



## Iraq, Iran, Afghanistan & Syria Preferred Food List

Please provide enough food for 2 weeks

Vegetables: tomatoes, onion, potatoes, green bell peppers,  
Cucumber, lettuce, garlic, eggplant

Fruit: (such as) Bananas, apples, oranges, melons, plums, figs, dates or any fresh fruit

Pita bread (flat bread)

Loaf of bread

Rice at least 10 lbs

Wheat

Barley

Pasta – small macaroni

Olive Oil

Sugar

Salt & pepper, za'atar, cumin, cinnamon, turmeric

Milk

Eggs, 5 dozen

Plain yogurt

Cheese

Juice

Apricot jam or other flavor

Tomato sauce

Canned tomatoes

Canned green beans

Chicken and or Beef (no pork)

Black tea

Dry Lentils

Dry Chickpeas

3 gallons of drinking water

Optional:

Treat: Nuts, seeds, dates

\* **Halal meat** for Muslim clients (halal is like kosher food for Muslims). Can be purchased at several stores all around the Valley. One good one is Baiz Market in Mesa, AZ, Safeway has lamb and ground beef, Costco/Sam's Club have lamb. Fish does NOT have to be halal if you purchase fish for meat.