

# Culturally Sensitive Foods

Our community has been growing and changing, and we are starting to see the need to begin to accommodate special dietary needs for those with medical or cultural restrictions to their diets. We are working to secure more culturally sensitive foods and items that are suitable for those with allergies or intolerances. Here is a list of items that are appropriate for different cultures and preferences:

## Muslim Friendly

- ♦ Rice & Bulgar
- ♦ Flour & Semolina
- ♦ Dry powdered milk
- ♦ Tahini paste
- ♦ Ghee
- ♦ Canned fava beans
- ♦ Real fruit jams
- ♦ Canned tuna
- ♦ Raisins
- ♦ Olive oil

- ♦ Evaporated milk
- ♦ Canned chick peas
- ♦ Canned green peas
- ♦ Grape leaves in a jar
- ♦ Dry figs
- ♦ Dates

## Vegan

- ♦ No animal products (meat/eggs/milk/honey)
- ♦ All plant based products
- ♦ Limit processed foods