HUNGRY? e-bags are here for you

• **E-Bags** provide enough food for hungry individuals to last until they can access community food resources.

• Each **E-Bag** comes with a packet of information on community resources.

• **E-Bags at:**
  - Center for Equity & Engagement
  - Learning Center North
  - Career Education Options, and the
  - Veterans Center.

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**What is in an e-bag?**

**EMERGENCY BAG CONTENTS**

**(Single Person size)**

- 2 Small boxes/cans of juice
- 1 Can* or 2 cups of Fruit
- 1 Can* Soup (pop-top or microwavable)
- 1 Can* Meal (Chili, Pork & Beans or Other)
- 1 Can* or single-service pouch Tuna/Chicken
- 2 Single-serving pouches Oatmeal
- 1 Sleeve Saltine or Ritz Crackers
- 2 Snacks (e.g.: granola/fruit bars, nuts, raisins, cheese/peanut butter & crackers)