

# Burma/Southeast Asian Culturally Responsive Foods

## Spices and Other Items

- Salt
- Pepper
- Fish Sauce
- Soy Sauce
- MSG (Aji-No-Moto, Umami)
- Honey
- Sunny Delight (orange drink)
- Cookies or Pastries

## Dry Goods

- White Rice (long-grain Jasmine/Thai)
- Ramen Noodles
- Bread (white)
- Cooking Oil (vegetable)
- Sugar

## Meats

- Beef (easy to cube)
- Chicken (quarters)
- Dried Fish

## Fresh Produce

- Bananas
- Oranges
- Watermelon
- Cabbage
- Cauliflower
- Potatoes
- Green Beans
- Onions
- Garlic
- Tomatoes
- Lemons
- Hot Peppers

## Dairy

- Milk (whole)
- Eggs (lots!)

## Markets with Culturally Specific Items:

- ValuMarket-5301 Mitscher Ave, near 3rd St (Iroquois Shopping Center)
- Saigon Oriental Grocery-5019 S 3rd St
- Binh Phuoc-5301 3rd St
- Viet Hoa Food Market-7100 Preston Hwy, #107

*\*\*Resource adapted from Kentucky Refugee Ministries.\*\**