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GETTING THE MOST FOR YOUR FOOD MONEY

If men and women are to feel well and able to work, if children are to be healthy and able to go to school, they must have food enough and they must have the right kinds of food. To go without the foods they need for any length of time will bring the tired, run-down feeling, or the actual sickness, that means lost time and doctors' bills.

Food enough and the right kinds of food. If you can afford to buy what you like you can afford to buy what you need. If you can raise your own food, you can get the right kinds without spending very much money. But families who can not raise their own food are often hard pressed for money to buy even enough. Also, food habits are strong, and not a safe guide. Not all people like what they need.

Everybody should have the right kinds of food, and the less the variety you can afford the more important it is to choose well. The smaller your purse the more important it is to get the most for your money.



THE FOODS YOU NEED GUIDE TO ECONOMICAL, BALANCED RATIONS



GIVE THE WHOLE FAMILY—

EVERY DAY—

- Bread and other grain foods, like cracked wheat, corn-meal mush, oatmeal, rice, grits.
- Potatoes.
- Milk: Fresh, evaporated, or dried.
- One or more vegetables or fruits, especially vegetables of green or yellow color.
- Molasses, sugar, other sweets.
- Butter, lard, fat meat, other fats.
- Plenty of water to drink.

SEVERAL TIMES A WEEK—

- Tomatoes, raw cabbage, or raw fruit.
- Dried beans, peas, or peanuts.
- Some lean meat, poultry, eggs, fresh fish, canned salmon, or cheese.

GIVE YOUNG CHILDREN—

- Milk at every meal.
- Tomato or orange juice every day.
- Several eggs a week, if possible.

PREPARED JOINTLY BY THE BUREAU OF HOME ECONOMICS AND THE EXTENSION SERVICE,
UNITED STATES DEPARTMENT OF AGRICULTURE

WASHINGTON, D. C.

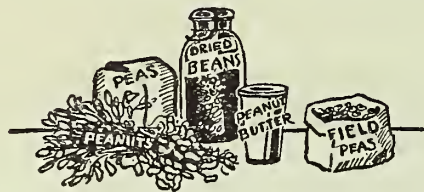
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YOUR BODY NEEDS FOODS TO BUILD IT; TO KEEP IT IN RUNNING ORDER; TO HELP RESIST DISEASE



Milk does more for the body than any other food, and does it more cheaply. It safeguards the low-cost diet, for children and adults. It prevents pellagra. It is the best all-around body-building food.



Dried beans and peas are many-sided foods. Use them freely in low-cost rations.



Lean meat, fish, poultry, eggs, and cheese are muscle-building foods. Like milk, they prevent pellagra. Eggs are especially important for children.



Tomatoes, oranges, and raw cabbage have special values. Give babies and little children some tomato juice or orange juice every day. Use for all the family often.



Vegetables and fruits are needed by everybody. When you have provided tomatoes or raw cabbage, add greens, and as many other vegetables and fruits as you can get.



YOUR BODY NEEDS FUEL FOODS TO KEEP IT WARM AND GIVE IT POWER TO WORK

Dark grain foods are important in low-cost diets because they contain valuable parts usually taken away in milling.



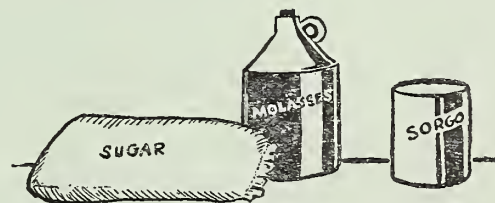
All grain foods are cheap body fuels. Combined with milk, they are also good for body building.



Use potatoes daily, if you can. $5\frac{1}{2}$ pounds of potatoes, or $3\frac{1}{2}$ pounds of sweetpotatoes, provide as much fuel as 1 pound of flour, rice, or other grain foods. Cook potatoes in their skins to keep their full food value.



Dark molasses and cane or sorgo sirup are good for sweetening and have more all-around food value than pure sugar. Sweets for children are best at the end of a meal. They spoil the appetite for other foods.



Foods rich in fat supply abundant fuel and give flavor to the meal. But too much fat delays digestion. Use milk fat in some form every day, especially for children.



YOUR FOOD DOLLAR

Food that does not do its part to keep you healthy is expensive food. To get the most food value for your money—

DIVIDE YOUR DOLLAR INTO FIVE PARTS

LIKE THIS
FOR A FAMILY WITH CHILDREN

LIKE THIS
FOR A FAMILY WITHOUT CHILDREN

25 cents.....	Milk and cheese.....	15 cents
25-20 cents....	Vegetables and fruit.....	30-25 cents
15-20 cents....	Flour, wheat, corn meal, oats, rice, grits, bread, other grain foods....	15-20 cents
20-15 cents....	Butter, lard, other fats, sugar, molasses.....	20 cents
15-20 cents....	Meat, fish, eggs.....	20 cents



The fewer dollars you have
the more important
this is



A WEEK'S FOOD SUPPLY

The market list below shows two rations. Both are cheap, but one is much better than the other and costs more. The better one is marked with two stars (**), the other one with one star (*).

The 2-star (**) ration contains enough of each food to meet the needs of the body with a margin of safety. You can live on this ration for any length of time.

The 1-star (*) ration just meets body needs, with no margin for emergencies. You can get along for a while on this ration, but the nearer you can come to the quantities of the 2-star ration the safer you will be.

A FAMILY OF FIVE—FATHER, MOTHER, AND THREE CHILDREN UNDER 14 YEARS— NEEDS AT LEAST THIS MUCH FOOD EACH WEEK

	**	*		**	*
Bread, flour, other grain products	30	20	Other vegetables and fruits	10	8
Milk	28	10	Butter, lard, bacon, other fats	3	5
Potatoes ¹	20	10	Sugar, molasses, sorgo sirup	3	5
Dried beans or peas	1	3	Lean meat, fish or cheese	7	5
Tomatoes, fresh or canned	6	2	Eggs	1	1 1/2
Leafy vegetables (greens)	10	5			

¹ Where potatoes and sweetpotatoes can not be had, use other vegetables and 2 to 4 pounds extra of flour or meal.

These are balanced rations. The 2-star ration has less fat, sugar, dried beans, and peas because it has more of other foods than the 1-star ration.

FOR FURTHER INFORMATION WRITE TO THE BUREAU OF HOME ECONOMICS, UNITED STATES DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C., OR CONSULT YOUR COUNTY HOME DEMONSTRATION AGENT