

Cuban Culturally Responsive Foods

Spices and Other Items

- Salt
- Adobo
- Oregano
- Olive (Spanish)
- Fruit Juice-Apple or Orange
- Cookies or Pastries

Dry Goods

- White Rice (long-grain)
- Dried Beans (black, red, chickpeas)
- Tomato Sauce
- Bread (Italian or Cuban)
- White Vinegar
- Coffee (Bustelo, Pilon)
- Sugar

Meats

- Beef (ground or stew)
- Chicken (quarters)
- Ham or Pork

Fresh Produce

- Bananas
- Oranges
- Avocado
- Cucumbers
- Green Peppers
- Potatoes
- Plantains
- Yucca
- Onions
- Garlic
- Tomatoes
- Lettuce (Green Leaf)
- Lemons

Dairy

- Milk (whole)
- Eggs
- Butter

Market with Culturally Specific Items:

Bodega Mi Sueno-3415 Bardstown Rd (in front of the old Showcase Cinemas)

Resource adapted from Kentucky Refugee Ministries.