

# Cultural Food Preferences: Filipino

Filipino food is the center of most celebrations. Meals are hearty and typically have great amounts of pork, beef, chicken or grilled fish. There are stews, soups, and noodle dishes to enjoy, all of which are accompanied by rice. Filipino food can be simple or complex but always has a depth of vinegary, sweet, and/or savory flavors.



## Foods This Group Will Likely Enjoy →

### Pantry Items:

- Bread
- Brownie mix
- Canned soup
- Canned vegetables
- Cereal
- Chicken broth
- Crackers
- Fish sauce
- Fruit juice
- Granola bars
- Instant oatmeal
- Mac and cheese
- Mung beans
- Oil (canola or vegetable)
- Oyster sauce
- Pasta sauce
- Peanut butter
- Rolled oats
- Rice (brown and white)
- Rice cereal treats
- Soy sauce
- Toaster pastries
- Vinegar

### Fresh Vegetables, Herbs, Especially:

- Beets
- Bok choy
- Broccoli
- Cabbage
- Carrots
- Celery
- Chayote
- Corn, whole kernels
- Eggplant
- Garlic
- Onions
- Peppers
- Potatoes
- Spinach
- String beans
- Tomatoes

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Fresh Fruits, Especially:

- Apples
- Avocados
- Bananas
- Cantaloupe
- Jackfruit
- Kiwi
- Nectarines
- Oranges
- Peaches
- Pears
- Plums



## Meats and Proteins

- Beef shank
- Canned fish
- Chicken (whole, thigh, wings)
- Pork belly
- Tuna

## Foods This Group Might Pass Up: ➔

**Bold, orange text** indicates items that are likely to be offered at food pantries.

- Black beans
- Canned chicken
- Garbanzo beans
- Granola
- Jello
- Kidney beans
- Hamburger-Helper-type boxed meals
- Pinto beans
- Shelf-stable milk
- Vegetable broth
- Whole wheat spaghetti

Created with the help of San Diego-based focus groups.

## Check out these Recipes!

### Filipino-Style Menudo

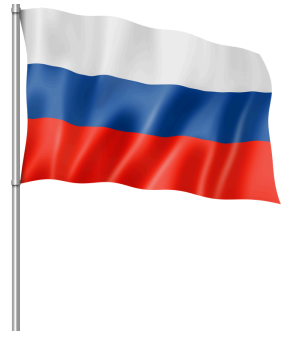


### Tortang Talong



# Cultural Food Preferences: Russian

Russian cuisine typically consists of cooked grains, hearty vegetables, meat, and dairy. Vegetables such as cabbage, carrots, beets, onions, and potatoes are staples in the Russian kitchen. A common meal includes soup with vegetables and meat. Focus groups have shown that highly processed and packaged foods (such as sliced American cheese, Hamburger Helper, etc.) are less desirable choices for this population.



## Foods This Group Will Likely Enjoy →

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Pantry Items:

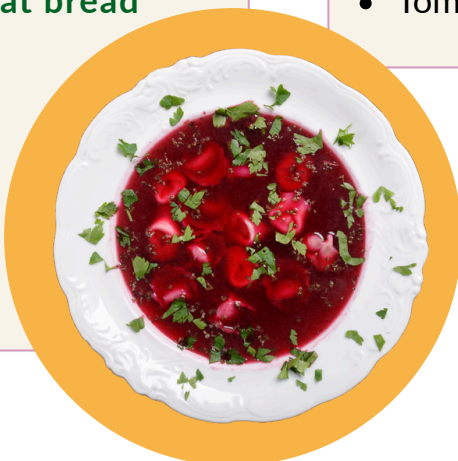
- Buckwheat
- **Cream of Wheat**
- **Cooking oils (canola, olive) and nonstick spray**
- Eggs
- Instant oatmeal
- **Jello packs**
- Juice
- Milk
- **Pasta (sparingly)**
- **Pasta Sauce**
- Quinoa
- **Rice (sparingly)**
- **Rolled oats**
- Rye Bread
- **Whole wheat bread**
- Yogurt

