

# Plastic Specialty Products

140a & 140b

**Healthy Portions FOR A Healthy You.**

	Women Daily Avg.	Men Daily Avg.	Serving Size	Portion Example
<b>Fruit</b>	1 1/2 - 2 cups	2 cups	1/2 cup	rounded handful, 1 apple, 1 banana, 2 plums
<b>Vegetables</b>	2 - 2 1/2 cups	2 1/2 - 3 cups	1/2 cup	rounded handful
<b>Grains</b>	5 - 6 oz.	6 - 8 oz.	1 oz.	1/2 cup cooked rice, cooked pasta, or cooked cereal, 1 slice of bread
<b>Proteins</b>	5 - 5 1/2 oz.	5 1/2 - 6 1/2 oz.	1 oz.	deck of cards or palm of hand is 3 oz., 1 egg
<b>Dairy</b>	3 cups	3 cups	1 cup	1 small milk carton
<b>Oil / Fat</b>	5 - 6 tps.	6 - 7 tps.	1 tsp.	1 thumb tip or 1 slice

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141

### Lettuce Wrap and Roll™

*(Always wash your lettuce, dice & add salt to it to remove bitterness. This recipe calls for diced lettuce into your favorite bowl.)*

#### Italian Salad Recipe

Wash and Dice half a head of Romaine lettuce and 1/2 head of iceberg lettuce. Chop & add to bowl. The key to a great salad is to mix and dry the lettuce. Add lettuce mixture to the salad bowl.

Now we are ready to add all the extras:  
 Slice 1/2 cup red onion in rings.  
 Quarter 4 Anchope hearts into triangles.  
 Slice or Mince one tablespoon of Garlic into the Salad Bowl.  
 Quarter Tomato into 4 or 8 sections, add to Salad Bowl.  
 Add 3 tablespoons of parmesan into Salad Bowl.

Now it is time to add our mixture of Olive Oil and Balsamic Vinegar to the Salad Bowl.  
 Use 1/4 cup Olive Oil and 3 tablespoons of Balsamic Vinegar, add to Cup of Mixing Cup, stir cracked pepper to taste, shake well and add to Salad Bowl.

List but most important: **Grate Fresh Parmesan Cheese to Salad Bowl.** Some like a lot, some like a little, if you prefer.

With CLEAN HANDS toss salad and all contents listed above to create this wonderful Italian Salad.  
Bon Appetite.

240

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397

**OPEN HOUSE TODAY!**

385

### First-Class Mail Rate Classification Guide

Use this template to measure the size & thickness of your mail to determine if it is a Letter, Flat, or Parcel.

**12" x 15" Maximum Dimensions For A Flat (Large Envelope)**  
White area indicates maximum size of flat.

**3/4" Maximum Thickness**  
A multipiece that is too thick to fit through the 3/4" slot must be classified as a parcel.

**6 1/4" x 11 1/2" Maximum Dimension For A Letter**  
Blue area indicates maximum area of letter.

**3/4" Maximum Thickness**

**4 1/4" x 6" Maximum Postcard Dimensions.**

**3 1/2" x 5" Minimum Mailable Dimensions**

Place lower-left corner of multipiece here.

Letters weighing 3.5 ounces or less that meet the minimum size for mailability will incur a nonmachinable surcharge if the upper-right corner does not meet or fall within this shaded area.

**Annex BRANDS.**

**325**

**Tomato**

**Actual size shown in inches**

Pricing shown is for 30 Mil Thickness & 4/1 color. Setup fees are additional.

		250 (R)	500 (R)	1,000 (R)	2,500 (R)	5,000 (R)	
140a	Small Dice & Slide*	10 3/4" x 8 1/8"	3.32	3.12	2.45	2.37	2.03
140b	Large Dice & Slide*	16 3/4" x 10 3/4"	4.57	4.37	4.04	3.70	3.37
141	Lettuce Wrap & Roll	17" x 11"	4.57	4.37	4.04	3.70	3.37
240	Wine Glass Markers	Overall: 3 3/8" x 2 1/8"	1.48	1.28	0.87	0.78	0.70
297	Hand Fan	5 1/2" Square	1.90	1.70	1.27	1.10	0.89
325	Plant Marker	5 3/4" x 3/4"	0.83	0.63	0.53	0.43	0.33
381	4 Tabbed Chart	Each Piece: 6 1/4" x 3 7/8"	Call	Call	Call	Call	Call
385	Mail Guide	15" x 12"	Call	Call	Call	Call	Call
394	4 Part Hand Fan	Each Piece: 3 3/4" x 7 1/4"	3.20	3.00	2.50	2.35	2.20
397	Stake Signs	12" x 9" Sign	2.00	1.90	1.80	Call	Call