

Grocery Lists

For New Arrivals

A necessary step in setting up a new arrival's home is ensuring that the pantry is fully stocked, and a culturally appropriate meal should be provided for them when they arrive in their new home. Using these lists as a guide, prepare to stock the pantry for the family for 5-7 days, purchasing appropriate portions based on the size of the family.

The following population specific grocery lists are included in this guide:

- Afghanistan
- Afrikaner
- Bhutan
- Burma
- Central African Republic
- Columbia
- Congo
- El Salvador
- Eritrea/Ethiopia
- Iraq
- Somalia
- Sudan
- Syria
- Ukraine

AFGHAN REFUGEES

GROCERY LIST

- Carrots
- Lettuce
- Tomatoes
- Cucumbers
- Potatoes
- Oranges
- 20 lb bag of white rice
- Fish
- Green beans - fresh cut
- Chicken, halal w/ bone
- Sugar
- Salt
- Garlic
- Tomato paste
- Pita bread
- Turmeric
- Apples
- Eggs – 1 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

AFRIKANER REFUGEES

GROCERY LIST

- Chicken thighs
- Beef chuck or pork chops
- Ground beef
- Sausages
- Eggs- 1 dozen
- White Rice - 20 lb bag
- Cooking oil
- Salt/Pepper
- Curry powder (Durban-style or generic)
- Allspice
- Paprika
- Potatoes
- Bread- 1 loaf
- Flour
- Sugar
- Vinegar
- Beef stock cubes
- Yellow onions
- Spinach
- Oranges
- Bananas
- Watermelon
- Grapes or berries
- Tomatoes
- Milk
- Cheese (cheddar or gouda)
- Yogurt (plain)
- Peanut butter
- Tea (rooibos tea or generic herbal tea)
- Coffee

ARRIVAL MEAL

Sausages or pork chops/ground beef, rice, fresh fruit, loaf of bread

BHUTANESE REFUGEES

GROCERY LIST

- 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 w/ bone
- Fish

ARRIVAL MEAL

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

BURMESE REFUGEES

GROCERY LIST

- Red cabbage
- White cabbage
- Garlic
- Carrots
- Onions
- Cauliflower
- Tomatoes
- Potatoes
- Grapes
- Bananas
- White rice - 20 lb bag
- Salt/Pepper
- Ginger
- Cooking oil
- Eggs – 1 dozen
- Chicken, halal w/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

GROCERY LIST

- Sweet potatoes
- Rice
- Fresh spinach/collards
- Carrots
- Bananas
- Plantains
- Halal chicken
- Fish
- Chili pepper
- Salt/Pepper
- Vegetable oil
- Corn flour
- Fresh green beans
- Oranges or other tropical fruit
- Garlic
- Tomatoes
- Onions
- Sugar
- Milk – 1 gallon
- Tea
- Cassava flour

ARRIVAL MEAL

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

COLUMBIAN REFUGEES

GROCERY LIST

- White cabbage
- Red cabbage
- Garlic
- Carrots
- Onions
- Cauliflower
- Tomatoes
- Potatoes
- Oranges
- Bananas
- Cilantro
- Avocados
- 1 large bag of Black beans
- White Rice – 20 lb bag
- Salt/Pepper
- Cooking oil
- Eggs – 1 dozen
- Chicken - w/ bone
- Orange Juice
- Masarepa flour
- Ketchup
- Goya Azafran Seasoning

ARRIVAL MEAL

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

CONGOLESE REFUGEES

GROCERY LIST

- Sweet potatoes
- Fresh spinach or collards
- Carrots
- Bananas
- Plantains
- Halal chicken
- Tilapia fish
- Eggs - 1 dozen
- Pepper
- Salt/Pepper
- Corn flour
- Fresh green beans
- Oranges or other tropical fruit
- Garlic
- Chili pepper
- Tomatoes
- Onions
- Sugar
- Milk
- Tea
- Cassava flour
- Rice – 20 lb bag
- Vegetable oil

ARRIVAL MEAL

Baked chicken (halal), fried plantains, oranges, rice , a loaf of fresh bread

EL SALVADORIAN REFUGEES

GROCERY LIST

- 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- 20lb bag
- Vegetable oil
- Boneless pork shoulder
- Tomatoes

ARRIVAL MEAL

Tamales, rice, refried beans, fresh fruit

ERITREAN/ETHIOPIAN REFUGEES

GROCERY LIST

- Coffee
- Injera/flatbread
- Tomatoes
- Hot peppers
- Red and yellow lentils
- White onions
- Garlic
- Ginger
- 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, loaf of fresh bread

IRAQI REFUGEES

GROCERY LIST

- White cabbage
- Red cabbage
- Garlic
- Onions
- Tomatoes
- Potatoes
- Apples
- Bananas
- Spinach
- Salt/Pepper
- Cooking oil
- Eggs- 1 dozen
- Beans, whole cut
- Bread, regular and/or pita
- Lentils
- Fish
- Halal chicken
- Rice - 20 lb bag

ARRIVAL MEAL

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

SOMALIAN REFUGEES

GROCERY LIST

- White cabbage
- Red cabbage
- Garlic
- Carrots
- Onions
- Tomatoes
- Apples
- Oranges
- Romaine lettuce
- White rice- 20 lb bag
- Eggs- 1 dozen
- Milk
- Bread
- Fish
- Salt/Pepper
- Pasta
- Bananas
- Black tea
- Sugar
- Cooking oil

ARRIVAL MEAL

Baked chicken (halal), steamed rice, steamed vegetables, a loaf of fresh bread

SUDANESE REFUGEES

GROCERY LIST

- White cabbage
- Red cabbage
- Garlic
- Onions
- Tomatoes
- Potatoes
- Fresh spinach
- Cooking oil
- Eggs – 1 dozen
- Beans, whole cut
- Bread, regular and pita
- Fish
- Halal chicken
- 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

GROCERY LIST

- White rice - 20 lb bag
- Salt/Pepper
- Flour
- Beans (bag)
- Vegetable oil
- Potatoes
- Sugar
- Onions
- Eggs - 1 dozen
- Whole milk
- Butter
- Loose leaf black tea
- Lettuce
- Bell peppers
- Tomatoes
- Olives
- Chickpeas
- Cardamom
- Halal chicken drumsticks
- 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, a loaf of fresh bread

UKRAINIAN REFUGEES

GROCERY LIST

- Eggs
- Sausage
- Chicken
- Bacon
- Milk
- Yogurt
- Cheddar cheese
- Butter
- Sour cream
- Sauerkraut
- Onions
- Potatoes
- Cabbage
- Beets
- Dill pickles
- Carrots
- Tomatoes
- Parsley
- Peas
- Pasta
- Rye bread
- Oats
- Dill
- Paprika
- Salt/Pepper
- Bay leaves
- Boillion cubes
- Cooking oil
- Tomato paste
- Flour
- Sugar
- Coffee
- Black tea

ARRIVAL MEAL

Chicken/pork, mashed potatoes, rice, fruit