Food Resources - Ingredients List

Ingredient item	Ingredient type
Annatto seeds	nuts & seeds
Apricots	fresh produce (fruits, vegetables & herbs)
Asafoetida	spices, pastes & seasoning
Atchara (pickled green papaya)	fermented, pickled & preserved
Banana blossoms	fresh produce (fruits, vegetables & herbs)
Basmati rice	grains, rice & flour
Berbere	spices, pastes & seasoning
Bitter leaf	fresh produce (fruits, vegetables & herbs)
Bitter melon	fresh produce (fruits, vegetables & herbs)
Black and white sesame	nuts & seeds
Black vinegar	oils, vinegar & condiment
Black-eyed peas	beans, lentils & legumes
Boharat	spices, pastes & seasoning
Breadfruit	fresh produce (fruits, vegetables & herbs)
Bulgur	grains, rice & flour
Calamansi	fresh produce (fruits, vegetables & herbs)
Cane sugar	sweeteners, spreads & desserts
Cassava	fresh produce (fruits, vegetables & herbs)
Chickpea flour	grains, rice & flour
Chickpeas	beans, lentils & legumes
Chocolate	sweeteners, spreads & desserts
Chow mein noodles	noodles, wrappers & bread
Coconut oil	oils, vinegar & condiment
Coconut sugar	sweeteners, spreads & desserts
Collard greens	fresh produce (fruits, vegetables & herbs)
Couscous	grains, rice & flour
Crema	dairy & alternatives
Curd	dairy & alternatives

Curry leaves	spices, pastes & seasoning
Dates	dried fruits & preserved produce
Doenjang	fermented, pickled & preserved
Dried anchovies	meat, seafood & frozen
Dried and canned beans	beans, lentils & legumes
Dried coconut flakes	dried fruits & preserved produce
Dried fruits	dried fruits & preserved produce
Dried kelp	dried fruits & preserved produce
Dried lily bud	dried fruits & preserved produce
Dried lime	dried fruits & preserved produce
Dried mushroom	dried fruits & preserved produce
Dried seafood	meat, seafood & frozen
Dried shiitake	dried fruits & preserved produce
Dried shrimp	meat, seafood & frozen
Dried soba noodles	noodles, wrappers & bread
Dried somen noodles	noodles, wrappers & bread
Eggplant	fresh produce (fruits, vegetables & herbs)
Egusi (melon seeds)	nuts & seeds
Fava beans	beans, lentils & legumes
Fenugreek leaves	spices, pastes & seasoning
Fermented tofu	fermented, pickled & preserved
Figs	dried fruits & preserved produce

Fish mint	fresh produce (fruits, vegetables & herbs)
Fish sauce	oils, vinegar & condiment
Flying fish roe	meat, seafood & frozen
Fresh ramen noodles	noodles, wrappers & bread
Frozen dim sum	meat, seafood & frozen
Frozen seafood	meat, seafood & frozen
Fruit preserves	sweeteners, spreads & desserts
Galangal	fresh produce (fruits, vegetables & herbs)
Ghee	dairy & alternatives
Gochugaru	spices, pastes & seasoning
Gram flour	grains, rice & flour
Green papaya	fresh produce (fruits, vegetables & herbs)
Groundnuts	nuts & seeds
Guava paste	sweeteners, spreads & desserts
Gyoza wrappers	noodles, wrappers & bread
Habanero peppers	fresh produce (fruits, vegetables & herbs)
Halal meats	meat, seafood & frozen
Harissa	spices, pastes & seasoning
Inari pockets	noodles, wrappers & bread
Jackfruit	fresh produce (fruits, vegetables & herbs)
Jalapeño peppers	fresh produce (fruits, vegetables & herbs)
Japchae potato noodles	noodles, wrappers & bread
Kaffir lime leaves	fresh produce (fruits, vegetables & herbs)
Kaya jam	sweeteners, spreads & desserts
Kimchi	fermented, pickled & preserved
Kpomo (tripe)	meat, seafood & frozen
Lemongrass	fresh produce (fruits, vegetables & herbs)
Lentils	beans, lentils & legumes

