

Food

for families
with school children



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Bureau of Human Nutrition and Home Economics



The Moore family

● "An old-fashioned family" is the way the neighbors often describe the Moores with their four fine children. In these days a family of six may seem large—but not to these proud parents. Tom is 16 years old, Kay 14, Faith 11, Peter 8.

Though the Moores have to count their pennies, it is fun bringing up their lively and healthy children. Everybody helps, even to making plans. Tom and Kay help with the household chores and often earn extra "spending money" by working for neighbors in their spare time. Even Faith and Peter run errands and do small jobs around the house.

"That's how we've been able to get along," Mrs. Moore says. "If we hadn't all worked together, one woman's time and energy wouldn't have been enough to do the cooking and housekeeping for this crowd, and Dad's income wouldn't have been enough to feed, house, and clothe the six of us."

The Moores used to live in a big city, but recently they moved to the suburbs. Since rents are cheaper in the suburbs they can afford a house for what they used to pay for a small apartment, and Mr. Moore can still easily get to work at the factory. The children have a better place for outdoor play and the whole family can enjoy more outdoor activities. Picnic meals are popular with all—and a timesaver for Mother Moore.

There are a few fruit trees in the back yard and space for a small garden, too. Father Moore hopes that next year he can get still more space nearby. They then can have a large garden with a greater variety of vegetables to can and store, as well as plenty to use in season.



Food to fit the family

● To have attractive, wholesome meals on the money Mother Moore has to spend for food is not easy. But, by planning carefully and watching the pennies, she manages to keep her family well-fed and happy.

Providing for the nutritional needs of her family comes first with Mrs. Moore. All the Moores should have milk, vegetables and fruit, cereal, eggs, and meat or meat alternates even though the quantity of each food may vary for the different members of the family.

To supply her family with an adequate diet and at the same time stay within her food budget, Mrs. Moore selects foods that give good nutritional returns for money spent. She buys foods when they are in season for they then are usually better as well as cheaper. To further cut corners, she has made a collection of low-cost recipes that the entire family enjoys. She has learned how to vary the flavors of inexpensive foods by using different seasonings as well as by combining them in many ways.

Mother Moore bakes at least once a week and sometimes twice. This gives the family foods they otherwise couldn't afford. Father Moore says her cookies, gingerbread, and pies are the best ever. She has learned to tuck oatmeal, soy flour, dry milk, peanuts, dried fruits—all high in food value—into these sweets. In this way, the children satisfy their "sweet tooth" and get protein, minerals, and vitamins, as well as calories, at little extra cost. In between baking days when the oven is being used for other foods, Mrs. Moore often bakes biscuits, muffins, bread, or rolls to add interest to her meals.

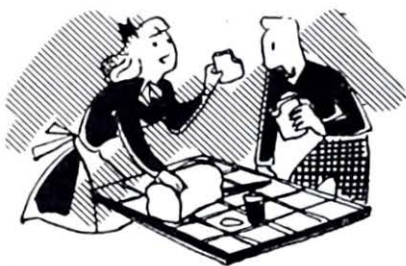




For Peter and Faith

For 8-year-old Peter and 11-year-old Faith, milk is one of the important foods. Sometimes instead of whole milk they have skim milk or buttermilk. In addition, the family meals supply the needed vegetables, fruit, cereal, and protein foods.

After school seems to be a hungry time for these children. Instead of stopping at a store to buy candy or other sweets—a practice that would run off with the food money—they have a snack at home. This often includes a glass of milk, peanut butter sandwiches, raw carrots, ready-to-eat cereal, or sometimes fruit. After playing or running errands, Faith and Peter still have keen appetites for their supper.



For Kay and Tom

Kay is 14 and Tom is 16 years old. Both are growing rapidly—changing from children to adults. The most rapid growth usually takes place in girls at about 12 years of age, and in boys at about

14 or 15 years. Their legs lengthen, their body frame enlarges and becomes padded with extra muscle and fat. Internal organs increase in size. Adolescent boys and girls are often unusually active, so that they need plenty of food for activity as well as growth.

