

POWR Volunteer Training

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Section 1: Documents, Cards, and Identification



Travel Document

The Travel Document indicates the client's immigration status, date of birth, and of arrival into the US. This can be used as a photo ID.

Clients who are resettled in the US as refugees obtain their Travel Document before they arrive in Boston. It is issued by US Citizenship and Immigration Services (USCIS) and is valid for 1 year upon arrival. It allows them to enter the US as a refugee. Travel Documents are accepted as identification at the Social Security office, banks, and when traveling within the US.

In many cases, it is helpful to have someone accompany the client to appointments as an advocate, as many banks and other agencies are not familiar with the Travel Document.

I-94 Document

The Arrival and Departure Record is the I-94 (either paper or electronic format), which is issued by Customs and Border Protection (CBP) Officer to foreign visitors entering the United States. The I-94 indicates the date of the status Granted and/or the date of last entry to the US. The resettlement agency has the ability to print it out, as it is only available electronically. If the I-94 takes longer than 7-10 days to become available online, the case manager will take the client to the airport to get the document from CBP. Clients can use their I-94 for identification.

The I-94 is a very important document as it is a reference for the date of immigration status.



Get I-94 Number **I-94 FAQ**

Admission (I-94) Number Retrieval

Admission (I-94) Record Number: 68523424920

Admit Until Date (MM/DD/YYYY): D/S

Details provided on Admission (I-94) form:

Family Name:

First (Given) Name:

Birth Date (MM/DD/YYYY):

Passport Number:

Passport Country of Issuance: India

Most Recent Date of Entry (MM/DD/YYYY): 06/04/2013

Class of Admission: F1

▶ Effective April 26, 2013, DHS began automating the admission process. An alien lawfully admitted or paroled into the U.S. is no longer required to be in possession of a preprinted Form I-94. A record of admission printed from the CBP website constitutes a lawful record of admission. See 8 CFR § 1.4(d).

▶ If an employer, local, state or federal agency requests admission information, present your admission (I-94) number along with any additional required documents requested by that employer or agency.

▶ Note: For security reasons, we recommend that you close your browser after you have finished retrieving your I-94 number.

EAD Card (Employment Authorization Document)

All refugees receive an EAD card, which is a plastic card to prove the client is work authorized in the US.

Refugee clients do **NOT** receive the EAD upon the date of their arrival to the US. Clients are processed for EADs at their point of entry into the country by USCIS, and then the document is sent to the resettlement agency several months later. However, refugee clients are **still eligible to work** in the USA even if they haven't received the EAD, as stated in their I-94 or travel document.



Housing

Prior to clients' arrival, it is required to secure and furnish affordable housing. We must follow state-mandated housing requirements. Clients must have their own apartment, as opposed to living in residence with a member of the POWR community. They are able to share apartments with other individuals/families, but they must have their own space.

Each refugee home **MUST** have:

- AT LEAST one room for every two people
- A PRIVATE kitchen
- A bathroom
- Access to public transportation
- No flaking lead paint (lead paint in good condition is acceptable)

For a more in-depth outline of safety and housing requirements, please see the Home Safety Checklist at the back of this packet. Reference the Refugee Supply Checklist to note the exact furniture and personal items that you need to provide to the family.

How You Can Help:

Without creative solutions, refugee resettlement in Boston will be impossible. Boston is a great city for new refugee families, but without help from POWR sites, we are unable to continue welcoming families into Boston.

Due to the high cost of housing in Boston, many POWR sites have opted to create a housing subsidy fund for the clients' first six months in the





United States. Tap into your community to gauge the best options for housing. Post an article on a community forum, publish an article in the newspaper, look for in-law suites, etc. Reach out to real estate agents and people with property in your community. Use your community to find furnishings for the apartment if it is not already furnished. Many volunteers have had luck by using Facebook community groups to locate free furniture near by.

Be mindful not to provide the family with expensive furniture, as this can lead to forming unrealistic expectations of life in the US.

Utilities

The landlord/lady is responsible for keeping the utilities running from the last tenant, but once the family moves in, we must change the utilities over to their name.

How You Can Help:

POWR sites can help by calling the utility company with the client to change the utilities over to their name. Let POWR Coordinator know when you call, and Catholic Charities will fax the necessary information to the utility company (I-94 and Reception and Placement Program Assurance Form).

Airport Reception





On the day of arrival, the case manager will receive the final update about the clients' flight number and time of arrival. The case manager and POWR Coordinator will both be present at the arrival.

Plan on arriving at the terminal 30 minutes early to prepare to welcome the family in case their flight arrives early. If there is a delay, speak to the airline boarding team. They will be able to provide you with more details about the cause of delay. Feel free to bring welcome signs, food, balloons, flowers, toys, or any other item you can think of that will be welcoming to the family. The clients always carry white and blue IOM bags, which makes them easily distinguishable.

