



6 F

DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE



FISH AND WILDLIFE SERVICE

For Release upon Receipt

USE TUNA TO MAKE BETTER BAG-LUNCHES

School-going youngsters delving into lunch bags every day enjoy a change of menu. One way to give the children a break is to include tasty tuna salads in paper cups or wrapped in aluminum foil. Sandwiches prepared with tuna spreads also help to give variety to bag-lunches.

Two recipes developed in the Fish and Wildlife Service kitchens, and tested for acceptability by school children, have just been released. Mothers may also make an extra supply of either salad or sandwiches for their own lunch. Here are the recipes:

Tuna and Apple Salad

- 2 7-oz. cans tuna fish, flaked
- 1 cup apples - diced
- $\frac{1}{2}$ cup celery - diced
- $\frac{1}{4}$ cup nutmeats - chopped
- $\frac{1}{2}$ cup mayonnaise or salad dressing

Flake the tuna fish and combine all ingredients, and chill. Serve in lettuce cup with a bright colored garnish. Serves 6.

Tuna Sandwiches

- 1 7-oz. can tuna fish
- $\frac{1}{2}$ cup celery - chopped
- 1 tablespoon sweet pickles - chopped
- 1 tablespoon onion - chopped
- $\frac{1}{4}$ cup mayonnaise or salad dressing
- salt to taste
- 12 slices bread
- 2 tablespoons butter or margarine
- lettuce

Drain tuna and flake. Combine tuna, celery, pickles, onion and mayonnaise. Spread bread with butter. Spread $\frac{1}{4}$ cup of filling on each of 6 slices of bread. Cover with lettuce and remaining bread. Makes 6 sandwiches.

x x x