



Malaysian, Burma, Myanmar & Bhutan Food List

Please provide 2 weeks worth of groceries

Chicken*
Bananas
Oranges
Mangos
Pineapple
Tomatoes and tomato paste
Cabbage (Bok Choy, red or green)
Cucumbers
Garlic
Potatoes
Rice- long grain (big bag)
Milk
Eggs
Bread- sliced
Pineapple juice
Orange juice
Coconut milk
Spaghetti noodles
Rice noodles
Peanuts
Oil
Soy Sauce
Sriracha Sauce
Salt/pepper
Sugar

* **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.