

## **Culturally Appropriate Foods for Donations to Food Pantries in Southeastern Massachusetts**

Adobo, Goya brand  
Beans- Red Kidney, Black, Pink or White, canned or dried  
Beans, specifically Goya for Red, Black or Brown, canned  
Chayote Squash  
Chicken Bouillon Powder  
Chilies, canned  
Cilantro, dried or fresh  
Cinnamon sticks  
Cooking Oil- Mazola or corn oil  
Coffee – specifically Cafe Bustelo  
Corn Flour, Maseca brand  
Dried chilies- guajillo or chile de arbol  
Fruits, canned  
Fruit Juice  
Garlic, fresh or powder  
Green pigeon peas (Gandules Verdes)  
Green Salsa Verde or Roja, bottle from Mexico  
Hot Sauce, Goya  
Jalapeno peppers, canned  
Jelly (for sandwiches)  
Leche-Nido, Nestle  
Maggi Soups  
Mexican Chocolate  
Nopales/Nopalitos, Goya (cactus)  
Parsley, dried or fresh  
Pasta  
Peanut Butter  
Rice - long grain and white  
Sardines  
Sazon seasoning, Goya  
Tomato Paste  
Tomato Sauce, canned or jars  
Tuna, canned