

# Dry and Fresh Foods by Country

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## Food for Afghani Refugees

Dry Goods	Fresh Foods
<ul style="list-style-type: none"><li>• Basmati rice (1 10-lb bag)</li><li>• Tomato Paste (1 can ph)</li><li>• Tomato Sauce (2 cans ph)</li><li>• Jam (1 jar ph)</li><li>• Black tea (1 box of teabags ph)</li><li>• Sugar (1 bag ph)</li><li>• Salt (1 box ph)</li><li>• Tumeric (1 unit ph)</li><li>• Olive oil (1 bottle ph)</li></ul>	<ul style="list-style-type: none"><li>• Carrots (1 bag ph)</li><li>• Romaine lettuce (1 head ph)</li><li>• Tomatoes (2 pp)</li><li>• Cucumber (3 ph)</li><li>• Potatoes (1 bag ph)</li><li>• Grapes (1 bag ph)</li><li>• Apples (1 bag ph)</li><li>• Green beans (1.5 lb bag ph)</li><li>• Garlic (3 bulbs ph)</li><li>• White onions (1 bag ph)</li><li>• Halal chicken or fish (w/ bone, 1 pp)</li><li>• Eggs (1 dozen ph)</li><li>• Cream Cheese (1 tub ph)</li><li>• Plain yogurt (1 tub ph)</li><li>• Pita Bread (1 bag ph per day)</li><li>• 2% milk (1 gallon ph)</li><li>• Orange juice (1 carton ph)</li></ul>

## For Bhutanese Refugees

Dry Goods	Fresh Goods
<ul style="list-style-type: none"> <li>• Jasmine rice (1 – 10 - 25 lb bag ph)</li> <li>• Yellow lentils (1 large bag ph)</li> <li>• Orange or mango juice (1 bottle ph)</li> <li>• Sugar (1 bag ph)</li> <li>• Salt (1 box ph)</li> <li>• Turmeric powder</li> <li>• Cumin</li> <li>• Pickle (mango or some vegetable-found in Indian food aisle)</li> <li>• Instant noodles (Lola or Mama brand) (10-15 pkgs ph)</li> <li>• Loose leaf tea (Indian food aisle)</li> <li>• Vegetable oil (1 bottle ph)</li> <li>• Thai Jasmine rice (1- 10-25 lb bag ph)</li> <li>• Salt (1 box ph)</li> <li>• Sugar (1 small bag)</li> <li>• Instant coffee (8 oz jar)</li> <li>• Condensed milk (1 can per 2 people)</li> <li>• Canola or vegetable oil (one bottle ph)</li> <li>• Fish sauce (1 small bottle ph)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken or fish (w/ bone, 1 serving pp)</li> <li>• Cabbage (white or red, 1 head ph)</li> <li>• Spinach or Mustard greens (1 bag ph)</li> <li>• Onions (1 pp)</li> <li>• Tomatoes (1 pp)</li> <li>• Cilantro (1 bunch ph)</li> <li>• Cucumbers (1 pp)</li> <li>• Green beans (1 bag ph)</li> <li>• Oranges (1 bag ph)</li> <li>• Apples (1 large bag ph)</li> <li>• Garlic (2 bulbs ph)</li> <li>• Chilies (green and red) (3-4 pp)</li> <li>• Red potatoes (1 large bag ph)</li> <li>• Lemons or limes (3 ph)</li> <li>• 2% milk (1 gallon ph)</li> <li>• Plain yogurt</li> <li>• Eggs (1 dozen ph)</li> <li>• White Cabbage (1 head ph)</li> <li>• Garlic (3 bulbs pp)</li> <li>• Onion (3 pp)</li> <li>• Cauliflower (1 pp)</li> <li>• Tomatoes (1 large bag ph)</li> <li>• Red or Yellow potatoes (1 large bag ph)</li> <li>• Bananas (1 bunch ph)</li> <li>• Ginger (2 root/knob ph)</li> <li>• Red chilis (1 bag ph)</li> <li>• Chicken with bone (1 pp) or 1 whole chicken</li> <li>• Fish (1 pp)</li> </ul>