It's not surprising then that Kay and Tom always seem to be hungry. Mrs. Moore often wonders how they can hold so much. Tom's servings are bigger than his father's, and Kay eats more than her mother. No matter how large their appetites are, there's always plenty of food for them at every meal.

To fill them up and give them the extra calories they need, Kay and Tom have extra servings of potatoes and gravy, or bread with peanut butter or jam at mealtime. After school they are usually on hand, too, for a snack with the younger children.



For Father and Mother

Father and Mother Moore also need a good diet. The foods they need are like those of the older children, but they do not need as much. However, they have their own problems.

Mrs. Moore must watch her

weight as she gains easily. Her doctor says that people have the best chance for health and a long life if their weight is kept to the average for their height at 30 years. So she rarely "pieces" between meals. She eats all varieties of food, but seldom takes seconds, except of vegetables and fresh fruits that are low in calories.

On the other hand, Father Moore, to reduce fatigue, often has a mid-morning or midafternoon snack during his rest period at the factory. This snack is usually an extra sandwich or two that he takes in his lunch box and eats with coffee or milk from his thermos bottle.

Plans for the Moores' three meals go something like this . . .

Breakfast

This is an important meal in the Moore household and everyone gets up in plenty of time to enjoy it.

The chief foods used are: Fruit, cereal, milk, and usually toast or some hot bread with home-made fruit spread. When eggs are cheap, they also appear at breakfast, but usually they are used in cooking or baking or as a main dish at the noon or evening meal.

Fruits at breakfast change with the season, depending upon what is plentiful and cheap. In the summer the Moores use the different fruits and berries as they come along. Sometimes the children go into the country to gather or to pick them on shares. During the winter, there may be a small orange apiece, or canned citrus juice which is often cheaper than fresh fruit and is also a good source of vitamin C. Home-canned tomato juice is sometimes used. Or there may be apples or applesauce, or prunes or other dried fruit.

Hot cereals are often served. Family favorites are oatmeal, whole wheat, and corn meal. Generous servings are eaten, and there are seconds for those who want more. For a change, ready-prepared cereals are used once in a while. Sometimes there's French toast with sirup or pancakes made with whole-wheat or buckwheat flour.

Lunch

The younger children come home for lunch, whereas Mr. Moore, Kay, and Tom carry theirs. So—there are three lunch boxes to pack each day. Each has a thermos bottle filled with a hot or cold drink. While Father often chooses coffee, Kay and Tom take milk or hot cocoa, or sometimes a hot soup instead. Their school has recently been making plans for a school lunch, so possibly next year they won't carry their lunches.

Sandwiches are made of enriched, whole-wheat, or rye bread with a

variety of fillings. These may be peanut butter, jelly or jam, cheese, eggs, meat, plain or in many combinations with lettuce or other fresh vegetables. Some are made spreadable with salad dressings. Mother Moore makes different fillings and keeps them in the refrigerator so that the children can quickly make their own sandwiches.

Usually some kind of raw vegetable like celery, carrot strips, turnip slices, or cabbage slaw goes into the lunches along with fruit, fresh or dried, and cookies or a piece of cake.

The lunches that the younger children and their mother eat at home are about the same as the ones carried to school. In addition to milk and bread of some kind, there may be a soup or stew and a raw vegetable or salad, with fruit or a cookie to finish up on.

Evening Meal

Except on Sunday, the evening meal is the big meal of the day, served as early as possible after the family is home. It usually includes a main dish, potatoes and another vegetable, and a salad or perhaps a simple dessert.

For the main dish during the week the Moores usually have such foods as the following: (1) A large pot roast; (2) ground meat, in loaf or patties; (3) heart, liver, kidneys, or brains; (4) fish; (5) dry beans, peas, or lentils.

