

# PANTRY LIST FOR AFGHAN NEWCOMERS

<b>Dry/Canned Goods</b>	<b>Quantity</b>
Salt Pepper & Cumin	2 oz. bottles of each
Basmati Rice	2 pounds per person
Vegetable Oil	Half gallon
Sugar	5 pound bag
Flour	5 pound bag
Beans - Chickpeas, lentils, red or white	2 pounds
Yeast	1 Jar
Green Tea	1 large box
Black Raisins	1 large box
Cereal -bran, cornflakes or rice crispies	1 large box
Tomato paste	2 6 oz. cans
Crushed tomatoes	4 28 oz. cans
Vinegar	1 16 oz. bottle

<b>Fresh Food</b>	<b>Quantity</b>
Onions	3 pounds
Potatoes	5 pounds
Cauliflower	2 heads
Carrots	1 pound bag
Bell Peppers	2
Apples or oranges	2 per person
Garlic	2 heads
Tomatoes	4
Cucumbers	2
Bread (naan)	2 packages
Fresh herbs	1 bunch

<b>Refrigerated</b>	<b>Quantity</b>
Eggs	1 dozen
Milk	1 gallon
Plain Yogurt	1 32 oz. container
Butter	1 pound
<u>Meat (Halal if Muslim)</u>	
Chicken-Legs, thighs, drumsticks	2 pounds per person
Lamb/Beef	½ pound per person



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**These quantities are based on a family of three. Adjust quantities up or down for households with more family members. Initial groceries should last newcomer families at least 5 days.**