How You Can Help:

By this point, POWR sites should have prepared a ready-to-eat, culturally-appropriate meal for the family. Be sure the meal is in accordance with their dietary restrictions (i.e. vegetarian, no pork, halaal, etc.). Reference the grocery list at the back of this packet for culturally-appropriate recipe ideas.

After they arrive, POWR sites can take the clients to their furnished apartment. The utilities should already be turned on. The case manager will help you transport the clients to their new home.

POWR sites should grocery shop for at least a week's worth of food for the family before they arrive. Feel free to go to the grocery store with the family after they arrive to show them around and introduce them to food pricing in America.





Section 3: Post-Arrival

Applying for a Social Security Number:

The Catholic Charities case manager will take the client to apply for their Social Security number. Each member of the family has to be in attendance in order to apply. They each need their I-94, as well as an application, which Catholic Charities will already have prepared. There are Social Security administrations all over Boston, so the case manager will take the client to the one that is closest to their home. After 2-4 weeks, the client's Social Security card should be sent in the mail to the Catholic Charities office. As a standard practice, important documents such as the social security card and the EAD to get sent to Catholic Charities (275W. Broadway Boston, MA 02127) to ensure safe receipt.

How You Can Help:

POWR sites can help accompany clients and case manager to the Social Security administration and help transport clients to and from their appointment!

Refugee Health Assessment:

Refugee Health Assessments(RHA) are appointments provided to eligible refugees and immigrants within the first 90 days since their arrival. These appointments can only be conducted at certain DPH approved medical centers/hospitals. The Catholic Charities case manager will refer the client to the RHA site and then be sent the appointment dates. The RHA is split up





into two different appointments where the client will receive specific medical and mental health exams. These appointments are free to eligible clients and although MassHealth should have been applied for prior to the RHA, it is not needed for the appointment.

Documents needed for referral:

- 1- I-94
- 2- Travel document (each client has this in their IOM bag)
- 3- RHA form (Division of Global Populations and Infectious Disease Prevention Referral form)

After Catholic Charities sends the referral, the health center/hospital should report back the client's first RHA appointment within 5 working days. If there are children in the household that need to be enrolled in school, the Catholic Charities case worker will inform the RHA site so that the appointment will be scheduled sooner.

How You Can Help:

While POWR sites are not responsible for scheduling RHA appointments, they are responsible for transporting the clients to and from their appointments. After the healthcare provider determines the RHA appointment date, you should inform your client and remind her/him the day before the appointment. Doctors' appointments are often intimidating for many of our clients, so your support and advocacy during the appointment will be invaluable towards making sure they feel comfortable and secure.



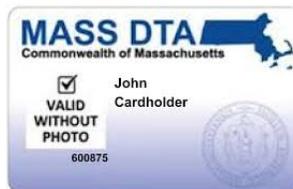
Applying for Food Stamps (SNAP benefits)

What is the “DTA?”

- Department of Transitional Assistance.
- Help low income individuals and families meet basic needs, improve quality of life, and achieve long term economic self sufficiency.

What are “SNAP” benefits (food stamps)?

- All overseas refugees are eligible for SNAP.
- SNAP benefit level depends on household size
 - ie: Household of 1 receives MAXIMUM \$194/month
- Benefit level also depends on income.



- All SNAP purchases are made on an EBT card
 - Similar to how a debit card works with a PIN.
- Benefits arrive once a month depending on the last digit of the SSN/9 Number
- No assigned DTA case worker



How to apply for SNAP benefits

- Online, or mail.
 - <http://www.mass.gov/eohhs/gov/departments/dta/food-assistance.html>
- In Person at the local DTA aka TAO* (Transitional Assistance Office)
 - List of TAO's can be found here <https://eohhs.ehs.state.ma.us/DTAOffices/default.aspx>
- Clients need their I-94, travel document, income verification, and their lease to apply for SNAP benefits. Catholic Charities has all of these documents.
- The DTA has a month to make a decision about the application. In the mean time, the DTA provides “emergency food stamps” to ensure the clients have money to pay for food until their benefits are approved.

TAFDC (Transitional Aid to Families with Dependent Children)

Clients who have minors under their guardianship in MA have additional access to cash assistance in their card which can be withdrawn at any ATM that has Quest logo.





How to apply for TAFDC benefits

- In person at the clients' closest DTA Office.
- Just like single clients applying for SNAP benefits, families with children applying for TAFDC need their I-94, travel document, income verification, and their lease to apply for SNAP benefits. Catholic Charities has all of these documents.
- In addition to the documents listed above, clients also need a certification of immunization status form for each child (from the RHA medical center) and school enrollment forms for each child.

