



## **Cuba, Haiti, Columbia Preferred Food List**

### **Please provide enough food for 2 weeks**

Vegetables: tomatoes, onion, potatoes, sweet potatoes, red bell pepper, green bell peppers,  
cucumber, lettuce, garlic,

Fruit: (such as) Bananas, apples, oranges, melons, pineapple or any fresh fruit

Bread

Rice at least 10 lbs

Pasta – small elbow macaroni

Olive Oil

Sugar

Broth

Salt & pepper, cumin, cinnamon, oregano,

Milk

Eggs

Butter

Cheese:swiss, parmesan

Cream cheese

Juice

Apricot jam or other flavor

Mayonnaise

Mustard

Pickles

Tomato sauce

Canned tomatoes

Canned green beans

Chicken, Beef and pork

Dry Black Beans (a lot)

Dry Chickpeas

3 gallons of drinking water

1 case of 24 bottles of water

Coffee