

# FAMILY NUTRITION NEWS

Dear Homemaker,

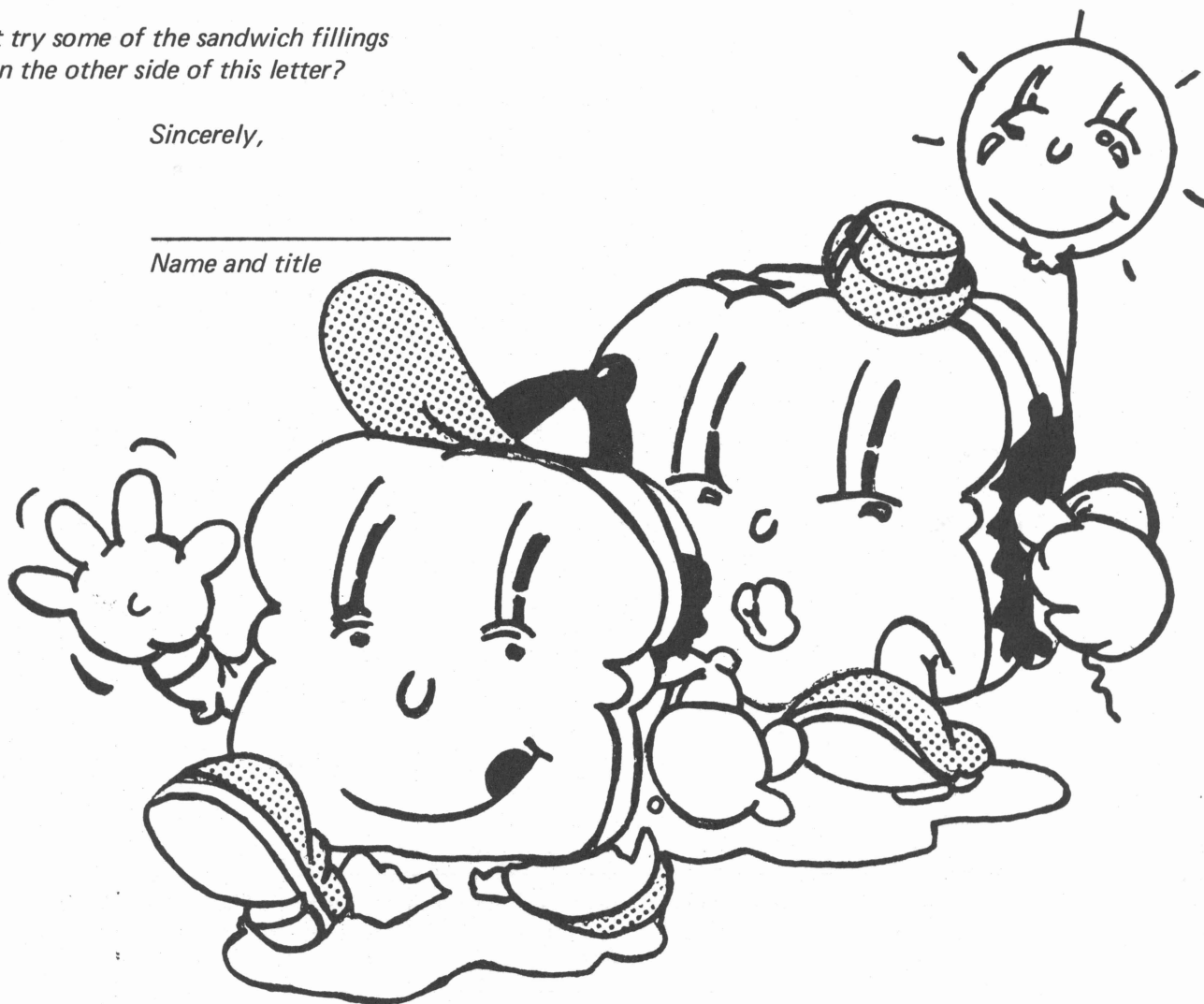
Sandwiches are fun, and they are also a nutritious way for children or adults to eat the noontime meal. Include one serving from each of the Basic 4 Food groups in your lunch box every day: (1) a protein-rich food; (2) enriched bread; (3) a vegetable and a fruit; and (4) milk.

Sandwiches combine the first two in a handy, easy-to-eat package. Protein-rich fillings are cooked or canned meat, fish, poultry, cheese, eggs or peanut butter.

Why not try some of the sandwich fillings suggested on the other side of this letter?

Sincerely,

\_\_\_\_\_  
Name and title



## GENERAL RULES FOR PACKING A LUNCH



### 1. Wrap all sandwiches separately.

A plastic bread wrapper is excellent or wax paper can be used. Drugstore wrap keeps sandwiches fresh longer. Place sandwich in the center of a square sheet of paper. Bring two sides together directly over middle of sandwich. Fold edges over and over until seam is tight against top of sandwich. Dog ear ends and fold under.

2. Use fillings which will not soak breads.

3. Add something juicy to every lunch, like a fresh apple, orange, celery or carrot sticks.

4. Tuck away a surprise like wrapped candy, or a piece of gum, for an added treat.

### MORE INFORMATION . . .

#### Sandwich Fillers:

#### CHOPPED MEAT SANDWICH

2 cups canned meat  
1/3 cup pickles  
1/2 cup onion

2 eggs (hard-cooked and diced)  
1/2 cup mayonnaise

Place canned meat in a bowl and mash with a fork. Add pickle relish, diced onion, diced eggs and mayonnaise. Mix well. Remember, canned meat has salt already added.

### REMEMBER

A Lunch Should:

Nourish

Look Good

Taste Good

Carry Well

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by M. Katherine Beavers, former Extension foods and nutrition specialist – ENP-A, The Texas A&M University System.