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World Class CAD

Word Processing

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Making a Healthy Sandwich

The sandwiches we serve at the Outreach program on the corner of Oakland and Summit streets in Columbus Ohio are always in high demand and people are highly disappointed if they do not get a half portion or even a morsel of this simple yet tasty treat. The multilayer creation came about nine years ago when fifty hungry people were forced from their environment by new construction in the area and they began to look for assistance in our neighborhood. Eight years and 18 months ago, on a rare day when I was home, I received a call from a concerned organization leader, who said, "we cannot feed them donuts anymore." Thinking that the people I work with will no longer get their sweet rolls, I eventually discovered we were talking about feeding the homeless. Approximately 30 days later, we began day one of operating our newly found kitchen where our version of the Dagwood sub was born. Today, when volunteers show up at the kitchen, their first station to learn is the sandwich bar.

At the beginning of their shift, the new helper gets their station setup. On a clean cutting board, we place two slices of Panera Bread, with the ½ inch cut sourdough loaf being very popular. The sandwich maker then folds sliced turkey across the surface of the slice, overlapping the each piece of meat as they traverse the width. On top the turkey, two sliced tomatoes will sit and then setting on them will be four sliced dill pickles. The next layer has two sliced onions, followed by two slices of Swiss cheese. The last stratum is a folded crisp lettuce leaf. Now that we are done



with the first half, we spread mayonnaise on the second slice. Place the halves together and cut with a clean knife. We wrap sandwiches in plastic to keep them together and retain freshness.

In the summer, when lighter fare is more fashionable, the workers serve the sandwich as part of the main course. The menu will be two sandwich halves, potato salad, three-bean salad, fruit such as an apple, banana or an orange, small pastry and iced tea, water or light punch. The meal is a cool refresher

on a hot day. Because the cost of making sandwiches is very low, we can provide hundreds of them without incurring much cost.

We can make a complete sandwich for under \$1.00 and some of the visitors to the food program only want the breaded entrée, so this complete item can act as entire meal. It has vegetables, meat, and starch and measures 64 cubic inches in volume. The Panera Company donates the loaves of bread throughout the year. In the summer, our gardeners donate their lettuce and tomatoes to reduce the cost of making each serving by almost 25 cents. If we are watching the food dollars, we can substitute different flavored cheeses and in season vegetables to give a little twist to the creation. As we can see below, the cost form for the product gives us an idea of where the expense lies.

Suggested Menu

Two Sandwich halves
 Potato Salad
 Three bean salad
 Fruit such as an apple, banana, or an orange
 Small pastry
 Iced tea, water or light punch

Food Cost Form				Date: January 8, 2010				
Menu Item:		Sandwich		Size:		2 sandwich halves		
Number of Portions:		25						
Cost per Portion:		\$ 0.91						
Ingredients	Recipe Quantity			Cost			Total Cost	Density
	Weight	Volume	Count	APC / Unit	Yield %	EPC / Unit		
Panera bread slices			50 ea	\$ - lb	100	\$ - lb	\$ -	8 oz cup
Turkey, sliced	3 lb			\$ 3.50 lb	100	\$ 3.50 lb	\$ 10.50	8 oz cup
Tomatoes, on vine	2 lb			\$ 1.28 lb	100	\$ 1.28 lb	\$ 2.56	7 oz cup
Pickles, sliced dill		4 c		\$ 1.35 lb	100	\$ 1.35 lb	\$ 1.80	5.333 oz cup
Onions, yellow	2 lb			\$ 0.60 lb	89	\$ 0.67 lb	\$ 1.35	6.5 oz cup
Cheese, swiss	1 lb			\$ 4.00 lb	100	\$ 4.00 lb	\$ 4.00	4 oz cup
Lettuce			1 ea	\$ 1.00 ea	100	\$ 1.00 ea	\$ 1.00	8 oz cup
Mayonnaise		3 c		\$ 1.00 lb	100	\$ 1.00 lb	\$ 1.50	8 oz cup
Total Cost							\$ 22.71	

Like Subway, McDonalds and Jersey Mikes, we serve thousands of these appetizing and yet simple sandwiches yearly. For the real food connoisseur, they appreciate the time and effort that one takes to build their favorite morsel. For the cooks, they see how garden-fresh product is still in demand and that people prefer crispness compared to factory packed food. For the person reading this article, we might want to try cycling back to a previous day and make ourselves a sandwich and save the money we will spend at a fast food establishment.