



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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TUNA IDEAL FOR SUMMER PICNICS

If your family responds to your dinner call with mild enthusiasm, it is time for a change. Summertime is tuna time and also picnic time. So, why not change the family eating routine and treat them to a picnic supper either in your backyard or a nearby park? Picnics are the occasions when you can don sports clothes and serve simple but tasty food in a relaxed and enjoyable fashion.

Of course, it's the food that makes a picnic enjoyable and the enterprising planner will give the main course extra-special attention. Canned tuna packed with energy-giving protein is a flavorful basis for main course salads or sandwiches. It is a natural ingredient, too, as there is little or no preparation. Just open a can and it is ready to use. And, it is economical, too, as there is no waste.

The home economists of the Fish and Wildlife Service suggest that you join the summertime outdoor parade and serve "Tuna Salad" at your next picnic supper.

TUNA SALAD

- 2 cans (6½ or 7 ounces each) tuna
- ½ cup mayonnaise or salad dressing
- 1 cup diced celery
- 2 tablespoons chopped sweet pickle
- 2 tablespoons chopped onion
- 2 hard-cooked eggs, diced
- Dash pepper
- Lettuce
- Tomato wedges

Drain tuna and flake. Combine next six ingredients. Serve on lettuce and garnish with tomato wedges. Serves six.

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