

Preferred Food List:

Vietnamese (Montagnard) and Burmese Foods

From regular grocery store:

- Fresh fruits (any kind)
- Fresh vegetables (any kind) carrots, cabbage, onions, garlic, basil, ginger
- Coffee (instant is ok, too)
- Eggs
- Any kind of meat that can be chopped up to cook
- Oil
- Soy sauce
- Spices such as Coriander, cumin, turmeric

From Asian market: *It may help to ask the grocer for appropriate foods*

- "Thai" rice (regular rice will do, but most people prefer this kind)
- Rice noodles
- Dried fish
- Fish sauce
- Shrimp paste
- Coconut milk
- Hot chili peppers

If it is affordable for the co-sponsorship team, almost all Burmese and Montagnard families use rice cookers and find them essential!

Source: Lutheran Family Services in the Carolinas, Inc.