Client needs to make sure to provide all documentation to DTA to keep their benefits and update the DTA promptly if there is any change in their circumstances, as the eligibility changes with the change of client circumstances, i.e. Client got a new job, client had a child, client got married, etc.

Mail from the DTA is sent to clients' home, not the Catholic Charities office.

See the chart below for detailed information about the maximum amount of benefits for each family size.

SNAP benefits (food stamps):

Family Size	Benefit/Month
1	\$195
2	\$357
4	\$649
6	\$925



8	\$1169
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RCA/TAFDC benefits (refugee cash assistance/cash assistance for families):

Family Size:	Benefit/Month
1 (RCA)	\$428 (8 month only)
2 adults (RCA)	\$531 (8 month only)
1 adult, 1 child (TAFDC)	\$531
4 (TAFDC)	\$731
6 (TAFDC)	\$936

How You Can Help:

POWR sites can help clients manage their benefits by joining their case worker at the DTA. POWR sites can also assist by reviewing any mail the DTA sends to the client and updating Catholic Charities accordingly. Also, POWR sites can provide assistance with transportation to follow-up appointments.

School Enrollment

How to enroll children in school:

- Clients need two proofs of residency, current immunization records, child's birth certificate OR I-94, and parent's identification.
- If applying to a public school, the school is responsible for securing the interpreter.



Before taking the family to enroll the children in school, **call the school district** first to confirm what is needed – each district’s process is slightly different!

How You Can Help:

POWR sites often take the lead on school enrollment, as they often are more familiar with the school districts in their area!

If you are missing any of the items needed to enroll children in school, Catholic Charities will help you compile them.

Refugee Employment Services

Catholic Charities will refer any work-eligible members of the family (any able-bodied person who is over 18) to a Refugee Employment Services (RES) provider nearest to their home. The partners that we work with are Jewish Vocational Services in Boston, the International Institute of New England (Lowell and Boston), the New American Center in Lynn.

RES providers are sites that specialize in specifically refugee services, and are federally-funded. They provide basic job placement and employment coaching and English for Employment classes. Clients attend “school” here until they find a job, however they are eligible to receive these resources for up to five years after their arrival date.

How You Can Help:

POWR sites can help clients navigate public transportation to and from their RES provider.





Travel loan

The “travel loan” is provided by the International Organization for Migration to help cover the family’s initial medical costs and flights to the US.

- The clients should start paying their travel loan back after a six month grace period, beginning at their date of arrival.
- The client will receive mail from USCCB to alert them that they need to start paying the loan.
- There are three ways of paying the bill: by cash (there will be an envelope included in the letter), online through the website they provide, or by calling the phone number in the letter. In all cases you must provide them with the clients’ loan number (included in the letter).
- If the clients are not yet working, you can call the number provided in the letter and ask USCCB to postpone it until the clients start working. Once the client starts working, call the number again and they will resume sending letters about the loan regularly every month.

How You Can Help:

POWR sites can help clients understand how to pay back their travel loan and call USCCB to help create a budget plan so they can ensure they have enough money to pay for it.



Section 4: Additional Support

One of the most exciting responsibilities that POWR sites have is the ability to engage the new family in your community. Examples of this include:

- Organizing a welcome event at your church
- Eating dinner with the family, at their home or your home
- Planning outings into Boston for the family to explore their new city
- Creating a weekly time to go to their house to practice English, look over their mail, and listen to their concerns and triumphs
- Connecting the adults with potential employers in your community
- Helping to pair the family up with a religious institution of their choice

You are able to continue working with the family for as long as you are comfortable. You are encouraged to form a lasting relationship with them! There is no time limit for how long the relationship should be.

The refugee resettlement process is very fluid, and things can change quickly. It is not unusual to experience quick changes to living situations, flight information, and dates of arrival. There are many factors that contribute to clients arriving in Boston, so sudden changes often happen. We appreciate your flexibility, and will work to keep you informed and up to date with the latest information. The POWR Coordinator is always available to help provide additional information and updates.



Section 5: FAQs

Q: Who is my main point of contact at Catholic Charities?

A: Grace Gaskill, POWR Coordinator. You can reach her at grace_gaskill@ccab.org, or at 617-464-8023. Grace's current work hours are 8-12, M-F. You can come to her with any questions throughout the entire resettlement process.

Q: Is my POWR site responsible for performing CORIs on every volunteer that will be working with the client?

A: Yes. CORIs are Massachusetts-wide, so they don't have to be conducted through Catholic Charities. Each POWR volunteer must fill out a CORI form before working directly with clients.

Q: What does the reporting process look like?

A: All time spent preparing for clients or working directly with clients in addition to any donations by any member of your POWR team **must** be reported in full to POWR Coordinator. Our funding for the program is dependent on volunteer support, so we want an accurate reflection of all the hard work and time you are putting in to helping our clients! Every time you work on something for the case, report updates to POWR Coordinator. Catholic Charities must be kept up to date on all activities related to the case, so we can accurately report to USSCB and ORI.





