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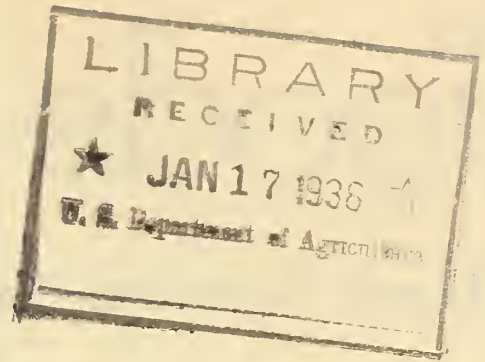


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... **WHEN**

*drought* **CUTS DOWN**

**HOME-GROWN** *food*



**MAKE FOOD MONEY PROTECT HEALTH**

When drought prevents farm families from raising a home-grown food supply and cash crops, they have to buy more food than usual and have less money to spend. If this is true of your family, you may need help in planning an economical diet around the foods you have, and in buying the lowest-cost diet that will protect the family's health.

The very low-cost diet suggested in this folder provides barely enough of the protective foods—milk, eggs, vegetables, and fruits—and only small amounts of lean meat. Try to include these valuable foods in the quantities recommended. As soon as conditions improve, use more of them. Even a little more of any one will better the diet as a whole.

Men and women at hard work, mothers expecting or nursing babies, growing children, elderly people—all these family members have special food needs. From the quantities of food for people of different ages on page 4, it is easy to work out a monthly food list for your own family. If you follow that list and other suggestions in the folder, you can be sure that you are providing the cheapest foods that build muscle, bone, and blood; give power for work and play; keep the body warm, and help it fight off disease.

Plan meals several days ahead and check them by this **FOOD GUIDE**

**Give the whole family—**

Every day: Bread and other grain foods such as cracked wheat, corn-meal mush, oat-meal, 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 eggs, lean meat, fish, home-grown poultry or cheese.

**Give young children—**

Milk at every meal. Several eggs a week, if possible. Tomato or orange juice every day. Cod-liver oil. Other foods according to age of child (see page 5).



# Foods needed in every balanced diet

● Used together, in the right quantities, these groups meet all food needs of the body

● Choose the best buys from each group

**MILK** does more for the body than any other one food and does it more cheaply. Every member of the family should have milk in some form every day; **at least 2 cups** for children and expectant and nursing mothers; **at least 1 cup** for others. Drink the milk or use it in cooking. Fresh whole milk, if you have a supply, is first choice. If the farm supply runs low, evaporated (unsweetened) milk may be your best buy. Buttermilk, skim milk (fresh or dried), and cheese furnish some of the values of fresh whole or evaporated milk, and offer variety to meals.

**TOMATOES, ORANGES, GRAPEFRUIT, and RAW CABBAGE** have some of the same food values. Everybody should have one of these foods several times a week. Children under 2 years need tomato or orange juice every day. Canned tomatoes give more food value for the money than canned tomato juice.

**LEAFY, GREEN, and YELLOW VEGETABLES** should be on the grocery order when the home garden fails. Tender vegetables should often be served raw. Use the water in which vegetables have been cooked for soups and gravies, or to drink. If you live far enough South, plant a fall garden after the rains come. Cabbage, chard, collards, kale, mustard, and spinach; turnip, beet, and alfalfa tops; carrots, pumpkins, yellow squash, and turnips are good choices whether you raise or buy your vegetables. Gather any edible wild greens that you can, such as: Dandelion, milkweed, poke, lamb's-quarters, purslane, red-rooted pigweed, and young nettles.

**POTATOES** (white and sweet) are valuable vegetables as well as filling foods. Use them once a day if possible; twice a day if they are plentiful and cheap. Even when they cost more than usual, they are likely to be among the best buys in vegetables. Cook them in their skins to keep their full food value. If you cannot get potatoes, use some other low-cost vegetables in their place, and more flour and meal.

**DRIED BEANS, PEAS, and NUTS** give a great deal of food value for the money. Use beans and peas often as a main dish. Rub them through a strainer for young children and for other people who cannot digest them easily. Peanut butter bought in bulk is an economical sandwich spread. The most economical choices in this group are navy, kidney, lima, pinto, and soybeans; black-eyed, green, and yellow peas; peanuts, peanut butter, and wild nuts.

