

SAMPLE MENU & INSTRUCTIONS ACCOMPANYING EACH 'EMRAT' BOX :

MENU E

This box contains:

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| One tin | Condensed Tomato Soup |
| One tin | Pork Sausages |
| One tin | Pork Luncheon Meat |
| One tin | Tuna in Oil |
| One tin | Small Potatoes |
| One tin | Spaghetti in Tomato Sauce |
| One tin | Mixed Vegetables |
| One tin | Vegetable Salad |
| One tin | Fruit Cocktail |
| One tin | Condensed Milk |
| One tin | Rich Fruit Cake |
| Two tins | Evaporated Milk |
| Four | Oatmeal Blocks |
| Twelve two cup | Tea Bags |
| Eight sachets | Instant Coffee |
| Four sachets | Lemon Drink Powder |
| Thirty Two sachets | Sugar |
| One packet | Plain Biscuits |
| One packet | Fruit Biscuits |
| Two small | Apricot Jam |
| Two small | Marmalade |
| Four sachets | Salt |
| Four sachets | Pepper |
| One sachet | Mustard |
| One sachet | Vinegar |
| One tin | Boiled Sweets |
| Two blocks | Chunky Milk Chocolate |

IMPORTANT

FOOD SAFETY - PRECAUTIONS

- 1 DO NOT STORE FOOD IN OPEN TINS AT ROOM TEMPERATURE
- 2 FOOD MUST BE EXAMINED BY SMELL AND APPEARANCE BEFORE CONSUMPTION.
- 3 IF REFRIGERATION IS AVAILABLE EXCESS FOOD MAY BE KEPT IN CLEAN, COVERED CONTAINERS BUT MUST BE CONSUMED AT THE NEXT MEAL PERIOD.
- 4 WHERE NO REFRIGERATION IS AVAILABLE, DISPOSE OF WASTE FOOD IF NOT CONSUMED DURING ONE MEAL PERIOD.
- 5 FLATTEN EMPTY TINS AND PLACE WITH LEFT-OVER FOOD, DIRTY PLATES AND CUTLERY IN PLASTIC SACKS. SEAL SACKS WITH WIRE TIES AFTER USE AND DO NOT RE-OPEN - ONE SACK PER PERSON PER DAY HAS BEEN ALLOCATED.
- 6 CLEAN AND DRY ALL COOKING UTENSILS (INCLUDING TIN OPENERS) AFTER EACH USE.