**Refugee Food Pantry Suggestions (non-perishable)**

**International Center of the Heartland** during regular business hours:

1941 S 42nd ST, Ste. 402

Omaha, NE 68105

(402) 536-3500

**Refugee Empowerment Center** during regular business hours:

3610 Dodge ST, Ste 100

Omaha, NE 68131

(402) 554-0759

* Cornmeal
* Jasmine or Basmati rice
* Vegetable oil
* Tomato paste
* Marinara sauce
* Spices: curry powder, turmeric, beryani spice, chili, black pepper, thyme, cumin, cardamom, cloves, cilantro, ground masala, cinnamon
* Sugar
* Flour
* Baking powder
* Baking yeast
* Tea
* Italian style pastas
* Asian noodles
* Canned fish
* Beans (no bacon): white, kidney, pinto
* Lentils, chickpeas, pulses

