

# SHARE YOUR CULTURE

S.Y.C

# DONATION GUIDE

Thank you for supporting the ASI Food Pantry! Throughout this document you will find suggestions on how to stock the pantry with multiple culturally relevant staples. This document serves as a guide but donations are not limited to what is listed.

- We can only accept non-perishable (shelf-stable) donations.
- Please do not include any fresh or frozen goods at this time.
- We prefer small packaging units versus bulk (ex: 5lb bag of rice vs 20lbs) as it makes it easier to distribute to individual students.
- If the product does not have English labels, please label items in English with a permanent marker for ease in sorting and distribution.

***We understand that this document does not include all staple non-perishable items that are used within all the cultures that exist. If you have any suggestions for edits/additions, please email, [asi-foodpantry@csus.edu](mailto:asi-foodpantry@csus.edu)***

## Local Ethnic Grocery Stores

- [www.sacramento.cbslocal.com/top-lists/best-ethnic-grocery-stores-in-sacramento/](http://www.sacramento.cbslocal.com/top-lists/best-ethnic-grocery-stores-in-sacramento/)
- [www.yellowpages.com/sacramento-ca/ethnic-grocery-stores](http://www.yellowpages.com/sacramento-ca/ethnic-grocery-stores)
- [www.superpages.com/sacramento-ca/ethnic-grocers](http://www.superpages.com/sacramento-ca/ethnic-grocers)

# How to stock a Middle Eastern Pantry

- Chickpeas
- Fava Beans
- Lentils
- Dried Fruit
- Olives
- Tomato Paste
- Allspice
- Cinnamon
- Cloves
- Coriander
- Cumin
- Turmeric
- Aleppo Pepper
- Baharat
- Dukka/Duqqa
- Fenugreek
- Nigella Seed
- Saffron
- Sumac
- Za'atar
- Basmati Rice
- Bulgur Wheat
- Freekeh/Green Wheat
- Lebanese/Moghrabieh  
couscous
- Pine Nuts
- Pistachios
- Walnuts
- Honey
- Olive Oil
- Pomegranate  
Molasses
- Rose Water
- Tahini

# How to stock an African American Pantry

- Cornmeal
- Grits
- Self Rising Flour
- Mayonnaise
- Bay Leaf
- Cajun Seasoning
- Black pepper
- Cayenne Pepper
- Celery Seed
- Onion & Garlic Powder
- Curry Powder
- Condensed Milk
- Tabasco & other Spicy Vinegar Based Pepper Sauces
- Lima Beans
- Black-Eyed Peas
- Green Beans
- Long Grain Rice
- Canned Yams
- Chicken Stock

# How to stock an APIDA Pantry

Asian Pacific Islander Desi American

- Soy sauce
- Tamarind soup base mix
- Gochujang
- Barley
- Galangal
- Star anise
- Bay leaf
- Dried red chili pepper
- Korean chili powder
- Fried shallots
- Fried garlic
- Spices (salt, cumin, coriander, five spice, white pepper, paprika, curry, turmeric, ginger, garlic, onion)
- Noodles (instant, ramen, udon, vermicelli, soba)
- Canned corn
- Canned mushroom
- Dried mushrooms (shitake)
- Bamboo
- Spam
- Roasted seaweed
- Rice (Jasmine, Basmati)
- Fish sauce
- Oyster sauce
- Soba dipping sauce
- Vinegar (rice, cane)
- Chickpeas
- Lentils
- Ghee
- Coconut milk
- Rice Flour

# How to stock a Latinx Pantry

- Tortillas
- Dried Beans
- Long Grain Rice
- Fideo
- Chicken Bouillon
- Guajillo Chiles
- Dried Árbol Chiles
- Ancho Chiles
- Chipotles en Adobo
- Vinegar
- Whole Allspice
- Achiote
- Pumpkin Seeds
- Mexican Chocolate
- Cumin
- Ground coriander
- Ground chili powders (cayenne, arbol, and chipotle)
- Bay leaves
- Dried oregano
- Epazote
- Thyme
- Hominy
- Tamarind
- Masa Harina (Corn flour)
- Whole cloves
- Cinnamon
- Vanilla (extract and beans)
- Corn Husks
- Hibiscus flowers
- Piloncillo

# How to stock an East African Pantry

- Barley
- Curry Powder
- Cowpeas
- Dried Beans
- Dried Dates
- Fava Beans
- Garbanzo Beans
- Lentils
- Red Chorri Beans
- Rice (Basmati)
- Spaghetti Pasta
- Teff
- Tomato Sauce
- Tuna

# How to stock a West African Pantry

- Black Eyed Peas
- Brown Beans
- Corn Flour
- Fufu Flour
- Gari
- Millet
- Magi Seasoning Cubes
- Palm Oil
- Shea butter/oil
- Tomato paste
- Canned Yams

# How to stock an Indigenous/Native Pantry

- Dried tepary beans
- Dried Berries
- Juniper Berries
- Grits
- Hominy
- Mush
- Wild Rice
- Dry Sage (cooking sage)
- Prickly pear jelly & juice
- Plum Jelly
- Agave Nectar
- Cornmeal
- Buffalo Jerky

# How to stock an Eastern European Pantry

- Barley
- Canned Beans
- Buckwheat
- Grains
- Yeast
- Lentils
- Millet
- Wheat
- Dry Coriander
- Dry Basil
- Dry Dill
- Black Pepper
- Turmeric Powder
- Paprika
- Clove

# Citations

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