

CANOPY
NORTHWEST ARKANSAS

A Guide to Culturally Appropriate Meals + Groceries



Halal + Haram Foods

What is halal?

Halal means permitted or lawful in Arabic. For food, it is the dietary standard according to the Qur'an or the Hadith.

Halal products include:

- Food free of any component that is prohibited from consuming according to Islamic law
- Processed, manufactured and/or stored food using equipment that have been cleansed according to Islamic law

What is haram?

Haram means unlawful or prohibited.

Haram products include:

- Alcoholic drinks and intoxicants
 - Non-Halal Animal Fat
 - Enzymes* (Microbial Enzymes are permissible)
 - Gelatine* – from non-Halal source (fish gelatine is Halal)
 - L-cysteine (if from human hair)
 - Lard
 - Lipase* (only animal lipase need be avoided)
 - Non-Halal Animal Shortening
 - Pork, Bacon / Ham and anything from pigs
 - Unspecified Meat Broth
 - Stock* (a blend of mix species broth or meat stock)
 - Tallow* (non-Halal species)
 - Carnivorous animals, birds of prey and certain other animals
 - Foods contaminated with any of the above products
- (*May be consumed if derived from Halal animals.)

Where can I find halal specific food?

- International Grocery
 - 1224 N Lindell Ave, Fayetteville, AR 72703
 - Hours: Thurs-Mon 11AM-7PM, Tues-Wed 2-7PM
 - Phone: (479) 443-1980

Ramadan

What is Ramadan?

Ramadan is a holy month of fasting, introspection and prayer for practicing Muslims.

What does this mean?

- Muslims are not permitted to eat or drink from dawn to dusk
- After sunset, Muslims eat a meal called Iftar
- Ramadan takes places for a month. Each year it starts on a different date because it goes by the 9th month of the Islamic Calendar (based on moon cycles)
- Are there exceptions?
 - Those who are ill, traveling, pregnant, elderly, or children who have not reached puberty may or may not participate

How can I support a family during Ramadan?

- Do
 - Ask them specifically how you can support them or if they need or want anything from you
 - Be considerate of scheduling
- Don't
 - Don't ask "Why **Aren't** You Fasting?"
 - This can be invasive. An individual's reasoning for not fasting is not something they have to share unless they choose to.
 - Don't say, "Let me hide my food/drink"
 - Consideration is appreciated, but don't go to extreme lengths to avoid eating or drinking around them. Instead, ask them if they would prefer to not be around you while you eat
 - Don't say, "I've fasted before and I know how that feels"
 - Ramadan is unique in its practice and purpose, do not equate it to other fasts
 - Don't say, "you must lose a lot of weight"
 - "I'll fast in solidarity with you"
 - Be aware of the difference between appreciation and appropriation

Culturally Appropriate Grocery Stores

International Grocery

- Indian and Middle Eastern Foods, halal meats and food
- Food served inside - K-fash Mediterranean Cuisine
- 1224 N Lindell Ave, Fayetteville, AR 72703

Tropical Food Market

- African and Carribean food
- 2810 W Walnut St, Rogers, AR 72756

Tang's Asian Market

- 224 S Thompson St, Springdale, AR 72764

European Gourmet of NWA

- Eastern European/Russian ingredients
- 1149 W Walnut St, Rogers, AR 72756

Culturally Appropriate Restaurants/Take Out

K-fash Mediterranean Cuisine

- Inside International Grocery
- Halal
- 1224 N Lindell Ave, Fayetteville, AR 72703

Zanzibar Kitchen

- East African Food
- Location and Hours depend on day
- Wednesdays and Saturdays

Tangiers

- Mediterranean cafe with middle eastern flavors
- 2800 N College Ave, Fayetteville, AR 72703

European Gourmet of NWA

- Eastern European/Russian cafe inside
- 1149 W Walnut St, Rogers, AR 72756

Afghan Grocery List

Fresh produce

- Carrots (1 bag ph)
- Lettuce (1 head ph)
- Tomatoes (1 bag ph)
- Cucumber (1 ph)
- Eggplant (1 ph)
- Green beans (fresh cut, 1 bag ph)
- Potatoes (1 bag ph)
- White onions (1 bag ph)
- Fresh okra (1 bag ph)
- Garlic (4 cloves ph)
- Apples (1 bag ph)

