

Food Resources - Ingredients List

Ingredient item	Ingredient type	Where to find
Annatto seeds	nuts & seeds	ABR Store, Filipino Mart
		Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Apricots	produce (fresh fruits, vegetables & herbs)	
Asafoetida	spices, pastes & seasoning	Fraserview Meats & Indian Grocery, Indian Grocery Victoria
Atchara (pickled green papaya)	fermented, pickled & preserved	Filipino Mart
Banana blossoms	produce (fresh fruits, vegetables & herbs)	ABR Store
Basmati rice	grains, rice & flour	Most Major Grocery Stores
Berbere	spices, pastes & seasoning	Island Afrikan Supermarket, Mexican House of Spices
Bitter leaf	produce (fresh fruits, vegetables & herbs)	Island Afrikan Supermarket
Bitter melon	produce (fresh fruits, vegetables & herbs)	Fisgard Market, H Mart
Black and white sesame	nuts & seeds	Most Major Grocery Stores
Black vinegar	oils, vinegar & condiment	Most Major Grocery Stores
		Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Black-eyed peas	beans, lentils & legumes	
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Boharat	spices, pastes & seasoning	
Breadfruit	produce (fresh fruits, vegetables & herbs)	Fisgard Market
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Bulgur	grains, rice & flour	
Calamansi	produce (fresh fruits, vegetables & herbs)	Fisgard Market
Cane sugar	sweeteners, spreads & desserts	ABR Store, Fairway Market (Quadra Only) , Fraserview Meats & Indian Grocery, Mexican House of Spices, Walmart (Uptown Only)
Cassava	produce (fresh fruits, vegetables & herbs)	Island Afrikan Supermarket, Real Canadian Superstore, Walmart (Uptown Only)
		Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Chickpea flour	grains, rice & flour	
Chickpeas	beans, lentils & legumes	Most Major Grocery Stores
Chocolate	sweeteners, spreads & desserts	Most Major Grocery Stores
Chow mein noodles	noodles, wrappers & bread	Most Major Grocery Stores
Coconut oil	oils, vinegar & condiment	Fraserview Meats, Indian Grocery, Walmart (Uptown Only)
		ABR Store, Fairway Market (Quadra Only), Filipino Mart, Walmart (Uptown Only)
Coconut sugar	sweeteners, spreads & desserts	
Collard greens	produce (fresh fruits, vegetables & herbs)	Save-on-Foods , The Root Cellar , Walmart, Whole Foods
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Couscous	grains, rice & flour	
Crema	dairy & alternatives	Most Major Grocery Stores
Curd	dairy & alternatives	Real Canadian Superstore, Walmart (Uptown Only)
		The Market (On Yates, On Millstream Locations), Walmart (Uptown, Hillside Locations)
Curry leaves	spices, pastes & seasoning	
		Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Dates	dried fruits & preserved produce	
		A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, McKenzie Locations), H Mart, Saanisunny Asian Market, Walmart (Uptown Only)
Doenjang	fermented, pickled & preserved	
		Fairway Market (Shelbourne, Quadra, Locations), Saanisunny Asian Market, H Mart
Dried anchovies	meat, seafood & frozen	
Dried and canned beans	beans, lentils & legumes	Most Major Grocery Stores
Dried coconut flakes	dried fruits & preserved produce	Most Major Grocery Stores
		Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Dried fruits	dried fruits & preserved produce	
		Fairway Market (Shelbourne, Quadra, Locations), Saanisunny Asian Market, H Mart
Dried kelp	dried fruits & preserved produce	
Dried lily bud	dried fruits & preserved produce	Fisgard Market, Tai Sang Grocery
		Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Dried lime	dried fruits & preserved produce	
Dried mushroom	dried fruits & preserved produce	Fairway Market, Fisgard Market , Walmart (Uptown Only)

Dried seafood	meat, seafood & frozen	Fairway Market, Fisgard Market, Tai Sang Grocery
Dried shiitake	dried fruits & preserved produce	Fairway Market (Shelbourne, Quadra, McKenzie Locations), Fujiya, Fisgard Market, Tai Sang Grocery, Walmart (Uptown Only)
Dried shrimp	meat, seafood & frozen	Fairway Market (Shelbourne, Quadra Locations), Fisgard Market, Real Canadian Superstore
Dried soba noodles	noodles, wrappers & bread	Fairway Market (Shelbourne, Quadra, McKenzie Locations), Fujiya, Sakura Japanese Sushi & Grocery, Walmart (Uptown, Langford Locations)
