

Iraq/Syria/Middle Eastern Culturally Responsive Foods

Spices and Other Items

- Salt
- Pepper
- Chili Powder
- Biryani
- 7 Spices
- Yellow Curry
- Cardamom (pods)
- Cilantro
- Fruit Juice-Apple or Orange
- Cookies or Pastries

Dry Goods

- White Rice (long-grain or Basmati)
- Dried Beans (chickpeas, fava, lentil)
- Bread (pita, baguette)
- Cooking Oil (vegetable)
- Tea (loose black-Lipton or Ahmad)
- Sugar

Meats

- None

Fresh Produce

- Bananas
- Oranges, Grapes, or Peaches
- Cantaloupe or Watermelon
- Cabbage
- Carrots
- Eggplant
- Potatoes
- Greens (spinach)
- Onions (lots!)
- Garlic
- Tomatoes (lots!)
- Lettuce
- Lemons
- Parsley and Mint (fresh)

Dairy

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

Markets with Culturally Specific Items:

- Al-Watan Restaurant, Bakery, and Grocery-3711 Klondike Ln
- Sumer Food Mart-3027 S 4th St
- Al-Waha Food Mart-3019 Hunsinger Ln
- Hatim Market-3122 Taylor Blvd

Resource adapted from Kentucky Refugee Ministries.