

Food Preference Suggestions by Culture

Last Updated: 5/21

Our hunger-relief partners serve clients from many different cultures. To help our partners to make informed choices when customizing their food orders to reflect their community, we have collected feedback about food preferences by culture. The food lists include information about preferred staples, foods to avoid, and cultural holidays that have important food items. Please use this document as a helpful reference when ordering food.

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Anti-Stereotyping Disclaimer

Culinary traditions, customs, and preferences are nuanced and rich with a sense of place and identity that is impossible to capture in a summary. Food preferences within a culture may vary greatly by individual, age, religion, region, or the length of time the person has lived in the United States. Therefore, these food lists should not replace engaging with your community to understand your food pantry user's individual preferences, however, these lists can help as a starting point to inform your ordering decisions.

We hope that these lists can be used to create a world where diverse food preferences and customs of individuals are accepted and honored. These lists can be used as a starting point for bringing dignity to the food pantry experience for all.

FAQ

How did we collect this feedback?

To develop these food lists, we collected feedback from 600+ food pantry users, 100+ partners, and several cultural community organizations. We collected feedback through interviews and surveys and provided translated material.

Why did we choose these cultures?

We piloted this program in eight counties including Denver, Morgan, Pitkin, Garfield, Eagle, Hot Springs, Fremont, and Sweetwater counties. After surveying partners in these counties, we determined that these six cultures were most common across our partners. We recognize that this list is not comprehensive and some cultures may not be represented.

How often will this document be updated?

As we continue to have conversations with the community we will add or change information including developing food preference suggestions for additional cultures. We will update this document as needed on a monthly basis.

Do you have additional suggestions?

We would love to hear from you. We will continue to collect feedback and update this list overtime. If you have additional feedback about these lists please reach out to CRFI@foodbankrockies.org

Common Trends Across Cultures

While it is difficult to develop a comprehensive summary, we have noticed trends that are common across many cultures.

- **Focus on fresh produce.** The number one requested food category is fresh produce.
- **Avoid canned foods** (in most cases). Many immigrant families may not have had canned foods in their home country and therefore consider them unhealthy.
- **Avoid pre-seasoned or pre-packaged meats or pastas.** This will allow more flexibility to customize the flavor of the meals to fit with cultural preferences.
- **Provide whole foods.** An example of a whole food would be offering a fresh tomato instead of a pasta sauce. By offering whole ingredients, it provides more flexibility on how that item can be used or seasoned.
- **Holidays may change food preferences.** To be culturally responsive, it is important to understand the calendar for cultural holidays. A seasonal or religious holiday may change what foods are used and the quantity needed. A western example would be serving turkey for Thanksgiving. Please see our Holiday Calendar resource for more information.

Top 15 Foods Across Cultures

Many hunger-relief partners serve multiple cultures so customizing by culture may not be feasible. For this reason, we have compiled a list of commonly requested foods that have a preference across four or more cultures. If you serve a wide-range of cultures, you may consider prioritizing ordering from this Top 15 list.

Food Item	Culture
All- purpose Flour	All
Beef (any)	All
Cabbage (green)	Ethiopian, Latinx, Northern Arapaho, Russian, Vietnamese
Carrots	Eastern Shoshone, Latinx, Northern Arapaho, Russian, Somali, Vietnamese
Chicken (any)	All
Cucumber	All
Eggs (fresh)	All
Garlic	Ethiopian, Latinx, Northern Arapaho, Russian, Somali, Vietnamese
Lime	Eastern Shoshone, Ethiopian, Latinx, Northern Arapaho, Somali, Vietnamese
Milk (cow)	Eastern Shoshone, Ethiopian, Latinx, Northern Arapaho, Russian, Somali
Onions	All
Pasta (any, plain)	All
Peppers (bell/sweet)	Eastern Shoshone, Ethiopian, Latinx, Northern Arapaho, Somali, Vietnamese
Sugar (white)	Eastern Shoshone, Ethiopian, Latinx, Northern Arapaho, Russian, Somali
Tomato	Eastern Shoshone, Ethiopian, Latinx, Russian, Somali, Vietnamese

Please note: Seasonality and religious differences may impact the usage of these foods. Please reference the individual food preference lists by culture for more details.