**DRIED FRUITS** add flavor as well as food value to the low-cost diet. Soaked thoroughly and cooked slowly, they need little or no added sugar. Prunes, raisins, and dried apples and peaches are good buys.

**OTHER VEGETABLES and FRUITS** should be used freely when there is a home garden or when cheap. Onions make many other foods taste better. Beets, turnips, parsnips, apples, and wild fruits help keep the food bill low.

**FLOURS and CEREALS** have an important place in the low-cost diet. Serve them in some form at every meal. Combined with milk, meat, fish, or cheese, they make appetizing main dishes. Cereals that have to be cooked are more economical than ready-to-eat cereals. White flour, grits, hominy, bolted corn meal, and rice are inexpensive energy foods. Whole-grain cereals and flour should make up half of all grain products when there is little money to spend for fruits and vegetables. Buy whole-grain products in bulk or large packages to save money. To save fuel, soak cracked wheat overnight before cooking. Remember to use such dark cereals as cracked wheat, rolled oats, whole-corn meal, and whole-wheat and rye flour when you are looking for food value at low cost.

**SUGAR and SIRUPS** add flavor as well as food value. Molasses, cane sirup, and sorghum sirup have more all-round food value than corn sirup or sugar. Honey and maple sirup are good choices when home produced.

**FATS and FAT MEATS** add flavor and staying power to meals. Give butter to children when possible. When butter cannot be had, make sure that children drink more whole milk and eat green and yellow vegetables. Margarine, lard, vegetable fats and oils, salt pork and bacon squares are all suitable for the low-cost diet, depending on their relative price.

**EGGS** belong to the same group of foods as meat, and one can often be used for the other, depending on which is plentiful and cheap. Meat should not replace eggs entirely in the diet of young children and their mothers. If you exchange home-produced eggs for other foods, be sure that you bring home as much food value as you took to market in the egg crate.

**LEAN MEAT, FISH, POULTRY, and WILD GAME** have much the same food value. A family with a home supply of any one of these meats can get along without the others. Liver is the most valuable form of meat for young children; buy whichever kind of liver is cheapest (beef, lamb, pork). Kidneys, the cheaper lean cuts of meat, canned salmon, California sardines, and salt fish are good choices for the low-cost diet.



# MAKING A MONTHLY FOOD LIST FOR YOUR FAMILY

● Write in the blank column below, beside the description that fits, the name of every person who eats regularly at your table. If a description fits more than one person, write the extra name on one of the blank lines, and copy the correct food quantities all across the line. Next, cross out the quantities of food having no one's name beside them. Add the figures left in each column, and you have a monthly list for a very economical balanced diet for your family. The monthly quantities divided by four will give slightly more than you need for a weekly list.

