

Cultural Food Preference Sheets

Ordering Tips

- **Focus on fresh produce.** The number one requested food category is fresh produce.
- **Avoid canned foods (in most cases).** Many immigrant families may not have had canned foods in their home country and therefore consider them unhealthy.
- **Avoid pre-seasoned or pre-packaged meats or pastas.** This will allow more flexibility to customize the flavor of the meals to fit with cultural preferences.
- **Provide whole foods.** For example, offer a fresh tomato instead of pasta sauce. By offering whole ingredients, it provides more flexibility on how that item can be used or seasoned.

Food preferences within a culture may vary greatly by individual, age, religion, region or the length of time the person has lived in the United States. Therefore, these food lists should not replace engaging with your community to understand your food pantry user's individual preferences. However, these lists can serve as a starting point to inform your ordering decisions.



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Research into culturally responsive food options was made possible through support from CDPHP.

Cultural Food Preference Sheet

African

Proteins

- chicken
- beef
- pork
- wild boar
- venison
- fish
- pigeon
- quail

Dairy

- coconut milk
- goat milk
- eggs

Grains

- rice
- sorghum
- millet
- barley

Fruits

- oranges
- lemons
- limes
- coconut

Beans/legumes

- lentils
- lima beans
- black beans
- pinto
- white beans
- green beans
- kidney
- black eye peas
- fava beans

Vegetables

- yams
- plantains
- green bananas
- cassava
- eggplant
- okra
- onions
- spinach
- sweet potato
- tomatoes

Flours

- wheat,
- cassava flour
- cornmeal
- millet

Spices

- cinnamon
- clove
- cumin
- coriander/cilantro
- curry
- garlic
- ginger
- parsley
- pepper
- nutmeg
- tamarind
- allspice

Cultural Fact:

Some countries in Africa follow Islam. Therefore pork is not eaten and all meat must be Halal.



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