

## Groceries & Welcome Meal

*A culturally appropriate meal and enough groceries for 1-2 days are provided upon arrival.*

### Why purchase groceries for newly arrived refugees?

When refugees first arrive to the United States, they do not have any food with them nor do they have appropriate funding to buy food for their second day. Not to mention, if you have travelled or lived in another country, you are well aware that familiar food can bring comfort in the midst of a new and unfamiliar experience. In order to make refugees' transition easier, a culturally appropriate meal and enough groceries for 1-2 days are provided upon arrival. While refugees wait for their food stamps/EBT cards, WR Sacramento provides them with "Pocket Money" from their "Resettlement Grant."

### Who provides Welcome Meal and Groceries?

Often a refugee family's "U.S. Tie" (i.e. sponsor, typically a distant relative or friend) will prepare a Welcome Meal (WM) for the family to eat upon arrival and Hospitality Volunteers will provide groceries. When a U.S. Tie cannot provide a WM, volunteers could provide it, in addition to groceries. Supervising Volunteer Coordinators will inform volunteers prior to the family's arrival whether they should purchase a WM. Volunteers can donate these items to a refugee family, although reimbursement is possible with a receipt and would be reimbursed from the incoming refugee's "Welcome Money." Please make sure to bring (or scan and send) your receipts to your supervising Volunteer Coordinator within 24 hours of the purchase.

### Where in the apartment should I put the Groceries?

World Relief Staff will inform volunteers how to get the groceries into the apartment or if dropping off to the WRS office is necessary. Use your best judgment as to which cabinets to place the food. If a newly arrived refugee is joining roommates, all food should remain in the grocery bags and you should tie up the bags. Please put as many items as possible in the fridge so that they will stay fresh longer (i.e. vegetables, fruit, etc.)

### What do I buy and where do I buy it?

The following recommendations show the cheapest options and follow religious guidelines to ensure there is culturally-appropriate food in the house for 1-2 days. For Middle Eastern families: please buy halal meat at an ethnic market ("halal" is the Muslim preparation of meat, similar to "kosher"). If seeking reimbursement, for families of 1 and 2 please purchase smaller portions to the extent possible.

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## Grocery and Welcome Meal Checklist

P.A. Name:		Date of Arrival:	
Case Number:		Case Worker:	
Address:		Family Size:	

### Buy From Ethnic Market

	Halal chicken breast (1-4 members: 2lbs // 5-6 members: 4lbs // 7+ members: 6lbs)
	Large bag of basmati rice (1 bag)
	Plain yogurt (1-4 members: small tub // 5+ members: large tub)— <b>OR WALMART</b>
	Afghan Bread (1-4 members: 1 bag // 5+ members: 2 bags )
	Loose leaf green tea (1 bin/box)
	Medium-ground black pepper, multi-spice packet (@Babylon: 7 Spice packet)
	<b>**Welcome Meal</b> (one combo plate per person. Ages 5 and younger: one meal/ 2 children) <b>**ONLY PURCHASE IF AUTHORIZED BY WORLD RELIEF STAFF MEMBER**</b>

### Buy From Walmart (4675 Watt Avenue, North Highlands, CA 95660)

	Hand-held fruit (Apples, oranges, bananas)
	White/yellow onions (1-4 members: 3 onions // 5+ members: 5 onions)
	Tomatoes (1 per person)
	Potatoes (1 bag per household)
	Garlic Cloves
	Sugar (1 small box)
	Olive Oil/Vegetable Oil (1 bottle)
	Salt (1 small shaker)
	Eggs (1-4 members: 1 dozen // 5+ member: 2 dozen)
	100% Fruit Juice (1-4 members: 1 quart // 5+ members: 1 gallon)
	1 gallon Whole Milk (for families with young children only)

**We recommend shopping at:**

**Babylon City Market:** 1745 Watt Avenue, Sacramento 95825

**Mediterranean Market:** 1547 Fulton Avenue #B, Sacramento 95825

**East Market and Restaurant - Sharq:** 3405 El Camino Avenue, Sacramento 95821

**Mediterranean Sea Market and Deli:** 5112 Madison Avenue, Suite 102 Sacramento 95841

**Red Sea Market:** 6968 65th Street, Sacramento 95823