FOODS

MAKE YOUR SNACKS COUNT

TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. HUTCHISON, DIRECTOR, COLLEGE STATION, TEXAS
Snacks! What you eat after school or instead of lunch or buy with a dime. These can count for you or against you.
Snacks that count for you help build good looks, good health, and a good figure. Snacks that count against you may add pounds to your weight and pimples to your skin. Everyone likes candy, a soft drink, and French fries—now and then. But, when you eat them every day you are cheating yourself.
A glass of milk costs no more than a soft drink, an apple no more than a candy bar.

**These snacks rate high:**

Milk  Fruit  Sandwich  Popcorn  Peanuts  Raw vegetables

**Go easy on these:**

Soft drinks  Candy  Potato chips  Cake and pie

**Try these for a snack—**

*Egg-Cheese Sandwiches (3)*

3 eggs  1 cup cheese  3 slices bread  Mayonnaise  Tablespoon

Knife  Bowl  Pan  Flat pan
Put whole eggs in a pan. Cover with water.
Cook slowly until hard.
Peel and put in a bowl.  
Mash up eggs.
Chop or grate cheese real fine.
Add cheese and 2 big spoons of mayonnaise to eggs.

**Peanut Butter Sandwich Spreads**

You will need:

- Peanut Butter
- Bowl
- Spoon
- Knife
- Bread

Mix peanut butter with one of these

- Cooked beans, salt and pepper
- Jelly or molasses
- Chopped carrots, or turnips, salt and pepper
- Mashed banana or finely chopped apple

You may know of other good combinations.

Stir peanut butter mixture until smooth like butter. Spread a thick layer all over one side of a slice of bread.

Write down all the Snack foods you have at home.
Sandwich spreads kept in jars are safe, and easy to serve. They are fine to eat in emergencies.