



PACK A LUNCH THAT PACKS A PUNCH

Into the lunch box of every American worker must be packed the right foods—in generous quantity—to provide energy to meet the increased demands of Uncle Sam's War effort.

On day shift or night shift, a heavy lunch that's wholesome and inviting will

help to combat fatigue, provide new vigor and keep dispositions cheerful.

Healthful, appetizing lunches should be carefully planned for proper nutritional balance. Use this folder as a daily guide to help you "pack a lunch that packs a punch."