



MINNESOTA COUNCIL OF CHURCHES

Afghan Neighbors Grocery List

Items approved for purchase based on household size of _____ people:

	2 people	4 people	6 people
Long-Grain Rice	10 lbs	10 lbs	25 lbs
Jam	1 jar	2 jars	2 jars
Sugar	4lbs	4lbs	4lbs
Eggs	1 dozen	2 dozen	3 dozen
Ginger	1 package	1 package	1 package
Turmeric	1 package	1 package	1 package
Pita Bread	3 bags	6 bags	9 bags
Black Tea Bags	1 box	1 box	1 box
Cardamom pods	1 package	1 package	1 package
Garlic	1 head	1 head	2 heads
Apples	1 bunch	2 bunches	3 bunches
Carrots	1 pound	2 pounds	3 pounds
Lettuce	1 head	2 heads	3 heads
Tomatoes	2 pounds	3 pounds	5 pounds
Eggplant	1	2	3
Cucumber	2	3	4
Green Beans	1 pound	2 pounds	3 pounds
Fresh Okra	.5 pound	1 pound	1.5 pounds
vegetable oil	1 container	1 container	1 container
Potatoes	1 bag	2 bags	3 bags
Onions	1 bag	2 bags	3 bags
salt	1 container	1 container	1 container
juice	1 gallon	1 gallon	1 gallon
Raisins	1 container	1 container	1 container
Lamb/Beef Meat	\$10 worth	\$10 worth	\$15 worth
Chicken	\$10 worth	\$10 worth	\$15 worth
Whole Milk	1 gallon	2 gallons	2 gallons
Plain Yogurt	1 container	2 containers	2 containers