Light and dark soy	oils, vinegar & condiment
Lo mein noodles	noodles, wrappers & bread
Long chili peppers	fresh produce (fruits, vegetables & herbs)
Lumpia wrappers	noodles, wrappers & bread
Masa harina	grains, rice & flour
Millet	grains, rice & flour
Miso	fermented, pickled & preserved
Mitmita	spices, pastes & seasoning
Molokhia	fresh produce (fruits, vegetables & herbs)
Mung beans	beans, lentils & legumes
Mustard greens	fresh produce (fruits, vegetables & herbs)
Mustard oil	oils, vinegar & condiment
Niter kibbeh	spices, pastes & seasoning
Okra	fresh produce (fruits, vegetables & herbs)
Olive oil	oils, vinegar & condiment
Orange blossom water	spices, pastes & seasoning
Oyster sauce	oils, vinegar & condiment
Palm oil	oils, vinegar & condiment
Palm sugar	sweeteners, spreads & desserts
Pandan	fresh produce (fruits, vegetables & herbs)
Paneer	dairy & alternatives
Pepper soup spice mix	spices, pastes & seasoning
Perilla leaves	fresh produce (fruits, vegetables & herbs)
Perilla oil	oils, vinegar & condiment
Persian wheat noodles	noodles, wrappers & bread
Pickled daikon	fermented, pickled & preserved
Pickled ginger	fermented, pickled & preserved
Pickles	fermented, pickled & preserved

Pine nuts	nuts & seeds
Pistachios	nuts & seeds
Pita bread	noodles, wrappers & bread
Plantains	fresh produce (fruits, vegetables & herbs)
Pomegranate molasses	spices, pastes & seasoning
Pomegranates	fresh produce (fruits, vegetables & herbs)
Poppy seeds	nuts & seeds
Pot sticker wrappers	noodles, wrappers & bread
Pre-made falafel	ready-made/prepared
Pre-made hummus	ready-made/prepared
Pre-made mole sauce	ready-made/prepared
Pre-made tamales	ready-made/prepared
Preserved lemons	dried fruits & preserved produce
Quail eggs	meat, seafood & frozen
Queso fresco	dairy & alternatives
Ras el hanout	spices, pastes & seasoning
Red chilies (dried)	spices, pastes & seasoning
Red kidney beans	beans, lentils & legumes
Refried beans	beans, lentils & legumes
Rice flour	grains, rice & flour
Rice noodles	noodles, wrappers & bread
Rice paper	noodles, wrappers & bread

Rice paper wrappers	noodles, wrappers & bread
Rice vinegar	oils, vinegar & condiment
Rice wine	oils, vinegar & condiment
Rose water	spices, pastes & seasoning
Roti	noodles, wrappers & bread
Saffron	spices, pastes & seasoning
Salted black beans	fermented, pickled & preserved
Salted vegetables	fermented, pickled & preserved
Salted yellow beans	fermented, pickled & preserved
Sambal	spices, pastes & seasoning
Scotch bonnet peppers	fresh produce (fruits, vegetables & herbs)
Serrano peppers	fresh produce (fruits, vegetables & herbs)
Sesame oil	oils, vinegar & condiment
Sesame seeds	nuts & seeds
Sheep's pluck (haggis) ingredients (lung, heart, liver)	meat, seafood & frozen
Shichimi-togarashi	spices, pastes & seasoning
Short grain rice	grains, rice & flour
Shoyu	oils, vinegar & condiment
Shrimp paste	meat, seafood & frozen
Sorghum	grains, rice & flour
Soybean sprouts	beans, lentils & legumes
Suya spice mix	spices, pastes & seasoning
Sweet rice	grains, rice & flour
Tamale wrappers	noodles, wrappers & bread
Tamarind paste	spices, pastes & seasoning
Taro	fresh produce (fruits, vegetables & herbs)

Teff	grains, rice & flour
Thai basil	fresh produce (fruits, vegetables & herbs)
Thai bird's eye chili	fresh produce (fruits, vegetables & herbs)
Thai eggplants	fresh produce (fruits, vegetables & herbs)
Thai jasmine rice	grains, rice & flour
Tomatillos	fresh produce (fruits, vegetables & herbs)
Ube	fresh produce (fruits, vegetables & herbs)
Wheat berries	grains, rice & flour
Wheat semolina	grains, rice & flour
Wheat starch	grains, rice & flour
White and brown rice	grains, rice & flour
Wonton skins	noodles, wrappers & bread
Yellow split peas	beans, lentils & legumes
Yogurt	dairy & alternatives
Zaatar	spices, pastes & seasoning