### Fresh Vegetables, Herbs, Especially:

- Bay leaves
- Beets
- Black and red pepper
- **Cabbage (green)**
- **Carrots**
- **Celery**
- Cucumbers
- Dill
- Garlic
- Mushrooms
- **Onions**
- **Potatoes**
- **Peppers (bell)**
- Radish
- Spinach
- Tomato

### Fresh Fruits, Especially:

- **Apples**
- **Avocado**
- **Bananas**
- **Cantaloupe**
- **Kiwis**
- **Nectarines**
- **Oranges**
- **Pears**
- Peaches
- **Plums**
- **Watermelon**



## Meats and Proteins

- Beef
- **Canned chicken**
- Canned corned beef
- **Canned fish (sardines, herring, salmon)**
- Chicken (whole)
- Cottage cheese
- Lamb (any cut)
- Pork (any cut)
- Turkey (any cut)

## Foods This Group Might Pass Up: ➔

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- **Canned kidney beans**
- **Dried beans**
- **Canned vegetables**
- **Cereal**
- **Granola**
- **Peanut butter**
- **Hamburger Helper**
- **Rice cereal treats**
- **Sweet potatoes/yams**
- **American cheese slices**

Created with the help of San Diego-based focus groups.

## Check out these Recipes!

### Cabbage and Meat Stew



### Beet Salad





# Cultural Food Preferences: Cambodian

Cambodian cuisine shares some characteristics with Thai and Vietnamese cooking. Although sweet and sour soup is a popular dish, they generally prepare fewer soups than Thai and Vietnamese cuisine. They prefer to flavor dishes with mostly black pepper and turmeric. This population is very open to adapting their cuisine based on foods that are available, but fresh produce such as lemons, limes, and cabbage, along with fish, are well-loved ingredients.



## Foods This Group Will Likely Enjoy →

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Pantry Items:

- **Bread (esp. baguette)**
- **Baking mix**
- **Coffee**
- **Cooking oils (canola, olive) and nonstick spray**
- **Eggs**
- **Instant oatmeal**
- **Juice**
- **Milk**
- **Pasta**
- **Pickled vegetables**
- **Pre-packaged foods**
- **Rice**
- **Rolled oats**
- **Soda**
- **Soy sauce**
- **Yogurt**



### Fresh Vegetables, Herbs, Especially:

- **Basil (fresh)**
- **Black pepper**
- **Broccoli**
- **Cabbage (green)**
- **Carrots**
- **Cauliflower**
- **Celery**
- **Cucumbers**
- **Eggplant**
- **Garlic**
- **Ginger**
- **Green beans**
- **Jicama**
- **Mushrooms**
- **Onions**
- **Peppers (bell)**
- **Radish**
- **Spinach**
- **Squash**
- **Sweet potato**
- **Yucca**

### Fresh Fruits, Especially:

- **Apples**
- **Bananas**
- **Cantaloupe**
- **Lemons**
- **Limes**
- **Plums**
- **Oranges**
- **Tomato**
- **Watermelon**



## Meats and Proteins

- Beans (dried or canned)
- Beef
- Canned chicken
- Canned fish (sardines, herring, salmon)
- Chicken
- Fresh fish (freshwater in particular)
- Peanuts
- Pork

## Foods This Group Might Pass Up: ➡

**Bold, orange text** indicates items that are likely to be offered at food pantries.

- **Potatoes**

Created with the help of San Diego-based focus groups.



## Check out these Recipes!

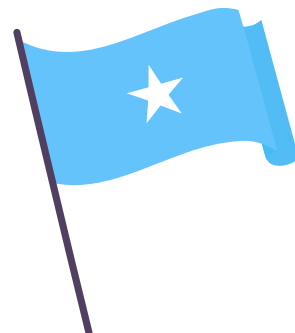
### Eggplant and Ground Chicken Stirfry



### Chicken Amok



# Cultural Food Preferences: Somali



Somali cuisine varies by region as it has been influenced by many surrounding countries, including Italy. In fact, pasta or spaghetti is often served at lunch with a heavy stew sauce with meat and vegetables. Focus group participants say they prefer chicken and other meats that have been prepared using halal practices. There may be hesitation with taking raw or canned meat if it is not labeled “halal.”

