

When building programs to serve different cultural populations, it's important to provide authentic flavors and products that remind people of home, honor their customs and fit within their traditional recipes.

Choose from a variety of Umoja Culturally Connected menus, or work with our team to build a program that serves the needs of your community.



DISTRIBUTION
READY
BOXES

COMPONENTS
FOR IN-HOUSE
BOX BUILDS



CULTURALLY
Connected
FOODS

Brent Douthit, **California** | 317-721-7955 | bdouthit@umojasupply.com

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Latin-American Box Menu

PRODUCTS	SIZE (OZ)
Vegetable Oil	24
Pouched Chicken	10
Diced Tomatoes	14.5
Lentils	14
Dry Black Beans	16
Pinto Beans	16
Brown Rice	16
Masa Flour	64
Corn Flakes	17.63
Milk	33.8

Mexican Box Menu

PRODUCTS	SIZE (OZ)
Diced Tomatoes	14.5
Low Sodium Corn	15
Masa Flour	64
Rice	16
Dry Beans (Garbanzo and Pinto)	16
Sliced Jalapenos	28
Shredded Chilorio Meat	8.8
Potatoes	15
Menudo	25
Cilantro	.45
Mexico Lindo Habenero Sauce	5

Afghan Refugee Box Menu

PRODUCTS	SIZE (OZ)
Cooking Oil	48
Jasmine Rice	32
Red Beans	32
Lentils	32
Spaghetti	16
Tomato Paste	13
Peanuts	8
Garbanzo Beans	32
Thick Pasta	16

Hmong Community Box Menu

PRODUCTS	SIZE
White Rice	5lb
Canned Coconut Milk	13.5 oz
Quick Cook Noodles	14oz
Vermicelli	14oz
Parrot Soursop Watermelon	16.4oz
Parrot Soursop Pomegranate	16.4oz
Parrot Mango Juice w/ pulp	16.4oz

Black American Box Menu

PRODUCTS	SIZE (OZ)
Sweet Potatoes	15
Mac & Cheese	7
Cornbread mix	8.5
Peanut Butter	18
NSA Green beans	15
LS Vegetable	3.2
Pouch Chicken	4.5
Dry Lentils	16
Mixed Greens	14
NSA Pinto Beans	15.5
Mixed Fruit in Juice	15

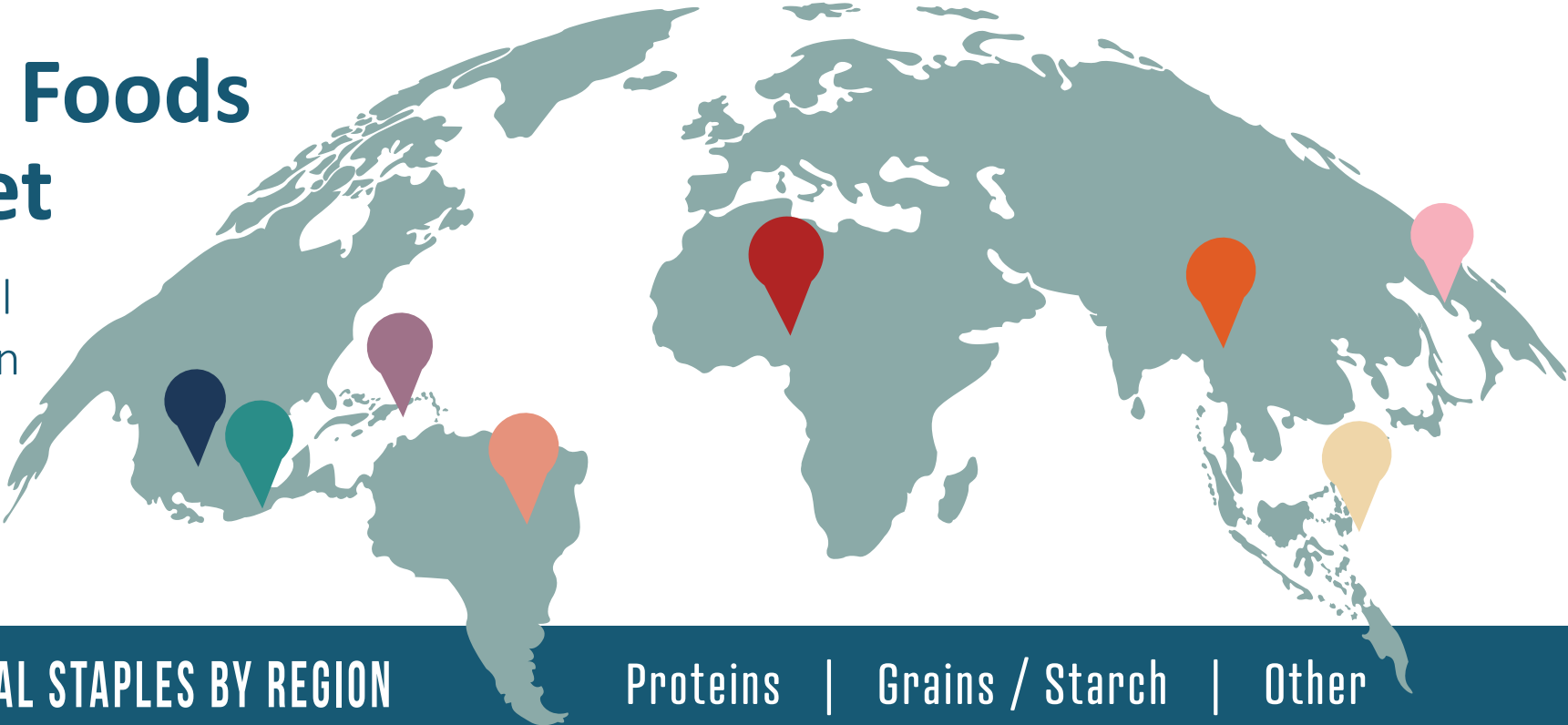
Kids Cultural Backpack

PRODUCTS	SIZE (OZ)
Low Sugar Puffs Cereal, Vanilla or Cocoa	1
Pouched Meals (6 Flavors)	8
Fruit Cup	4
100% Juice Box	4
Milk, 1%	8
Snack (churro, dried fruit, plantain chips)	tbd



Cultural Foods Tip Sheet

Largest Cultural
Groups Living In
The U.S.



COMMON CULTURAL STAPLES BY REGION

Proteins | Grains / Starch | Other

MEXICO

Beef | White Rice | Beans

EAST ASIA

Pork | White Rice | Noodles

MIDDLE EAST & INDIA

Chicken | Basmati Rice | Lentils

SOUTH AMERICA

Chicken | Brown Rice | Tomatoes

WEST AFRICA

Chicken | Yams | Cassava

AMERICAN SOUTH

Chicken | Potatoes | Greens

CARIBBEAN

Chicken | White Rice | Citrus

SOUTHEAST ASIAN

Fish | Jasmine Rice | Broth



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