SIMPLE SANDWICHES!

Save money and eat healthy: Make your own lunch! Pick your bread and add one (or more) item from each group.

**BREAD**
- Whole Grain Bread
- Bagel
- Roll or Bannock
- Pita
- Hotdog or Hamburger Bun
- Tortilla

**SPREAD**
- Margarine
- Mayonnaise
- Salad Dressing
- Mustard
- Hot Sauce or Hot Peppers
- Peanut or Nut Butter

**FILLING**
- Egg or Tuna or Chicken Filling*
- Baked Beans
- Roast Beef, Turkey or other Sliced Meat
- Cheese
- Banana

**TASTY EXTRAS**
- Red or Green Pepper
- Lettuce
- Tomato
- Grated Carrot
- Onion
- Olives
- Cucumbers
- Pickles

Add one of these to make a balanced meal!

* See Easy Sandwich Filling recipe on other side!

Make water your main drink.
EASY SANDWICH FILLING RECIPE!

**WHAT YOU NEED**
- 4 boiled eggs, shells removed or 1 can of tuna or 1 can of flaked chicken
- 2 tablespoons mayonnaise
- 1 tablespoon onion, chopped small (optional)
- 1 stalk of celery, chopped small (optional)

**MAKE IT**
1. In a bowl, mash the eggs or canned tuna or canned flaked chicken with a fork.
2. Add the mayonnaise, and onion and celery if using, and mix together.
3. Spilt filling between your favorite bread to make 2 sandwiches. Add tasty extras like lettuce and tomato!

Tip: Double the recipe to make 4 sandwiches

**COMPARE**

<table>
<thead>
<tr>
<th>Store bought sub sandwich</th>
<th>Homemade sandwich*</th>
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<tbody>
<tr>
<td>Kugluktuk</td>
<td>Egg sandwich $1.50</td>
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<tr>
<td>Iqaluit</td>
<td>Tuna Sandwich $2.75</td>
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<td>Qikiqtarjuaq</td>
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<tr>
<td>Resolute</td>
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*Based on average ingredient food prices from the Nunavut Food Price Survey Report, Nunavut Bureau of Statistics (2013).