Dried somen noodles	noodles, wrappers & bread	Fairway Market (Shelbourne, Quadra, McKenzie Locations), Fujiya, Sakura Japanese Sushi & Grocery, Walmart (Uptown, Langford Locations)
Eggplant	produce (fresh fruits, vegetables & herbs)	Most Major Grocery Stores
Egusi (melon seeds)	nuts & seeds	Island Afrikan Supermarket
Fava beans	beans, lentils & legumes	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fenugreek leaves	spices, pastes & seasoning	Walmart, The Market on Millstream, Indian Grocery Victoria, Fraserview Meats & Indian Grocery, Real Canadian Superstore
Fermented tofu	fermented, pickled & preserved	Fairway Market (Shelbourne, Quadra Locations) , Fisgard Market
Figs	dried fruits & preserved produce	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fish mint	produce (fresh fruits, vegetables & herbs)	Fisgard Market
Fish sauce	oils, vinegar & condiment	ABR Store, Walmart, Fairway Market, Filipino Mart, Real Canadian Superstore
Flying fish roe	meat, seafood & frozen	Fujiya
Fresh ramen noodles	noodles, wrappers & bread	Fairway Market (Shelbourne, Quadra, McKenzie Locations), Sakura Japanese Sushi & Grocery, Walmart (Uptown, Langford Locations)
Frozen dim sum	meat, seafood & frozen	Fairway Market, Fisgard Market
Frozen seafood	meat, seafood & frozen	Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Fruit preserves	sweeteners, spreads & desserts	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Galangal	produce (fresh fruits, vegetables & herbs)	Fisgard Market
Ghee	dairy & alternatives	Fraserview Meats & Indian Grocery, Indian Grocery Victoria, Real Canadian Superstore, Walmart (Uptown Only)
Gochugaru	spices, pastes & seasoning	A Mart Korean Grocery, H Mart, Fairway Market, Saanisunny Asian Market, Walmart (Uptown Only)
Gram flour	grains, rice & flour	Damascus Food Market, Indian Grocery Victoria, Walmart
Green papaya	produce (fresh fruits, vegetables & herbs)	ABR Store , Fisgard Market
Groundnuts	nuts & seeds	Island Afrikan Supermarket, Most Major Grocery Stores
Guava paste	sweeteners, spreads & desserts	Mexican House of Spices, Real Canadian Superstore, Walmart (Uptown Only)
Gyoza wrappers	noodles, wrappers & bread	Fairway Market, Fisgard Market, H-Mart, Walmart (Uptown Only)
Habanero peppers	produce (fresh fruits, vegetables & herbs)	Most Major Grocery Stores
Halal meats	meat, seafood & frozen	Ajwa Meats & Groceries, Canadian Superstore (Halal meat section), Costco (Halal meat section), Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart (Halal meat section)
Harissa	spices, pastes & seasoning	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Inari pockets	noodles, wrappers & bread	Fujiya , Sakura Japanese Sushi & Grocery
Jackfruit	produce (fresh fruits, vegetables & herbs)	Fisgard Market
Jalapeño peppers	produce (fresh fruits, vegetables & herbs)	Most Major Grocery Stores
Japchae potato noodles	noodles, wrappers & bread	A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, Locations), H Mart, Saanisunny Asian Market
Kaffir lime leaves	produce (fresh fruits, vegetables & herbs)	Fisgard Market
Kaya jam	sweeteners, spreads & desserts	Fairway Market (Quadra Only), Real Canadian Superstore
Kimchi	fermented, pickled & preserved	A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, McKenzie Locations), H Mart, Saanisunny Asian Market, Walmart (Uptown Only)
Kpomo (tripe)	meat, seafood & frozen	Fairway Market (Shelbourne, Quadra, Gorge Locations)
Lemongrass	produce (fresh fruits, vegetables & herbs)	Most Major Grocery Stores

Lentils	beans, lentils & legumes	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Light and dark soy	oils, vinegar & condiment	Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Lo mein noodles	noodles, wrappers & bread	Most Major Grocery Stores
Long chili peppers	produce (fresh fruits, vegetables & herbs)	Fairway Market, The Root Cellar, The Market (On Yates, On Millstream Locations), Walmart,
Lumpia wrappers	noodles, wrappers & bread	ABR Store, Fairway Market (Quadra Only), Filipino Mart, Real Canadian Superstore, Walmart (Uptown Only)