Q: How should I divide responsibilities within my POWR group?

A: This is completely up to you! It's often helpful to create specific teams to manage different aspects of the resettlement process. For example, many groups have opted to create Pre-Arrival, Housing, and Post-Arrival teams in order to break down tasks. Pre-Arrival is responsible for turning on utilities, furnishing the apartment, and creating the ready-to-eat meal for the family's arrival, Housing is responsible for finding a low-cost housing solution (working with the Pre-Arrival team to create a subsidy, contacting realtors, etc.), and Post-Arrival is responsible for helping with transportation, school enrollment, and accompanying clients to doctor's appointments.

Q: What if the family my group is assigned is not a good fit?

A: Catholic Charities is fully responsible for providing all referrals and services related to the case, and we will maintain that responsibility if the relationship degrades.

Q: Why doesn't Catholic Charities have more information about the clients?

A: Resettlement agencies are provided very limited information about the clients they resettle. We do not know much about the clients' backgrounds, histories, or reasons for fleeing their homes. We know their name, age, language, country of origin, gender, and level of education. We will provide you with as much information as we can about the family before they arrive, but know that the information we have is very limited.





Q: One of our team members has an extra bedroom. Can the clients live with them?

A: After years of not having a home of their own, it is very important that our clients have a home upon resettlement in which to start their new lives. While we appreciate the generosity, we prioritize our clients' autonomy and privacy, so they must have their own space upon arrival. If one of your team members has an extra in-laws suite or apartment in their home with a separate bathroom and kitchen, this is an appropriate housing option to explore.

Q: Does the family have to live in the same town as our group?

A: No. We are able to house clients within a 50-mile radius of Boston, so anywhere within that area is an acceptable place to look for housing. It will be helpful to your group to house the clients close by if cost will allow, but there is a high level of flexibility as to where they can live.

Q: Is the family allowed to come to our church?

A: Yes! The family is more than welcome to attend events or services at your religious institution if they so choose, but this is by no means required, and is ultimately up to the client. You are welcome to invite them to events at your church, but make it clear that there is no pressure for them to worship there if they do not want to.





Q: What tasks is Catholic Charities responsible for and what responsibilities is my POWR team responsible for?

A: This is dependent on each POWR site. Ideally, POWR sites are responsible for housing, furnishings, grocery shopping for the first week, and enrolling students in school. We also appreciate help with transportation and accompanying the family and case manager on trips to various social service offices around the city. Catholic Charities is ultimately responsible for all the tasks required for resettlement, so we are here to support you and answer questions along the way.

Q: What if the family does not speak English?

A: Many clients have some level of English competency when they arrive, but even if they don't, your support is still critically important. If you are in need of an interpreter, you can use Catholic Charities Community Interpreter Services. Many social service offices (DTA, school enrollment, etc.) already provide their own interpreters. As you get to know the clients, they will start English school, and speaking with you will help their skills grow. Smiles and positive attitudes are a good place to start!

Q: Can I take pictures of the family and use them online?

A: Clients must sign a Catholic Charities photo release before any photos of them are able to be used in any publications. They must be comfortable with you using the photo before you post it!



Q: What is the ideal relationship we should have with the family we are helping to resettle?

A: Ideally, you will create a supportive and caring relationship with the family. You must be keenly aware that this relationship does not cross over into problematic territory. We never want our clients to feel as though they are being paraded around, or shown off as a talking point to peoples' friends and family. Make sure you are helping the family without providing everything for them, as we want to create a realistic impression about what life in America is like. It is important for them to take responsibility for their own success-your group is really there to support them on this journey, not to do everything for them.

Q: What should I prepare for the clients' ready-to-eat meal?

A: This is ultimately up to you! It must be in accordance with any dietary restrictions the clients have, which we will know in advance. It is a great idea to prepare something that the clients are familiar with from their home.

Q: How much money do the clients receive upon arrival (not their RCA checks or TAFDC benefits)?

A: Each refugee receives between \$925 and \$ through the federally-funded reception and placement program upon arrival. This money is often used to secure housing before the clients arrive. Depending on the size of the family, there will be funds available to put towards security deposits/first and last months' rent.



Q: What if the client asks for money?

A: We do not want clients to become dependent on any members of their POWR site, but if you are comfortable making a one-time donation directly to the family once they arrive (as opposed to donating to a housing subsidy before they arrive), you can do so by donating the desired amount to Catholic Charities, who will then purchase a VISA gift card for the client. This will maintain anonymity and foster independence, as well as make you eligible for a tax break!