## For Central African Republic Refugees

<b>Dry Goods</b>	<b>Fresh Goods</b>
<ul style="list-style-type: none"><li>• Rice (1 large bag ph)</li><li>• Pepper (1 box ph)</li><li>• Salt (1 box ph)</li><li>• Sugar (1 bag ph)</li><li>• Tea (1 box of teabags ph)</li><li>• Vegetable oil (1 large bottle ph)</li><li>• Corn flour (1 bag ph)</li><li>• Cassava flour (1 bag ph)</li></ul>	<ul style="list-style-type: none"><li>• Sweet potatoes (1 large bag ph)</li><li>• Fresh spinach (1 bag ph) or collards (1 bag ph)</li><li>• Carrots (1 bag ph)</li><li>• Bananas (1 bunch ph)</li><li>• Plantains (1 bunch ph)</li><li>• Chili pepper (2 packets ph)</li><li>• Fresh green beans (2 servings pp)</li><li>• Oranges (1 large bag ph)</li><li>• Garlic (2 bulbs ph)</li><li>• Tomatoes (2 pp)</li><li>• Onions (2 pp)</li><li>• Halal chicken or fish (1 serving pp)</li><li>• Milk (1 gallon ph)</li></ul>

## For Colombian Refugees

<b>Dry Goods</b>	<b>Fresh Goods</b>
<ul style="list-style-type: none"><li>• Black beans (1 bag ph)</li><li>• White rice (1 large bag ph)</li><li>• Flour (1 bag ph)</li><li>• Salt (1 box ph)</li><li>• Pepper (1 box ph)</li><li>• Ketchup (1 bottle ph)</li><li>• Goya Azafran seasoning packet (4 ph)</li><li>• Cooking oil (1 bottle ph)</li></ul>	<ul style="list-style-type: none"><li>• White Cabbage (1 head ph)</li><li>• Red Cabbage (1 head ph)</li><li>• Garlic (2 bulbs ph)</li><li>• Carrots (1 bag ph)</li><li>• Onion (2 pp)</li><li>• Cauliflower (1 pp)</li><li>• Tomatoes (1 large bag ph)</li><li>• Potatoes (1 large bag ph)</li><li>• Oranges (1 bag ph)</li><li>• Bananas (1 bunch ph)</li><li>• Cilantro (1 bundle ph)</li><li>• Avocado (1 pp)</li><li>• Orange juice (1 gallon ph)</li><li>• Eggs (1 dozen ph)</li><li>• Chicken with bone (1 serving pp)</li></ul>

## For Congolese Refugees

Dry Goods	Fresh Goods
<ul style="list-style-type: none"><li>• Rice (1 large bag ph)</li><li>• Beans (e.g. kidney, garbanzo, pinto) (1 bag ph)</li><li>• Corn flour (1 bag ph)</li><li>• Noodles (1 box pp)</li><li>• Cookies or something sweet (1 package ph)</li><li>• Tomato sauce (1 can ph)</li><li>• Corn (canned or frozen) (1 can pp)</li><li>• Peanut butter (1 jar ph)</li><li>• Oatmeal (1 box ph)</li><li>• Coffee (instant or ground)</li><li>• Tea (1 box of bags ph)</li><li>• Sugar (1 bag ph)</li><li>• Salt (1 box ph)</li><li>• Vegetable oil (1 bottle ph)</li></ul>	<ul style="list-style-type: none"><li>• Tomatoes (2 pp)</li><li>• Onions (2 pp)</li><li>• Yams/Sweet Potatoes (1 bag ph)</li><li>• Potatoes (1 bag ph)</li><li>• Carrot (1 bag ph)</li><li>• Spinach (1 bag ph)</li><li>• Plantains (1 bunch ph)</li><li>• Bananas (1 bunch ph)</li><li>• Hot peppers (e.g. chilies, jalapenos) (1 pp)</li><li>• Chili pepper (2 packets ph)</li><li>• Green beans (2 servings pp)</li><li>• Garlic (2 bulbs ph)</li><li>• Oranges (1 bag ph)</li><li>• Orange juice (1 gallon ph)</li><li>• Sliced bread (1 bag ph)</li><li>• Chicken (wings or drumsticks) or Fish (1 serving ph)</li><li>• Yogurt (plain or flavored)</li><li>• 2% milk (1 gallon ph)</li><li>• Eggs (1 dozen ph)</li></ul>