For Cooking

- Sugar (1 bag ph)
- Salt (1 box ph)
- Turmeric (1 unit ph)
- Cooking oil (1 bottle ph)

Other Products

- Raisins (1 box ph)
- White long-grained rice - Basmati (1 very large bag ph)
- Pita bread (1 bag ph)
- Black tea (1 box of teabags ph)
- Jam (1 jar ph)

Animal Products

- Eggs (1 dozen ph)
- **Plain** yogurt (1 tub ph)

Religious Afghans may possibly avoid pork and products with gelatins or food additives if they are not halal.

You can refer to a list of halal and haram foods if necessary.

Afghan Food Palette

Other Ingredients

- Cardamom
- Cumin
- Coriander
- Bay leaves
- Saffron
- Mint
- Lamb
- Sunflower oil
- Ginger
- Red Chiles
- Chickpeas

Recipes/ Cookbooks

- Parwana by Durkhanai Ayubi

Dishes

- Mantu
 - Steamed dumplings
- Ashak
 - Boiled chive dumplings
- Chopan kabob
 - Roasted lamb
- Borani banjan
 - Braised eggplant with yogurt dressing
- Bolani
 - Stuffed flatbread
- Lavash
 - flat, thin bread
- Mastawa
 - Rice dish with lamb, yogurt, and chickpeas

Ukraine Grocery List

Fresh produce

- Carrots (1 bag ph)
- Lettuce (1 head ph)
- Tomatoes (1 bag ph)
- Mushrooms (1 tub ph)
- Cabbage (1 ph)
- Potatoes (1 bag ph)
- White onions (1 bag ph)
- Garlic (1 head ph)
- Apples (1 bag ph)

For Cooking

- Sugar (1 bag ph)
- Salt (1 box ph)
- Pepper (1 box ph)
- Cooking oil (1 bottle ph)

Other Products

- Raisins (1 box ph)
- Rice (1 bag ph)
- Cornmeal (1 box ph)
- Black tea (1 box of teabags ph)
- Jam (1 jar ph)

Animal Products

- Eggs (1 dozen ph)
- Cottage cheese (1 tub ph)
- Sour Cream (1 tub ph)
- Sausage
- Butter

Ukraine Food Palette

Other Ingredients

- Salo
 - Cold cured pork fat
- Brynza
 - Sheep's milk cheese
- Bay leaves
- Cardamom
- Varenye
 - jam
- Beets
- Poppy seeds
- Suaerkraut
- Buckweat
- Walnuts
- Dill
- Cumin

Dishes

- Borscht with garlic fritters
- Chicken Kiev
- Deruny
 - Potato pancakes
- Vareniki
 - Dumpling
- Golubtsi
 - Cabbage roll
- Okroshka
 - Soup mainly prepared in the Summer
- Banush
 - Corn grits
- Syrniki
- Nalisniki
 - filling wrapped in a thin-like crepes

Books/recipes

- Beyond Borscht: Old-World Recipes from Eastern Europe: Ukraine, Russia, Poland & More by Tatyana Nesteruk

Burmese Grocery List

Fresh produce

- Onion (2 pp)
- Cauliflower (1 pp)
- Tomato (1 large ph)
- Potato (1 large bag ph)
- Red chilis (1 bag ph)
- Bananas (1 bunch ph)
- Garlic (4 cloves ph)
- Ginger (1 root/knob ph)

For Cooking

- Salt (1 box ph)
- Pepper (1 box ph)
- Cooking oil (one bottle ph)

Animal Products

- Chicken, with bone (1 pp)
- Eggs (1 dozen ph)

Other Products

- Orange juice (1 gallon ph)
- Black tea (1 box of teabags ph)
- White rice (1 large bag ph)

Burmese Food Palette

Other Ingredients

- Turmeric
- Shallots
- Chiles
- Peanut Oil
- Sesame Oil
- Peanuts
- Dried shrimp powder
- Fish sauce
- Coriander leaves
- Lemongrass
- Chickpea flour
- Ginger
- Chana Dal crackers

