

## **Food for Afghan Families**

The following is a list of food items needed by Afghan families.

Purchase items, bring to Hillsboro, and place them in the bin in the breezeway.

Dry beans – black, kidney, pinto, lentils, garbanzo

Dry rice – long grain white, jasmine, basmati

Cooking oil – olive oil, vegetable oil

Spices – turmeric, cumin, salt, black pepper, curry powder,  
berbere or spice mix, sugar, chili pepper

Flour, cornmeal, corn flour. Casava flour

Tomato paste, red chili sauce

Tea, black tea, coffee

Honey

Fruit juice, jam