

Thank you for offering to prepare a food package for a refugee family. They arrive with nothing but the clothes on their backs and don't receive food stamps for 3 to 6 weeks. It's up to generous, kind people like you to help them through the first weeks.

FOOD PACKAGE FOR SYRIAN and IRAQI REFUGEE FAMILIES

The following items are merely suggestions, based on the foods Syrians enjoy. Add as much or as little as you wish. Many of these items can be found at your local grocery or you may go to Sara Bakery in Richardson. (sarasmarketbakery.com) SARA BAKERY OFFERS a 10% DISCOUNT to SYRIAN REFUGEES. Be sure to request this!

Syrians do receive staples from ICNA's food pantry, so avoid purchasing foods like rice, lentils, regular oil, sugar, tea.

BAKERY

Arabic bread (pita) – LOTS of this!
Mahmool (molded, stuffed cookies)
Baklava

MEAT

Chicken
Beef (ground or cut up)
Lamb
no pork, please

CANNED GOODS

Tomato paste
Crushed or diced canned tomatoes
Canned chick peas or white beans
Grape leaves in jar
Olives
Arabic pickles

PANTRY

Olive oil
Burghol crushed wheat (size #4 for pilaf and size #1 for kibbe)
Mixed salted nuts
Semolina
Dates
Tahini
Arabic/Turkish coffee (the very finely ground type)

PRODUCE

Garlic
Onions
Parsley
Cousa (light green squash, similar to zucchini)
Eggplant (either large or small size)
Tomatoes
Carrots
Okra
Celery (only for Iraqis)
Green Beans
Bananas
Apples
Oranges
Peaches

DAIRY

Yogurt
Lebne
White Cheese
Frozen knafi dough for deserts

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FOOD PACKAGE FOR AFGHAN and IRANIAN REFUGEE FAMILIES

The following items are merely suggestions, based on the foods Syrians enjoy. Add as much or as little as you wish. Many of these items can be found at your local grocery.

Syrians do receive staples from ICNA's food pantry, so avoid purchasing foods like rice, lentils, regular oil, sugar, tea.

BAKERY

Arabic bread (pita) – LOTS of this!
Mahmool (molded, stuffed cookies)
Baklava

MEAT

Chicken
Beef (ground or cut up)
Lamb
no pork, please

CANNED GOODS

Tomato Paste
Crushed or Diced Canned Tomato
Canned Chick Peas or White Beans
Grape leaves in jar
Olives
Arabic pickles

PANTRY

Rice (basmati type)
Mixed Salted Nuts

PRODUCE

Garlic
Onions
Parsley
Cousa (light green squash, similar to zucchini)
Eggplant (either large or small size)
Tomatoes
Carrots
Okra
Green Beans
Bananas
Apples
Oranges
Peaches

DAIRY

Yogurt
Lebne
White Cheese
Frozen Knafi Dough For Deserts