

Photocopy, cut out, and attach these tags to the outside of the Fellowship Hour Food Stamp Challenge sack lunches.

Menu for a healthy lunch for a **CHILD**:

Peanut butter sandwich
Carrots
Orange
Hard-boiled egg
Skim milk

Total Cost: \$1.19

The Food Stamp Challenge:

\$1 is not enough
to buy this meal! What would you leave out?

Menu for a healthy lunch for a **WOMAN**:

Turkey sandwich
Spinach salad with oil and vinegar dressing
Apple
Skim milk

Total Cost: \$2.40

The Food Stamp Challenge:

\$1 is not enough
to buy this meal! What would you leave out?

Menu for a healthy lunch for a **MAN**:

Tuna salad sandwich
Broccoli
Grapes
Skim milk

Total Cost: \$1.63

The Food Stamp Challenge:

\$1 is not enough
to buy this meal! What would you leave out?

Photocopy, cut out, and insert these cards in the sack lunches you serve.

Your meal is missing a peanut butter sandwich!

Foods with **whole grains**, like whole wheat bread, help to keep your heart healthy.

Your meal is missing salad and fruit!

Eating lots of **fruits and vegetables** reduces your risk of heart disease, diabetes, and cancer.

Your meal is missing milk and tuna fish!

Eating **low-fat, high-protein foods** helps your body build strong muscles and bones.