For salad, carrots and cabbage appear often. The children love carrot strips. They like carrots mixed with apples and a few raisins, and moistened with dressing. Some variations they have for cabbage salads are—cabbage, apple, and raisin; cabbage and carrots; cabbage and peanuts; cabbage and onions.

Sometimes when the salad contains fresh or dried fruits it serves for dessert too. Other favorite desserts include the good things that Mrs. Moore makes on baking day, and a variety of puddings that contain eggs and milk, or fruit often sweetened with brown sugar or molasses. Apples, pears, peaches, or whatever fruit is in season appear in many desserts from sauce to dumplings, shortcakes, puddings, and cobblers.



Buying food . . .

● Doing the marketing for a family, especially when food money is limited and there are many mouths to feed, is a big job. Mother Moore knows that she can stretch her food dollar by watching where, when, what, and how she buys.

She has learned by experience where prices are usually lowest. She watches the advertisements, checks week-end and special sales, and takes advantage of them as often as possible. But she doesn't buy a food just because it's on sale. This sometimes ends up by being no saving at all. She knows that she should have an immediate use for the food or that it will keep for future use.

Mrs. Moore reads labels on cans and packages to find out the quality and weight of the food. Very often a cheaper quality has the same food value and will serve her purposes just as well as a more expensive one. She compares weights and prices so she will know which size package is really lowest in cost, pound for pound. She is careful to choose the size most economical for her family. She buys in quantities as large as family needs, storage space, and ready cash justify.

Following are Mother Moore's practices in buying some of the different kinds of food:

Fresh Vegetables and Fruit

When Mrs. Moore buys fresh fruits and vegetables she chooses those in season. Then they are cheapest and most plentiful, full of flavor and food value, and that is the time the Moore family can afford to enjoy them—and does. To get the best in eating quality and to avoid waste she always selects products that are sound and fresh. For cooking, she sometimes buys apples and other fruits that have slight defects, when they are sold at a lower price.



Milk

To cut down the milk bill, evaporated milk is often used, and if it is available, skim milk is purchased. Both of these cost less than whole milk and have about the same use in cooking. Once in a while the family has buttermilk to drink and to use in gingerbread and corn bread. Because Mother Moore includes plenty of leafy, green, and yellow vegetables and serves table fat at every meal, her family gets enough vitamin A even though they sometimes drink skim milk or buttermilk instead of whole milk.

Mrs. Moore has been watching for dry skim milk at the grocery store. Usually, it is cheap, and keeps well even after the can has been opened. It is easy to use as it can be sifted with the other dry ingredients in baking. Many flavored drinks can also be made from it in a jiffy.

Meat and Other Protein Foods

When buying meat, Mother Moore selects the less expensive cuts of beef, lamb, veal, or pork. Variety meats (liver, kidney, heart, tongue, etc.), as well as fish, dry beans and peas, lentils, and cheese are other foods that provide the protein the family needs.

When she started housekeeping, Mrs. Moore like many young homemakers knew little about buying meats. Since then she has studied meat cuts and prices and now knows that the cheaper, less tender cuts are just as nutritious and full of flavor as the choicer cuts that are higher in price. She has learned to buy shoulder, breast, and other less expensive cuts instead of rib roasts and porterhouse steaks. She realizes, however, that even the cheaper meats can prove expensive if they contain too much bone or fat, so she chooses carefully. Sometimes a stewing chicken is a good buy for her family. It is often reasonably priced and has a higher proportion of meat to bone than broilers or fryers.

Since meat is an expensive item in the food budget, Mrs. Moore often uses other protein-rich foods as the main dish. In spring and early summer when eggs are usually lowest in price, she includes them in many of the family's meals. As a source of protein, eggs are less expensive than meat when the price of a dozen large eggs is not more than that of a pound of boneless stew beef. Medium-sized eggs are as good a buy as large eggs when they are one-eighth cheaper. Small eggs are as economical as large eggs when they are one-fourth cheaper.

