

EMERGENCY FOOD KIT (EFK) CONTENTS

Breakfast

Milk, evaporated	3 – 12 oz. cans
Oatmeal	5 packets
Canned Fruit	4 – 15 oz. cans

Lunch

Tuna Fish	2 – 6 oz. cans
Soup	2 – 15 oz. cans
Crackers	2 sleeves or 16 oz.

Dinner

Rice or Pasta	1 pound
Canned Vegetables	2 – 15 oz. cans
Meat/Bean Chili	1 – 15 oz. can
Macaroni & Cheese	1 box
Meat Ravioli	1 – 15 oz. can
Spaghetti Sauce	1 – 15 oz. can

*Please seal one end of the box with packing tape.

*Use specific sizes listed. (If you get larger sizes they will not fit in the box)

*Pack all the items in the box and fold down the top. Do not seal the box.

*Please bring the filled box back to the parking lot or Gathering Space on March 7 or March 14.

Thank you for supporting the Arlington Food Assistance Center (AFAC)!