Home Safety Checklist

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ITEM TO BE ASSESSED	Yes	No	Needs Follow up; See case notes
AFFORDABILITY			
How much is the rent?			
How much is the security deposit?			
Is this affordable for the family/case following the period of agency support?			
SPACE			
How many people are living in the housing?			
How many bedrooms are there?			
Is there adequate space for all family members in accordance with locally accepted standards?			
SAFETY			
Are there any neighborhood safety issues?			
Is bare wiring visible?			
Is there peeling or flaking interior paint or plaster?			
Is there any visible mold?			
Are there detectable dangerous or unsanitary odors?			
Have emergency escape route(s) been identified and are they accessible?			
Are fire extinguishers in accessible locations where required? <i>City ordinance requires not</i>			
Do windows and outside doors have working locks?			
Are there an appropriate number of working smoke detectors?			
Are windows in working order with no evidence of broken glass?			
Are there adequate heat, ventilation, lighting, and hot and cold running water?			
Are electrical fixtures working and in good repair?			
APPLIANCES AND FIXTURES			
Kitchen: Is there a working stove, oven, and refrigerator in good repair?			
Bathrooms: Is there a sink, flushing toilet, and shower or bath in good repair?			
GARBAGE AND EXTERMINATION			
Is there an accessible storage or disposal facility for garbage?			
Is there a rodent or insect infestation?			
If yes, has the landlord been asked to exterminate?			
Date of extermination:			
DISABILITY ACCOMODATION			
In cases of refugees with disabilities, does the housing accommodate known disabilities?			
ACCEPTABILITY			
Is housing safe, sanitary and in good repair?			
COMMENTS:			

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Supply Documentation

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1. Furnishings				
Mattress** Twin/Double				
Box spring				
Bed frame				
Set of drawers, shelves or other unit appropriate for storage of clothing				
Kitchen table				
Kitchen chair (one per person)				
Couch or equivalent seating (in addition to kitchen chairs)				
Lamp (one per room unless installed lighting is present)				
2. Kitchen Items				
One place setting of tableware (fork, knife, spoon) per person				
One place setting of dishes (plate, bowl and cup) per person				
Pots and pans; at least one sauce pan, frying pan, and baking dish				
Mixing/serving bowls				
One set of kitchen utensils (such as a spatula, wooden spoon, knife, serving utensils, etc.)				
Can opener				
Baby items as needed				
One towel per person				
One set of sheets and blankets for each bed				
One pillow and pillowcase for each person				
Alarm clock				
Paper, pens and/or pencils				
Light bulbs				
4. Cleaning Supplies				
Dish soap				
Bathroom/kitchen cleanser				
Sponges or cleaning rags and/or paper towels				
Laundry detergent				
Two waste baskets				

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Home Insert Page Layout References Mailings Review View

Clipboard Font Paragraph Styles Editing

Mop or broom
Trash bags

* May attach separate In-Kind documentation form in place of completing "In-Kind" column above.
** Appropriate for age and gender composition of family. Only married couples and small children of the same sex may be expected to share beds.

NAME:
CASE#:
DOA:

	Value			
	Quantity	Cash from R&P per capita	Cash from other sources	In-Kind*
5. Toiletries				
Toilet paper				
Shampoo				
Soap				
One toothbrush per person				
Toothpaste				
Personal hygiene items as appropriate				
6. Food				
Culturally appropriate, ready-to-eat food, plus one day's worth of additional food supplies and staples				
Food or food allowance until receipt of food stamps or family is able to provide food for themselves				

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Refugee Grocery Lists and Arrival Meals

ph=per household / pp= per person

Afghani refugees

Grocery list:

Carrots (1 bag ph)

Lettuce (1 head ph)

Tomatoes (1 large ph)

Cucumber (1 ph)

Potatoes (1 large bag ph)

White long-grained rice (1 very large
bag ph)

Oranges (1 bag ph)

Apples (1 large bag ph)

Eggs (1 dozen ph)

Cream cheese(1 ph)

Jam(1 jar ph)

Green beans (fresh cut)

Chicken or Fish (w/ bone, 1 pp)

Sugar (1 bag ph)

Salt (1 box ph)

Garlic (4 cloves ph)

Tomato paste (1 can ph)

Pita bread (1 loaf ph)

Tumeric (1 unit ph)

Plain Yoghurt (1 container ph)

Black tea (1 box of tea bags ph)

Olive oil (1 bottle ph)

White onions (1 bag ph)

Arrival Meal:

White rice, carrots, browned onions,
raisins and baked chicken (halal chicken if
refugees are Muslim) seasoned with butter
and salt.

