



## **Somalia Food List**

Please provide enough food for 2 weeks

Sugar, honey

Rice (10 lbs per family of 4)

Vermicelli (found in the mexican food area pasta)

Oats, millet, corn meal or Sorghum flour (Can be found at Sprouts)

Dry Lentils, chickpeas, or beans

Cinnamon, cumin, ginger powder or dried whole ginger, coriander, salt/pepper (any variety)

Flat bread/Pita

Lamb\*

Chicken\*

Beef\* (no Pork)

Butter, plain yogurt, milk, 5 doz eggs per family of 4

Spaghetti

Marinara sauce

Tomato sauce

Squash, potato

sweet potato

Tomatoes

Onions

Peppers

cilantro (any good assortment)

Bananas, mangoes, apples, citrus, papaya (any good assortment)

\* **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.