Mother Moore also uses American Cheddar cheese—in Welsh rabbit, in scalloped dishes, with macaroni, or just sliced plain. Cheese is a less expensive source of protein than meat when the price per pound is not more than 50 percent higher than that for boneless stew meat.

Many kinds of beans such as navy, lima, kidney, as well as lentils, are often baked, boiled, combined with other foods, or used in soups. These, as well as dry peas, are an economical alternate for meat.

Storing food . . .

● The Moores know it is as important to store their food properly as to buy carefully. Pennies saved by thrifty buying can be lost if food is not taken care of.

Milk, Cheese, Eggs

The family's milk supply is kept fresh and sweet in the colder part of the refrigerator, away from strong-flavored foods. The bottle or carton is always wiped off before it is put away, is kept tightly capped, and only as much milk as is needed is taken out at one time. The dry and evaporated milk are kept in a cool, dry place, too.

Cheese needs a cold storage place. Cottage cheese and other soft cheese are used soon after they are purchased as they spoil quickly. Hard cheese is kept in a tightly covered container or wrapped in waxed paper to prevent drying out. Slices are cut off only as needed.

Eggs are kept cold in a covered pan or bowl away from strong foods. For cooking and baking, Mrs. Moore tries to have recipes that call for whole eggs. When only a part of an egg is used, and she has egg yolks or whites left over, she uses them as soon as possible, usually the same day. In the meantime she keeps them in a cold place. The yolks are kept moist by putting them in a small deep dish and adding just enough water to cover them. The whites she puts into a tightly covered jar or dish.

Fats

Mother Moore cuts down the amount of fat she buys by saving meat trimmings and drippings. Trimmings she cuts into small pieces and renders slowly. She keeps the fat in clean covered tins or jars in a cool, dark place, to use for frying potatoes and scrambling eggs, for making sauces, salad dressings, and "buttered" crumbs, and in many other ways. Meat drippings, strained to remove food particles and stored in the same way as the rendered fat, are used where stronger flavors are needed or with meat that has little fat of its own.

Cracklings left from rendering are ground and saved. They are good in meat gravy over potatoes or bread. The Moores like them in corn bread and muffins, too, or as seasoning for cooked greens.

Mrs. Moore stores table fat in a tightly covered dish in the refrigerator. She is careful to keep it away from strong-flavored foods.

Flour, Cereal, Bread

For storing bread, Mrs. Moore has a large tin box with a few small holes to provide for circulation of air. This she scalds and airs often. When she makes bread at home she is careful to cool it thoroughly before putting it away.

All left-over bits of bread that are not used for puddings are dried and rolled or ground into crumbs. These are kept in a tightly covered jar in a cool place, ready to be used for topping baked dishes, as a filler in meat loaf, or for meat stuffings or fish coatings.

Cakes, cookies, and crackers are never stored with bread. Cake has its own box, ventilated like the bread box. Cookies and crackers are kept in airtight tins or jars.

Meat, Poultry, Fish

As soon as Mrs. Moore gets home with her purchases she covers the meat loosely and stores it in a cold place. Since cut-up meat tends to spoil faster than a larger piece, stew meat, ground meat, or cut-up poultry is kept extra cold and is used as soon as possible.

Fish is also cooked soon after buying. If it has to be held for a short while, it is wrapped in waxed paper and kept very cold until time for cooking.

When Mrs. Moore buys a chicken, she first cleans and washes it thoroughly inside and out and dries it well. Then she covers it loosely and stores it in a cold place until cooking time. Any left-over cooked chicken is cooled quickly and kept covered in the refrigerator. It is used within the next day or two as it spoils easily.

Vegetables and Fruit

Greens and vegetables for salads are washed and drained and kept in a cold place in a covered vegetable pan or waterproof bag. Ripe fruits, such as peaches, plums, and berries, are kept cool and spread out. Dried fruits are stored in airtight containers in a cool place.

