

# SmartFood

Low Cost and Healthy Eating!



Cornell University  
Cooperative Extension  
Genesee County

August 2008  
Volume 12, Issue 8

## Brown Bag Lunches

Many of us go out to eat lunch because a brown bag lunch sounds boring. But lunch doesn't need to be boring!

You can pack a great tasting lunch that saves time and

Lunch times can be short!  
You can waste a lot of time eating at a restaurant.

It takes time to drive to the restaurant, order food, and then wait for your lunch to be cooked.

Pack your own lunch!



### Bring a Salad

Salads can make an easy lunch. Choose a salad with plenty of fruits or vegetables. Bring along skim milk, juice or water. **Try the Rainbow Chicken Salad.**

### Pack Leftovers

**Plan to have leftovers.**

Cook an extra serving at dinner.  
Pack it for tomorrow's lunch.

Bring leftover soups, chili, stews, pasta dishes and stir fries for lunch. Heat in a microwave and eat!

It's a great way to save money and not waste food.



### Make your own "Fresh" Sandwich!

Sandwiches from a restaurant often taste better because they are made "fresh".

- ✘ Try a variety of sandwiches. Use different flavored breads, meats, cheeses and vegetables.
- ✘ Pack sandwich ingredients separately in a small cooler.
- ✘ Pack bread in a plastic bag.
- ✘ Put meat and cheese slices in a container.
- ✘ Put sliced tomatoes, lettuce and other vegetables in another container.
- ✘ Bring along mustard or low fat mayonnaise.
- ✘ Build your "fresh" sandwich at lunchtime!

Bring your own lunch from home.  
**Save time and relax at lunch.**

You may even have time for a short walk.

# Super Sandwiches

- ✘ Sliced smoked turkey, provolone cheese and sliced cucumbers on whole wheat bread.
- ✘ Thinly sliced ham and swiss cheese piled on a French roll with lettuce, tomato, onion and green pepper.
- ✘ Sliced ham, turkey and Colby cheese on rye bread.
- ✘ Try a veggie sandwich—chopped romaine lettuce, tomato, onion, green pepper, cucumbers, and Colby cheese stuffed into pita bread. Sprinkle with low fat Italian salad dressing.
- ✘ Tuna salad made with low fat or fat free mayonnaise. Add chopped cucumbers, zucchini, celery or onions for more crunch.
- ✘ Mix low fat cream cheese with dill weed and garlic powder. Spread inside a pita. Stuff with chopped zucchini, tomatoes and green pepper.
- ✘ Spread mustard on multigrain bread. Layer with sliced turkey, tomato slices and fresh pea pods.
- ✘ Roast beef, lettuce and thinly sliced onions on a crusty bun.
- ✘ Thick slices of fresh tomato and cheddar cheese on fresh bread. Sprinkle with salt and pepper.
- ✘ Ham, chopped pickles and lettuce rolled in a tortilla shell. Spread lightly with low fat mayonnaise or mustard.
- ✘ Smoked turkey breast, chopped lettuce and tomatoes sprinkled with low fat Ranch salad dressing. Roll in flat bread.
- ✘ Top a herb flavored bagel with turkey, cheese, sliced cucumbers and tomatoes.



## Rainbow Chicken Salad

Lunch doesn't have to be a sandwich—enjoy a pasta salad for lunch!

8 ounces uncooked tri color rotini noodles  
2 cups cooked chicken, cut into cubes  
2 cucumbers, sliced  
1 tomato, chopped  
¼ cup onion, thinly sliced  
¾ cup low fat mayonnaise  
1 tablespoon dry dill weed  
1 teaspoon celery salt  
Salt and pepper to taste

Cook noodles in boiling water until tender. Drain and cool noodles.

Mix together noodles, chicken, mayonnaise, dill weed and celery salt. Stir in cucumbers, tomatoes and onions. Season with salt and pepper. Chill in refrigerator until ready to serve.

6 servings (1 cup serving) – 274 calories, 11 grams fat, 36% calories from fat and 1 gram fiber in a serving.

## Watermelon

Watermelon is a treat during the summertime.

But, is watermelon a nutritious food? Yes!

Watermelon is a great source of water.

It is 92% water! That's probably why it is so refreshing to eat watermelon on hot summer days.

Watermelon is also a good source of vitamins A and C, folic acid and potassium.

And it is very low in calories.

One cup of watermelon has only 50 calories.

**Pack it in your next lunch!**



**SmartFood** is published 12 times a year. © 2008 – Nutrition Matters, Inc. The content of **SmartFood** is not intended to provide medical advice; this should be obtained from your health care provider. Reproduction of this publication without a license to copy is a violation of federal copyright law and is prohibited. Nutrition Matters, Inc. 2809 East Hamilton Avenue, Dept. 109, Eau Claire, WI 54701 – [www.numatters.com](http://www.numatters.com). This material is funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Cornell Cooperative Extension at 585-343-3040.

Cornell Cooperative Extension of Genesee County provides equal program and employment opportunities.