## Foods This Group Will Likely Enjoy

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Pantry Items:

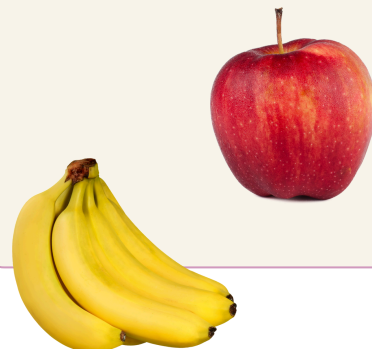
- **Canned tomato sauce**
- **Cereal/granola**
- Corn oil
- **Corn meal**
- **Instant oatmeal**
- **Juice**
- **Pasta (spaghetti)**
- **Pasta sauce**
- **Rolled oats**
- **Rice (brown)**
- **Whole wheat bread**

### Fresh Vegetables, Herbs, Especially:

- **Carrots**
- **Cabbage**
- **Celery**
- **Corn**
- Garlic
- Ginger
- **Lettuce**
- Okra
- **Onions**
- **Potatoes**
- **Spinach**
- **Tomatoes**

### Fresh Fruits, Especially:

- **Apples**
- **Bananas**
- Cantaloupe
- **Honeydew**
- Mango
- **Oranges (mandarins/cuties)**
- **Pears**



## Meats and Proteins

- Beef
- **Canned fish**
- Chicken, if halal
- **Dried beans** (black, cannellini, kidney)
- **Peanut butter**
- **Shelf-stable milk**

## Foods This Group Might Pass Up: ➔

**Bold, orange text** indicates items that are likely to be offered at food pantries.

- **Canned chicken** (if not halal)
- **Chicken broth** (if not halal)
- **Cooking spray**
- **Garbanzo beans**
- **Jello packs**
- **Pinto beans**
- **Toaster pastries**

Created with the help of San Diego-based focus groups.

## Check out these Recipes!

### Somali Okra and Vegetable Soup



### Somali Pasta with Beef and Veggies





# Cultural Food Preferences: Haitian

Haitian cuisine has Spanish, French, and African influences. It includes bold and spicy flavors that are strengthened with peppers and herbs. A common meal includes rice, beans, and meat served with a side of fried plantains. Focus group participants identified that dried beans are preferred over canned, when available.



## Foods This Group Will Likely Enjoy →

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Pantry Items:

- Coconut oil
- Harina (corn meal)
- **Pasta (spaghetti)**
- **Vegetable oil**

### Fresh Vegetables, Herbs, Especially:

- Beets (red)
- **Carrots**
- **Celery**
- Chayote (pear fruit)
- **Corn (yellow)**
- Eggplant
- Habanero peppers
- **Potatoes**
- **Red peppers/chile peppers**
- **Spinach**



### Fresh Fruits, Especially:

- **Apples**
- **Bananas**
- Guanabana (soursop)
- **Limes**
- **Oranges**
- Pineapple
- **Plantains (green or yellow)**



### Meats and Proteins

- Beef
- **Canned chicken**
- Chicken (raw)
- **Dried beans (black, pinto, white)**
- Pork





## Foods This Group Might Pass Up: ➡

**Bold, orange text** indicates items that are likely to be offered at food pantries.

- Canned fruit
- Canned soup
- Canned vegetables
- Cannellini beans
- Chicken and vegetable broths
- Garbanzo beans
- Kiwi
- Plums
- Rice cereal treats
- Spaghetti squash
- Whole wheat bread
- Whole wheat pasta (spaghetti)
- Yam

Created with the help of San Diego-based focus groups.

## Check out these Recipes!

### Haitian Style Chicken and Rice



### Oven Fried Plantains



# Cultural Food Preferences: Vietnamese

Vietnamese cuisine typically includes a lot of fresh vegetables, herbs, rice noodles, seafood, meats, rice, and tropical fruits, with limited amounts of dairy and oil. A common meal includes stock or broth with meat/seafood and fresh vegetables seasoned with herbs, ginger, fish sauce, soy sauce, and/or sesame seeds.



Focus group participants have identified sugar as being a significant concern for the Vietnamese population. Whenever possible, avoid stocking sugary snacks and foods for distribution. These foods will take up valuable space that can be used for more desirable, nutritious foods.