Masa harina	grains, rice & flour	Fairway Market, Mexican House of Spices, Thrifty's, Walmart
Millet	grains, rice & flour	Island Afrikan Supermarket, Walmart, Whole Foods
Miso	fermented, pickled & preserved	Most Major Grocery Stores
Mitmita	spices, pastes & seasoning	Island Afrikan Supermarket
Molokhia	produce (fresh fruits, vegetables & herbs)	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Mung beans	beans, lentils & legumes	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Mustard greens	produce (fresh fruits, vegetables & herbs)	The Root Cellar, The Market (On Yates, On Millstream Locations)
Mustard oil	oils, vinegar & condiment	Fraserview Meats & Indian Grocery, Indian Grocery Victoria, Real Canadian Superstore, Walmart (Uptown Only)
Niter kibbeh	spices, pastes & seasoning	Walmart (Uptown Only)
Okra	produce (fresh fruits, vegetables & herbs)	Fairway Market, The Root Cellar, The Market, Walmart
Olive oil	oils, vinegar & condiment	Ajwa Meats & Groceries, Damascus Food Market, Fig Mediterranean Deli, Halal Urban Fresh meats&Grocery, Victoria Olive Oil Co.
Orange blossom water	spices, pastes & seasoning	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Oyster sauce	oils, vinegar & condiment	Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Palm oil	oils, vinegar & condiment	Walmart (Uptown Only) , Whole Foods
Palm sugar	sweeteners, spreads & desserts	Fairway Market (Quadra Only) , ABR Store, Filipino Mart, Walmart (Uptown Only), Fraserview Meats & Indian Grocery, Real Canadian Superstore
Pandan	produce (fresh fruits, vegetables & herbs)	Fairway Market (Quadra Only) , Fisgard Market
Paneer	dairy & alternatives	Costco, Fraserview Meats & Indian Grocery, H-Mart, Real Canadian Superstore, Thrifty's, Walmart
Pepper soup spice mix	spices, pastes & seasoning	Island Afrikan Supermarket
Perilla leaves	produce (fresh fruits, vegetables & herbs)	A Mart Korean Grocery, H Mart
Perilla oil	oils, vinegar & condiment	A Mart Korean Grocery, H Mart
Persian wheat noodles	noodles, wrappers & bread	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Pickled daikon	fermented, pickled & preserved	Fujiya, Walmart
Pickled ginger	fermented, pickled & preserved	Fujiya, Sakura Japanese Sushi & Grocery, The Root Cellar
Pickles	fermented, pickled & preserved	Indian Grocery Victoria, Walmart (Uptown Only)
Pine nuts	nuts & seeds	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Pistachios	nuts & seeds	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Pita bread	noodles, wrappers & bread	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Plantains	produce (fresh fruits, vegetables & herbs)	Fisgard Market, Fairway Market, Seasonally at most major grocery stores
Pomegranate molasses	spices, pastes & seasoning	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Pomegranates	produce (fresh fruits, vegetables & herbs)	Costco, Canadian Superstore, Vicart, Walmart
Poppy seeds	nuts & seeds	Fraserview Meats & Indian Grocery, Indian Grocery Victoria
Pot sticker wrappers	noodles, wrappers & bread	Fairway Market, Fisgard Market, H-Mart, Walmart (Uptown Only)

Pre-made falafel	ready-made/prepared	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Pre-made hummus	ready-made/prepared	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Pre-made mole sauce	ready-made/prepared	Fairway Market, Mexican House of Spices, The Market (On Yates, On Millstream Locations)
Pre-made tamales	ready-made/prepared	Mexican House of Spices , Walmart (Uptown Only)
Preserved lemons	dried fruits & preserved produce	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Quail eggs	meat, seafood & frozen	Fisgard Market, Tai Sang Grocery
Queso fresco	dairy & alternatives	Mexican House of Spices, Most Major Grocery Stores
Ras el hanout	spices, pastes & seasoning	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Red chillies (dried)	spices, pastes & seasoning	Fairway Market, Walmart, Fraserview Meats & Indian Grocery, The Market (On Yates, On Millstream Locations)
Red kidney beans	beans, lentils & legumes	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Refried beans	beans, lentils & legumes	Most Major Grocery Stores
