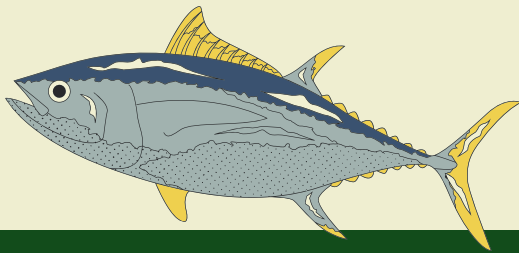
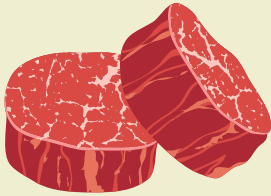


FILIPINO FOODS

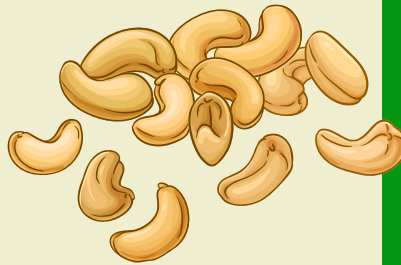
Animal Protein

- Beef
- Canned Fish
- Chicken
- Eggs
- Pork
- Tuna



Plant Based Protein

- Chickpeas
- Mung Beans
- Kidney Beans
- Peanuts
- Cashews



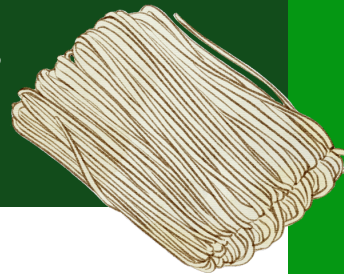
Dairy

- Condensed Milk
- Evaporated Milk



Grains

- White Rice
- Rice Noodles / Pancit
- Brown Rice
- Rolled Oats



Condiments and Cooking Staples

- All-Purpose Flour
- Garlic
- Sugar
- Coconut Oil
- Peanut Oil
- Sesame Oil
- Coconut Vinegar
- Banana Ketchup
- Oyster Sauce
- Soy Sauce
- Ginger
- Cane Vinegar



Fruits and Vegetables

- Apples
- Avocados
- Banana
- Beets
- Broccoli
- Calamansi
- Cantaloupe
- Carrots
- Cassava
- Celery
- Chayote
- Coconut
- Corn
- Cucumbers
- Eggplant
- Green beans
- Cabbage
- Jackfruit
- Kiwi
- Mango
- Oranges
- Bok Choy
- Peaches
- Pineapple
- Potatoes
- Onions
- Spinach
- Tomatoes
- Ube
- Plantains
- Okra
- Pears



**GREATER
CHICAGO
- FOOD -
DEPOSITORY®**

Food preferences and cultural practices can vary widely depending on social factors like language, religion, ethnic group, age, geography, etc. This guide is intended to serve as a bridge to start conversations with the communities we serve.