## Foods This Group Will Likely Enjoy →

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Pantry Items:

- **Chicken broth**
- **Cooking oils (canola, olive) and nonstick spray**
- **Crackers**
- **Dried cranberries**
- Fish sauce
- **Juice**
- **Milk (shelf-stable and refrigerated)**
- Oyster sauce
- **Peanut butter**
- **Raisins**
- **Rice (brown and white)**
- Rice noodles
- Sesame seeds
- Soy sauce
- **Vegetable broth**
- **Whole wheat spaghetti**

### Fresh Vegetables, Herbs, Especially:

- Basil
- Bok choy
- **Broccoli**
- **Cabbage (green, purple)**
- **Carrots**
- Cilantro
- Garlic
- Ginger
- Mint
- **Onions**
- **Potatoes (not in large amounts or too often)**

### Fresh Fruits, Especially:

- Green papaya
- **Limes**
- **Nectarines**
- **Oranges**
- Pineapple



## Meats and Proteins

- Canned chicken
- Canned fish
- Chicken breast (raw)
- Garbanzo beans
- Peanuts
- Tofu

## Foods This Group Might Pass Up: ➔

**Bold, orange text** indicates items that are likely to be offered at food pantries.

- Canned cannellini beans
- Canned fruit
- Canned vegetables
- Granola
- Toaster pastries, rice cereal treats, and other sugary snacks

Created with the help of San Diego-based focus groups.

## Check out these Recipes!

### Hot and Sour Soup

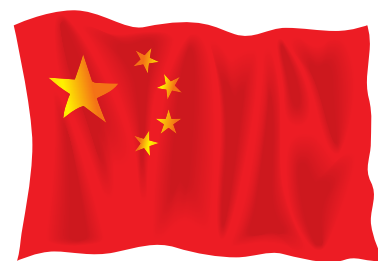


### Sweet Corn Pudding



# Cultural Food Preferences: Chinese

Authentic Chinese food is a mix of the many regions in China, therefore what Americans know as just Chinese food is not a specific cuisine. Traditional Chinese food has to always be fresh. Most meals tend to be filled with large quantities of vegetables, grass-fed meats, seafood and herbs and spices. Due to being lactose intolerant, many do not drink or prepare food with milk products.



## Foods This Group Will Likely Enjoy →

### Pantry Items:

- **Green beans, red beans, black beans, speckled beans, etc**
- **Chicken broth**
- **Crackers**
- Fish sauce
- **Juice**
- **Peanut butter**
- **Raisins**
- **Rice (white) (southern China)**
- Rice noodles (northern China)
- Sesame seeds
- **Vegetable broth**
- **Whole wheat spaghetti**
- Vermicelli

### Fresh Vegetables, Herbs, Especially:

- **Asparagus**
- Bean sprouts
- Bok choy
- **Broccoli**
- **Cabbage (Chinese)**
- **Carrots**
- **Cauliflower**
- **Celery**
- Chives (Chinese)
- **Cucumbers**
- Eggplant
- Garlic
- Ginger
- **Green beans**
- Leeks
- **Mushrooms**
- **Onions**
- **Potatoes**
- **Sweet Corn**
- **Sweet Potatoes**
- **Spinach**

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Fresh Fruits, Especially:

- **Apples**
- **Bananas**
- Limes
- Nectarines
- **Oranges**
- Papaya
- Pineapple
- Tomatoes
- Sweet Potato
- Lychee
- Durian
- Mangosteen
- Kumquat



## Meats and Proteins

- Beef
- Chicken
- Duck
- Fish
- Lamb
- Pork
- Peanuts
- Tofu



## Essential Chinese Seasonings

- Soy sauce
- Shaoxing wine (cooking wine, rice wine)
- Chinkiang vinegar
- Oyster sauce
- Toasted sesame oil
- Five spice powder
- Star anise,
- Sichuan peppercorn
- Doubanjiang (fermented spicy bean paste).



## **Bold, orange text**

indicates items that are likely to be offered at food pantries.

