

# 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.**

## 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)



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