



# Pantry Stock Guide

## Culturally Relevant Foods

**Not sure what to choose when stocking your Little Free Pantry?** Consider the items on these lists for ideas.

**What are considered culturally specific foods?** Culturally specific foods are items that are appropriate and unique to specific cultural/ethnic communities. These food items are staples and are important & meaningful to a person's diet and emotional connection to their culture.

We understand that this document does not include all staple items that are used and this list is continually being revised. If you have revisions or additions you'd like added/omitted, please email us - we would love community support to keep this list updated.

### Southeast Asian

- Jasmine rice
- Rice noodles
- Dry red beans
- Shelf stable milk alternatives
- Fish sauce
- Soy sauce
- Spices
- cooking oils
- Bamboo Shoots
- Baby corn
- Bean Thread Noodles
- Coconut Milk
- Curry paste
- Vermicelli rice noodles
- Oyster sauce
- Rice flour
- Sardines (canned)
- Tapioca flower
- Shelf stable tofu
- Squash

### East African

- Barley
- Chickpeas
- Curry powder
- Dry beans
- Dry dates
- Dried fava beans
- Lentils
- Red chori beans
- Teff
- Rice
- Spaghetti pasta
- Tomato sauce
- Tuna

### West African

- Spices - corinader, cumin, turmeric, red chili, fennel
- Canned corn
- Dates
- Vinegars
- Nuts/seeds
- Halal meats
- Basmati rice
- Cooking oil
- Black eyed peas
- Cassava flour
- Corn flour
- Fufu flour
- Millet
- Plantains
- Potatoes
- Shea butter/oil
- Tomato paste
- Yams

## Indigenous/Native

- Dried beans
- Grits
- Hominy

- Peppers
- Pumpkins
- Squash

- Dried meat (jerky)
- Wild rice

## Latino

- Black beans
- Corn tortillas
- Crackers
- Avocado
- Green chiles

- Jalapenos
- Legumes
- Masa
- Peppers
- Pinto beans

- Rice
- Squash
- Tomatillos
- Tomatoes

## East European

- Barley
- Kasha

- Buckwheat
- Lentils

- Millet
- Potatoes