

## *Planned well*

To fit in with other meals—so filling the day's food needs.

## *Packed well*

In a box with a thermos if possible.  
... The foods wrapped separately to keep them fresh ... Small tight-lidded jars used for salads, puddings and stewed fruits.

## *Pays well*

In Better Health.  
In Greater Efficiency.

### IN MAKING SANDWICHES

Use fresh bread and different kinds—whole wheat, Canada Approved (white or brown), rye, fruit, or steamed brown bread.

Use soft butter—it spreads easily. One-half cup milk may be beaten into 1 cup soft butter to make it go further.

## *Remember*

to scrub and air metal lunch boxes daily. Wash the thermos with a mild soda solution, scald and leave uncorked.

### CANADA'S

## *Official Food Rules*

These are the **minimum** daily requirements of the foods necessary to protect health.



### MILK

Adults, one-half pint. Children, more than one pint. Some cheese should be added when available.

### FRUITS

One serving of tomatoes, or a citrus fruit, or one serving of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned or dried.

### VEGETABLES

(In addition to potatoes of which one serving is needed daily). Two servings of vegetables, preferably leafy green or yellow, and frequently raw.

### CEREALS AND BREAD

One serving of a whole-grain cereal and four to six slices of Canada approved bread, brown or white.

### MEAT, FISH, ETC.

One serving a day of meat, fish or meat substitutes. Liver, heart or kidney once a week.

### EGGS

At least three or four eggs weekly.

### FISH LIVER OILS

These oils are essential for children. They may also be required by adults.

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## *The Lunch Box is on the march*



## WARTIME VICTORY LUNCHES *for factory, office and school*

*Consumer Section*

DOMINION DEPARTMENT OF AGRICULTURE

*and Nutrition Services*

DEPARTMENT OF PENSIONS & NATIONAL HEALTH

March, 1943

# A Good Lunch—Planned well—Packed well—Pays well!



## FOODS for the LUNCH BOX

Three food groups should be included in every lunch box meal. They are:—

### 1. MEAT—FISH—EGGS—CHEESE—DRIED BEANS

(one or more of these)

Sandwiches are standbys but for a change try—

Baked Beans	Meat Turnovers
Weiners	Slices of Cheese
Sausage Rolls	Hard Cooked or
Baked Spareribs	Devilled Eggs

with  
Buttered Bread—Rolls—Muffins

### 2. A FRUIT OR VEGETABLE

(other than potato)—Both Are Best

Celery	} Crisp and Good
Carrot Sticks	
Turnip Sticks	

Whole Tomato	} Easy to Pack and Carry
Wedge of Lettuce	
Radishes	
Fresh Fruits	

Fruit or Vegetable Salads	} Add Variety
Tomato or Fruit Juice	

Stewed Fruit	} Always Popular
Fruit Pie or Tarts	

### 3. MILK TO EAT or DRINK

Cold Milk, Hot Milk Drinks, Cream Soups—  
Carry Well in a Thermos

Milk Puddings, Custards Pack Milk into the Lunch Box too.

Don't forget the extras—Cake—Cookies—  
Doughnuts

## SUGGESTED LUNCHES

for the factory worker, for the office worker,  
and for the school child.

Sandwiches—  
Minced Liver and Celery  
Cheese  
Carrot Sticks  
Gingerbread, Milk



Tomato Juice  
Home Baked Beans  
Buttered Rolls—Coleslaw  
Fruit Tart—Milk



Tomato Juice  
Meat Turnover  
Whole Wheat Bread and  
Butter—Carrot Sticks  
Bread Pudding with Jam  
Milk



Cream of Carrot Soup  
Sandwiches—  
Veal Kidney  
Chopped Cabbage, Carrot  
and Raisin  
Apple, Cookies, Beverage



Potato Soup  
Devilled Egg  
Carrot and Cabbage Salad  
Rye Bread and Butter  
Fruit Cup, Muffin, Beverage

Cream of Tomato Soup  
Sandwiches—  
Hard-cooked Egg  
Minced Meat  
Apple Pie, Beverage



Vegetable Soup  
Sandwiches—Bologna  
and Mustard Pickle  
Cheese—Turnip Sticks  
Doughnuts, Milk



Baked Spareribs  
Vegetable Salad  
Canada Approved Bread  
and Butter  
Raisin Pie—Milk



Hot or Cold Tomato Juice  
Sliced Liver Loaf  
Potato Salad, Celery  
Whole Wheat Bread  
and Butter  
Canned Fruit, Cookies, Milk



Cream of Bean Soup  
Sandwiches—Sardine  
Cottage Cheese and  
Parsley  
Applesauce, Cookies  
Beverage

## SANDWICH FILLINGS

### EGGS

Chopped egg (hard-cooked or scrambled) with  
chili sauce.

Chopped egg with diced celery or grated onion.  
Chopped egg and shredded raw spinach or parsley.

### MEATS

Thin slices of cold meat with mustard, chili sauce  
or ketchup.

Minced Meat

Use left-over cooked meat, meat loaf, bologna,  
etc. Grated onion, celery, parsley, chili sauce,  
sweet or mustard pickles may be added.

Cooked liver—pork, beef, or calves—finely  
chopped celery or grated raw carrot. Chili  
sauce or relish may be added.

Cooked veal kidney, finely grated onion,  
chopped raw carrot.

Chicken liver paste—simmer livers for 10 minutes,  
drain. Mash with a fork. Add a little chili  
sauce, ketchup or spicy meat sauce.

### CHEESE

Sliced or grated cheese, plain or with sliced  
Spanish-type onion or chopped mustard pickles.

Cottage cheese with shredded lettuce, chili sauce,  
chopped pickle, green or red pepper, celery,  
parsley, onion, raisins, jam or jelly.

### FISH

Flaked fish, finely chopped celery or cucumber—  
may be mixed with a little tomato juice.

Sardines with chili sauce, chopped parsley or  
pickles. A few drops of lemon juice may be  
added.

### VEGETABLES

Chopped raw vegetables with grated cheese.

Chopped cabbage, grated carrot or turnip,  
chopped raisins.

Shredded lettuce alone or with sliced tomato,  
cucumber or radishes.

Baked beans, plain or with chili sauce or tomato  
ketchup.

Add salt, pepper and salad dressing to fillings  
when needed.