

Food for Afghani Refugees

Dry Goods	Fresh Foods
<ul style="list-style-type: none">• Basmati rice (1 10-lb bag)• Tomato Paste (1 can ph)• Tomato Sauce (2 cans ph)• Jam (1 jar ph)• Black tea (1 box of teabags ph)• Sugar (1 bag ph)• Salt (1 box ph)• Tumeric (1 unit ph)• Olive oil (1 bottle ph)	<ul style="list-style-type: none">• Carrots (1 bag ph)• Romaine lettuce (1 head ph)• Tomatoes (2 pp)• Cucumber (3 ph)• Potatoes (1 bag ph)• Grapes (1 bag ph)• Apples (1 bag ph)• Green beans (1.5 lb bag ph)• Garlic (3 bulbs ph)• White onions (1 bag ph)• Halal chicken or fish (w/ bone, 1 pp)• Eggs (1 dozen ph)• Cream Cheese (1 tub ph)• Plain yogurt (1 tub ph)• Pita Bread (1 bag ph per day)• 2% milk (1 gallon ph)• Orange juice (1 carton ph)

Key:

Ph = Per Household

Pp = Per Person