

Food for the Karenni:

(Amount for one week for a family of 4)

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| Turmeric (from Asian market, its too expensive at grocery stores) | Rice – they will eat rice for breakfast and dinner. They don't eat bread. (one very large bag) |
| garlic (4-5 flowers) | potatoes (6) |
| small chili peppers (1 bag) | green beans (large bag of fresh green beans) |
| salt “Accent” Flavoring | leafy vegetables (3-4 bunches) |
| oil (1-2 bottles) | Fish (1 package) |
| onions/shallots (5) | Pork |
| Limes (5-6) | Sardines (3-4 cans) |
| eggs (18) | Egg plant (1-2 large) |
| Tomatoes (7) | fruit: apples, grapes, oranges, bananas |
| Cabbage (1) | snacks: spicy chips, already popped pop corn (not microwave), crackers, cookies |
| whole chicken (1-2) | Instant coffee (Nescafe) with sweeten condensed milk Or Green Tea bags for hot tea |

What not to give: muffin mixes, bread mixes, boxed food that you have to read the directions in order to make it, spaghetti, noodles, macaroni and cheese, coffee for a coffee machine (they drink instant coffee)