For canned and stored vegetables and fruits, Father Moore blocked off a cold room in their basement with insulating board and fitted it with shelves. Bins or baskets hold the vegetables and apples; canned goods are placed on shelves.



Cooking . . .



Meat

By careful cooking, Mother Moore makes the most of the meat the food budget allows. She has learned that with slow cooking there's less loss due to shrinkage of the meat and no danger of the fat burning. By adding a little water, tomato juice, or vinegar diluted with water, covering the container closely, and keeping the heat so low that the liquid barely simmers, she makes even the less expensive cuts tender and delicious.

Smooth, rich gravy spreads the flavor of the meat onto potatoes and bread. To give that wonderful browned flavor, Mother Moore flours her pot roast or stew meat and then browns it well in a little fat before adding the liquid. When she makes gravy for an oven roast or for pan-fried meat, she heats a little flour in the fat for a few minutes to brown it before adding the milk or water.

Vegetables

Serving vegetables fresh and raw is one of Mrs. Moore's best economies. She often puts a plate of raw vegetables, cut in strips or thin slices, on the table as a relish. This saves time and fuel. And next best to no cooking, is quick cooking of the vegetables. This leaves their colors bright, their flavors fresh, and saves more of the vitamins than does longer cooking.

Potatoes are usually scrubbed well and boiled in their jackets or baked. Even when Mrs. Moore wants to serve potatoes mashed, creamed, or in salad, she cooks them in their jackets first. She knows that in this way more of their valuable minerals and vitamins are saved.

The Moore family's

FOOD PLAN FOR A WEEK

● On pages 14 and 15 is the Moores' general plan for their food for each week. The quantities given are for food as it is brought into the kitchen from the store or farm. They allow for discarding rinds, bone, and other inedible parts but not for careless waste. From these total food group quantities, Mrs. Moore figures the supplies she needs for the week (p. 22).

Because at present Mother and Father Moore are moderately active and the children are about average in height and weight for their ages, these quantities will furnish the nourishment they need. However, if for a long period of time, one or both parents had more strenuous work to do, Mrs. Moore would increase the quantities of potatoes, dry beans and peas, and flour and cereals. This would provide at low cost the extra calories they would need. Should any of the children have a "growing spurt," as children often do, second servings would be needed, and she would purchase larger quantities of these same foods.

Next summer, if the garden flourishes, Mrs. Moore expects to use a lot of her own fresh vegetables while they are in season. Then she will buy fewer vegetables but the same amounts of the other foods.

When certain kinds of food are difficult to obtain, she may shift proportions among the groups as well as among food items within the groups. For instance, she may use more dry beans or peas, eggs, cheese, or cereal products and less meat. Or sometimes she may use larger quantities of potatoes or other vegetables instead of macaroni or rice. In this way she can watch her food costs and still give her family an adequate diet.

Mother Moore knows that during temporary food shortages, healthy adults can make quite drastic changes in their eating habits and yet suffer no harm. On the other hand, it is different for growing children and expectant mothers. Within a family group, their food should be the last to be changed.

The Moore Family's Food Plan

Kind of food	For physically active man	For moderately active woman
Leafy, Green, and Yellow Vegetables At least once a day	2½ pounds	2¼ pounds
Citrus Fruit, Tomatoes Once daily, if possible	2½ pounds	2 pounds
Potatoes, Sweetpotatoes One or more servings daily	4 pounds	3 pounds
Other Vegetables and Fruit One to two servings daily	2 pounds	1¾ pounds
Milk, Cheese, Ice Cream (milk equivalent) Two or three times daily and in cooking	5 quarts	5 quarts
Meat, Poultry, Fish Once daily, if possible	2 pounds	2 pounds
Eggs Four or more a week per person	5	5
Dry Beans and Peas, Nuts One or more times a week	¾ pound	¼ pound
Flour, Cereals, Meal (flour equivalent) Whole-grain, enriched, or restored Every day	4¼ pounds	3¼ pounds
Fats, Oils Some butter or margarine daily	1 pound	¾ pound
Sugar, Sirups, Preserves	1 pound	¾ pound