Eastern Shoshone Food List

TOP 5 - SHELF STABLE

- Blue Bird flour
- Cooking oil (vegetable, canola)
- Elbow macaroni
- Oatmeal/ cereal
- Pinto beans

BEANS/LEGUMES

- Pinto beans
- Red kidney beans (can)
- White beans

Avoid: Black beans, fava beans, lentils, garbanzo beans

GRAINS

- All-purpose flour (Blue Bird brand)
- Biscuit mix
- Cereal (any)
- Cornmeal
- Cream of wheat
- Oatmeal
- Pasta noodles (any, elbow macaroni preferred)
- White rice or Minute rice
- Wild rice

Avoid: Whole wheat flour, Whole wheat pasta, brown rice, couscous

Elbow macaroni is used often for ceremony. Flour is used for fresh bread especially during Sundance and Powwows

MEATS/PROTEINS*

- Beef (any, ground or stew meat preferred)
- Chicken (any)
- Fish (salmon, tuna)
- Pork (any, ham hocks preferred)

Avoid: Pre-seasoned meat, tofu, frozen fish (except salmon), and canned meat or fish (except tuna)

Meat is of great importance to the Shoshone Tribe and eaten every day, especially during

ceremonies. Boiling meat and ham hock are preferred during this time.

DAIRY*

- Butter
- Cheese (any, American preferred)
- Cream cheese
- Eggs
- Lactose free milk
- Milk, cow (whole, 2%)
- Powdered milk
- Sour cream
- Yogurt (fruited)

Avoid: Buttermilk, goat cheese, liquid eggs in a carton

PRODUCE: Fruits

- Apples
- Banana
- Blueberries
- Cantaloupe
- Grapes
- Honeydew
- Lemons
- Orange
- Peaches
- Pears
- Pineapple
- Raspberries
- Strawberries
- Watermelon

Avoid: Dragon fruit, jack fruit, papaya

Watermelon, cantaloupe, honeydew melons are used in all feasts for Sundance, Powwows, and Sweats. Lemons and limes are used for fresh lemonade for summer Sundance feast. Raspberries and blueberries are substitutes for chokecherries for berry gravy.

Produce: Vegetables

- Avocados
- Beets
- Broccoli
- Carrots
- Cauliflower

- Celery
- Corn
- Cucumber
- Green beans
- Green bell pepper
- Green chilies (diced, canned)
- Hominy
- Hot peppers
- Lettuce (any, iceberg preferred)
- Onions (any, yellow preferred)
- Peas
- Potatoes (any, white preferred)
- Red bell pepper
- Squash (any, butternut preferred)
- Stewed tomatoes
- Tomato puree
- Tomato sauce
- Tomatoes

Avoid: Okra, collard greens, turnips

OILS/SPICES

- Brown sugar
- Chili powder
- Cooking oil (vegetable, canola)
- Garlic powder
- Olive oil
- Onion powder
- Pepper
- Salt
- Sugar
- Vanilla extract

OTHER

- Baking powder
- Baking soda
- Bottled water
- Coffee
- Coffee creamer
- Condiments (any)
- Corn starch
- Crackers for soup
- Honey
- Juice (any)
- Maple syrup
- Nuts

- Peanut butter (creamy)
- Tea (black or peppermint preferred)
- Tortillas (white flour)

CULTURAL FOOD

- Beef guts
- Blue Bird flour
- Boiling meat (beef)
- Buffalo (ground or roast, or stew meat)
- Chokecherries (blueberries can be substituted)
- Deer (ground or roast, or stew meat)
- Elk (ground or roast, or stew meat)
- Ham hocks
- Hominy
- Salmon (frozen or fresh)
- Squash (any, butternut preferred)
- Wild roots
- Wild sage chicken

Additional Notes:

All these cultural foods are used in ceremonies and feasts throughout the year.

Holidays:

Ceremonies and feasts throughout the year include the Annual Eastern Shoshone Powwow in June, yearly Sundance in July, Chokecherry Harvest Dance in August, Christmas Dance in December, and New Year's Dance in January.

Items that are important during ceremonies include cooking oil, coffee, tea, baking powder, sugar, salt, pepper, garlic powder, onion powder. These items are also used every day in households.

Sources:

Feedback from Eastern Shoshone Tribal Consultant as well as surveys collected from 66 Eastern Shoshone community members via online and phone surveys. Special care was taken to include Elder feedback by calling Elders via phone during COVID-19. A focus group of 10 Eastern Shoshone tribal members reviewed this document and provided additional feedback.

