



Food For All

Creating equity and inclusivity through food

Culturally Relevant Food

Our Food For All program provides culturally relevant food and options for pantry guests with food allergies and sensitivities, and other dietary or lifestyle preferences. Below are common staples unique to specific cultural and ethnic households. We recognize the lists aren't comprehensive, and we're continually revising them. We welcome suggestions and feedback.

By contributing these types of foods or donating financially so we can purchase them on your behalf, you're putting relevant food on the table for everyone who comes through our doors. Learn more at bethlehemhouseofbread.org.

East African

Adzuki beans	Lentils
Barley	Basmati rice
Curry powder	Spaghetti pasta
Cowpeas	Teff
Dried dates	Tomato sauce
Fava beans	Tuna
Garbanzo beans	
Goat	

Indigenous/Native

Avocado	Persimmon
Beans	Pumpkin
Bison meat	Squash
Dried berries	Sunflower
Grits	Venison
Hominy	Walleye
Mush	Wild rice
Peppers	

Eastern European

Barley	Lentils
Beef	Millet
Beets	Mushrooms
Buckwheat	Pork
Cabbage	Potatoes
Grains	Veal
Kasha	Wheat
Lamb	

Latino

Avocado	Mixed fruit
Beets	Nopalitos
Black beans	Peppers
Cheese	Pinto beans
Corn tortillas	Rice
Green chiles	Salsa
Jalapenos	Squash
Legumes	Tomatillos
Masa	Tomatoes

Southeast Asian

Bamboo Shoots	Oyster sauce
Baby corn	Pork
Cellophane noodles	Rice flour
Coconut milk	Rice noodles
Curry paste	Sardines
Edamame	Squash
Eggplant	Tapioca flour
Fish/Fish sauce	Tofu
Jasmine rice	

West African

Black eyed peas	Greens
Brown beans	Millet
Cassava	Maggi cube
Chicken	Plantains
Corn flour	Potatoes
Fish	Shea butter/oil
Fufu flour	Tomato paste
Gari	Yams
Goat	

Drop off at Bethlehem House of Bread or send directly:
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