## For Cuban Refugees

<b>Dry Goods</b>	<b>Fresh Goods</b>
<ul style="list-style-type: none"><li>• Rice of any sort (1 bag ph)</li><li>• Beans (e.g. kidney, garbanzo, pinto) (1 bag ph)</li><li>• Tomato sauce (1 can ph)</li><li>• Tea (1 box of teabags ph)</li><li>• Sugar (1 bag ph)</li><li>• Salt (1 box ph)</li><li>• Vegetable oil (1 bottle ph)</li><li>• Juice (e.g. orange, apple, cranberry, grape) (1 gallon ph)</li></ul>	<ul style="list-style-type: none"><li>• Tomatoes (1 pp)</li><li>• Onions (2 pp)</li><li>• Potatoes (1 bag ph)</li><li>• Romaine lettuce (1 head ph)</li><li>• Carrot (1 bag ph)</li><li>• Apples (1 bag ph)</li><li>• Bananas (1 bunch ph)</li><li>• Cabbage (1 head ph)</li><li>• Garlic (2 bulbs ph)</li><li>• Cauliflower (1 pp)</li><li>• Grapes (1 bag ph)</li><li>• Ginger (1 root/knob ph)</li><li>• Juice (e.g. orange, apple, cranberry, grape) (1 gallon ph)</li><li>• Eggs (1 dozen ph)</li><li>• Pork, or chicken (1 serving pp)</li><li>• Small cookies or biscuits to have with tea (1 package ph)</li><li>• Loaf of bread, sandwich bread/hoagie (large size) (1 bag ph)</li></ul>

## For Iraqi and Irani Refugees

Dry Goods	Fresh Goods
<ul style="list-style-type: none"><li>• Long grain rice (e.g. basmati) (1 bag ph)</li><li>• Beans (e.g. kidney, garbanzo, pinto) (1 bag ph)</li><li>• Lentils (1 bag ph)</li><li>• Juice (e.g. orange, apple, cranberry, grape) (1 gallon ph)</li><li>• Tomato sauce (1 can ph)</li><li>• Tomato paste (1 can pp)</li><li>• Tea (1 box of teabags ph)</li><li>• Sugar (1 bag ph)</li><li>• Salt (1 box ph)</li><li>• Pepper (1 box ph)</li><li>• Turmeric powder</li><li>• Vegetable oil (1 bottle ph)</li></ul>	<ul style="list-style-type: none"><li>• Potatoes (1 bag ph)</li><li>• Onions (2 pp)</li><li>• Garlic (4 bulbs ph)</li><li>• Tomatoes (1 pp)</li><li>• Romaine lettuce (1 head ph)</li><li>• Carrot (1 bag ph)</li><li>• Apples (1 bag ph)</li><li>• Bananas (1 bunch ph)</li><li>• Cabbage (1 head ph)</li><li>• Juice (e.g. orange, apple, cranberry, grape) (1 gallon ph)</li><li>• Eggs (1 dozen ph)</li><li>• Halal meat (e.g. chicken, goat, lamb, beef- NO PORK) (1 serving pp)</li><li>• Small cookies or biscuits to have with tea (1 package ph)</li><li>• White pita bread (large, if possible) (1 bag ph)</li><li>• Cream cheese (1 container ph)</li><li>• Feta cheese (1 box/bag ph)</li></ul>

