A Look at Our Book

Today your child enjoyed the book *The Lunch Box Surprise* by Grace Maccarone. In the book, it's lunch time, and all the children are excited about the great lunch they brought. But Sam has an empty lunch box, and he is very sad AND hungry. His friends come to the rescue, and Sam ends up enjoying the best lunch ever.

You and your family have many reasons to enjoy foods from the Meat & Beans Group every day. These foods add protein, vitamins including vitamin B12, and minerals, including zinc and iron to our diets. Children need to eat about 5 ounces from the Meat & Beans Group each day.

Make time to read together with your child. Remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child’s questions or remarks.
- Put variety and “life” into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—HAVE FUN!
Fix this “no-cook” recipe with your child, and your whole family will enjoy it!

**Tuna Cone-wich**

6-ounce can water-pack tuna, drained
2 hard-cooked eggs, peeled and finely chopped
1/4 cup sweet pickle relish
1/2 cup chopped celery
1/3 cup mayonnaise-type salad dressing
small ice-cream type cones or whole wheat crackers

Mix first five ingredients in medium bowl. Stuff mixture in small cones or crackers for serving.

Serving hint: Tuna salad goes well with whole-wheat crackers if cones are not available. Be sure foods are age-appropriate to prevent choking.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calorie Content</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 200</td>
<td>Calories from Fat 90</td>
<td>*</td>
</tr>
<tr>
<td>Total Fat 10g</td>
<td>Saturated Fat 2g 10%</td>
<td>15%</td>
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<tr>
<td>Cholesterol 125mg</td>
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<tr>
<td>Sodium 430mg</td>
<td>18%</td>
<td></td>
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<tr>
<td>Total Carbohydrate 13g</td>
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<tr>
<td>Dietary Fiber 6g</td>
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<tr>
<td>Sugar 8g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 15g</td>
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<td>12%</td>
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</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

**Soft Bean Taco**

4 servings
1 can pinto beans, 15-ounce
1/4 cup taco sauce
4 flour tortillas, 7 inch size
1 cup shredded lettuce
1 cup chopped tomato
1/2 cup grated cheddar cheese

1. Drain canned beans; mash with fork.
2. Add enough taco sauce to moisten
3. Spread mashed bean mixture on half of flour tortilla.
4. Top bean spread with lettuce, tomato and cheese.
5. Add more taco sauce if desired. Fold in half, then cut into two pieces.
Each serving is two pieces.

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<table>
<thead>
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<th>% Daily Value*</th>
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<td>Calories from Fat 26</td>
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<tr>
<td>Protein 14g</td>
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</table>

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Cooking with your child is fun, and helps their reading skills. Here are some snacks from the Meat Group that you and your child can prepare together!

- Hard cooked eggs (wedges or slices)
- Peanut butter spread thinly on crackers
- Bean dip spread on crackers

Be sure snacks are age-appropriate and will not cause your child to choke.

**Read All About It!**

Here are some additional books you might enjoy sharing with your child!

*Stone Soup* by Ann McGovern
*Cloudy with a Chance of Meatballs* by Judi Barrett
*Scrambled Eggs Super!* by Dr. Seuss

Check for these titles at the public library!