

Bhutan/South Asian Culturally Responsive Foods

Spices and Other Items

- Salt
- Pepper
- Coriander
- Cumin
- Turmeric
- Fruit Juice-Apple or Orange
- Jam
- Cookies or Pastries

Dry Goods

- White Rice (Jasmine/Thai)
- Dried Beans (lentils, green peas, masoor daal)
- Bread (flat/pita, no eggs)
- Cooking Oil (soy, corn, or mustard)
- Tea (black, Red Bond if possible)
- Sugar

Meats

- None

Fresh Produce

- Bananas
- Apples or Oranges
- Grapes
- Cabbage
- Cauliflower
- Eggplant
- Potatoes
- Greens (spinach)
- Onions
- Garlic
- Tomatoes
- Lemons
- Cilantro
- Ginger
- Hot Peppers

Dairy

- Milk (whole)
- Yogurt (full fat, Plain)

Markets with Culturally Specific Items:

- Subzi Mandi Indian Grocery-4746 Bardstown Rd (Eastland Shopping Center)
- Patel Brothers-1850 S Hurstbourne Pkwy

Resource adapted from Kentucky Refugee Ministries.