

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

Caribbean

Countries Include: Anguilla, Antigua and Barbuda, Aruba, Bahamas, Barbados, Bonaire, British Virgin Islands, Cayman Islands, Cuba, Curacao, Dominica, Dominican Republic, Grenada, Guadeloupe, Guyana, Haiti, Jamaica, Martinique, Montserrat, Nueva Esparta, Puerto Rico, Saba, San Andres and Providencia, Saint Barthelemy, Saint Kitts and Nevis, Saint Lucia, San Martin, Saint Vincent and the Grenadines, Sint Eustatius, Sint Maarten, Trinidad and Tobago, Turks and Caicos, United States Virgin Islands

Proteins

- goat
- fish
- chicken
- seafood

Beans/legumes

- black eyed peas
- split peas
- kidney beans
- black beans
- peanuts

Flours

- whole wheat flour
- all-purpose flour
- split pea flour

Fruits

- bananas
- plantains
- mangoes
- papayas
- pineapple
- coconut
- citrus

Dairy

- coconut milk

Vegetables

- cassava
- sweet potato
- taro
- onions
- garlic
- tomato
- pumpkin
- carrots
- peppers
- celery
- collard
- kale
- spinach

Grains

- long grain rice
- white rice
- jasmine rice

Spices

- curry powder
- jerk seasoning
- garlic
- thyme
- ginger
- cinnamon
- allspice
- bay leaf
- cayenne



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