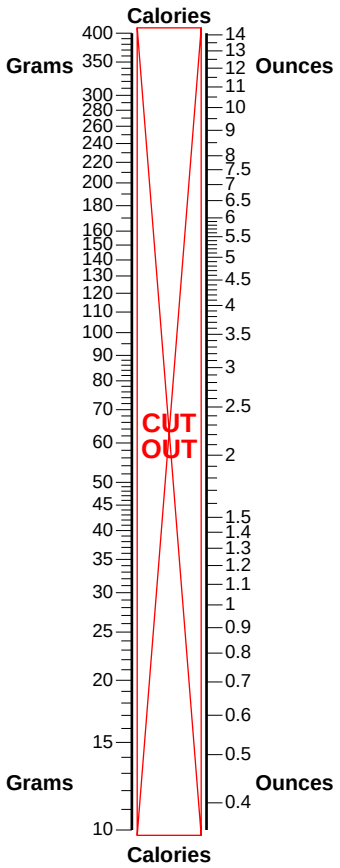
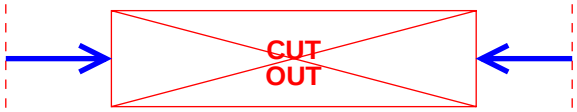
outer panel - cut out around solid red line

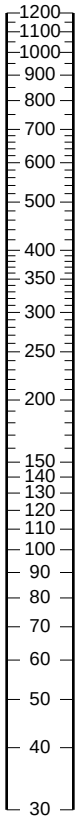
accordion fold along dashed lines





inner slider - cut out around solid red line

fold in half along dashed line and glue or tape together



Butter

Bacon, Roast Nuts, Peanuts

Doughnuts, Semi-Sweet Chocolate

Dry Oatmeal
Fudge, Cake, Bread, Cheese, Flour, Sugar

Raisins, Cheesecake, Dry Rice
Honey, Apple Pie, Bagels
Pep. Pizza, Ground Beef, Salami, Breads
Dried Fruit, Hamburgers, Fried Shrimp
Steak, Lamb, Ice Cream, French Toast
Pork, French Fries
Roast Turkey/Chicken Breast
Sliced Ham, Veal, Tuna, Salmon

Crab Cake, Scrambled Eggs

Pasta, Black Beans, Chickpeas

Corn, Lentils, Flounder, Smoked Salmon

Rice, Couscous, Cottage Cheese, Crab
Bananas, Potatoes

Applesauce

Grapes

Fresh Fruits, Berries

Melons, Peaches, Carrots, Peas

Fresh vegetables, Strawberries, Onions

The accordion fold pattern as viewed from the end of the outer panel...

Glue both sides of the dashed portions. When glue has dried, the glued folds will form a gap that will accomodate the inner slider. The picture below shows the slider (in black) inside the gap in the glued outer panel.