



God Is Good Foundation

Touching hearts. Changing lives.



Grocery Lists

Afghani refugees

Carrots
Olive oil
Lettuce
Tomatoes
Cucumbers
Potatoes
Oranges
Green beans - fresh cut

Sugar
Salt
Garlic
Tomato paste
Pita bread
20 lb bag of white rice
Fish
Chicken, halal w/ bone

White onions
Turmeric
Apples
Eggs – 1 dozen
Cream cheese
Jam
Plain yogurt
Black tea

Arrival Meal:

Baked chicken (halal) seasoned with butter and salt, white rice, cooked carrots, fresh fruit, and pita bread

Bhutanese refugees

White cabbage
Red cabbage
Spinach
Carrots
Grocery List

Apples
Lentils
White Rice - 20 lb bag
Cooking oil
Salt/Pepper
Flatbread, without eggs

Potatoes
Onions
Garlic
Fish
Chicken, halal w/ bone

Arrival Meal:

Baked chicken (halal), white rice and boiled potatoes with green chili peppers, onions and oil, fresh loaf of bread, and fresh fruit

Burmese refugees

Red cabbage
White cabbage
Garlic
Carrots
Onions
Fish
Orange juice

Cauliflower
Tomatoes
Potatoes
Grapes
Bananas
Chicken, halal w/bone

White rice - 20 lb bag
Salt/Pepper
Ginger
Cooking oil
Eggs – 1 dozen
Red chili sauce

Arrival Meal:

Baked chicken (halal), white rice, boiled white cabbage with spicy seasoning, fresh fruit, and a loaf of fresh bread

Central African Republic refugees

Sweet potatoes
Rice
Fresh spinach/collards
Carrots
Bananas
Plantains
Halal chicken

Fish
Chili pepper
Salt/Pepper
Vegetable oil
Corn flour
Fresh green beans
Oranges or other tropical fruit

Garlic
Tomatoes
Onions
Sugar
Milk – 1 gallon
Tea
Cassava flour

Arrival Meal:

Baked chicken (halal), white rice, sweet potatoes, bananas and fresh bread rolls

Colombian refugees

| | | |
|------------------------|--------------|----------------------------|
| White/Red cabbage | Tomatoes | 1 large bag of Black beans |
| Garlic | Potatoes | White Rice – 20 lb bag |
| Carrots | Oranges | Salt/Pepper |
| Onions | Bananas | Cooking oil |
| Cauliflower | Cilantro | Eggs – 1 dozen |
| Ketchup | Avocados | Chicken - w/ bone |
| Goya Azafran Seasoning | Orange Juice | Masarepa flour |

Arrival Meal:

Beef roast, rice, kidney beans cooked with tomatoes and green onions, fried plantains.

Congolese refugees

| | | |
|---------------------------|----------------|---------------------------|
| Sweet potatoes | Halal chicken | Oranges or other tropical |
| Fresh spinach or collards | Tilapia fish | fruit |
| Carrots | Eggs - 1 dozen | Garlic |
| Bananas | Pepper | Chili pepper |
| Plantains | Salt/Pepper | Tomatoes |
| Fresh green beans | Corn flour | Onions |
| Rice – 20 lb bag | Milk | Sugar |
| Vegetable oil | Tea | Cassava flour |

Arrival Meal:

Baked chicken (halal), fried plantains, oranges, rice, and a loaf of fresh bread

Iraqi refugees

White/Red cabbage
Garlic
Onions
Tomatoes
Potatoes

Apples
Bananas
Spinach
Salt/Pepper
Cooking oil
Bread, regular and/or pita

Lentils
Fish
Halal chicken
Rice - 20 lb bag
Eggs- 1 dozen
Beans, whole cut

Arrival Meal:

Baked chicken (halal), rice, hummus with pita bread, green beans, fresh fruit (apples or bananas)

Sudanese refugees

White/Red cabbage
Red cabbage
Garlic
Onions
Tomatoes
Lentils

Potatoes
Fresh spinach
Cooking oil
Eggs – 1 dozen
Beans, whole cut
Halal chicken

Salt/Pepper
Apples
Bananas
Rice - 20 lb bag
Bread, regular and pita
Fish

Arrival Meal:

Baked chicken (halal), green beans, rice, a loaf of fresh bread, bananas

El Salvador refugees

Green cabbage
White onion
Carrots
Distilled white vinegar
Dried oregano
Kosher salt

Green bell pepper
Masa harina (flour)
Grated mozzarella cheese
Refried beans
Vegetable bouillon powder
Banana leaves

Rice - 20 lb bag
Vegetable oil
Boneless pork shoulder
Tomatoes
Salt/Pepper

Arrival Meal:

Tamales , rice, refried beans, fresh fruit,

Eritrean/Ethiopian refugees

Injera/flatbread
Tomatoes
Hot peppers
Red and Yellow Lentils
Red and white onions
Cornmeal
Salt
Honey

Garlic
Ginger
Berbere spice
Black Pepper
Pasta
Chicken, beef, or lamb
Cooking oil
Clarified butter

Green/Red cabbage
Tea
Sugar
Fruit juice (mango)
Bananas
Romaine lettuce
Carrots
Coffee

Arrival Meal:

Pasta with marinara sauce, fresh fruit, loaf of fresh bread

Syrian Refugees

White rice - 20 lb bag
Salt/Pepper
Flour
Beans (bag)
Vegetable oil
Lettuce
Bell peppers
Lemon juice
Olive oil
Bananas

Potatoes
Sugar
Onions
Eggs - 1 dozen
Whole milk
Butter
Loose leaf black tea
Wheat or rice crackers
Noodles (vermicelli)

Tomatoes
Olives
Chickpeas
Cardamom
Halal chicken drumsticks
Naan
Tahini
Fresh garlic
Couscous

Arrival Meal:

Drumstick chicken (halal), white rice, fresh fruit, a loaf of fresh bread

Somali refugees

White/Red cabbage
Garlic
Carrots
Onions
Tomatoes
Sugar

Apples
Oranges
Romaine Lettuce
White Rice – 20 lb bag
Eggs – 1 dozen
Cooking oil

Milk
Bread
Fish
Salt/Pepper
Pasta
Bananas
Black tea

Arrival Meal:

Baked chicken (halal), steamed rice, steamed vegetables, a loaf of fresh bread

*GIG's Grocery Lists are based on the recommended lists from Church World Services.