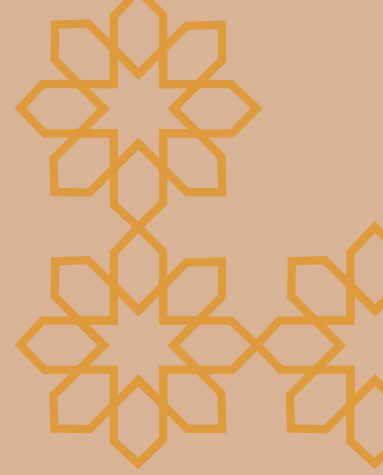




Global Food Preferences

Prepared by the Immigrant &
Refugee Resource
Collaborative





Afghan Community

1. General Information

a. Afghan cuisine, for the most part, follows halal dietary practices, avoiding pork and alcohol. Afghan families often shop at the same grocery stores as Middle Eastern communities, as they use similar ingredients and share common cooking traditions.

2. Common Foods

a. Tea: Black and green tea, sometimes with cardamom

b. Rice: Basmati or Jasmine.

c. Vegetables: Potatoes, Onions, garlic, carrots, lettuce, tomatoes, green beans, okra, eggplant, cucumber etc.

d. Meats: lamb, beef, chicken, fish.

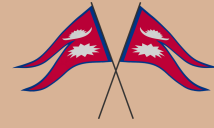
e. Spices: similar to Middle Eastern likes salt, pepper, ginger, garlic, cumin, and herbs

f. Oil: vegetable oil





Bhutanese/Nepali



Communities

1. General Information

- a. The Bhutanese/Nepali communities have diverse dietary preferences based on different cultural and religious groups.
- b. Some groups are vegetarian and avoid onions and garlic.
- c. Meat, eggs, onions, and garlic consumption varies by group.

2. Common Foods

- a. Tea: Tea leaves, ginger root, cardamom, bay leaves, cloves, black pepper, sugar, milk, fenugreek.
- b. Breakfast: Flatbread (all-purpose flour), nuts (all kinds), fruits (all kinds), berries (strawberries, blueberries).
- c. Lunch & Dinner: Rice (white or parboiled), lentils, vegetables (potato, cabbage, cauliflower, broccoli, mustard greens, green beans, carrots, radish, pumpkin, okra, spinach, Asian eggplant, green peppers, onions, pasta, spaghetti and much more).
- d. Spices: Garlic, ginger, salt, paprika, chili flakes, black pepper, cumin, fenugreek, star anise, cinnamon, cardamom, saffron, turmeric, vegetable oil, canola oil, mustard oil, olive oil, plain yogurt.

3. Notes:

- a. Avoid beef; prefer fresh, grown food over frozen options.



Bosnia and Herzegovinian Communities

Religious Group-Specific Foods:

1. Bosnian Muslim Population

- a. Coffee
- b. Halal Meat: Chicken, lamb, and beef (halal).
- c. Staples: Flour, yeast, baking powder, basmati rice, dried spices (Vegeta), salt, pepper, olive oil, and regular oil.
- d. Vegetables: Peppers, spinach, grape leaves, collard greens, salad greens, carrots, green onions, sour kraut, yogurt, cucumbers, onions, tomatoes, squash.

2. Christian Orthodox and Roman Catholics:

- a. Same as Muslim population, except they do not require halal meat and can consume pork.



Central and East African Communities



1. Countries Covered:

a. Angola, Congo, Kenya, Malawi, Rwanda, Tanzania, Uganda, Zambia, Zimbabwe.

2. Common Foods:

a. Black tea with sugar, and sometimes mixed with milk.

b. Starches: Cassava leaves, cornmeal (fufu, Nzaza), plantains, sweet potato leaves.

c. Protein Sources: Goat meat, big dry fish, small fish, Tilapia, soy, beans (non-canned), and meat in various forms.

d. Additional Items: Amaranth, beans (not canned), and fresh vegetables like spinach, okra and plantains.

3. Notes:

a. Meals often include cornmeal-based dishes, beans, and various meats. Fufu (a dish made from cornmeal) is commonly served with meat or vegetables.



Latino/Hispanic and Caribbean Communities



- 1. Countries Covered:** There are approximately 23 countries across Latin America—including North, Central (including the Caribbean, both English- and French-speaking islands), and South America—that identify as Latino/Hispanic. This represents a diverse mosaic of people and cultures connected by geographic location, similar music genres, and Spanish as a commonly spoken language. Jamaican cuisine includes some of the items listed.
- 2. Common Foods:**
 - a. Coffee and tea
 - b. rice and beans are staple foods, Jasmine and basmati for Caribbean countries, long grain for many other countries. Red, black, kidney, pinto, or garbanzo beans are used depending on the country and region.
 - c. Traditional meals include a main protein (meat), such as pork, chicken, beef or fish.
 - d. Side dishes can often include vegetables like green and purple cabbage, green beans, carrot, etc. and/or starches like cassava, plantains, potato, and more.
 - e. Corn is another common staple found in tortillas, amazes, empanadas and more.
- 3. Notes:**
 - a. While using the same ingredients, foods are often prepared differently by country or region. There's a wide range of fresh food, including vegetables and fruits found in regular diets.