- Canned fruits
- Canned corn
- Canned Spinach
- Milk / Cheese / Butter
- Toaster pastries, rice cereal treats, and other sugary snacks

## Check out these Recipes!

### Chinese Long Bean and Tofu Salad



### Congee





# Cultural Food Preferences: Armenian

The Armenian cuisine is rich in vegetables, meat, and fish; however, eggplants, lamb, and lavash (flatbread) make up its primary components. Cracked wheat or bulgur wheat (high in fiber), is often used instead of rice and maize. The flavor of the food often relies on the quality and freshness of the ingredients rather than on excessive use of spices. Armenians prefer the natural flavors of foods. Fresh and dried fruits are used both as main ingredients and as sour agents.



## Foods This Group Will Likely Enjoy →

### Pantry Items:

- **Almonds**
- Barley
- **Chickpeas (garbanzo)**
- **Dry Beans**
- **Kidney Beans**
- **Lentils**
- Millet
- **Pine nuts**
- **Pistachios**
- **Raisins**
- **Rice (white)**
- Sesame oil
- Spelt
- String Beans
- Walnuts
- Wheat
- **White beans**

### Fresh Vegetables, Herbs, Especially:

- Beet (leaves)
- **Cabbage**
- Chard
- Cinnamon
- Eggplant
- Grape leaves
- Maize
- **Mushrooms**
- **Mixed Vegetables**
- Peas
- Potatoes
- Purslane
- Radish

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Fresh Fruits, Especially:

- **Apples**
- Apricots
- Cherries (sour)
- Grapes
- Lemons
- **Melons**
- Plums (cherry/dried)
- Pomegranate
- Quince
- Strawberry (leaves)
- Sumac berries
- **Tomatoes**



## Meats and Proteins

- Basturma / Pastirma
- Beef
- Cheese
- Chicken
- Fish
- Lamb
- Pork
- Yogurt

## Foods This Group Might Pass Up: ➔

**Bold, orange text** indicates items that are likely to be offered at food pantries.

- Canned cannellini beans
- Canned fruit
- Canned corn
- Pasta
- Canned vegetables
- Canned Green Beans
- Canned Spinach
- Frozen Meals
- Spices
- Toaster pastries, rice cereal treats, and other sugary snacks

## Check out these Recipes!

### Stuffed Grape Leaves



### Mujaddara



# Cultural Food Preferences: Ukrainian

Ukraine is the second-largest European country - and one of the most diverse with culinary influences from Hungary, Austria, and Germany, as well as Jewish cooking traditions. Ukraine has a legacy of a diet high in animal products and protein, therefore many dishes include meats, but vegetarians will find plenty of options too. Potatoes, cabbage, pickles, and carrots prevail in savory foods, while cottage cheese is often used in desserts.



## Foods This Group Will Likely Enjoy →

**Bold, green text** indicates items that are likely to be offered at food pantries.

### Pantry Items:

- **Bread**
- Buckwheat
- **Canned soup**
- **Canned vegetables**
- **Cereal**
- **Instant oatmeal**
- **Honey**
- Millet
- **Oil (canola or vegetable)**
- **Pasta sauce**
- **Peanut butter**
- **Rolled oats**
- Sunflower oil
- Vinegar

### Dairy Items:

- Cottage cheese
- Sour cream

### Fresh Vegetables, Herbs, Especially:

- Beets
- **Broccoli**
- **Cabbage**
- **Carrots**
- **Celery**
- Chayote
- **Corn, whole kernels**
- **Cucumber**
- Dill
- Eggplant
- Garlic
- Mushrooms
- **Onions**
- Parsley
- **Parsnips**
- **Peas**
- **Peppers**
- **Potatoes**
- Spinach
- **String beans**
- **Tomatoes**

### Fresh Fruits, Especially:

- **Apples**
- **Apricots**
- Cherries
- Currants
- **Grapes**
- **Nectarines**
- **Oranges**
- **Peaches**
- **Pears**
- Plums
- Raisins



## Meats and Proteins

- Beef
- Eggs
- Fish
- Pork
- Sausage

## Foods This Group Might Pass Up: ➔

**Bold, orange text** indicates items that are likely to be offered at food pantries.

- Black beans
- Canned chicken
- Garbanzo beans
- Granola
- Jello
- Kidney beans
- Hamburger Helper-type boxed meals
- Pinto beans
- Shelf-stable milk
- Vegetable broth
- Whole wheat spaghetti

