

<b>Food Group</b>	<b>Specifics</b>	<b>Afgh</b>	<b>El Sal</b>
<b>FRUITS</b>	raisins	Afgh	El Sal
	dried fruits--apricots, plums, apples, mango	Afgh	
	apples	Afgh	El Sal
	pomegranates	Afgh	
	lemons, oranges, clementines, tangerines	Afgh	
	canned fruits	Afgh	El Sal
	fruit pouches	Afgh	El Sal
	jellies, jams	Afgh	El Sal
	berries (canned)	Afgh	El Sal
<b>NUTS</b>	walnuts	Afgh	
	pecans	Afgh	
	almonds	Afgh	
	pistachios	Afgh	
<b>VEGETABLES</b>	carrots	Afgh	El Sal
	onions, garlic	Afgh	El Sal
	canned tomatoes	Afgh	El Sal
	canned corn	Afgh	El Sal
	potatoes, sweet potatoes	Afgh	El Sal
	canned squash	Afgh	El Sal
	beans, peas (dried or canned)	Afgh	El Sal
	kidney beans		El Sal
chickpeas	Afgh		
<b>GRAINS</b>	barley	Afgh	
	rice	Afgh	El Sal
	bulgar	Afgh	
	polenta	Afgh	El Sal
	unsugared cereal	Afgh	El Sal
	mixes for cornbread, brownies, Bisquick	Afgh	El Sal
<b>BREADS, CRACKERS</b>	Naan	Afgh	
	corn or flour tortillas		El Sal
<b>BEVERAGES</b>	coffee, teas	Afgh	El Sal
	low-sugar fruit juices	Afgh	El Sal

<b>MEAT</b>	[Halal ONLY for Afghanistani family] grocery store gift card	Afgh	El Sal
<b>SPICES</b>	cumin	Afgh	El Sal
	cilantro	Afgh	
	cardamom	Afgh	
	ginger	Afgh	
<b>MISCELLANEOUS</b>	chocolate bars	Afgh	El Sal
	honey	Afgh	El Sal
	sugar, flour, salt, other staples	Afgh	El Sal
<b>PAPER PRODUCTS</b>	napkins	Afgh	El Sal
	paper towels	Afgh	El Sal