Ethiopian Food List

TOP 5 - SHELF STABLE

- Coffee/ black tea (Lipton)
- Fava/ broad beans (dry)
- Pasta noodles (plain)
- Red or green lentils
- Teff flour

BEANS/LEGUMES

- Fava / broad beans (dry)
- Green lentils (dry)
- Red lentils (dry)
- Split peas (dry)
- Yellow lentils (dry)

Avoid: Canned beans

GRAINS

- All-purpose flour
- Barley flour
- Bulgur flour
- Flax seed (yellow/white)
- Oats
- Pasta noodles (wheat-based, plain)
- Rice (long grain white)
- Teff flour
- Whole wheat flour

Avoid: pre-seasoned pasta products

Plain wheat-based pasta noodles including lasagna, macaroni, and spaghetti are preferred. Teff and all-purpose flour are most commonly used while whole wheat, bulgur and barley flour are used less commonly. Oats and flax seeds are often eaten with honey when pregnant.

MEATS/PROTEINS*

- Beef
- Chicken
- Eggs (fresh)
- Fish (fresh or frozen)
- Goat
- Lamb

Avoid: Ground meat, any pork products including sausages or spam, egg whites in a carton, canned fish or sardines. *Subject to

religious dietary restrictions during some holidays.

The cut of meat does not matter as long as it is fresh. Often, meat will be chopped up and put in a stew. Ground meat is not eaten unless the grinding process can be observed. Goat meat is only eaten occasionally. Salmon is a preferred fish while canned fish like tuna or sardines would only be eaten by second generation.

DAIRY*

- Butter (unsalted)
- Cow milk
- Sour cream
- Yogurt (plain)

Avoid: If a recent immigrant, avoid cheese. *Subject to religious dietary restrictions during some holidays.

Cheese is not commonly eaten by recent immigrants but a second generation would eat cheese. Yogurt used for breakfast and as a side for many meals. Butter will be boiled and spices added.

PRODUCE

- Banana
- Cabbage (green)
- Collard greens
- Cucumbers
- Dates
- Garlic
- Green beans
- Jalapeño pepper
- Lemon
- Lettuce
- Lime
- Onions (red or white)
- Peppers (green or red)
- Potatoes (white)
- Radishes
- Tomatoes

Avoid: Canned vegetables, canned fruits, parsley, squash

Onions are used daily. Whole tomatoes are also used frequently. Produce should be fresh, not canned. Dates are used during holidays.

OILS/SPICES

- Berbere spice mix
- Canola oil
- Olive oil
- Sugar
- Turmeric (ground)

While there are many spices used, Berbere spice mix is used every day. Other frequently used spices include turmeric and sugar. Occasionally, the following spices would also be used: cumin (ground), coriander, cardamom, cinnamon, cayenne pepper and fenugreek.

OTHER

- Black tea (Lipton preferred)
- Coffee (whole beans preferred)
- Honey
- Jam
- Peanut butter
- Popcorn (plain– no butter or seasoning)
- Raisins
- Tomato paste

Tomato paste preferred for pasta instead of canned spaghetti sauce. Raisins are used with rice or bread. Honey is preferred to be organic or unprocessed.

Additional Notes:

In Ethiopia, most foods are fresh. Canned or frozen foods are uncommon. Therefore, many Ethiopian pantry users will not use canned foods.

In general, most food is made fresh (for instance, home-made salad dressing or spaghetti sauce). Pre-packaged meals like mac & cheese or canned soups are not usually used.

Cooking is often performed by women in Ethiopian culture, so male clients may not know how to cook. In these cases, they may prefer pre-prepared items like sandwich bread.

Holidays:

Ethiopia has many holidays that follow religious dietary restrictions. 40% of the population is Ethiopian Orthodox Christian, 18% are

Protestant and 30% follow Islam. The majority of refugees in Denver are of the Oromo culture, who are primarily Muslim, although there are also people of Tigray and Amhara backgrounds. Ethiopia follows a different calendar than most Western countries. Therefore, their major holidays like Christmas and Easter often fall on different dates.

Ethiopian New Years: Occurs on September 11th. Meat dishes of chicken, minced beef, liver or lamb are common.

Meskel - True Cross Celebration: One of the most important holidays for Ethiopian Orthodox Christians. Occurs at the end of September (9/27/21). It is celebrated with a feast of flat bread made from teff flour and bull meat (beef).

Eit Al-Fitr and Ramadan: During the month of Ramadan, Muslim Ethiopians will fast from sunrise to sunset. The end of this period and the breaking of the fast is celebrated with a large feast during the Eid al-Fitr festival (5/13/21). Common foods used to celebrate this holiday include flat bread made from teff flour, dates, beef, butter and coffee.

