



## Culturally Specific Shopping Lists

Your local food shelf may be serving people from many different cultures.

Ask if they serve any of the groups listed below to help focus the kinds of food you donate.

Also, there are a few food shelves that serve specific cultural groups.

If you would like more information about those shelves please contact Minnesota FoodShare.

### African / Some Islamic

- ◆ Dried Kidney Beans
- ◆ Dried Garbanzo Beans
- ◆ Dried White Beans
- ◆ Dried Lentil Beans
- ◆ Basmati Rice
- ◆ Canned Tomatoes
- ◆ Tomato Paste
- ◆ Spaghetti Sauce
- ◆ Pasta
- ◆ Canned Cabbage
- ◆ Tuna

### American Indian

- ◆ Rice
- ◆ Flour
- ◆ Sugar
- ◆ Oil or Shortening
- ◆ Baking Powder
- ◆ Tea Bags
- ◆ Coffee
- ◆ Dried Blueberries
- ◆ Potatoes
- ◆ Corn - Fresh
- ◆ Frozen Fish

### Asian

- ◆ Yellow Kokuho Rice
- ◆ Rose Brand Noodles
- ◆ Fish Sauce
- ◆ Chicken
- ◆ Beef
- ◆ Pork
- ◆ Bacon
- ◆ Oriental Canned Foods

### Eastern European/Kosher

- ◆ Borscht
- ◆ Gefilte Fish
- ◆ Matzo Ball Soup
- ◆ Matzo Crackers
- ◆ Flour
- ◆ Sugar
- ◆ Tea
- ◆ Cranberry Sauce
- ◆ Sweetened Condensed Milk
- ◆ Canned Salmon
- ◆ Canned Tuna
- ◆ Beef Stew
- ◆ Chicken Broth
- ◆ Beef Broth
- ◆ Tomato Sauce
- ◆ Tomato Paste
- ◆ Pasta
- ◆ Garbanzo Beans
- ◆ Canned Beans
- ◆ Oatmeal

### Hispanic

- ◆ Flour
- ◆ White Rice
- ◆ Oil
- ◆ Pasta
- ◆ Corn
- ◆ Dried Pinto Beans
- ◆ Dried Black Beans
- ◆ Dried Lentil Beans
- ◆ Dried Garbanzo Beans
- ◆ Tomatoes
- ◆ Potatoes
- ◆ Tomatillos
- ◆ Squash
- ◆ Tortillas
- ◆ Tuna