
GROCERY LIST FOR AFGHAN FAMILIES

FRESH FRUITS

- Bananas
- Apples
- Grapes

FRESH VEGETABLES

- Potatoes
- Tomatoes
- Onions
- Carrots
- Lettuce
- Broccoli
- Peppers
- Celery
- Cauliflower
- Eggplant
- Spinach
- Basil or Mint

BREAD & BAKERY

- Afghan Bread
- Sandwich bread (if Afghan bread unavailable)

DAIRY

- Milk
- Eggs
- Butter
- Yogurt
- Cheese

CONDIMENTS & SPICES

- Salt & Pepper
- Sugar
- Vegetable oil
- Small bag of flour

HALAL MEAT OPTIONS

- Chicken
- Beef
- If no halal meat available, please consider fish instead

BEVERAGES

- Bottled Water
- Juice

PASTA & RICE

- Basmati Rice
- Pasta
- White Rice

PANTRY

- Pinto Bean
- Garbanzo Chickpeas
- Lentils