Orthodox Easter: Often occurs two weeks after it is celebrated in the West (5/2/21). During Lent, Ethiopian Orthodox Christians do not eat meat, cheese, butter or eggs. On Easter Eve, it is customary to break this fast with a meat filled feast.

Ethiopian Christmas: Celebrated on January 7th. Leading up to the holiday, Orthodox Christians observe a 43-day fasting period beginning on November 25th. During this time, they do not eat meat, cheese, butter or eggs. On Christmas, the fast is commonly broken with a meat and egg stew.

Sources:

Interviews with African Community Center of Denver, Tigray-Ethiopia Community Center and Colorado Health Network of Denver

Ethiopian Calendar 2020 | Most Important Public Holidays, <https://www.ethiopiaonlinevisa.com/ethiopian-calendar/>

Latin American Food List

TOP 5 - SHELF STABLE

- All- purpose flour
- Masa flour
- Oats
- Pinto beans (dry)
- Rice (white or jasmine)

BEANS/LEGUMES

- Black beans (dry)
- Garbanzo beans (can)
- Pinto beans (dry)

Families prefer to cook and season dry beans but canned (plain, unseasoned) beans can be substituted.

FLOURS/GRAINS

- Corn tortillas
- Masa flour (Maseca brand)
- Oats
- Pasta (any, plain)
- Rice (Jasmine)
- Rice (white)

A family will use 1 lb of rice each week. Tortillas are preferably made at home using the Maseca brand of masa. Flour tortillas are not typical but may be preferred over low-quality corn tortillas.

MEATS/PROTEINS

- Beef
- Chicken
- Eggs
- Fish
- Pork
- Shrimp

Avoid: pre-seasoned meats, ground chicken, canned meat. *Subject to religious dietary restrictions during some holidays.

Whole chickens are preferred when used, but beef and eggs are the primary staples. Ground pork is not used frequently but ground beef is very common.

DAIRY

- Butter
- Cheese (white or fresh)
- Cow's milk
- Sour cream
- Condensed milk

White medium firm cheeses (white American, swiss, etc) are usually preferred over yellow cheeses. Fresh cheese (queso fresco, cuajada, and similar) are popular across cultures.

PRODUCE

- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Corn
- Cucumber
- Garlic
- Jalapeño peppers
- Lettuce, iceberg
- Onion
- Parsley
- Peppers, bell
- Radishes
- Spinach
- Tomatillo
- Tomatoes
- Zucchini

Fresh fruit and produce are preferred as canned products are seen as unhealthy. Acceptable canned items: corn, mixed veggies, tomato sauce, tomatoes, green chilies, fruit. Fresh fruits of any kind are widely requested.

OILS/SPICES

- Bay leaves
- Black pepper/ salt
- Bouillon
- Cinnamon (whole)
- Corn husk
- Cumin

- Honey
- Lard
- Oregano (dried)
- Peppers (dried, many specific varieties)
- Rosemary
- Sugar (white, piloncillo/ panela)
- Thyme
- Vegetable oil

Avoid: Canned soup, canned chili

Additional Details:

While there are many similarities in food preferences across Latin cultures, there are some differences based off county of origin.

Salvadoran

- Amaranth
- Cassava (yuca), root

Venezuela:

- Plantains
- Banana leaves (frozen)

Avoid: Jalapeños, Corn Husks

Venezuelan cuisine is generally less spicy than Mexican cuisine. More likely to make tamales with banana leaves rather than corn husks.

Holidays:

In Colorado and Wyoming, Latinx cultures represented are primarily Mexican, Salvadoran, and Guatemalan. These cultures generally celebrate similar or identical holidays and Catholicism is the dominant religion. Día de Muertos, Navidad, and Semana Santa will likely see the highest demand for foods. Generally speaking, while no specific new ingredients are used, all common foods will be needed in a greater quantity.

Día de Muertos: Day of the Dead- November 1st. Sweets and pastries are associated with its celebration.

Navidad: Christmas- Holiday festivities extend from the Feast of Our Lady of Guadalupe on Dec. 12 through Three Kings' Day on Jan. 6. In Mexico, tamales are a special staple during this time and are typically filled with pork, beef, or occasionally chicken thighs/legs with cheeses and/ or vegetables. Tamales are made using masa and wrapped in corn husks (or plantain leaves in parts of Mexico and Venezuela.)

Holy Week/Easter: Semana Santa- After following a 40-day period of fasting (Lent), Catholics celebrate a two- week period in late March or April (3/28/21 - 4/3/21). During this season, people abstain from eating pork or red meat especially on Fridays between Ash Wednesday and Easter Sunday, and including Holy Week. Food traditions during Semana Santa vary by country but typically include seasonal sweets, fresh fruit juices, and fish or other non-restricted proteins.

