BUILD A SANDWICH!
The Super Crew needs some ideas for the next time they have a sandwich-making adventure. Choose 6 super-tasty ingredients from the list below, or think up your own special combination. Remember to be creative!

1. _____________________________________
2. _____________________________________
3. _____________________________________
4. _____________________________________
5. _____________________________________
6. _____________________________________

Check your fridge for these ingredients or add them to your shopping list. Make the sandwich with family or friends. Eat and enjoy!

- Avocado
- Basil
- Bean sprouts
- Celery
- Chicken breast
- Chilies
- Cucumbers
- Egg
- Ham
- Hummus
- Jelly or jam
- Lean turkey meat
- Lettuce
- Mustard
- Olives
- Onion
- Peanut butter
- Pickles
- Tomatoes
- Tuna
- Swiss cheese
- Whole grain bread

“saving the world one healthy food at a time”