

# Health & Fitness

Ojai Valley News

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## There are ways to avoid brown bag conspiracy

### Special to the News

Dear Dr. Meinig:

With all the good foods out there why is it such a chore to put together healthful lunch boxes and party treats?

The examples I see of other children's brown-bag contents are atrocious.

Though I would like my efforts for my children to be wholesome, healthful foods, I'm afraid what I usually serve is not much better.

Why not do a column on this subject? I'm sure you are aware of the immensity of the problem.

— G.C.

Dear G.C.:

It often seems like a conspiracy out there.

Almost everyone appears to be trying to outdo one another with how bad and how cheaply they can put together their lunches.

Your concern about the problem leads me to hope there are others who would like information as to how they can provide tastier, more nutritious lunches and snacks.

Though your question is directed toward children's meals, this problem concerns adults as well. The poor menu selections available in the average restaurant and fast-

food establishment, along with the high cost of eating out, has more and more adults brown bagging it.

The negative connotations some have about carrying their lunch is

rapidly disappearing.

The better nutrient value of home preparations and the savings that are possible are great motivators. Even some executives are known to

George  
Meinig, DDS



brown bag it, including Bunker Hunt, one of the world's wealthiest men.

There is nothing wrong in carrying one's lunch wrapped in paper, but there is an attractive alternative. Lunch boxes are now available and so constructed to allow using a greater variety of foods.

Most have a thermos to keep things cool or warm, thus adding a new spark to the lunch menu. If plastic frozen ice packs are used, foods containing such things as egg and potato salads can be prepared as the ice keeps bacteria growth from occurring if the box is kept out of sunlight and away from radiators during the morning hours.

Your letter came at an appropriate time as I recently purchased an outstanding book called "Children's Lunch Boxes and Party Snacks" from its author, Rosetta Schuman.

The book meets today's challenges by providing 36 "lunch box" menus that offer a pleasing variety for every taste. It includes vegetarian menus as well.

What is so intriguing is the number of selections that Schuman has presented that are so new and different. She has, of course, included some old favorites but here, too, you will find that they are put together in interesting and unusual ways.

Many of her dishes have a dual purpose in that they can serve as the evening meal for the family the night before.

For party fare, the chapter in the book called "Confections Without Objections" has selections for birth-

days and other special occasions that have a lifetime of usefulness. This alone makes the book's purchase worthwhile.

Schuman's long and exceptional background in the nutritional field, and as an author, allows her to bring forth easy ways to introduce nutritious foods and avoids those that are not conducive to health.

Her recipes are simple and the directions easy to follow.

The book is ring-bound so that it will lie flat on the counter top while following the recipes.

I was pleased to find that Lendon H. Smith, M.D., world-renowned nutrition pediatrician, highly recommended this book on its back cover.

The publisher is Wellington Books, R.F.D. #1, Box 223, Hillsboro, N.H. 02344.

If your favorite bookstore can't get it for you, send \$14 directly to Wellington Books. Shipping is included.

Beatrice Trum Hunter, in her excellent review of "Children's Lunch Boxes and Party Snacks" summarizes so well the importance of this subject by stating: "This book will be treasured as a practical guide for all who recognize the importance of early nutrition as the base upon which good health is built and maintained throughout life. What better gift can we bestow upon young children?"

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