Sources:

Interview with SANA and One Morgan County
Food recommendations from Kaizen and Metro Caring

150+ client and community surveys.

Valerino-Perea S, Lara-Castor L, Armstrong MEG, Papadaki A. Definition of the Traditional Mexican Diet and Its Role in Health: A Systematic Review. *Nutrients*. 2019; 11(11):2803. <https://www.mdpi.com/2072-6643/11/11/2803>

Gutiérrez, J.P.; Rivera-Dommarco, J.A.; Shamah-Levy, T.; Villalpando-Hernández, S.; Franco, A.; Cuevas-Nasu, L.; Romero-Martínez, M.; Hernández-Ávila, M. Encuesta Nacional de Salud y Nutrición 2012. Resultados Nacionales, 2nd ed.; Instituto Nacional de Salud Pública: Cuernavaca, México, 2013

Secretaría de Salud. Guía de Alimentos para la Población Mexicana. Available online: <http://www.imss.gob.mx/sites/all/statics/salud/guia-alimentos.pdf>

Northern Arapaho Food List

TOP 5 - SHELF STABLE

- Blue Bird flour
- Coffee
- Oatmeal
- Pasta (plain)
- Vegetable oil or lard

BEANS

- Lima beans
- Pinto beans

Avoid: black beans, garbanzo beans, lentils

GRAINS

- All-purpose flour (Blue Bird brand)
- Cereal (Cheerios, Frosted Flakes, Malt-o-Meal preferred)
- Oatmeal
- Pasta (any, plain)
- Rice (white)

Bread is often made fresh, especially during ceremony. Pasta especially macaroni, egg noodles, and spaghetti, are preferred.

MEATS/PROTEIN

- Beef (any, boiling meat and ground beef preferred)
- Chicken (any)
- Eggs (fresh)
- Pork (any, ham hocks, chops, or roasts preferred)

Avoid: tofu, frozen fish, processed meats, pre-seasoned meats

Meat is very important and is eaten every day. There are additional types of meats used during ceremony. Certain cuts of meat are preferred over others. Please reference cultural foods below.

DAIRY

- Butter
- Cheese (any)
- Cow milk
- Powdered milk

Avoid: goat cheese, liquid eggs whites in a carton, almond milk

VEGETABLES

- Avocados
- Bell peppers
- Cabbage
- Carrots
- Celery
- Corn (can)
- Cucumbers
- Green beans (can)
- Green onion
- Hominy
- Lemons
- Limes
- Onions
- Squash
- Sweet peppers
- Yams

FRUITS

- Apples
- Blueberries
- Oranges
- Pears
- Raspberries
- Red/ purple grapes
- Strawberries

Blueberries are very important. They are often used during ceremonies as substitutes for chokecherries.

OILS/SPICES

- Black pepper
- Garlic
- Lard
- Onion salt
- Seasoning salt
- Sugar
- Vegetable oil

Salt, black pepper, seasoning salt, and onion salt are used every day. White sugar is also used frequently.

OTHER

- Baking powder
- Coffee
- Corn starch
- Creamer
- Orange juice

- Tea (any, mint preferred)
- Water
- Yeast

Coffee is used every day. Some households may not have adequate running water so bottled water is often important to provide.

NON-FOOD ITEMS (Requested if available)

- Cleaning supplies
- Dog/ cat food
- Hygiene products
- Shampoo

CULTURAL FOOD

- Boiling meat (beef)
- Chokecherries
- Dry meat (a type of processing, usually using game or beef cuts)
- Fruits & veggies
- Indian corn
- Game meat: buffalo, elk, deer
- Salt pork
- Wild rice

Additional Notes:

The Northern Arapaho people make most foods fresh. They have also adopted some traditional Mexican foods into their diet.

In the Northern Arapaho tribe, the majority of the people are children and youth under the age of 24. They live on the Wind River Reservation and surrounding areas. There are multi-generational families that live in one home, with Grandparents, Children, and Grandchildren. In some homes there are up to 16 people that live together.

Ceremonies:

Ceremonies are extremely important for the Northern Arapaho people. The Northern Arapaho have 5 major ceremonies. The dates of these ceremonies may vary from year to year.

Important Food Items:

Coffee, bread (fry bread ingredients: flour, milk, baking powder/ yeast, salt, oil/ lard), **meat** and **fruit**. Other important items include: Indian corn with ham shanks/ hocks. Water is essential during these times. Below is a list of important food items. Also reference the cultural food item section above.

