

Co-Sponsor Grocery List

This is based on a family of **3 people**. Please adjust quantities up or down for households of fewer or more people. Initial groceries should last the clients at least 5 days.

BUY FOR EVERYONE:

DRY GOODS

- **Salt and pepper**
- **Flour** (5 pound bag)
- **Sugar** (5 pound bag)
- **Cooking oil** (half gallon)
- **Rice** (2 lb. per person)
- **Beans** (red or white) (2 pounds)
- **Lentils** (2 pounds)
- **Spaghetti** (1 pound per adult)
- **Bread** (2 loaves) or Rolls (12)
(Portuguese or other plain, crusty style bread)
- **Tomato paste** (2 6 oz. cans)
- **Black tea** (1 large box)
- **Instant coffee** (1 large jar)

PRODUCE

- **Apples or oranges** (2 per person)
- **Bananas** (2 per person)
- **One seasonal fruit**
- **Lettuce** (1 head)
- **Onions** (3 pounds)
- **Garlic** (2 cloves)
- **Potatoes** (5 pounds)
- **Tomatoes** (4)
- **Carrots** (2 pound bag)
- **Peppers** (2)

REFRIGERATED SECTION

- **Chicken** legs, thighs, or drumsticks (2 lb/person) (**HALAL if Muslim**)
- **Beef** or some other meat (1/2 pound per person) (**HALAL if Muslim**)
- **Milk** (1 gallon)
- **Orange juice** (half-gallon)
- **Eggs** (1 dozen)
- **Butter** or margarine (1 pound)
- **Plain yogurt** (1 32 oz container)

BUY FOR

Middle Eastern countries incl. Sudan and Afghanistan:

- **Cucumber** (2)
- **Cream cheese** (1 8 oz. package)
- **Fresh cilantro, parsley or other green herb** (1 bunch)
- **Chick peas** (2 pounds)
- **Raisins** (1 box)

Eritrea/Ethiopia

- **Cabbage** (2 heads)
- **Raisins** (1box)
- **Chickpeas** (2 pounds)
- **Hot sauce**
- **Peanuts**

Congo/Rwanda/Southern Africa

- **Corn flour** (2 pounds)
- **Sweet potatoes** or yams (3 pounds)
- **Plantains** (5)
- **Cabbage** (2 heads)

Latin America

- **Plantains**
- **Sour cream or crema**
- **Avocado**
- **Sofrito**