Dishes

- Mohinga
 - Fish noodle soup
- Kyet thar thoke
 - Spiced chicken salad
- Khayan jin thee thoke
 - **tomato and crunchy peanut salad**
- Khayan thee hnat
 - **stuffed aubergine curry**
- Nangyi thoke
 - noodle-based "salads" with broth served on the side

Books/recipes

- Mandalay: Recipes and Tales from a Burmese Kitchen by MiMi Aye

Central African Grocery List

Fresh produce

- Onion (2 pp)
- Cauliflower (1 pp)
- Tomato (1 large ph)
- Potato (1 large bag ph)
- Red chilis (1 bag ph)
- Bananas (1 bunch ph)
- Garlic (4 cloves ph)
- Ginger (1 root/knob ph)

For Cooking

- Salt (1 box ph)
- Pepper (1 box ph)
- Cooking oil (one bottle ph)

Animal Products

- Eggs (1 dozen ph)
- Milk

Other Products

- White rice (1 very large bag ph)
- Dried red beans
- Bread
- Orange juice (1 gallon ph)
- Black tea (1 box of teabags ph)
- Sugar

Congolese Grocery List

Fresh produce

- Fresh spinach (1 bag ph)
- Fresh green beans (2 servings pp)
- Carrots (1 bag ph)
- Tomato (2 pp)
- Onions (2 pp)
- Sweet potatoes (1 pp)
- Potato (1 large bag ph)
- Bananas (1 bunch ph)
- Oranges (1 large bag ph)
- Garlic (4 cloves ph)

Animal Products

- Eggs (1 dozen ph)
- Milk

For Cooking

- Black pepper (1 box ph)
- Salt (1 box ph)
- Cooking oil (1 large bottle ph)
- Sugar (1 bag ph)

Other Products

- White rice (1 very large bag ph)
- Dried red beans
- Bread
- Corn flour (1 bag ph)
- Black tea (1 box of bags ph)
- Orange Juice (1 gallon ph)

Congolese Food Palette

Other Ingredients

- Cassava
- Taro
- Yam
- Chicken
- Palm Butter
- Okra
- Bell Pepper
- Banana leaves
- Chilies
- Fish

Dishes

- Poulet à la Moambé –
The National Dish of Congo
 - Chicken stew
- Fufu
 - Like porridge with dough made of cassava, plantains, or yams
 - Eaten with stew or soup
- Fumbwa
 - Spinach stew
- Ngulu Yko Tumba or Ntaba
 - Grilled pork or goat
- Kwanga
 - Fermented bread prepared from cassava and wrapped in banana leaves
- Dongo-dongo
 - okra soup
- Loso na Madesu
 - Cooked rice and beans

Iranian Grocery List

Fresh produce

- Carrots (1 bag ph)
- Lettuce (1 head ph)
- Tomatoes (1 bag ph)
- Cucumber (1 ph)
- Fresh okra (1 bag ph)
- Eggplant (1 ph)
- Green beans (fresh cut)
- Potatoes (1 bag ph)
- White onions (1 bag ph)
- Apples (1 bag ph)
- Garlic (4 cloves ph)

Animal Products

- Eggs (1 dozen ph)
- Plain yogurt (1 tub ph)

For Cooking

- Salt (1 box ph)
- Turmeric (1 unit ph)
- Cooking oil (1 bottle ph)
- Sugar (1 bag ph)

Other Products

- Raisins (1 box ph)
- White long-grained rice (1 very large bag ph)
- Pita bread (1 bag ph)
- Jam (1 jar ph)
- Black tea (1 box of teabags ph)

Religious Iranians may possibly avoid pork and products with gelatins or food additives if they are not halal.

You can refer to a list of halal and haram foods if necessary.