## Common Ukrainian Dishes

### Borscht

a hearty vegetable soup made with beets



### Holubtsi

stuffed cabbage rolls

### Nachynka

cornbread stuffing typically served with meat

### Kotlety Po-Kyivskomy

also known as Chicken Kiev - this is the recipe that brought fame to Ukraine

### Deruny

potato pancakes



### Varenyky

type of dumpling with variations of cabbage, meat, mushrooms, cottage cheese, cherries, currant, or potatoes as typical fillings.



### Okroshka

a cold soup popular in the summer months, made with mostly raw vegetables, boiled potatoes, eggs, and meats like beef or sausage

### Banush (or Banosh)

Cornmeal with smetana (a type of sour cream) topped with pork and mushrooms

### Syrniki

cheese pancakes served for breakfast - typically topped with jam and sour cream



### Nalisniki

similar to crepes and are typically filled with cottage cheese and raisins

### Uzvar

a winter/Christmas beverage that is made of dried fruits (apples, pears, apricots, prunes, raisins) and honey



# Religious and Holiday Celebrations

Around 85% of Ukrainians are Christian and follow the Orthodox calendar which means Christmas is celebrated on January 7th and Easter will fall on April 24, 2022. During Lent, many Ukrainians do not eat meat and instead eat fish or hearty vegetarian meals during this time.



## Sviaty Vechir (Christmas Eve)

(consists of 12 mostly meatless dishes which symbolize the 12 apostles who gathered at the Last Supper.

- **Kolach:** a traditional bread placed in the middle of the table
- **Kutya (sweet porridge):** cooked wheat with honey, poppyseeds, nuts, and apples
- **Houbtsi, Varenyky,** fruits, cakes, bread, and borscht are also included as part of the 12 dishes

Easter begins with a basket of food taken to church to be blessed. For Easter dinner, Ukrainians serve ham or roast pork, vegetable salads, cheesecakes, tortes, other pastries, and borscht.

## Mealtime Customs

Ukrainians eat with a fork in their left hand and knife in their right hand. In order to not seem wasteful, Ukrainians may eat everything on their plates and when visiting may ask for second helpings to show appreciation for the food. Hosts often give guests a loaf of bread with salt on top - the bread represents hospitality and the salt represents friendship.

**Snidanok**  
**8:00 a.m. [Breakfast]**  
  
Light meal  
  
Bread or pastry with coffee or tea, kasha (cereal)



**Obid**  
**2:00 p.m. [Lunch]**  
  
Largest meal of the day  
  
Soup and a meat or poultry dish

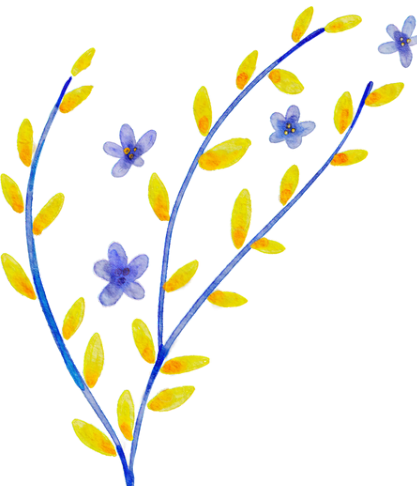
**Vecheria**  
**8:00 a.m. [Breakfast]**  
  
Family gathers together  
  
Soup, main dish, dessert



## Check out these Recipes!

**Cabbage with Carrots**  
  


**Sauerkraut**  
  



# Cultural Food Preferences: Afghanistan

Afghanistan boasts a rich and diverse food culture shaped by its geographic position at the crossroads of Central and South Asia. Influenced by Persian, Indian, and Middle Eastern culinary traditions, Afghan cuisine is known for its use of aromatic spices, rice, and a variety of meats like lamb, chicken, and beef. Fresh vegetables, herbs, and fruits are highly valued, while spices play a key role in flavoring meals. For dessert, Afghan sweets often incorporate ingredients like rosewater, cardamom, and nuts. Traditional foods mark special events, and hospitality is central, with generous servings offered to guests. Bread, or naan, is a staple, and rice dishes hold a special place in Afghan cuisine.



