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!

Yogurt

Fresh Fruit

Canned Fruit

Cut Up Vegetables

Apple Sauce

Milk

Vegetable or Cream Soup

Whole Grain Bread

+

Mayonnaise

+

Sliced Ham

+

Lettuce

Sandwich and Yogurt

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* See Easy Sandwich Filling recipe on other side!

Make water your main drink

Health Canada Santé Canada

EASY SANDWICH FILLING RECIPE!

Makes 2 Sandwiches

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 $

Store bought sub sandwich

Kugluktuk	$4.99
Iqaluit	$5.89
Qikiqtarjuaq	$9.19
Resolute	$7.50

Homemade sandwich*

Egg sandwich $1.50

Tuna Sandwich $2.75

*Based on average ingredient food prices from the Nunavut Food Price Survey Report, Nunavut Bureau of Statistics (2013).