## For Eritrean refugees

<b>Dry goods</b>	<b>Fresh goods</b>
<ul style="list-style-type: none"><li>• Chickpeas or lentils (1 bag ph)</li><li>• Pasta (1 box ph)</li><li>• Coffee (1 can ph)</li><li>• Tea (1 box of teabags ph)</li><li>• Berbere or spice mix: chili peppers, basil, curry powder, cumin, turmeric, black pepper</li><li>• Cornmeal (1 small bag ph)</li><li>• Sugar (1 bag ph)</li><li>• Salt (1 box ph)</li><li>• Honey (1 bottle ph)</li><li>• Oil (1 bottle ph)</li></ul>	<ul style="list-style-type: none"><li>• Injera/flatbread (1-2 packs ph)</li><li>• White cabbage (1 head ph)</li><li>• Red cabbage (1 head ph)</li><li>• Tomatoes (4-6 ph)</li><li>• Hot peppers (5-6 ph)</li><li>• Bananas (1 bunch ph)</li><li>• Romaine lettuce (1 head ph)</li><li>• Carrots (1 bag ph)</li><li>• Onions (1 pp)</li><li>• Garlic (3 bulbs ph)</li><li>• Ginger (2 roots ph)</li><li>• Fruit juice (1 bottle ph)</li><li>• Chicken, beef or lamb (1 serving pp)</li><li>• Light butter (1 small box ph)</li></ul>

## For Somali Refugees

Dry Goods	Fresh Goods
<ul style="list-style-type: none"><li>• Rice (1 bag ph)</li><li>• Beans (e.g. kidney, garbanzo, pinto) (1 bag ph)</li><li>• Spaghetti noodles (2 box ph)</li><li>• Tomato sauce (1 can ph)</li><li>• Tea (1 box of teabags ph)</li><li>• Sugar (1 bag ph)</li><li>• Salt (1 box ph)</li><li>• Turmeric</li><li>• Pepper (1 box ph)</li><li>• Vegetable oil (1 bottle ph)</li></ul>	<ul style="list-style-type: none"><li>• Tomatoes (1 pp)</li><li>• Onions (2 pp)</li><li>• Cabbage (1 head ph)</li><li>• Garlic (2 bulbs ph)</li><li>• Romaine Lettuce (1 head ph)</li><li>• Hot peppers (e.g. chilies, jalapenos) (1 ph)</li><li>• Potatoes (1 bag ph)</li><li>• Carrot (1 bag ph)</li><li>• Apples (1 bag ph)</li><li>• Bananas (1 bunch ph)</li><li>• Orange juice (1 gallon ph)</li><li>• Eggs (1 dozen ph)</li><li>• 2% milk (1 gallon ph)</li><li>• Yogurt (plain or flavored)</li><li>• Halal meat (e.g. chicken, goat, lamb, beef- NO PORK) (1 serving pp)</li><li>• Small cookies or biscuits to have wit</li><li>• Flat bread (1 bag ph)</li></ul>

## For Sudanese Refugees

<b>Dry Goods</b>	<b>Fresh Goods</b>
<ul style="list-style-type: none"><li>• White rice (1 bag ph)</li><li>• Lentils (1 bag ph)</li><li>• Pepper (1 box ph)</li><li>• Salt (1 box ph)</li><li>• Cooking oil (1 bottle ph)</li><li>• Beans (1 bag ph)</li></ul>	<ul style="list-style-type: none"><li>• White cabbage (1 head ph)</li><li>• Red cabbage (1 head ph)</li><li>• Garlic (2 bulbs ph)</li><li>• Onions (2 pp)</li><li>• Tomatoes (1 pp)</li><li>• Potatoes (1 bag ph)</li><li>• Apples (1 bag ph)</li><li>• Bananas (1 bunch ph)</li><li>• Spinach (1 bag ph)</li><li>• Fish or halal meat (1 serving pp)</li><li>• Eggs (1 dozen ph)</li><li>• Bread, regular and/or pita (1 loaf p)</li></ul>