¹ These are approximate amounts. Some extra allowance in the pounds of vegetables and fruit should be made if several foods with a large quantity of waste such as peas in

For a Week (\$27 to \$29, January 1949 Prices)

For boy aged 16 to 20	For girl aged 13 to 15	For girl aged 10 to 12	For boy aged 7 to 9	Total for family of six ¹
2 ³ / ₄ pounds	2 ¹ / ₄ pounds	2 ¹ / ₄ pounds	2 pounds	14 pounds
2 ¹ / ₂ pounds	2 ¹ / ₄ pounds	2 ¹ / ₄ pounds	2 pounds	13 ¹ / ₂ pounds
5 pounds	3 ¹ / ₄ pounds	3 pounds	2 ¹ / ₂ pounds	20 ³ / ₄ pounds
2 ¹ / ₂ pounds	1 ³ / ₄ pounds	1 ³ / ₄ pounds	1 ¹ / ₂ pounds	11 ¹ / ₄ pounds
6 ¹ / ₂ quarts	6 ¹ / ₂ quarts	6 quarts	5 ¹ / ₂ quarts	34 ¹ / ₂ quarts (Count 1 ounce Cheddar cheese or 2 to 3 large dips ice cream as 1 cup milk)
2 pounds	2 pounds	1 ³ / ₄ pounds	1 ¹ / ₂ pounds	11 ¹ / ₄ pounds
5	5	5	5	30
¹ / ₂ pound	¹ / ₄ pound	¹ / ₄ pound	¹ / ₄ pound	1 ⁷ / ₈ pounds
5 ³ / ₄ pounds	3 ¹ / ₂ pounds	3 ¹ / ₄ pounds	2 ¹ / ₄ pounds	22 ¹ / ₄ pounds (Count 1 ¹ / ₂ pounds bread as 1 pound flour)
1 ³ / ₈ pounds	³ / ₄ pound	³ / ₄ pound	¹ / ₂ pound	5 ¹ / ₈ pounds
1 pound	³ / ₄ pound	³ / ₄ pound	⁵ / ₈ pound	4 ⁷ / ₈ pounds

the pod, corn-on-the-cob, watermelon, and cantaloup are included in a single week's market order.

What's in each food group

Leafy, Green, and Yellow Vegetables

All kinds of greens—collards, kale, Swiss chard, spinach, and many others, cultivated and wild—carrots, peas, snap beans, okra, green asparagus, broccoli, pumpkin, yellow squash, green cabbage.



Citrus Fruit, Tomatoes, or Other High Vitamin C Foods

Oranges, grapefruit, tangerines, other citrus fruit, tomatoes; or raw cabbage, salad greens, turnips, fresh strawberries, pineapple, cantaloup.

Potatoes, Sweetpotatoes



Other Vegetables and Fruit

Beets, white cabbage, cauliflower, corn, cucumbers, onions, sauerkraut, turnips, apples, peaches, bananas, berries, rhubarb, dried fruits—all vegetables and fruits not included in other groups.



Milk, Cheese, Ice Cream

Fresh, evaporated, condensed, dry or as cheese, cream, or ice cream.

Meat, Poultry, Fish

All kinds, including liver, heart, and other variety meats. Count bacon and salt pork in with fats.



Eggs

Dry Beans and Peas, Nuts

Including soybeans and soy products, cowpeas, lentils, peanut butter.



Flour, Cereals, Meal, Baked Goods

Flour or meal made from any grain—wheat, corn, buckwheat, rye; cooked cereals, ready-to-eat cereals, rice, hominy, noodles, macaroni; breads and other baked goods.