Coffee (Any)

Bread – Fry bread, biscuits, pan bread. These are usually homemade fresh daily

Meat – Boiling meat for soup, hamburger, roast. Primarily use beef & elk meat

Fruit – Traditionally chokecherries are used but can be substituted with blueberries. Additional fresh fruit preferences include watermelon, bananas, oranges, strawberries.

Sources cited:

Feedback from Northern Arapaho Tribal Consultant

Surveys collected from Northern Arapaho Business Council

Surveys collected from 100+ Northern Arapaho community members through online surveys distributed on Wind River Reservation Northern Arapaho website and facebook page. Special care was taken to include Elder feedback. A focus group of 10 Northern Arapaho tribal members reviewed this document and provided additional feedback.

Russian Food List

TOP 5 - SHELF STABLE

- Buckwheat (groats/ kernels)
- Pasta (egg noodles preferred)
- Flour (any)
- Sunflower oil (unrefined)
- Yellow split peas

BEANS/LEGUMES

- Kidney beans
- Lima beans
- Yellow split peas

FLOURS/GRAINS

- All-purpose flour
- Barley (pearl)
- Buckwheat (dry groats/ kernels, flour)
- Oats (whole grain)
- Pasta (dry, egg noodles preferred)
- Rice (white)
- Rye flour
- Whole wheat flour

Avoid: White bread, bread older than 2 days

Buckwheat groats are a critical pantry staple. Breads must be within a day or two old or are considered stale and will not be eaten. This includes almost all bread from standard supermarkets. White bread is never preferred and may not be consumed. Many Russians make bread from scratch because of this.

MEATS/PROTEINS*

- Beef
- Bones (pork or beef)
- Chicken
- Eggs
- Fish (can herring, sprat/ sardine, or cured)
- Pig feet (frozen)
- Pork
- Sausage (fresh or cured)

Avoid: *Subject to religious dietary restrictions during pre-Christmas lent.

Whole and ground meats and cured meats are common. Tinned fish are also widely consumed with “sprats” and herring being preferred. Pig feet are used during Christmas for making traditional Aspic.

DAIRY*

- Butter
- Condensed milk
- Cow milk
- Eggs
- Sour cream

Avoid: Yellow/ cheddar cheese, *Subject to religious dietary restrictions during pre-Christmas lent.

Sour cream is used very often and families acquire it in larger volume containers. Sweetened condensed milk is used for traditional holiday desserts.

PRODUCE

- Apples
- Beets
- Berries (any)
- Cabbage (green)
- Carrots
- Corn
- Cucumber
- Dill
- Garlic
- Green onions
- Mushrooms (fresh, jarred, or dried)
- Onions
- Parsley
- Pears
- Peas
- Peppers (sweet, bell)
- Persimmons
- Potatoes
- Tangerines
- Tomato
- Zucchini

Persimmons are typically expensive in an American supermarket but are used extensively

when in season (winter) and purchased from international markets/ ethnic grocers.

OILS/SPICES

- Horseradish
- Lard
- Mayonnaise
- Mustard
- Poppy seeds
- Rosemary
- Salt
- Pepper
- Sunflower oil (unrefined)

Sunflower oil is the primary oil used for cooking and is preferably unrefined.

OTHER

- Black tea (Ceylon preferred)
- Dried fruits and nuts
- Honey
- Pickles (natural)
- Sauerkraut (natural)
- Yeast

Avoid: Peanut butter

For all pickled and jarred products, those without added food coloring, vinegar, or sugar are preferred.

Holidays:

The Russian Orthodox Church uses the Julian calendar to determine the dates of religious holidays. Therefore, Christmas and Easter are

often observed on later dates than most western countries. Russian Orthodox religion also has some holidays that follow religious dietary restrictions. Below is a selection of important holidays.

Christmas: As the Russian Orthodox Church keeps to the Julian Calendar, Christmas is celebrated on January 7th with traditional preparations of aspic (gelled meat), meat pies, savory dumplings, fish, and pickled vegetables. A period of fasting prior to Christmas day eliminates meat, dairy, and oil from Orthodox diets. The 12 fasting foods usually served on Orthodox Christmas Eve include barley, honey, stewed prunes, pierogi, sauerkraut, potatoes, lima beans, garlic, Lenten bread, mushroom soup and salt.

New Year: Secular New Year celebrations on January 1st often include red or black caviar, citrus fruits (especially tangerines), pickled vegetables, "Olivier" potato salad, and baked duck with apples and pears.

