Canned tuna is a good source of protein and B vitamins. Use canned tuna in casseroles, salads and sandwiches.

Buying canned tuna...
- Look for plain, unseasoned, chunk-light tuna packed in water.
- If you like, try tuna in pouches in place of canned tuna.

Storing canned tuna...
- Store unopened cans in a cool, dry place.
- Use unopened cans within 3 years. Avoid freezing or exposure to direct sunlight.
- Do not use canned tuna if the can is rusted, bulging or dented.
- Store opened tuna in a tightly-covered plastic container in the refrigerator. Use within 3 days.

Enjoying canned tuna...
- Canned tuna is already cooked – it just needs to be drained. It can be made into cold or hot dishes.
- Tuna salad made with a dressing can be refrigerated up to 3 days.
- Cooked tuna dishes, such as casseroles, can be frozen up to 2 months.
Tuna Melts

This recipe uses four WIC foods: canned chunk-light tuna, whole-wheat bread, cheese and a fruit you can buy with your cash-value vouchers.

Ingredients...

- 1 (5- to 6-ounce) can chunk-light tuna packed in water, drained and flaked
- 1 tablespoon mayonnaise
- 1 tablespoon celery, finely chopped
- Pepper to taste
- 4 slices whole-wheat bread, toasted
- 1 cup apple, diced
- 4 slices American cheese

Directions...

1. Combine tuna, mayonnaise, celery and pepper to taste.
2. Spread over toast.
3. Top each with ¼ cup of the diced apple and one slice of cheese.
4. Broil 6 inches from the heat for about 2 minutes or until the cheese is melted and lightly browned.
5. Serve immediately.

Nutrition information...

- Calories 210, Fat 8g, Carbohydrate 21g, Protein 16g, Fiber 3g, Sodium 600mg, Cholesterol 40mg.

Family Goals

☐ My family and I will try tomatoes stuffed with tuna.
☐ My family and I will try tuna in a casserole.
☐ My family and I will try a new tuna recipe.
☐ My family and I will try tuna melts for lunch.
☐ Other ____________________________