Middle Eastern Communities

1. General Information

a. Families from countries like Iraq, Syria, Afghanistan, Iran, and others often shop at similar grocery stores because they share common ingredients and culinary traditions.

2. Common Foods:

a. Black or green tea or coffee

b. Rice: Basmati or Jasmine.

c. Vegetables: tomatoes, potatoes, okra, grape leaves, onions and peppers are commonly used. Frozen vegetables are a good substitute for canned food when fresh items aren't available. Additionally, all kinds of fruit are appreciated.

d. Protein: lamb, beef, goat, chicken, and fish.

e. Spices: Salt, pepper, ginger, garlic, cumin, coriander, cinnamon, turmeric, cardamom and herbs.

3. Note:

a. Religious differences can influence dietary preferences in the Middle East. For example, observant Muslims follow a Halal diet, while other Christians, Jews, and Baha'is typically do not adhere to a specific dietary law.



Myanmar (Burmese) Community



1. General Information:

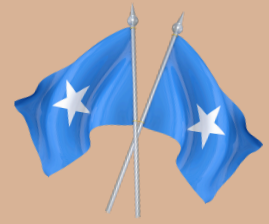
- a. Myanmar shares a similar food palette with Bhutanese and Nepali cuisines.
- b. Myanmar is ethnically diverse; food preferences may vary, especially within the Rohingya community.
- c. Halal meal plans are recommended for the Rohingya community.

2. Suggestions:

- a. Newcomers from Myanmar may benefit from meals rich in protein, especially during their first few weeks. A comforting meal like rice-chicken soup is often appreciated.



Somalian Community



1. General Information

a. Somali cuisine follows halal dietary practices, avoiding pork and alcohol. Meals are flavorful, often using spices, rice, meats, and vegetables. The diet varies by region, but rice and flatbreads are central staples.

2. Common Foods

a. Tea: Spiced black tea with cinnamon, cardamom, cloves, and sometimes ginger.

b. Breakfast: Canjeero (flatbread), often served with honey, or oats/porridge made from sorghum or cornmeal.

c. Lunch/Dinner:

i. Rice (Jasmine or basmati) with goat, lamb, or chicken and vegetables like onion, potato, spinach, carrots, and tomatoes, okra etc.

ii. Pasta served with spiced meat.

iii. Meats: Goat, Lamb, Chicken, Beef, and fish

iv. Injera (flatbread) in coastal regions.

d. Spices and Condiments: cumin, coriander, cinnamon, cardamom, turmeric, ginger, salt, garlic, and chili peppers, black pepper.

e. Oil: often sunflower, vegetable oil, or olive oil.



West African Communities

1. Countries Covered:

- a. Liberia, Guinea, Côte d'Ivoire, Sierra Leone, Senegal

2. Common Foods:

- a. Back tea with sugar and sometimes with milk. Coffee beans mixed with guinea pepper and sometimes cloves
- b. Rice: Jasmine or parboiled rice.
- c. Vegetables: Plantain, cassava, bitter balls (eggplants), okra, sweet potato leaves, jute leaves.
- d. Protein Sources: Goat meat, beef, chicken, smoked fish, fresh fish.
- e. Spices: Garlic, ginger, palm oil, vegetable oil, onions.
- f. Other Foods: Ground peanuts, palm butter (crushed palm nut paste), mixed vegetables, and fruits (banana, oranges, passion fruit, tangerine).

3. Notes:

- a. Some foods are specific to certain countries or prepared differently (e.g., attiéké in Côte d'Ivoire, couscous in Senegal).
- b. Smoked fish and various meats are common in West African cuisine.



Resources

Additional resources for consideration.

1. [World Relief Western Washington - Grocery Lists](#)
2. [Refugee Welcome - Grocery List](#)
3. [Lifting Hands International - Grocery Lists Co-Sponsor Grocery List](#)
4. [Minnesota Council of Churches - Afghan Neighbors Grocery List](#)

Switchboard:

1. [Supporting Ukrainian Newcomers with Culturally Appropriate Food in the U.S.](#)
2. [Supporting Haitian Newcomers in Accessing Culturally Appropriate Food in the U.S.](#)
3. [Afghan Dastarkhwan: Eating Healthy on a Budget in the United States](#)



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