Sources Cited:

Interview with Colorado Russian Center for the Arts and Humanities

12 Christmas Dishes in Traditional Russian Cuisine at <https://www.topuniversities.com/where-to-study/europe/russia/12-christmas-dishes-traditional-russian-cuisine>

Living Orthodox Traditions: Russian Christmas Eve Supper at <http://orthodoxtraditions.blogspot.com/2013/12/russian-christmas-eve-supper-holy-supper.html>

Somali Food List

TOP 5 - SHELF STABLE

- Basmati rice (sela/ parboiled)
- Coffee/ black tea (Lipton)
- Lentils
- Pasta noodles (plain)
- Teff flour

BEANS/LEGUMES

- Adzuki beans (dry)
- Peas (dry)
- Lentils (dry)

Avoid: Canned food

GRAINS

- All-purpose flour
- Basmati rice (sela/ parboiled)
- Cornmeal
- Flour tortillas (fresh and refrigerated)
- Fufu (made from cassava flour)
- Millet (hulled)
- Pasta noodles (plain)
- Sorghum flour
- Teff flour

Bread is often made fresh. Many different types of flour are used but teff and all-purpose flour are most common. Flour tortillas, kept refrigerated, are often used as a replacement for the dough used to make sambusas, a traditional and commonly eaten fried pastry with a savory filling. Rice should be "sela" aka parboiled, and is often of the basmati varietal. Dried wheat-based pasta noodles, including lasagna and spaghetti, are commonly used.

MEATS/PROTEINS

- Beef (any, stew beef preferred)
- Chicken
- Eggs (fresh)
- Goat

Avoid: Any pork products including sausages or spam, egg white cartons. *Subject to religious dietary restrictions during some holidays.

The cut of meat does not matter as long as it is fresh. Often, meat will be chopped up and put in a stew. All meat must be processed halal in keeping with Islamic law. Goat meat is the primary protein staple and is eaten daily in Somalia, however, immigrants often supplement for other proteins like chicken.

DAIRY

- Butter
- Camel milk (powdered)
- Cow milk
- Eggs (fresh)
- Goat milk (fresh)
- Yogurt

Cheese is not commonly eaten by recent immigrants but a second generation would eat cheese. Camel milk is the preferred milk followed by cow milk and goat milk.

PRODUCE

- Banana
- Banana leaves
- Carrots
- Cilantro
- Cucumbers
- Eggplant
- Garlic
- Ginger
- Green beans
- Green chilies
- Green peppers
- Jalapeno pepper
- Lemons
- Lettuce
- Lime
- Onions
- Oranges
- Red peppers
- Tomatoes
- White potatoes

Avoid: Canned food

Onions, bananas, and potatoes are staple foods and are used frequently.

OILS/SPICES

- Berbere spice mix
- Black pepper
- Canola oil
- Cardamom
- Cayenne pepper
- Cinnamon
- Cloves
- Coriander
- Cumin
- Cumin seeds
- Fenugreek
- Olive oil
- Turmeric

Whole spices are generally preferred over ground.

OTHER

- Black tea (Lipton brand preferred)
- Coconut milk
- Coffee (any)
- Honey
- Peanut butter
- Sugar (white, powdered)
- Tomato paste

Additional Details:

In Somalia, most foods are fresh. Canned or frozen foods are uncommon. Therefore, many Somali pantry users will not use canned foods.

In general, most food is made fresh (for instance, home-made salad dressing or spaghetti sauce). Pre-packaged meals like mac & cheese or canned soups are not usually used.

Cooking is often done by women in Somalia, while monetary transactions and driving are

typically performed by men. Single male clients therefore may prefer pre-prepared or pre-packaged items like sandwich bread. In some cases, an individual man may be responsible for acquiring food for the entire household.

Holidays:

Somalia has some holidays that follow religious dietary restrictions. While Somalia has a variety of religions, the majority of recent Somali immigrants to Morgan County follow Islam. Due to this, pork is never eaten in keeping with Islamic law and all meat must be halal.

Eid al-Fitr and Ramadan: During the month of Ramadan (4/12/21 - 5/12/21), Muslim Somalis will fast from sunrise to sunset. Many traditional foods are prepared for the pre-dawn and evening meals, including staples such as sambusas and spiced meat-centered dishes with rice, pasta, and vegetables as sides. Eid al-Fitr on May 13th, 2021 marks the breaking of the fast and is commonly celebrated with Cambaabur bread topped with sugar and yogurt, dates, beef, butter and coffee.