Bhutanese refugees

Grocery list:

White Cabbage (1 head ph)

Red Cabbage (1 head ph)

Spinach (1 large bag ph)

Carrots (1 bag ph)

Potatoes (1 large bag ph)

Onions (2 pp)

Garlic (4 cloves ph)

Apples (1 large bag ph)

Lentils (1 large bag ph)

White Rice (1 very large bag ph)

Cooking Oil (1 bottle ph)

Salt (1 box ph)

Pepper (1 box ph)

Flatbread, without eggs (1 large bag ph)

Chicken or Fish (w/ bone, 1 serving pp)

Arrival Meal:

Baked chicken (halal chicken if refugees are Muslim) with onions and green chili peppers, white rice and boiled potatoes with green chili peppers, onions and oil.

Burmese refugees

Grocery list:

Red cabbage (1 head ph)
White cabbage (1 head ph)
Garlic (4 cloves ph)
Carrots (1 bag ph)
Onion (2 pp)
Cauliflower (1 head ph)
Tomato (1 large ph)
Potato (1 large bag ph)
Grapes (1 bag ph)
Bananas (1 bunch pp)
White rice (1 very large bag ph)
Salt (1 box ph)
Pepper (1 box ph)
Ginger (1 root/knob ph)
Cooking oil (one bottle ph)
Eggs (1 dozen ph)
Chicken, with bone (1 pp)
Fish (1 pp)
Red chili sauce (1 bottle ph)
Orange juice (1 gallon ph)

Arrival Meal:

White rice, boiled white
cabbage with spicy seasoning, and
baked chicken.

Arrival Meal:

Tamarind Pork

Recipe Ingredients:

.1 lb (2 oz) tamarind pulp
1 cup hot water
2 large onions, quartered
4 garlic cloves, crushed
3 whole dried chilies, soaked in hot
water
1/2 cup oil
1/4 teaspoon ground turmeric
1 tablespoon shrimp paste
1.5 lb pork, cut into 3cm chunks

Preparation:

Prepare the tamarind first. Add the hot
water to the tamarind and soak for a few
minutes. Use a fork to mash up the pulp and
strain through a sieve to remove any fibers
or stones.



Using a pestle and mortar, pound the

onions, garlic and dried chilies until they resemble a rough paste. Heat the oil in a saucepan and cook the onion paste for 15-20 minutes. When it has caramelized and turned reddish brown, add the turmeric and shrimp paste.

Use a wooden spoon to break up the shrimp paste and stir through the mixture.

Add the pork and cook over a moderate heat until any liquid that has come out of the pork has evaporated. Keep stirring to avoid burning the onions.

Pour in the tamarind liquid and bring to the boil. Reduce the heat, cover and simmer for 45-60 minutes.

Check at regular intervals to make sure the gravy has not dried out. Add a little more water if necessary. Check the pork, it should fall apart easily.

Season with a little salt if you wish.



Central African Republic refugees

Grocery List:

Sweet potatoes (1 large bag ph)
Rice (1 very large bag ph)
Fresh spinach (1 bag ph) or collards (1 bag ph)
Carrots (1 bag ph)
Bananas (1 bunch pp)
Plantains (1 bunch pp)
Halal Chicken (1 serving pp) or fish (2 servings pp)
Chili pepper (2 packets ph)
Pepper (1 box ph)
Salt (1 box ph)
Vegetable oil (1 large bottle ph)
Corn flour (1 bag ph)
Fresh green beans (2 servings pp)
Oranges or other tropical fruit (1 large bag ph)
Garlic (4 cloves ph)
Tomato (2 pp)
Onions (2 pp)
Sugar (1 bag ph)
Milk (1 gallon ph)

Tea (1 box of bags ph)

Cassava flour (1 bag ph)- bonus points if you find this

Arrival Meal:

Recipe Ingredients:

2 small onions, finely chopped 2 tbsp oil 2 tomatoes, peeled and sliced 1 green bell pepper, chopped 1kg fresh spinach, chopped 1 tsp salt 2 hot chili peppers 4 tbsp peanut butter 1 bag of rice

Preparation:

In a large heavy casserole dish, fry the onions in moderately hot oil until golden brown in color.

Add the tomatoes and green bell pepper. After about a minute, add the spinach, salt and chilies. Cover with a tight-fitting lid. Reduce to a simmer and cook for 5 minutes.

Mix the peanut butter with several tablespoons of warm water to form a smooth paste. Add this to the pot and continue cooking for a further 15 minutes, stirring frequently.

If necessary, add small amounts of water to the pot to prevent the contents from burning. Stir on a bed of rice.