Where to find
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
Fraserview Meats & Indian Grocery, Indian Grocery Victoria
Filipino Mart
ABR Store
Most Major Grocery Stores
Island Afrikan Supermarket, Mexican House of Spices
Island Afrikan Supermarket
Fisgard Market, H Mart
Most Major Grocery Stores
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
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fisgard Market
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fisgard Market
ABR Store, Fairway Market (Quadra Only) , Fraserview Meats & Indian Grocery, Mexican House of Spices, Walmart (Uptown Only)
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
Most Major Grocery Stores
Most Major Grocery Stores
Most Major Grocery Stores
Fraserview Meats, Indian Grocery, Walmart (Uptown Only)
ABR Store, Fairway Market (Quadra Only), Filipino Mart, Walmart (Uptown Only)
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
Most Major Grocery Stores
Real Canadian Superstore, Walmart (Uptown Only)

The Market (On Yates, On Millstream Locations), Walmart (Uptown, Hillside Locations)
Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, McKenzie Locations), H Mart, Saanisunny Asian Market, Walmart (Uptown Only)
Fairway Market (Shelbourne, Quadra, Locations), Saanisunny Asian Market, H Mart
Most Major Grocery Stores
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
Fairway Market (Shelbourne, Quadra, Locations), Saanisunny Asian Market, H Mart
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
Fairway Market, Fisgard Market , Walmart (Uptown Only)
Fairway Market, Fisgard Market, Tai Sang Grocery
Fairway Market (Shelbourne, Quadra, McKenzie Locations), Fujiya, Fisgard Market, Tai Sang Grocery, Walmart (Uptown Only)
Fairway Market (Shelbourne, Quadra Locations), Fisgard Market, Real Canadian Superstore
Fairway Market (Shelbourne, Quadra, McKenzie Locations), Fujiya, Sakura Japanese Sushi & Grocery, Walmart (Uptown, Langford Locations)
Fairway Market (Shelbourne, Quadra, McKenzie Locations), Fujiya, Sakura Japanese Sushi & Grocery, Walmart (Uptown, Langford Locations)
Most Major Grocery Stores
Island Afrikan Supermarket
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Walmart, The Market on Millstream, Indian Grocery Victoria, Fraserview Meats & Indian Grocery, Real Canadian Superstore
Fairway Market (Shelbourne, Quadra Locations) , Fisgard Market
Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart

Fisgard Market
ABR Store, Walmart, Fairway Market, Filipino Mart, Real Canadian Superstore
Fujiya
Fairway Market (Shelbourne, Quadra, McKenzie Locations), Sakura Japanese Sushi & Grocery, Walmart (Uptown, Langford Locations)
Fairway Market, Fisgard Market
Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fisgard Market
Fraserview Meats & Indian Grocery, Indian Grocery Victoria, Real Canadian Superstore, Walmart (Uptown Only)
A Mart Korean Grocery, H Mart, Fairway Market, Saanisunny Asian Market, Walmart (Uptown Only)
Damascus Food Market, Indian Grocery Victoria, Walmart
ABR Store , Fisgard Market
Island Afrikan Supermarket, Most Major Grocery Stores
Mexican House of Spices, Real Canadian Superstore, Walmart (Uptown Only)
Fairway Market, Fisgard Market, H-Mart, Walmart (Uptown Only)
Most Major Grocery Stores
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)
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fujiya , Sakura Japanese Sushi & Grocery
Fisgard Market
Most Major Grocery Stores
A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, Locations), H Mart, Saanisunny Asian Market
Fisgard Market
Fairway Market (Quadra Only), Real Canadian Superstore
A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, McKenzie Locations), H Mart, Saanisunny Asian Market, Walmart (Uptown Only)
Fairway Market (Shelbourne, Quadra, Gorge Locations)
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

Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Most Major Grocery Stores
Fairway Market, The Root Cellar, The Market (On Yates, On Millstream Locations), Walmart,
ABR Store, Fairway Market (Quadra Only), Filipino Mart, Real Canadian Superstore, Walmart (Uptown Only)
Fairway Market, Mexican House of Spices, Thrifty's, Walmart
Island Afrikan Supermarket, Walmart, Whole Foods
Most Major Grocery Stores
Island Afrikan Supermarket
Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
The Root Cellar, The Market (On Yates, On Millstream Locations)
Fraserview Meats & Indian Grocery, Indian Grocery Victoria, Real Canadian Superstore, Walmart (Uptown Only)
Walmart (Uptown Only)
Fairway Market, The Root Cellar, The Market, Walmart
Ajwa Meats & Groceries, Damascus Food Market, Fig Mediterranean Deli, Halal Urban Fresh meats&Grocery, Victoria Olive Oil Co.
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Walmart (Uptown Only) , Whole Foods
Fairway Market (Quadra Only) , ABR Store, Filipino Mart, Walmart (Uptown Only), Fraserview Meats & Indian Grocery, Real Canadian Superstore
Fairway Market (Quadra Only) , Fisgard Market
Costco, Fraserview Meats & Indian Grocery, H-Mart, Real Canadian Superstore, Thrifty's, Walmart
Island Afrikan Supermarket
A Mart Korean Grocery, H Mart
A Mart Korean Grocery, H Mart
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fujiya, Walmart
Fujiya, Sakura Japanese Sushi & Grocery, The Root Cellar
Indian Grocery Victoria, 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
Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fisgard Market, Fairway Market, Seasonally at most major grocery stores
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Costco, Canadian Superstore, Vicart, Walmart
Fraserview Meats & Indian Grocery, Indian Grocery Victoria
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
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fairway Market, Mexican House of Spices, The Market (On Yates, On Millstream Locations)
Mexican House of Spices , 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
Fisgard Market, Tai Sang Grocery
Mexican House of Spices, Most Major Grocery Stores
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fairway Market, Walmart, Fraserview Meats & Indian Grocery, The Market (On Yates, On Millstream Locations)
Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Most Major Grocery Stores
Fairway Market, Fraserview Meats, Indian Grocery Victoria, Walmart (Uptown Only),
ABR Store, Fairway Market, Real Canadian Superstore, Thanh Ky Grocery, Walmart (Uptown Only)
ABR Store, Fairway Market (Quadra Only), Filipino Mart, Real Canadian Superstore, Walmart (Uptown Only)

ABR Store, Fairway Market (Quadra Only), Filipino Mart, Real Canadian Superstore, Walmart (Uptown Only)
Fairway Market, Fujiya, Sakura Japanese Sushi & Grocery, Walmart
Fairway Market , H Mart, Saanisunny Asian Market, Walmart
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fraserview Meats, Indian Grocery Victoria, Walmart
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Fairway Market (Shelbourne, Quadra Locations) , Fisgard Market , Tai Sang Grocery
Fairway Market, Fisgard Market, H-Mart, Saanisunny Asian Market
Fairway Market
Fairway Market, Quality Foods, The Market (On Yates, On Millstream Locations), Walmart
Most Major Grocery Stores
A Mart Korean Grocery, Fairway Market (Shelbourne, Quadra, McKenzie Locations), H Mart, Saanisunny Asian Market, Walmart (Uptown Only)
Ajwa Meats & Groceries, Bulk Barn, Canadian Superstore, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Village Butcher
Fujiya
Fairway Market, Fujiya, Sakura Japanese Sushi & Grocery, Walmart
Most Major Grocery Stores
ABR Store, Fairway Market (Quadra Only), Filipino Mart
Whole Foods
A Mart Korean Grocery, Fairway Market , H Mart, Saanisunny Asian Market, Walmart
Island Afrikan Supermarket
Most Major Grocery Stores
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
Fairway Market, Fisgard Market , Walmart

Bulk Barn, Whole Foods, Walmart (Uptown Only)
Fisgard Market , Real Canadian Superstore , The Root Cellar, The Market on Yates
Most Major Grocery Stores
Fisgard Market
Fairway Market, Real Canadian Superstore, Walmart
Fairway Market, Mexican House of Spices, Whole Foods
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
Indian Grocery Victoria
Ajwa Meats & Groceries, Canadian Superstore, Costco, Damascus Food Market, Duaa Supermarket, Noor Foods Market, Quadra Village Butcher Shop, Vicart, Walmart
Fairway Market, Fisgard Market, H-Mart, Walmart
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