FAMILY MEMBERS		KINDS AND QUANTITIES OF FOODS											
Name	Description	Milk	Pota- toes	Toma- toes (or or- anges)	Green and yellow vege- tables	Dried beans, peas, nuts	Dried fruit	Other vege- tables, fruits	Eggs	Lean meat, fish	Flour, cereals	Fats	Sugars
		Quarts	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Number	Pounds	Pounds	Pounds	Pounds
	Children under 4	15	8 <sup>3</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	3 <sup>1</sup> / <sub>4</sub>		1 <sup>1</sup> / <sub>4</sub>	1	13		8 <sup>1</sup> / <sub>2</sub>	3 <sup>3</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>4</sub>
	Boys:												
	4 to 6	15	9 <sup>3</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	3 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	1 <sup>1</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub>	13	1 <sup>1</sup> / <sub>2</sub>	12	11 <sup>1</sup> / <sub>2</sub>	11 <sup>1</sup> / <sub>2</sub>
	7 to 8	15	10 <sup>3</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	11 <sup>1</sup> / <sub>2</sub>	1 <sup>1</sup> / <sub>2</sub>	2 <sup>3</sup> / <sub>4</sub>	9	11 <sup>1</sup> / <sub>2</sub>	15	2 <sup>3</sup> / <sub>4</sub>	2 <sup>3</sup> / <sub>4</sub>
	9 to 10	15	12	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>4</sub>	9	2 <sup>1</sup> / <sub>4</sub>	17	3 <sup>1</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>4</sub>
	11 to 12	15	12	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>4</sub>	9	2 <sup>1</sup> / <sub>4</sub>	19	3 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>
	13 to 15	15	13	4 <sup>1</sup> / <sub>2</sub>	3 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	11 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	9	3 <sup>1</sup> / <sub>4</sub>	23	4 <sup>1</sup> / <sub>2</sub>	5 <sup>1</sup> / <sub>2</sub>
	16 to 19	15	18 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	9	3 <sup>1</sup> / <sub>4</sub>	30	5 <sup>1</sup> / <sub>2</sub>	6
	Girls:												
	4 to 7	15	9 <sup>3</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	3 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	1 <sup>1</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub>	13	1 <sup>1</sup> / <sub>2</sub>	12	11 <sup>1</sup> / <sub>2</sub>	11 <sup>1</sup> / <sub>2</sub>
	8 to 10	15	10 <sup>3</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	11 <sup>1</sup> / <sub>2</sub>	1 <sup>1</sup> / <sub>2</sub>	2 <sup>3</sup> / <sub>4</sub>	9	11 <sup>1</sup> / <sub>2</sub>	15	2 <sup>3</sup> / <sub>4</sub>	2 <sup>3</sup> / <sub>4</sub>
	11 to 13	15	12	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>4</sub>	9	2 <sup>1</sup> / <sub>4</sub>	17	3 <sup>1</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>4</sub>
	14 to 19	15	12	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>4</sub>	9	2 <sup>1</sup> / <sub>4</sub>	19	3 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>
	Men 20 and over:												
	Active work	7 <sup>1</sup> / <sub>2</sub>	25	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	4	4 <sup>1</sup> / <sub>2</sub>	38	6 <sup>1</sup> / <sub>2</sub>	6 <sup>1</sup> / <sub>2</sub>
	Moderate work	7 <sup>1</sup> / <sub>2</sub>	13	4 <sup>1</sup> / <sub>2</sub>	3 <sup>1</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>4</sub>	11 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	4	3 <sup>3</sup> / <sub>4</sub>	23	4 <sup>1</sup> / <sub>2</sub>	6
	Women 20 and over:												
	Active work	15	13	4 <sup>1</sup> / <sub>2</sub>	3 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	11 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	9	3 <sup>1</sup> / <sub>4</sub>	23	4 <sup>1</sup> / <sub>2</sub>	5 <sup>1</sup> / <sub>2</sub>
	Moderate work	15	12	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>4</sub>	9	2 <sup>1</sup> / <sub>4</sub>	19	3 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>
	Old people, not active	15	12	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>4</sub>	3 <sup>4</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>4</sub>	9	2 <sup>1</sup> / <sub>4</sub>	17	3 <sup>1</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>4</sub>
Monthly quantities for family													

● Subtract from the monthly quantities for the family the amount of each kind of food you have on hand. Then write down the foods to buy from each group: For example, the number of pounds of oatmeal, cracked wheat, and flour to make up the cereal total. This will be your grocery list.



**FOODS FOR MOTHERS** • To give a baby a good start in life, the mother must have the right food before he is born and while she is nursing him. Unless her doctor orders otherwise, the mother should have each day: At least 2 cups of whole milk. From the fourth month of pregnancy until she weans the baby, she should have 3 to 4 cups. Boiling (or pasteurizing) the milk that she drinks will protect her and the baby. Tomatoes or raw cabbage (oranges or grapefruit if as cheap). Potato and another vegetable if possible. At least 1 serving of whole-grain cereal or dark bread. One egg if possible. One tablespoon (or 3 teaspoons) of cod-liver oil. Eight cups of liquid (milk, water, and—in moderation—coffee, tea, cocoa). Also: Other foods as outlined in the food list for a woman of her activity (see page 4).

**FOODS FOR BABIES AND YOUNG CHILDREN** • A baby needs the right kinds of simple foods, and he should be fed at regular hours.

