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Reserve

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Reserve

# How To Spend Your Food Money

To get the foods that all the family need

especially the children

lay out your money carefully

If you have very little money for food, divide EACH DOLLAR as follows:

One fourth or more for—

**Milk or its equivalent . . . 25 to 30 cents . . .**Buy: For each child at least 1 pint of milk daily. He should have 1½ pints to 1 quart.

For each pregnant or nursing mother 1 pint of milk daily. She should have 1½ pints to 1 quart.

For each other adult ½ pint of milk daily. He should have 1 pint.

Choose the cheapest of the following forms of milk: Pasteurized fluid milk, evaporated milk, dried milk, whole-milk cheese.

The following are about equal in food value:

- 1 qt. fluid whole milk.
- 17 oz. evaporated milk (1 tall can holds 14½ oz.).
- 1 qt. skim milk and 1½ oz. butter.
- 5 oz. American cheese (Cheddar).
- 4½ oz. dried whole milk.
- 3½ oz. dried skim milk and 1½ oz. butter.

One fourth or slightly less for—

**Vegetables and fruit . . . 25 to 20 cents . . .**Buy: Canned tomatoes—use at least twice a week.  
Cabbage—use at least twice a week (part raw).  
Potatoes—use as often as possible.  
Greens and other vegetables when possible.  
Dried beans and peas.  
The cheaper dried fruits.

About one tenth for—

**Eggs, lean meat, fish . . . . . 10 cents . . .**Buy: Eggs and fresh fish when prices are low, canned salmon, liver, and the cheaper cuts of lean meat.

One fifth or more for—

**Bread, flour, cereals . . . . . 20 cents . . .**Buy: Some whole-grain cereals, such as oatmeal and cracked wheat, and some whole-wheat bread, as well as other bread and cereals.

The rest, about one fifth, for—

**Fats, sugars, accessories . . . . . 20 cents . . .**Buy: Lard, salt pork, butter, margarine, vegetable oil.  
Cane molasses, sorgo sirups, sugar, corn sirup.  
Salt, baking powder, tea, coffee, cocoa.

Give each child under 2 years at least 2 teaspoonfuls of cod-liver oil every day. He should have 3 or 4

If enough milk is provided for your family so that you need not buy any, divide each dollar as follows:

- 30 cents for vegetables and fruit.
- 30 to 25 cents for bread, flour, and cereals.
- 15 cents for eggs, lean meat, and fish.
- 25 to 30 cents for fats, sugars, and accessories.

If you have plenty of vegetables from your own garden so that you need not buy them, divide each dollar as follows:

- 35 cents for milk and cheese.
- 25 cents for bread, flour, and cereals.
- 15 cents for eggs, lean meat, and fish.
- 25 cents for fats, sugars, and accessories.

CHILDREN'S BUREAU  
U.S. DEPARTMENT OF LABOR  
and  
BUREAU OF HOME ECONOMICS  
U.S. DEPARTMENT OF AGRICULTURE

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