



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Nutritious Brown Bag Lunches

Has your child ever returned from school with half-eaten lunches or reported that he made a trade for Tommy's peanut butter and marshmallow sandwich on white bread? The way to get your youngsters to eat nutritious lunches is to make them taste good. Here are some ideas to help you do just that.

Stay away from lunch meat sandwiches and try being creative with peanut butter on whole grain breads. Instead of sugar-laden jellies, add raisins or dates or unsweetened apple butter. Tuna, chicken and egg salad traditionally offer nutritious alternatives, but you can make them more appetizing and exciting by adding almonds, sunflower, or sesame seeds as well as raisins, apples or

unique seasonings. And to cut back on the fat at the same time, try mixing in equal parts of plain yogurt in place of mayonnaise.

Snacks pose another problem. When your youngster's friends are nibbling away on chips and candy bars, how can you expect your child to nibble on carrot and celery sticks? To start, yogurt is a popular food that is likely to be accepted. Increase yogurt's appeal by mixing plain yogurt with your own fresh or dried fruits rather than buying the fruit-containing kind which is also usually high in sugar. Peanut butter lends itself nicely to snacks when spread on graham crackers or on fruits such as apples or bananas. Soft cheeses spread on raw vegetables also provide a good tasting snack. Some youngsters enjoy cottage cheese topped with applesauce and

sprinkled with cinnamon, which is good for breakfast too. Replacements for chip-type nibbles are mixtures of nuts, cereals, or cheese and crackers.

The key to gaining acceptance of unusual lunches and snacks lies in the way you present them to children. Appeals like "because it's good for you" usually do not work. For little ones, set an example by trying new things with them and allowing them to help in preparation. With adolescents, the best approach is to relate nutritious suggestions to appearance issues, such as complexion, healthy hair, slimness or

muscularity.

Caution With The Catalogs

Ordering things through the mail is so easy. For some people that are trying to balance families and careers, or for families with only one car, mail order shopping is almost a blessing. However, before you give into the temptation and convenience of catalog shopping, consider a few things.

Find out how much an item would cost if you bought it locally, don't pay more than something is worth simply because it's an easy way to buy.

If you are doing a lot of catalog

shopping, better keep a list of everything you buy so you don't overspend. You don't want to end up over-extending the family budget.

Before you buy, find out if you can return any item you are displeased with. Also find out how much you will be charged for shipping and handling.

Prepare for delays by ordering well in advance of when you will need the item. One more thing to remember is if you are ordering by phone, try to always use 800 numbers. If you have to pay for the call, your phone bill may double the cost of the item.

Lancaster Co. Farm Women Plan Convention

Approximately 400 Lancaster County Farm Women are expected to attend the annual county convention, scheduled for Saturday, Nov. 1 at the Farm and Home Center.

Featured speaker for the day-long program will be Rev. Glenn Sell of the East Petersburg

Mennonite Church. Special music will be provided by flutist Edie Overly, who will be accompanied by Rebecca Deibler.

Other items on the agenda include election of officers and presentation of a check to the American Red Cross Disaster Services Unit. State Farm Women

president Naomi Bupp will be present to install the new officers.

Current county Farm Women officers are: president, Mary Shellenberger; first vice president, Hazel Ulrich; secretary, Florence Vaitl; secretary, Judy Greenleaf; and treasurer, Betty Geib.

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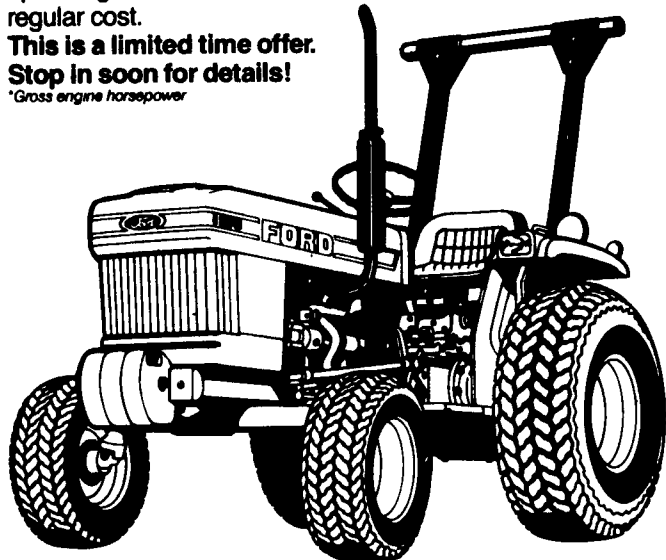
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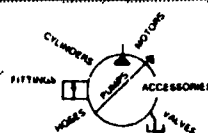
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