

COMPOSITION OF NDMA FOOD PACK

1.	Atta / wheat flour	20kg
2.	Rice (Super, Basmati, Kianat-1121, or equivalent)	5kg
3.	Cooking Oil bottle (Dalda, Habib, Mezan, Eva, or equivalent)	5 Ltr
4.	Dal Moong (Washed)	1kg
5.	Dal Chana	1kg
6.	Dal Malka Masoor	1kg
7.	Chili Powder (National, Shan, or equivalent)	200gm
8.	Mix Masala (National, Shan, or equivalent))	200gm
9.	Sugar	3kg
10.	i. Milk Powder (Nido, or equivalent))	<u>1 Kg</u>
	ii. Tea Whitener (Every day, or equivalent)	<u>500gm</u>
11.	Black Tea (Tapal, Supreme, Lipton, or equivalent)	440gm
12.	Salt – Standard (National Iodized, or equivalent)	800gm
13.	Wheat Porridge	175gm
14.	Match Box	1 Pkt
Approximate weight (Kg):		39.32 kg
15.	Cerelac Natures selection Multigrain Dates & Banana Nestle 175gm / any flavor	175gm
16.	Milk Powder Lactogen 2 Happy smooth Dwpp 200gm	200gm
17.	Wheat Porridge Food 175gm	175gm
18.	Wheat Porridge 100gm	100gm
19.	Milk Pack / any liquid milk 250ml	250ml
Approximate weight (Kg):		0.9 kg
Approximate total weight (Kg):		40.22 kg