# Quick Food Choices When You Are Hungry

Here are some quick options you can make right now:

## 1. Bread and Tea (5-7 minutes)

• Boil water  
• Add tea + milk/sugar  
• Toast bread or eat plain  
• Done

## 2. Fried Egg and Bread (4-6 minutes)

• Heat pan  
• Crack egg and sprinkle salt  
• Flip once  
• Eat with bread

## 3. Garri, Groundnut & Sugar/Milk (Instant)

• Pour garri in a bowl  
• Add cold water  
• Add sugar and/or milk  
• Add groundnut  
• Ready immediately

## 4. Buy Food Nearby

You can buy:  
• Rice & Stew  
• Indomie & Egg  
• Suya  
• Shawarma  
• Amala