**Under One Year.** Breast milk is the best and cheapest food for the baby. The mother who eats the proper food before and after the baby is born is usually able to nurse him. If she cannot nurse her baby she should ask the doctor or nurse just how to prepare bottle feedings. If milk must be bought, evaporated milk is a good buy when a tall can costs less than a quart of whole milk. For all young children, fresh milk, unless pasteurized, should be boiled for 3 minutes. At an early age, both breast-fed and bottle-fed babies need other foods besides milk (see page 6). New foods should be fed in very small quantities at first. Egg yolk may be soft-cooked, or hard-cooked and mashed . . . . Cook vegetables only until tender, in a small amount of water with very little salt and no fat meat . . . . Soak dried fruits and stew them until tender . . . . Cook cereals at least 1 hour . . . . Rub fruits, vegetables, and coarse cereals through a strainer . . . . In serving do not add butter or other fat to the vegetables, or sugar to the fruit or cereals.

**The Second Year.** Give the child at least 2 cups of milk daily and more of the same foods that he was eating at the end of the first year . . . . Continue cod-liver oil unless the doctor says not . . . . The whole egg can be given now in place of the yolk. Cereals need not be strained. Vegetables and fruits should be cut fine or mashed so that the baby can eat them easily. Bread need not be oven-dried but should be over a day old . . . . Butter or margarine should be used on bread and potato. If there is a home supply of meat, 1 to 2 tablespoons of cooked minced beef or lamb may be given 3 or 4 times a week—every day toward the end of the second year.

**Two to Six Years.** Children at this age should have at least 2 cups of milk in some form daily. Continue cod-liver oil unless the doctor says not. Good foods to add after the second birthday are tender, raw vegetables (carrots, cabbage) and raw fruits (apples, oranges). Raw vegetables should be chopped, shredded, or cut in thin strips . . . . Fruits should be ripe and sound. Children from 2 to 6 years old can eat a variety of easily digested foods, but the mainstays of their diet should be the same simple foods eaten during the second year. They should not have coffee or tea, fried foods, hot breads, highly seasoned foods, or other foods hard to digest. They should not have nuts unless finely ground. They should have meals at regular hours and should not eat between meals.





# ADDING NEW FOODS DURING THE BABY'S FIRST YEAR

Age of baby	HOW MUCH TO GIVE AT EACH FEEDING								
	Cod-liver oil	Strained tomatoes <sup>1</sup>	Cereals	Egg yolk	Strained green or yellow vegetables	Strained fruits	Baked potato	Oven-dried bread	
Third and fourth weeks	½ teaspoon	1 tablespoon							
Second month	1 teaspoon	2 tablespoons							
Third month	1½ tea- spoons.	2 tablespoons							
Fourth month	1½ tea- spoons.	2 tablespoons							
Fifth month	1½ tea- spoons.	2 tablespoons	1 to 2 table- spoons.	¼ tea- spoon.				As soon as the baby has a tooth, give him half a slice of thoroughly dried bread occasionally to teach him to chew	
Sixth month	1½ tea- spoons.	2 tablespoons	2 to 3 table- spoons.	1 yolk	1 teaspoon				
Seventh month	1½ tea- spoons.	2 tablespoons	3 to 4 table- spoons.	1 yolk	1 to 2 table- spoons.				
Eighth month	1½ tea- spoons.	2 tablespoons	3 to 4 table- spoons.	1 yolk	2 table- spoons.				
Ninth month	1½ tea- spoons.	2 tablespoons	3 to 4 table- spoons.	1 yolk	3 table- spoons.				
Tenth month	1½ tea- spoons.	2 tablespoons	3 to 5 table- spoons.	1 yolk	3 table- spoons.				
Eleventh month	1½ tea- spoons.	2 tablespoons	3 to 5 table- spoons.	1 yolk	3 table- spoons.	1 table- spoon.	2 table- spoons.		
Twelfth month	1½ tea- spoons.	2 tablespoons	3 to 5 table- spoons.	1 yolk	3 table- spoons.	2 table- spoons.	2 table- spoons.		
How often to feed:	Twice a day	Twice a day	Twice a day	Once a day	Once a day	Once a day	3 to 4 times a week at first. Later once a day		

<sup>1</sup>Half as much orange juice may be used instead.