out for themselves the first time.

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### Afghan Foods:

- Carrots
- Lettuce
- Tomatoes
- Cucumber
- Potatoes
- White long-grained rice
- Oranges
- Apples
- Eggs
- Cream cheese
- Jam
- Green beans
- Chicken or Fish (w/ bone)
- Sugar
- Salt
- Garlic
- Tomato paste
- Pita bread
- Turmeric
- Plain Yoghurt
- Black tea
- Olive oil
- White onions

### Bhutanese Foods:

- Red cabbage
- Garlic
- Onion
- Tomato
- Grapes
- White rice
- Pepper
- Cooking oil
- Chicken, with bone
- Red chili sauce
- White cabbage
- Carrots
- Cauliflower
- Potato
- Bananas
- Salt
- Ginger
- Eggs
- Fish
- Orange Juice

### Columbian Foods:

- White cabbage
- Garlic
- Onion
- Tomato
- Oranges
- Cilantro
- Black Beans
- Salt
- Cooking oil
- Chicken, with bone
- "Harina para arepas"/Flour for arepas
- Goya Azafran seasoning
- Red cabbage
- Carrots
- Cauliflower
- Potatoes
- Bananas
- Avocado
- White rice
- Pepper
- Eggs
- Orange juice
- Ketchup

### Iraqi Foods:

- White cabbage
- Garlic
- Tomatoes
- Apples
- Spinach
- Cooking oil
- Beans, whole cut
- Fish or halal meat
- Lentils
- Red cabbage
- Potatoes
- Bananas
- Salt
- Eggs
- Bread, regular and/or pita
- White rice
- Pepper

### Somali Foods:

- White cabbage
- Garlic
- Onions
- Apples
- Romaine lettuce
- Eggs
- Bread
- Fish
- Pepper
- Bananas
- Sugar
- Red cabbage
- Carrots
- Tomatoes
- Oranges
- White rice
- Milk
- Cooking oil
- Salt
- Pasta
- Black tea

### Central African Republic Foods:

- Sweet potatoes
- Fresh spinach or collards
- Carrots
- Halal chicken or fish
- Pepper
- Vegetable oil
- Fresh green beans
- Garlic
- Onions
- Milk
- Cassava Flour
- Rice
- Plantains
- Bananas
- Chili pepper
- Salt
- Corn flour
- Oranges
- Tomato
- Sugar
- Tea

### Congolese Foods:

- Sweet potatoes
- Fresh spinach or collards
- Bananas
- Halal chicken or fish
- Pepper
- Vegetable oil
- Fresh green beans
- Garlic
- Milk
- Cassava Flour
- Rice
- Carrots
- Plantains
- Chili pepper
- Salt
- Corn flour
- Oranges
- Tomato
- Sugar
- Tea

### Eritrean Foods:

- Coffee
- Tomatoes
- Chickpeas or lentils
- Garlic
- Berbere spice mix
- Cumin, turmeric, black pepper
- Oil
- Cornmeal
- Red cabbage
- Sugar
- Bananas
- Carrots
- Honey
- Injera/flatbread
- Hot peppers
- Onions
- Ginger
- Chicken, beef or lamb
- Light butter
- White cabbage
- Tea
- Fruit juice
- Romaine lettuce
- Salt

### Sudanese Foods:

- White cabbage
- Garlic
- Tomatoes
- Apples
- Spinach
- Cooking oil
- Beans, whole cut
- Fish or halal meat
- Lentils
- Onions
- Potatoes
- Bananas
- Salt
- Eggs
- Bread, regular or pita
- White rice
- Pepper