

Foods That Your International Students Will Love

This is the "No Chocolate Chip Cookie" list. Two or more ingredients can be too much for your international students. For Americans, the second ingredient for desserts can be chocolate chips, butterscotch chips, icing, or even Cool Whip. These are all highly concentrated in sugar. Even though fruit can be high in sugar as well, it's much more favored and simple cream or vanilla-type pairings work well. Here is a list that I like to provide to our WMU ladies when preparing snacks. Think: "Less is More."

BEVERAGES

- Coffee pods
- Black tea bags or pods
- Herbal tea bags or pods
- Creamer (pump or individuals)
- Sugar
- 8 oz waters

HOMEMADE SWEETS

- Pound cake
- Banana bread, zucchini bread...
- Oatmeal raisin cookies
- Madeline cookies and alike
- Coffee cake
- Pastries/breads with:
honey, nuts, cinnamon, fruit

SALTY SNACKS

- Chips (individuals)
- Pretzel/Chex Mix (individuals)

OTHER SWEETS

- Fruit or dried fruit
- Maria cookies and alike
(Spanish section of the grocery story)
- Nature's Bakery Fig Bars
- Biscoff cookies
- Dum dum lollipop
- Mini/fun size chocolate bar
(Kit kats, Hershey's chocolate)

Cultural Notes:

Keep in mind other religious practices like halal food, Hindu practices or even Eastern Orthodox students cannot have olive oil, meat, fish, milk, and dairy on Wednesdays and Fridays as well as leading up to four fastings including their Christmas and Eastern celebration dates when meat, dairy, and eggs are forbidden. We want our students to feel welcomed even though we may not agree with their food practices.

Also, if the student doesn't eat, they are not grateful. There may be other circumstances like their dinner at 9pm may happen right after class.