Colombian refugees

Grocery list:

White Cabbage (1 head ph)
Red Cabbage (1 head ph)
Garlic (4 cloves ph)
Carrots (1 bag ph)
Onions (2 pp)
Cauliflower (1 pp)
Tomatoes (1 ph)
Potatoes (1 large bag ph)
Oranges (1 bag ph)
Bananas (1 bunch pp)
Cilantro (1 bundle ph)
Avocado (1 pp)
Black beans (1 bag ph)
White Rice (1 very large bag ph)
Salt (1 box ph)
Pepper (1 box ph)
Cooking Oil (1 bottle ph)
Eggs (1 dozen ph)
Chicken (w/ bone, 1 serving pp)
Orange Juice (1 gallon ph)

"Harina para arepas"/Flour for arepas (1 bag ph)

Ketchup (1 bottle ph)

Goya Azafran Seasoning Packet (4 ph)

Arrival Meal:

Rice, kidney beans cooked with tomatoes and green onions, fried green plantains.



Congolese refugees

Grocery list:

Sweet potatoes (1 large bag ph)
Rice (1 very large bag ph)
Fresh spinach or collards (1 bag ph)
Carrots (1 bag ph)
Bananas (1 bunch pp)
Plantains (1 bunch pp)
Chicken (1 serving pp) or
Fish (2 servings pp)
Chili pepper (2 packets ph)
Pepper (1 box ph)
Salt (1 box ph)
Vegetable oil (1 large bottle ph)
Corn flour (1 bag ph)
Fresh green beans (2 servings pp)
Oranges or other tropical fruit (1 large bag ph)
Garlic (4 cloves ph)
Tomato (2 pp)
Onions (2 pp)
Sugar (1 bag ph)
Milk (1 gallon ph)

Tea (1 box of bags ph)

Cassava flour (1 bag ph)- bonus points if you find this

Arrival Meal:

Fried plantains, oranges, okra, rice and beans, chicken seasoned with salt, pepper, cayenne pepper, onions, and nutmeg topped with tomato sauce.



Cuban refugees

Grocery list:

Cabbage (1 head ph)

Garlic (4 cloves ph)

Carrots (1 bag ph)

Onions (2 pp)

Tomatoes (1 ph)

Potatoes (1 large bag ph)

Grapes (1 bag ph)

Bananas (1 bunch pp)

White Rice (1 very large bag ph)

Salt (1 box ph)

Cooking Oil (1 bottle ph)

Eggs (1 dozen ph)

Chicken or Fish (w/ bone, 1 pp)

Orange Juice (1 gallon ph)

Coffee (Brand: Bustelo)

Sliced bread/rolls

Butter

Coffee pot

Tylenol

Pepto-Bismol

Thermometer

Arrival Meal:

Fried plantains, rice black beans and

Picadillo (which is ground beef cooked in a light tomato sauce) garlic and green bell peppers served over rice



Iraqi refugees

Grocery list:

White Cabbage (1 head ph)

Red Cabbage (1 head ph)

Garlic (4 cloves ph)

Onions (2 pp)

Tomatoes (1 ph)

Potatoes (1 large bag ph)

Apples (1 large bag ph)

Bananas (1 bunch pp)

Spinach (1 large bag ph)

Salt (1 box ph)

Cooking Oil (1 bottle ph)

Eggs (1 dozen ph)

Beans, whole cut (1 bag beans ph)

Bread, regular and/or pita (1 loaf ph)

Fish or halal meat (1 serving pp)

White Rice (1 very large bag ph)

Lentils (1 large bag ph)

Pepper (1 box ph)

Arrival Meal:

Rice (with nuts),

Chickpeas with spices (or hummus/pita)

Green beans



Eritrean refugees

Grocery list:

Coffee (1 large can ph)
Injera/flatbread (1-2 packs ph)
Tomatoes (4-6 ph)
Hot peppers (5-6 ph)
Chickpeas or lentils (1 large bag ph)
Onions (1 pp)
Garlic (4 cloves ph)
Ginger (2 roots ph)
Berbere or spice mix: chili peppers,
basil, curry powder, cumin, turmeric,
black pepper
Pasta (1 box ph)
Chicken, beef, or lamb (4 servings ph)
Oil (1 bottle ph)
Light butter (1 small box ph)
Cornmeal (1 small bag ph)
White cabbage (1 head ph)
Red cabbage (1 head ph)
Tea (1 box ph)
Sugar (1 large bag ph)
Fruit juice (1 bottle ph)

Bananas (1 bunch ph)
Romaine lettuce (1 head ph)
Carrots (1 bag ph)
Salt (1 box ph)
Honey (1 bottle ph)

Arrival meal:

Alicha

Recipe ingredients:

1 cup Onions; sliced
2 tbs. Corn oil
2 lb Meat with bone; beef, lamb or goat, cut
in 3 inch pieces
2 clove Garlic; sliced
1 tsp. Salt; to taste
1 ea Fresh hot green chili; sliced
1/4 tsp. Ginger root; crushed, fresh
1/4 tsp. Mustard seeds; crushed
1/4 tsp. Caraway; crushed
1/4 tsp. Turmeric; ground
1 1/2 cup Water



Preparation:

Alicha is a curry-like meal. In dry pan over medium heat, stir fry onions for 2 minutes. Add the oil and stir fry 1 minute longer. Add the meat and brown 5 minutes, stirring frequently.

