



# WIC NOTES



## Tasty Sandwiches for Your Family

### Tuna Salad Sandwich

This one is a reliable old standby. The trick to making it a delicious experience is to line the slices of bread or the pita pocket with lettuce leaves so the bread does not get soggy. You can jazz it up, too, by adding little bits of minced crunchy vegetables. Makes one sandwich.

- 2 slices of bread or 1 pita pocket cut open at the top
- 2 lettuce leaves
- 3 ounces canned water-packed tuna, drained well
- 2 teaspoons light mayonnaise
- 2 teaspoons low-fat yogurt
- 1 tablespoon minced celery
- 1 tablespoon minced carrot
- Salt and pepper

**March is National Nutrition Month**



#### Directions:

1. Place clean and very dry lettuce leaves on the pieces of bread or in a pita pocket.
2. In a bowl mix the tuna, mayonnaise, and yogurt. Add the celery, carrot, salt and pepper and mix again.
3. Place the salad on the lettuce leaves and put one slice of bread on the other, lettuce side down, or carefully scoop the salad into the pita pocket, inside the lettuce leaves. Wrap tightly in plastic wrap.

## Egg Salad Sandwich



If you make egg salad yourself, you can control the amount of fat in the salad very easily. For example, you can use only yogurt as a dressing since the creamy texture comes in good part from the mashed egg yolks. For an older child, you will certainly want to use two eggs. Mashing an egg is an easy task even a very young child can do. Unless your child's doctor advises you to do so, don't omit the egg yolk from this salad. It won't taste as good and the yolk of a good quality egg provides many vital nutrients. Makes one sandwich.

- 1 egg, hard-boiled and peeled
- 1/2 teaspoon nonfat yogurt
- 1/2 teaspoon mayonnaise
- Salt and pepper
- 2 lettuce leaves
- 2 slices of bread, toasted

1. Place the eggs, yogurt, and mayonnaise in a bowl, mash, and mix thoroughly. Add salt and pepper to taste.
2. Make the sandwich by placing a lettuce leaf on the bread, then the egg salad, then the second lettuce leaf, and the second piece of bread in top. Wrap tightly in plastic wrap.

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### WIC Notes Edition

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## February is Children's Dental Health Month Early teeth brushing tips

saveyoursmile.com offers the following tips on making teeth brushing a fun, safe activity to young children.

- **Allow your children to brush your teeth.** Laugh and make it a fun activity. Then allow them to "brush" their own teeth, and finish by brushing your child's teeth.
- **Have your child brush a favorite doll's teeth** before you brush the child's.
- **Start with a pea-size amount of toothpaste,** as larger amounts tend to create excessive foam making it more difficult for your child to brush.
- **Make sure that you child gets in the habit of spitting out the toothpaste.** Swallowing toothpaste on a consistent basis can lead to a condition known as fluorosis, in which spots may appear on your child's teeth.
- **Be careful of the toothpaste you use.** Almost all toothpastes contain harsh flavorings that adults barely notice, but that can sting young mouths.
- **Make tooth brushing appear as a fun activity they are missing out on.** Have Mom and Dad go up to the bathroom eager to brush. Soon your child will realize that they are missing out on something fun and will want to join in.

