

## Highly Desired Culturally Relevant Foods List

- Proteins
  - Ground beef
  - Halal meats
  - Chicken
  - White fish (tilapia, pollock)
  - Shrimp
  - Tofu
  - Canned mackerel
- Produce
  - Garlic
  - Ginger
  - Bell peppers
  - Spinach
  - Cactus leaves
  - Eggplant
  - Lemon
  - Carrots
  - Bok choy
  - Broccoli
  - Mango
  - Jalapeno peppers
  - Collard greens
  - Nappa cabbage
  - Mushrooms
- Grains/Pantry Staples
  - Teff flour
  - Masa harina
  - Basmati rice
  - Rice noodles
  - Couscous
  - Dried beans (pinto/black/adzuki/mung/black eyed peas/cow peas)
  - Lentils (red/yellow)
- Spices/Sauces/Oils
  - Coriander Seeds
  - Garlic powder
  - Onion powder
  - Cumin
  - Curry paste
  - Black pepper
  - Chili powder
  - Soy sauce
  - Coconut milk
  - Sesame oil
  - Vegetable oil (small units)
  - Fish sauce
  - White vinegar (small units)