

Food Pantry Tip Sheet: Vietnamese Food Preferences

Description of Cuisine

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.

Considerations

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.

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 fruit, especially:

- Green papaya
- Limes

- **Nectarines**
- **Oranges**
- Pineapple

Meats/Proteins:

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

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**



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**

Food Pantry Tip Sheet: Haitian Food Preferences

Description of Cuisine

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.

Considerations

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.

Fresh vegetables & herbs, especially:

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

Fresh fruit, especially:

- **Apples**
- **Bananas**
- Guanabana (soursop)
- Limes
- **Oranges**
- Pineapple

- Plantains (green or yellow)

Meats/Proteins:

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

Pantry Items:

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



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)**
- **Yams**

Food Pantry Tip Sheet: Somali Food Preferences

Description of Cuisine

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.

Considerations

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.

Fresh vegetables & herbs, especially:

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

Fresh fruit, especially:

- Apples
- Bananas
- Cantaloupe

- Honeydew
- Mango
- Oranges (Mandarin/Cuties)
- Pears
- Pineapple
- Plantains (green or yellow)

Meats/Proteins:

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

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

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