

# FOOD SUGGESTIONS FOR WORK GROUPS TO JAMAICA

Following are a list of suggested foods for those coming to Jamaica compiled from the experiences of previous work groups!!! If you have any suggestions or additional information you feel would be helpful to future groups coming down please feel free to share it with us!!!! Thanks!!!

## BREAKFAST:

Cereal—from home, can be bought here also, there are some Good kinds that are \$2-\$3 a box  
Cookies—from home or you can get some pretty good “Jamaican” cookies here  
Pancake, syrup, peanut butter—available here  
Cinnamon bread—keep rolled up and bake in loaf pan, warm and frost!!!  
Coffee cakes, muffins, fruit—available here

## LUNCH:

Jerky, string cheese, crackers with cheese—from home  
Granola bars, party mix—from home  
Tortillas—sometimes available here but very expensive  
Meat and cheese rolled in the tortillas  
Lunch meat—from home!!  
Turkey is best as the people do not like us to bring in pork products. Also if things are commercially pkg they are less likely to be taken away then deli meats!!  
Cheese slices—available here  
Bread—available here  
Condiments—available here

Also for lunches depending on what your group may be doing, Jamaican “patties” may be a good idea!! They are a big part of Jamaican culture and are available at lots of little roadside “patti shacks”!!! They are kind of like a hot pocket. A flaky crust filled with beef, chicken, or vegetables. You can usually purchase a

patti and a drink for around \$1.25.

**SUPPER:**

Scalloped potatoes with hamburger—available here

Spaghetti with meat/sauce—available here

Taco salad—available here except for taco seasoning

Chicken/Rice casserole—available here

Beef stew with biscuits—available here except canned beef, could substitute hamburger

Chicken salad sandwiches with fresh veggies and dip—all available except ranch dip mix

Hot dogs & hamburgers with baked beans—available here

Loaded baked potatoes—available here

**RESTAURANTS IN JAMAICA**

Domino's, Pizza Hut, Kentucky Fried Chicken, Burger King, McDonalds, and also lots of Authentic Jamaican Restaurants as well as nicer sit down Jamaican/American Restaurants.

## ADDITIONAL INFORMATION

Hamburger—very good, good price also  
Chicken—good  
Noodles, Macaroni, ramen noodles, pasta—available  
Chips, pretzels, snacks—very expensive  
Lunch meat—not good, expensive  
Cheese slices—available  
Sour cream, Cream cheese—available  
Rice—available  
Bisquick, pancake mix—available  
Cake mixes, muffin mixes, brownie mixes—available  
Refried beans—available  
Tuna—available  
Jello—available  
Pie filling—available but expensive  
Granola bars, pop tarts—available but expensive  
Marshmallows—available  
Velveeta—NOT available  
Taco seasoning—NOT available  
Ranch or Italian dressing mix—NOT available  
Popcorn—available  
Pudding—NOT available  
Cool whip—available, but expensive  
Crescent rolls, biscuits—NOT available  
Lots of fresh fruits and vegetables—available here

Things getting stale quickly with the high humidity is a problem. Also ants are everywhere. Individually wrapped crackers, cookies, fruit cups, etc. are a good idea.

We hope these ideas are a help to you!! Feel free to contact us for any additional info you may need!!! You can email at either [jdsunshine84@yahoo.com](mailto:jdsunshine84@yahoo.com) or [floydyoder19@msn.com](mailto:floydyoder19@msn.com) or call 876-940-7668.