## Foods This Group Will Likely Enjoy →

### Pantry Items:

- Almonds
- Bread
- Chickpeas
- Lentils
- Peas
- Pistachios
- Rice
- Spaghetti
- Walnuts
- Wheat

### Meats and Proteins:

- Beef
- Chicken
- Eggs
- Lamb

### Fresh Vegetables, Herbs, Especially:

- Bell peppers
- Cabbage
- Carrot
- Cauliflower
- Cilantro
- Dill
- Eggplant
- Gandena
- Garlic
- Ginger
- Green beans
- Mint
- Mushroom
- Okra
- Onion
- Parsley
- Potato
- Pumpkin
- Spinach
- Thai basil
- Tomato

### Fresh Fruits, Especially:

- Apple
- Grapes
- Pineapple

### Dairy Products:

- Butter
- Cheese
- Ghee
- Milk
- Milk powder
- Yogurt

## Foods This Group Might Pass Up:

- Animal products that are not halal
- Canned foods
- Asparagus
- Avocado
- Broccoli
- Celery
- Corn
- Jalapenos
- Kohlrabi
- Microgreens
- Sweet potatoes

## Common Afghan Dishes

### Afghani Kofta

Spiced meatballs made with ground beef or lamb, often cooked in a tomato-based gravy.

### Ashak

Dumplings filled with leeks or scallions, served with a garlicky yogurt and topped with a spiced ground meat sauce.

### Badenjan

A flavorful eggplant dish cooked with tomatoes, garlic, and spices, served as a side or main course.

### Bolani

A stuffed flatbread, usually filled with potatoes, spinach, or lentils.

### Chicken Karahi

A popular chicken curry cooked with tomatoes, green chilies, and spices in a wok-like pot called a "karahi."

### Mantu

Afghan-style steamed dumplings stuffed with seasoned ground meat and onions, served with yogurt and a spiced tomato sauce.

### Quabili Polo

A traditional rice dish mixed with lamb, raisins, and carrots, often considered Afghanistan's national dish.

### Lamb Rosh

Lamb that is cooked in a stew with garlic, ginger, and vegetables.

### Samanak" or "Samanoo

Wheatgrass sprout juice that is boiled into a thick syrup and contains added nuts like whole almonds, walnuts, or pistachio for good fortune.

### Shorba

A hearty, spiced soup made with vegetables and legumes.



# Dietary Restrictions

Islam is the official religion of Afghanistan and is practiced by 99.7% of the population. Many Afghan people follow Islamic dietary laws, which define foods that are Halal, which means permitted, and which foods are Haram, which means not permitted.



Many foods are clearly designated as halal or haram, however, some foods are difficult to classify due to their ingredients. Check foods for halal certifications and read food labels.

**Halal Foods (permitted):** Meat and poultry products that were slaughtered according to Islamic Dietary Law, and grain products, fruits, vegetables, beverages, fats, oils, dairy products that are prepared without haram foods

**Haram foods (not permitted):** Pork and byproducts (lard, gelatin, lipase, pepsin), meat and poultry not slaughtered according to Islamic Dietary Law, alcohol, vanilla extract, non-microbial enzyme, rennet, L-cysteine, sodium stearoyl lactylate, monoglycerides and diglycerides from an animal source, animal shortening

## Culinary Traditions

**Fasting**

During the entire month of “Ramadan”, Muslims observe a strict fast from dawn to sunset. Fasting is one of the five “pillars of Islam.” Fasting includes refraining from certain behaviors (e.g. cursing, smoking, telling lies, etc.) “Ramadan” is an **obligatory (with some exceptions) period for engaging in spiritual growth.**

**Celebrations**

Holidays like “Eid al Fitr” (which marks the end of Ramadan), “Eid Qorban”, and “Now Ruz”, are important times to come together to share food and traditions with neighbors, friends, and family. There are festivities and special dishes that are often shared for each holiday.

Yogurt with Cucumber



Red Lentil Stew



Check out these Recipes!

