

Grocery List

Culturally Appropriate for Latin American and Indigenous Communities

Non-Perishable Food

- ☐ Yellow onions
- ☐ Masa (Maseca brand)
- ☐ Salt
- ☐ Pasta
- ☐ White flour
- ☐ Corn oil



- ☐ Manteca/Lard (El Mexicano brand)
- ☐ Baking powder
- ☐ Chicken flavored bouillon
- ☐ Pinto beans (dry)
- ☐ Jasmine rice (dry)
- ☐ Instant coffee (El Mexicano brand)



Perishable Food

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|--|---|---|
| ☐ Cucumbers | ☐ Cilantro | ☐ Cheese (Mexican style white) |
| ☐ Roma tomatoes | ☐ Jalapeños, serrano peppers | ☐ meat |
| ☐ Yellow and white onions | ☐ Zucchini squash | ☐ Limes |
| ☐ Bananas, other fruit | ☐ Eggs | |
| ☐ Green cabbage | ☐ 2% Milk | |

Household Goods

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| ☐ Toilet paper | ☐ Hand soap | ☐ Small sized rubber gloves |
| ☐ Pine Sol cleaner | ☐ Laundry detergent | ☐ Hand sanitizer |
| ☐ Kitchen hand towels | ☐ Paper towels | |
| ☐ Kitchen sponges | ☐ Shampoo, conditioner | |
| ☐ Dish soap | ☐ Feminine hygiene products | |