Fats, Oils

Butter, margarine, salad oils, suet, shortening, lard, bacon, salt pork, meat drippings.

Sugar, Sirups, Preserves

Including any kind of sugar—granulated, powdered, brown, and maple; molasses or any kind of sirup or honey; jams and jellies; candy.



The Moores' menus . . .

● The following are some of Mrs. Moore's menus based on the weekly food plan (see p. 14). Of course she has used these same quantities of food in other menus equally attractive and well-liked by her family. Her list of the food supplies needed for the menus below is given on pages 22 and 23.

Other families of similar size can use these menus as suggestions even though they probably will want to make changes. Their family food likes may be different, or other foods may be more plentiful where they live. The cost of some of these foods may be more and some less than the Moores had to pay. These and many other things will influence the final menus even though the quantities in the weekly food plan are the same.

In addition to the foods listed in the Moores' menus, Father and Mother Moore like coffee for breakfast and may have tea, coffee, or milk with their other meals. The children often have milk to drink at their evening meal as well as at breakfast and lunch if they haven't had it as an after-school snack.

SUNDAY

Grapefruit juice
Wheat griddlecakes with sirup
Milk for children

Roast shoulder of pork with stuffing
Sweetpotatoes (roasted in pan with meat)
Green beans Coleslaw
Bread Table fat
Gingerbread

Poached or scrambled eggs
Home-fried potatoes
Apple and celery salad
Biscuits Table fat
Milk

MONDAY

Orange juice
Hot wheat cereal with milk
Toast Table fat
Milk for children



Egg salad sandwich
Peanut butter and shredded-lettuce
sandwich
Gingerbread
Milk

Pork pie with potatoes
Sour beets and beet greens
Bread Table fat
Rice pudding

TUESDAY

Grapefruit juice
French toast Sirup
Milk for children

Cheese and lettuce sandwiches
Beet and green bean salad
Graham crackers
Milk



Spaghetti with meat balls
Salad bowl: Lettuce, celery, carrot, cabbage
Home-made rolls Table fat
Baked apple with top milk

WEDNESDAY



Stewed prunes
Ready-to-eat cereal with milk
Toasted rolls Table fat
Milk for children

Meat turnover Potato salad
Vegetable slaw: Cabbage, minced onion,
radish slices and dressing
Peanut butter cookies
Milk

Lima bean-tomato casserole
Spinach
Corn meal muffins Table fat
Sweetpotato custard

THURSDAY

Tomato juice
Hot wheat cereal with milk
Toast Table fat
Milk for children

Lima bean soup
Cottage cheese and lettuce sandwich on
raisin bread
Oatmeal cookies
Milk

Veal loaf with brown gravy
Scalloped potatoes Carrots
Orange, chopped prune, and cabbage salad
Bread Table fat
Butterscotch pudding



FRIDAY

Stewed prunes
Oatmeal and milk
Toast Table fat
Milk for children

Potato and onion soup
Deviled egg sandwich, or deviled
egg salad for those at home
Celery
Bread Table fat
Orange
Milk



Scalloped salmon
Mashed potatoes Green peas and onions
Bread Table fat
Apple pie



SATURDAY

Orange juice
Fried corn meal mush with sirup
Milk for children

Sliced veal loaf with gravy
Potato cakes Shredded carrot salad
 Pickles
Bread Table fat
Oatmeal drop cookies
Milk








Braised liver or kidneys
Riced potatoes 5-minute cabbage
Jellied tomato and cottage cheese salad
Bread Table fat
Chocolate bread pudding

The Moores' food supply for a week . . .

● Following is a list of the various foods and the quantities of each needed for the week's menus given on pages 18 to 21. After Mrs. Moore has planned her menus, she always checks her cupboards to see what she has on hand and then makes a list of the foods to be purchased. Of course she doesn't buy all her food supplies in just the quantities that she will use in a week. Foods like flour, cereals, and potatoes that keep well and are used often she buys in larger quantities to save time and money.

