

EFP Food Pack Contents

SMALL (Regular Diet for 1-2 persons)

Juice: Pineapple, Tomato
Fruit: Applesauce, Peaches, Pineapple
Veg: Green Beans, Corn, Peas
Main: Soup, Beef Stew, Tuna, Mac & Cheese
Dairy: Evaporated & Powdered Milk
Other: Oatmeal, Peanut Butter, Crackers, Inst. Pudding

MEDIUM (Regular Diet for 3-5 persons)

Juice: Pineapple
Fruit: Applesauce, Peaches, Pineapple
Veg: Peas, Green Beans, Corn
Main: Soup, Beef Stew, Tuna, Mac & Cheese
Dairy: Evaporated & Powdered Milk
Other: Oatmeal, Peanut Butter, Crackers, Inst. Pudding

LARGE (Regular Diet for 6-8 persons)

1 Medium Pack with Plus Pack:

More juice, fruits, vegetables, soup, beef stew, tuna fish, mac and cheese, milk, and pudding.

BAP (No-cook food for 1-2 homeless persons)

Juice: Pineapple, Tomato
Fruit: Applesauce, Pineapple
Veg: Green Beans, Corn
Main: Luncheon Meat, Tuna, Pork & Beans
Dairy: Evaporated Milk
Other: Crackers, cheerios, peanut butter, snack pudding

FAMILY BAP (No-cook bag for homeless family)

Juice: Pineapple, Tomato
Fruit: Applesauce, Peaches, Pineapple
Veg: Green Beans, Corn, Peas, Stewed Tomatoes
Main: Luncheon meat, Tuna, Vienna Sausage, Pork & Beans, Cup Noodles
Dairy: Evaporated Milk
Other: Crackers, cheerios, peanut butter, snack pudding

TEEN / SNACK PACK (1 person)

Juice (2), Fruit Cocktail, Snack Pudding, Fruit Snack, Peanuts, Chips, Peanut Butter Crackers, Granola Bar

ASIAN PACK (for 3-8 persons)

Juice: Orange or Pineapple
Fruit: Peaches, Pineapple, Tomato Sauce
Veg: Green Beans, Corn
Main: Rice Noodles, Tuna, 5lbs. Rice
Dairy: Evaporated & Powdered Milk
Other: Cheerios, peanut butter, vegetable oil, Fish Sauce

LATINO PACK (for 3-8 persons)

Juice: Pineapple
Fruit: Fruit Cocktail
Veg: Sweet Peas, Corn, Diced Tomatoes
Main: Beef Chili, Dried Pinto Beans, 3lbs. Rice, Tostadas
Dairy: Evaporated & Powdered Milk
Other: Vegetable Oil

VEGAN/Lactose Intolerant PACK (1-2 persons)

Juice: Orange, Tomato
Fruit: Applesauce, Peaches, Pineapple
Veg: Black Beans, Corn, Diced Tomatoes
Main: Meat/Dairy-free Soups, Nature's Burger Mix, Brown Rice
Other: Soy Milk, Cheerios, Oatmeal, Crackers, Adam's Natural Peanut Butter

LOW-SODIUM PACK (1-2 persons)

Juice: Orange, Tomato
Fruit: Applesauce, Peaches, Pineapple
Veg: No-salt-added Green Beans, Peas, Corn
Main: Low-Sodium Soups, No-salt Tuna, Rice
Dairy: Evaporated & Powdered Milk
Other: Oatmeal, Unsalted Crackers, Adam's Natural Peanut Butter, Inst. Pudding

DIABETIC/HYPOGLYCEMIC PACK (1-2 persons)

Juice: Orange, Tomato
Fruit: Applesauce, Peaches, Pineapple
Veg: Green Beans, Peas, Corn
Main: Vegetable Soup, Tuna, Mac & Cheese
Dairy: Evaporated & Powdered Milk
Other: Oatmeal, Crackers, Adam's Natural Peanut Butter, Sugar-free Inst. Pudding

High-Protein Liquid THERA-PACK (1 person)

- Ensure Beverage (2 six-packs)
- Cream of Rice Cereal
- Gatorade

INFANT "A" (1-week supply)

Formula: Iron Enriched Enfamil (or equivalent)

INFANT "B" (1-week supply)

Strained Baby Food: Pure Fruits, Vegetables, Beef, Chicken, and Baby Rice cereal