Sources:

Interviews with One Morgan County and Rocky Mountain Welcome Center

Food recommendations from Metro Caring

Decker, Jennifer. Eating Habits of Members of the Somali Community: Discussion Summary

Hassan, Hawa. 2020. In Bibi's Kitchen: The Recipes and Stories of Grandmothers from the Eight African Countries that Touch the Indian Ocean

Gravitt, Kaitlin. Food Insecurity within Immigrant Communities in Georgia

Vietnamese Food List

TOP 5 - SHELF STABLE

- Mung beans (dry)
- Jasmine rice
- Fish sauce
- Soy sauce
- Pasta noodles (plain)

BEANS/LEGUMES

- Mung beans (dry)

Dried mung beans are an important protein source and also used for sprouting.

MEATS/PROTEINS

- Beef
- Bones (any)
- Chicken
- Eggs (fresh)
- Fish (canned tuna or any frozen fish)
- Pork
- Shrimp
- Spam (canned)

Avoid: Pre-seasoned meat, egg white cartons

Any type or cut of meat can be used as long as it is not pre-seasoned (aka no "taco meat.") Soups are often made using beef or pork bones or chicken feet. Beef is especially important for 2021 Lunar New Year because it will be the year of the Ox. Pork belly is a celebratory cut that is especially important during Lunar New Year.

GRAINS

- All- purpose or bread flour
- Glutinous rice flour
- Jasmine rice
- Pasta noodles (plain)
- Rice noodles (dry)
- Sticky rice (aka Thai sweet rice or glutinous rice)

Avoid: Pasta with added flavoring, plain white rice

Jasmine rice is a critical staple, eaten daily. A 5lb bag will last 1 week for a family of 4. Sticky rice is used to make desserts especially during

Lunar New Year celebrations. Dried, plain pasta of any kind, but especially macaroni or seashell shape, are used in soups. Pasta that contains additives (box macaroni and cheese, for example) would not be used.

DAIRY

Vietnamese generally do not eat dairy due to dietary intolerance. They will typically throw away any cheese, milk, or milk products with the exception of condensed milk.

- Condensed milk

Avoid: All dairy products

PRODUCE

- Bean sprouts
- Beets
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cilantro
- Cucumber
- Garlic
- Ginger
- Green cabbage
- Green onion
- Leafy/ salad greens
- Lemongrass
- Lime
- Mustard greens
- Napa cabbage
- Onion (white preferred)
- Parsley
- Salad greens
- Tomatoes
- Yellow or green bell pepper

Avoid: Potatoes

Leafy salad type greens of any kind are frequently used but mustard greens are preferred. Potatoes are not eaten.

OILS/ SPICES

- Baking powder
- Coconut milk
- Fish sauce
- Rice vinegar
- Salt
- Sesame oil
- Soy sauce
- Sugar (palm or rock)
- Turmeric
- White vinegar
- Yeast

Fish sauce and soy sauce are critical pantry staples and used in high volume. A small 15oz bottle of soy sauce may last a family 1 week only.

Additional Details/Holidays:

Lunar New Year: *Lunar New Year is a nature holiday celebrated in Vietnamese culture through feasting and festivities over 5-7 days usually in January or February. Large quantities of food are cooked and shared between families and friends. The specific dishes prepared vary depending on the region.*

Feb 12th 2021 marks the beginning of the year of the Ox. Food, especially beef, is prepared in advance to usher in good luck for the coming year. Consuming bitter melon soup also symbolizes good luck. Many consider it bad luck

to work or cook during the first 3 days of the Lunar New Year, and businesses are often closed during this time.

Lunar New Year feasts often include pork belly in a sauce cooked overnight and served with an egg and Jasmine rice. Platters of dried fruits and nuts are offered to guests and family alongside savory bánh chưng cakes made out of pork, mung beans, glutinous rice, and banana leaves. For many Vietnamese families, these square cakes represent the Earth, the reunion of families, and gratitude for ancestors.

Mid- Autumn Festival: *Also known as the Children's Festival or Moon Festival, this celebration occurs in either September or October depending on the Lunar Calendar (9/21/21). Preparations begin weeks in advance including creating decorations, practicing traditional dance, and making foods. Citrus and other fruits are especially important as symbolic table pieces and specialty items like Moon Cakes (made out of either sticky rice or a wheat flour and lard dough with savory or sweet fillings) are customarily enjoyed. Traditional foods vary by region.*

Sources:

Interview with Denver Health Vietnamese American Community Liaison

Food recommendations from Kaizen Food Rescue and Metro Caring