Rice flour	grains, rice & flour	Fairway Market, Fraserview Meats, Indian Grocery Victoria, Walmart (Uptown Only),
Rice noodles	noodles, wrappers & bread	ABR Store, Fairway Market, Real Canadian Superstore, Thanh Ky Grocery, Walmart (Uptown Only)
Rice paper	noodles, wrappers & bread	ABR Store, Fairway Market (Quadra Only), Filipino Mart, Real Canadian Superstore, Walmart (Uptown Only)
Rice paper wrappers	noodles, wrappers & bread	ABR Store, Fairway Market (Quadra Only), Filipino Mart, Real Canadian Superstore, Walmart (Uptown Only)
Rice vinegar	oils, vinegar & condiment	Fairway Market, Fujiya, Sakura Japanese Sushi & Grocery, Walmart
Rice wine	oils, vinegar & condiment	Fairway Market , H Mart, Saanisunny Asian Market, Walmart
Rose water	spices, pastes & seasoning	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Roti	noodles, wrappers & bread	Fraserview Meats, Indian Grocery Victoria, Walmart
Saffron	spices, pastes & seasoning	Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Salted black beans	fermented, pickled & preserved	Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Salted vegetables	fermented, pickled & preserved	Fairway Market (Shelbourne, Quadra Locations) , Fisgard Market , Tai Sang Grocery
Salted yellow beans	fermented, pickled & preserved	Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Sambal	spices, pastes & seasoning	Fairway Market
Scotch bonnet peppers	produce (fresh fruits, vegetables & herbs)	Fairway Market, Quality Foods, The Market (On Yates, On Millstream Locations), Walmart
Serrano peppers	produce (fresh fruits, vegetables & herbs)	Most Major Grocery Stores
Sesame oil	oils, vinegar & condiment	A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, McKenzie Locations), H Mart, Saanisunny Asian Market, Walmart (Uptown Only)
Sesame seeds	nuts & seeds	Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Shichimi-togarashi	spices, pastes & seasoning	Fujiya
Short grain rice	grains, rice & flour	Fairway Market, Fujiya, Sakura Japanese Sushi & Grocery, Walmart
Shoyu	oils, vinegar & condiment	Most Major Grocery Stores
Shrimp paste	meat, seafood & frozen	ABR Store, Fairway Market (Quadra Only), Filipino Mart
Sorghum	grains, rice & flour	Whole Foods
Soybean sprouts	beans, lentils & legumes	A Mart Korean Grocery, Fairway Market , H Mart, Saanisunny Asian Market, Walmart
Suya spice mix	spices, pastes & seasoning	Island Afrikan Supermarket
Sweet rice	grains, rice & flour	Most Major Grocery Stores

Tamale wrappers	noodles, wrappers & bread	Fairway Market (Quadra Only), Mexican House of Spices, Real Canadian Superstore, Walmart (Uptown Only),
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Tamarind paste	spices, pastes & seasoning	
Taro	produce (fresh fruits, vegetables & herbs)	Fairway Market, Fisgard Market , Walmart
Teff	grains, rice & flour	Bulk Barn, Whole Foods, Walmart (Uptown Only)
		Fisgard Market , Real Canadian Superstore , The Root Cellar, The Market on Yates
Thai basil	produce (fresh fruits, vegetables & herbs)	
Thai bird’s eye chili	produce (fresh fruits, vegetables & herbs)	Most Major Grocery Stores
Thai eggplants	produce (fresh fruits, vegetables & herbs)	Fisgard Market
Thai jasmine rice	grains, rice & flour	Fairway Market, Real Canadian Superstore, Walmart
Tomatillos	produce (fresh fruits, vegetables & herbs)	Fairway Market, Mexican House of Spices, Whole Foods
Ube	produce (fresh fruits, vegetables & herbs)	Fairway Market, Fisgard Market , Walmart
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Wheat berries	grains, rice & flour	
Wheat semolina	grains, rice & flour	Indian Grocery Victoria
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Wheat starch	grains, rice & flour	
White and brown rice	grains, rice & flour	Fairway Market, Fisgard Market, H-Mart, Walmart
Wonton skins	noodles, wrappers & bread	Fairway Market, Fisgard Market, H-Mart, Walmart (Uptown Only)
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Yellow split peas	beans, lentils & legumes	
Yogurt	dairy & alternatives	Most Major Grocery Stores
		Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Zaatar	spices, pastes & seasoning	