In addition to the foods listed, Mrs. Moore keeps on hand such things as coffee, tea, and cocoa, gelatin, seasonings, and flavorings. These she buys as needed.

- | | | |
|---|--|---|
|  | Leafy, Green, and Yellow Vegetables | 2 large heads lettuce
2 pounds snap beans
2½ pounds carrots
2 pounds spinach
1 No. 2 can green peas
1 large head green cabbage |
|  | Citrus Fruit, Tomatoes | 5 to 6 pounds small oranges
2 No. 2 cans tomatoes
1 46-ounce can tomato juice
1 46-ounce can grapefruit juice |
|  | Potatoes, Sweetpotatoes | 16 to 18 pounds potatoes
3 to 4 pounds sweetpotatoes |
|  | Other Vegetables and Fruit | 5 pounds apples
1½ pounds prunes
1½ to 2 pounds onions
1 bunch celery
2 bunches beets
1 bunch radishes |
|  | Milk, Cheese, Ice Cream | 5 14½-ounce cans evaporated milk
26 quarts milk (fresh whole, skim, buttermilk)
1 pound cottage cheese
1 pound Cheddar cheese |

➔	Meat, Poultry, Fish	4 to 4½ pounds pork shoulder 1½ to 2 pounds hamburger 2½ to 3 pounds ground veal 1½ pounds liver or kidney 1-pound can pink salmon
➔	Eggs	2½ dozen
➔	Dry Beans and Peas, Nuts	1 pound lima beans 1 pound peanut butter
➔	Flour, Cereals, Meal, Baked Goods	12 loaves bread (4 whole-wheat, 5 enriched, 2 rye, 1 raisin) ½ pound ready-to-eat cereal ¾ pound wheat cereal 1 pound rolled oats ¾ pound spaghetti 8 to 9 pounds enriched flour ½ pound corn meal ¼ pound rice 2 pounds graham crackers
➔	Fats, Oils	2 to 2½ pounds table fat 1½ to 2 pounds shortening ½ to 1 pint salad oil
➔	Sugar, Sirups, Preserves	2½ to 3 pounds sugar 1 pint sirup ½ pint molasses



If You Have More Money to Spend for Food . . .

Some large families may have more money to spend for food than do the Moores. This won't mean necessarily that they'll buy more food or get more food value—some of the cheaper foods are excellent sources of nutrients.

With more to spend you can have greater variety, or some of the more expensive foods. You can buy more meat, or have steak once in a while as a special treat, or a nice rib roast. If you buy larger quantities of citrus fruits and tomatoes, leafy, green, and yellow vegetables, and meat, you can use less of some other foods. However, if you spend more for the expensive food items, take care to include plenty of milk, eggs, vegetables, and fruits to insure an adequate diet for your family.

The weekly food plan given below shows what a family might buy for an adequate diet if they had more money to spend than the Moores.

Weekly plan for a family of six with two grown-ups, two teen-age and two younger school children

(\$37 to \$39 per week for the family of six, January 1949 prices)

Leafy, Green, and Yellow Vegetables	20 to 21 pounds
Citrus Fruit, Tomatoes	16 to 18 pounds
Potatoes, Sweetpotatoes	16 to 17 pounds
Other Vegetables and Fruit	19 to 20 pounds
Milk, Cheese, Ice Cream (milk equivalent)	37½ quarts
(Count 1 oz. Cheddar cheese or 2 to 3 large dips ice cream as 1 cup milk)	
Meat, Poultry, Fish	15 to 16 pounds
Eggs	31½ dozen
Dry Beans and Peas, Nuts	1 to 1¼ pounds
Flour, Cereals, Meal (flour equivalent)	18 to 20 pounds
(Count 1½ lb. bread as 1 lb. flour)	
Fats, Oils	5 to 6 pounds
Sugar, Sirups, Preserves	5 to 6 pounds

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