Add all of the spices and seasonings at one time and stir well. Add the water and bring to a boil.

Cover the pan and cook over moderate heat for about 45 minutes, or until the meat is tender. Should the curry dry out too quickly, add another $\frac{1}{2}$ cup water.

At the end of the 45 minutes, there should be very little sauce. Serve warm or at room temperature.



Somali refugees

Grocery list:

White Cabbage (1 head ph)
Red Cabbage (1 head ph)
Garlic (4 cloves ph)
Carrots (1 bag ph)
Onions (2 pp)
Tomatoes (1 ph)
Apples (1 large bag ph)
Oranges (1 bag ph)
Romaine Lettuce (1 head ph)
White Rice (1 very large bag ph)
Eggs (1 dozen ph)
Milk (1 gallon ph)
Bread (1 loaf ph)
Cooking Oil (1 bottle ph)
Fish (1 fish pp)
Salt (1 box ph)
Pepper (1 box ph)
Pasta (1 box ph)

Bananas (1 bunch pp)

Black tea (2 boxes ph)

Sugar (1 large bag ph)

Arrival Meal:

Steamed rice

Steamed vegetables

Halal chicken



Sudanese refugees

Grocery list:

White Cabbage (1 head ph)

Red Cabbage (1 head ph)

Garlic (4 cloves ph)

Onions (2 pp)

Tomatoes (1 ph)

Potatoes (1 large bag ph)

Apples (1 large bag ph)

Bananas (1 bunch pp)

Spinach (1 large bag ph)

Salt (1 box ph)

Cooking Oil (1 bottle ph)

Eggs (1 dozen ph)

Beans, whole cut (1 bag beans ph)

Bread, regular and/or pita (1 loaf ph)

Fish or halal meat (1 serving pp)

White Rice (1 very large bag ph)

Lentils (1 large bag ph)

Pepper (1 box ph)

Arrival Meal:

Green beans

Potatoes

Rice

Tomato-based sauce



Additional Iraqi Recipes

Falafel (Serves 4)

Ingredients

1 cup dried chickpeas/ 16 oz. chickpeas or garbanzo beans
1 large onion, chopped
2 cloves of garlic, chopped
3 tablespoons of fresh parsley, chopped
1 teaspoon coriander
1 teaspoon cumin
2 tablespoons flour
Salt, Pepper
Oil for frying

Kofta

Ingredients

3 lbs ground beef (ground extra fine)
1 large onion
1/2 cup of fresh parsley, chopped

Preparation

Place dried chickpeas in a bowl, covering with cold water. Allow to soak overnight. Omit this step if using canned beans. Drain chickpeas, and place in pan with fresh water, and bring to a boil. Allow to boil for 5 minutes, then let simmer on low for about an hour. Drain and allow to cool for 15 minutes.

Combine chickpeas, garlic, onion, coriander, cumin, salt and pepper (to taste) in medium bowl. Add flour. Mash chickpeas, ensuring to mix ingredients together. You can also combine ingredients in a food processor. You want the result to be a thick paste. Form the mixture into small balls, about the size of a ping pong ball. Slightly flatten. Fry in 2 inches of oil at 350 degrees until golden brown (5-7 minutes). Serve hot.

Salt, Pepper

Preparation

Finely chop onion and parsley. Time saving Tip: Use a food processor. Add onions and parsley to ground beef in a large bowl. Add salt and pepper to taste.

Form the mixture into small balls and

place five balls onto a skewer. Shape the meat into a cigar shape on the skewer.

Bake at 350 for 45 minutes, or if grilling, grill for 20-25 minutes or until done.

Serve over a bed of white rice.

Serving Suggestions: Kofta is often

served on flatbread (without skewers) or pita bread. It is also common to see it served on a hotdog bun.

Fasulia

Ingredients

1 lb stew meat (lamb or beef)

1 pound frozen or fresh green beans

16 oz canned crushed tomatoes

4 oz. canned tomato puree

1 medium onion, chopped

2 cloves garlic, crushed

1/2 teaspoon cumin

1 teaspoon coriander

1/8 teaspoon allspice

8 cups water salt and pepper to taste

2 tablespoons olive oil

Preparation

In a large saucepan, brown meat with olive oil. Add onion and garlic. Add crushed tomatoes, stirring well with meat, garlic and onion.

Add cumin, coriander, salt and pepper, and allspice. Add water and tomato puree. Stir and combine well. Add green beans and bring to a boil.

Reduce heat to low and simmer for 2

hours, or until meat is tender and done. The sauce should thicken as it cooks. If it does not, add 1/2 cup all-purpose flour.

Serve with white rice and a salad.