Iranian Food Palette

Essentials

- Dates/Date molasses
- Orange blossom water
- Pomegranates/pomegranate molasses
- Rose water
- Saffron
- Sour cherries
- Sumac
- Tamarind
- Yogurt
- Walnuts
- Cardamom
- Bread - barbari, sangak, lavaash, or taftoon
- Barberries

Dishes

- Kebab
- Zereshk polo ba morgh
 - chicken on rice with barberries
- Ghormeh sabzi
 - A green mix of diced meat, beans and vegetables
- Dizi
- Dome bademjan
 - stuffed eggplant
- Fesenjun
 - Sauce of pomegranate, walnuts, eggplant and cardamom served over chicken and rice
- Mirza Ghasemi
 - Mashed eggplant, squash, garlic, tomato and egg

Books/Recipes

- The Saffron Tales by Yasmin Khan (British Iranian)

Iraqi Grocery List

Fresh produce

- Carrots (1 bag ph)
- Lettuce (1 head ph)
- Tomatoes (1 bag ph)
- Cucumber (1 ph)
- Eggplant (1 ph)
- Green beans (fresh cut)
- Potatoes (1 bag ph)
- White onions (1 bag ph)
- Apples (1 bag ph)
- Garlic (4 cloves ph)

For Cooking

- Sugar (1 bag ph)
- Salt (1 box ph)
- Turmeric (1 unit ph)
- Cooking oil (1 bottle ph)

Animal Products

- Eggs (1 dozen ph)
- **Plain** yogurt (1 tub ph)

Other Products

- Raisins (1 box ph)
- White long-grained rice (1 very large bag ph)
- Pita bread (1 bag ph)
- Jam (1 jar ph)
- Black tea (1 box of teabags ph)

Religious Iraqis may possibly avoid pork and products with gelatins or food additives if they are not halal.

You can refer to a list of halal and haram foods if necessary.

Syrian Grocery List

Fresh produce

- Carrots (1 bag ph)
- Cabbage (1 head ph)
- Tomatoes (1 bag ph)
- Cucumber (1 ph)
- Eggplant (1 ph)
- Green beans (fresh cut)
- Potatoes (1 bag ph)
- White onions (1 bag ph)
- Apples (1 bag ph)
- Garlic (4 cloves ph)
- Lemons

For Cooking

- Sugar (1 bag ph)
- Salt (1 box ph)
- Bokharat/Baharat (1 unit ph)
- Cooking oil (1 bottle ph)

Animal Products

- Eggs (1 dozen ph)
- **Plain** yogurt (1 tub ph)

Other Products

- dates (1 box ph)
- White long-grained rice (1 very large bag ph)
- Pita bread (1 bag ph)
- Jam (1 jar ph)
- Black tea (1 box of teabags ph)

Religious Syrians may possibly avoid pork and products with gelatins or food additives if they are not halal.

You can refer to a list of halal and haram foods if necessary.

Syrian Food Palette

Other Ingredients

- Chickpeas
- Lentils
- Tahini
- Za'atar
- Cardamom
- Turmeric
- Coriander
- Pistachios
- Paprika
- Cumin
- Halloumi
- Aleppo Chillies
- Lemon
- Parsley
- Pomegranate
- Lamb
- Harissa

Dishes

- Manakish
 - Bread topped with seasonings, cheese, or meat
- Falafel
 - fried patty made of chickpeas or fava beans
- Dolma
 - Family of stuffed dishes
- Yaprak Sarma
 - stuffed vine leaves
- Kabab
 - cooked meat
- Al-Maqluba
- Tabouli
 - Type of salad
- Al-Jaz Maz
- Kibbeh
- Roz Bhaleeb
 - rice pudding
- Baklava

Central American Grocery List

Fresh produce

- Lettuce (1 head ph)
- Tomatoes (1 bag ph)
- Potatoes (1 bag ph)
- White onions (1 bag ph)
- Corn (1 pp)
- Garlic (4 cloves ph)
- Cilantro (1 bundle ph)
- Chiles (1 bag ph)
- Plantains (1 pp)
- Avocados (1 pp)
- Limes (1 bag ph)

Animal Products

- Eggs (1 dozen ph)
- Queso Fresco

For Cooking

- Sugar (1 bag ph)
- Salt (1 box ph)
- Cooking oil (1 bottle ph)
- Dried Oregano (1 unit ph)
- Cumin

