The information contained in a .txt file can vary greatly depending on the purpose of the file. Some common uses of .txt files include:

* Storing plain text documents, such as articles, stories, or essays

* Keeping records of data, such as inventory lists, customer information, or financial transactions

* Providing instructions or tutorials, such as recipes, DIY guides, or software manuals

* Sharing information in a format that can be easily read and understood by humans, such as contact information, schedules, or meeting notes

Overall, a .txt file can contain any type of text-based information that needs to be stored or shared.