Other Products

- White rice (1 very large bag ph)
- Beans (1 bag ph)
- Masa (1 bag ph)

Salvadoran Food Palette

Other Ingredients

- Cabbage
- Squash
- Beef
- Chicken
- Rice flour
- Banana leaves
- Yucca
- Carrots
- Fish
- Apple cider vinegar
- Jalapeño peppers

Dishes

- Pupusas
 - Stuffed tortillas made of either rice or corn flour
- Ceviche
- Sopa de Res
 - Beef Soup
- Churrasco Típico
 - Grilled meat served with fried beans and plantain
- Yuca Frita
 - Fried cassava
- Salvadoran Tamales
 - plantain leaves wrap
- Carne Asada
 - Grilled Meat
- Tres Leches
 - Three milk cake
- Enchiladas
 - Fried tortillas with toppings
- Pasteles or Pastelitos
 - half moon shape filled with either meat, vegetables, or combination
- Elotes locos
 - corn with mayo, cotija cheese, fuego-flavored spicy corn chips

Guatemalan Food Palette

Other Ingredients

- Chicken
- Squash
- Carrot
- Cabbage
- Corn tortillas
- Corn leaf wraps
- Pork
- Beef
- Saffron
- Apple cider vinegar
- Bay leaves
- Jalapeño
- Cauliflower
- Celery

Dishes

- Pepian
 - Chicken stew
- Rellenitos
 - Dessert - fried plantain pudding with filling
- Tostadas
- Enchilada
 - Fried tortillas with toppings
- Chuchitos
 - corn dough ball filled with tomato sauce and chicken
- Empanadas
 - Mostly vegetarian filled with potato/spinach
- Tamales
- Paches
 - tamale recipe where the filling is wrapped in a layer of mashed potato instead of corn leaves

Colombian Grocery List

Fresh produce

- Lettuce (1 head ph)
- Tomatoes (1 bag ph)
- Potatoes (1 bag ph)
- White onions (1 bag ph)
- Corn (1 pp)
- Garlic (4 cloves ph)
- Cilantro (1 bundle ph)
- Plantains (1 pp)
- Avocados (1 pp)
- Limes (1 bag ph)
- Cassava/Yuca

Animal Products

- Eggs (1 dozen ph)
- Queso Fresco

Other Products

- White rice (1 very large bag ph)
- Beans (1 bag ph)
- Masa (1 bag ph)
- Guava

For Cooking

- Sugar (1 bag ph)
- Salt (1 box ph)
- Cooking oil (1 bottle ph)
- Dried Oregano (1 unit ph)
- Cumin

Colombian Food Palette

Other Ingredients

- Chicken
- Carrot
- Plantain leaves
- Pork
- Beef
- Yucca
- Carrot
- Peas

Dishes

- Arepas
- Ajiaco
 - Potato and chicken soup
- Bandeja Paisa
 - Rice, plantain, arepa, avocado, minced meat, chorizo, black sausage and fried pork rind, fried egg
- Sancocho
 - Chicken soup, yucca and plantains
- Empanadas
 - Fried cornmeal pastry with filling
- Ceviche
- Tamales
 - maize dough, chicken, pork, and peas, wrapped in plantain leaves

Vietnamese Grocery List

Fresh produce

- Fresh Ginger (1 ph)
- Garlic (3 cloves)
- Limes (1 pp)
- Spinach (1 bag ph)
- Carrots (1 bunch ph)
- Cabbage (1 head ph)
- Cilantro (1 bunch ph)
- Onion (1 pp)
- Cucumbers (1 pp)

Other Products

- Jasmine Rice (1 large bag ph)
- Rice Noodles, preferable vermicelli (1 large bag ph)
- Green Tea (one box ph)
- Peanuts (one box ph)

Animal Products

- Eggs (1 dozen ph)

For Cooking

- Sugar (one bag ph)
- Rice Vinegar (1 bottle ph)
- Coconut Milk (2 cans ph)
- Fish Sauce (1 ph)
- Soy Sauce (1 bottle ph)
- Salt (one box ph)
- Sesame Oil (one bottle ph)
- Chili Garlic Sauce, such as sriracha (one ph)