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SAVE every drop and crumb

- Waste no fats. Store butter and other table fats in tightly covered dish in a cold dark place away from strong odors. To keep cooking fats well, strain fat drippings to remove food particles and store in clean covered jars in a cool, dark, dry place until used.
- Don't drain away vegetable juices. Save them for soups and sauces.
- Save fruit juices for cold drinks.
- Save bread and cracker crumbs for poultry stuffing or to make a crumb blanket for scalloped dishes.
- Use perishable foods promptly.

Stop every small loss of good food. Save every drop and crumb

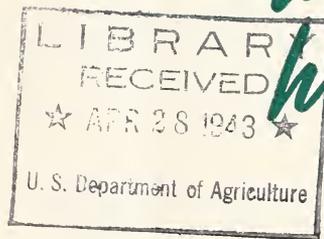


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*Fight
Food
Waste
in the
home*



FOOD FOR

FREEDOM

U. S. DEPARTMENT OF AGRICULTURE

AWI-3

ALL SET to save food

KEEP MEAT cold

One slice of bread molds, one carrot shrivels—small loss, isn't it?

But—multiply that loss by our Nation's 34 million homes. Thirty-four million slices of bread, 34 million fresh vegetables, can help nourish many families and many fighting men.

Little everyday wastes also make big yearly losses in your own family funds.

Help America, help yourself, by fighting food waste on the home kitchen front.

Buying to Save

Food saving starts with the spending of the food dollar. So figure your family's exact needs in all perishable products before you buy.



Serving to Save

She saves the best who comes closest to serving just what her family will eat. Plan each dish of each meal in terms of servings.



Storing to Save

Find out how each food keeps best, and store each article in the right, and correctly cared for, cupboard, cooler, can, or jar.



You will need—

- The all-important refrigerator, or other very cold storage place, for all foods that spoil quickly at room temperature. Defrost refrigerator, if mechanical, and wash entire interior, including freezing unit, with warm soda water, at least once a week.
- Ventilated containers, scalded, sunned, and aired once a week for bread and cake.
- Airtight, pestproof containers for dry staples.
- Plenty of dry, airy cupboard space.
- Cool, dry, dark storage for foods canned in glass and for onions and potatoes.

Meat has its own conservation corps, the three C's—*clean, cold, covered*.



Keep meat and poultry in the coldest part of the ice box or your coldest storage place—45° F. or lower is best.

Fresh Meat

Cover fresh meat loosely. Wipe with damp cloth just before cooking. If ground, store in extra cool place and cook soon.

Meat Broth

Cool meat broth rapidly, keep cold, use soon.

Cooked Meat

Keep cooked meat covered. Chopped and sliced cooked meats spoil more quickly than meat in the piece. Cut or chop just before using. Keep meat sandwiches and salads cold right up to serving time.

Cured Meat

Keep uncooked, well-cured meat in a dark, cool, dry, airy place. Leave wrapping on ham, bacon, and other cured meat until ready to cook. Keep mildly cured meats like fresh meats.

Poultry

Wash poultry thoroughly inside and out, pat dry, and store very cold until time to cook.

Sea Food

Fish and all other sea food spoils in a few hours at room temperature. Cook at once, or wrap in wax paper to keep odor from other food, and store very cold.

EGGS and MILK cold too

VEGETABLES-wilt not-waste not

For milk and for milk and egg products, the three C's are important, too.

Milk

Don't let milk stand out. Keep it in the colder part of the refrigerator. When cooking, take out only milk and cream needed and let the rest stay cold. Don't pour left-over milk back in the main supply. Put away milk the first thing after each meal. Keep odorous foods—fish, onions, cabbage, melons—away from milk. Use suds and sun on all milk containers. Scald often.

No single food is as important in the diet as milk. So buy milk in quantities large enough to meet the needs of your family and keep it in the best possible condition until used. Even dried milk keeps longer in the refrigerator, well covered. Keep opened condensed milk there, too.



Milk and Egg Dishes

Milk and eggs are good combinations, but spoil easily. If custards, cream pies and puddings, and cream puffs are not to be eaten at once, cool them quickly, cover, and keep very cold.

Cheese

Cold and covered, are the watchwords for cheese too. Use cottage and other soft cheese quickly, for they soon spoil. Hard, cured cheese, well wrapped, may be kept longer.

Eggs

Wipe off soiled spots on eggs with a dry, rough cloth. But don't wash eggs before storing. Water destroys the protective film that keeps out air and odors. Store eggs in open bowl or wire basket in a cool place.

The fresher a vegetable when it is used, the better the taste, the less the waste, and the more vitamins retained.

Wilt not, waste not, is a golden rule for garden stuff. For household storage of fresh vegetables, use refrigerator or other cold place.

Salad Greens

To crisp up lettuce, radishes, celery—all raw vegetables headed for the salad bowl—wash, drain, store in covered vegetable pan. Keep cold.

Cooking Greens

Pile cooking greens loosely to prevent bruising. Store in covered vegetable pan, or waterproof bag, preferably after washing and draining. Keep them cold.

Snap Beans, Limas, Peas, Corn

To hold the sweet in corn, peas, and lima beans and to keep snap beans fresh, keep them cold. Let them stay in the pod or husk unless you can store them tightly covered in refrigerator.

The Cabbage Family

Cauliflower, brussels sprouts, and broccoli lose freshness faster than cabbage. Leave them uncut; keep cold and not too dry.

Root Vegetables

Put beets, turnips, rutabagas, carrots in a cool ventilated place. Cut tops to 2 inches to save space.

White Potatoes, Onions

A dry, cool blackout suits them both, but avoid freezing.

Sweetpotatoes, Squash

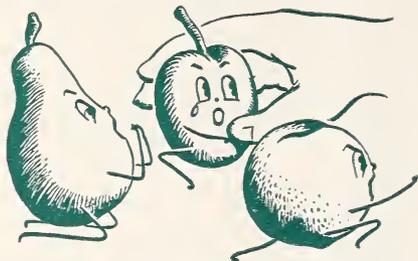
For sweetpotatoes and squash, dry cool storage.

FOR FRESH FRUIT—a light touch

STOP the spread of spoilage

Be gentle with the firm apple and orange as well as with the soft berry and the tender-skinned peach.

To pinch and bruise and break the skin will let the enemy, rot, come in.



Berries, Cherries, Grapes

To keep berries, cherries, and grapes tiptop, store in a shallow tray in a cold place. Wash just before using.

Peaches, Pears, Plums

Spread to keep from bruising. Keep the ripe fruit cool. Let underripe fruits ripen at room temperature.

Oranges, Lemons

Spread out to prevent mold and rot. Keep in a cool place.

Apples

Apples soften as much in 1 day at 70° F. as in 2 days at 50° F.—so keep them at the cooler temperature.

Bananas

Bananas are best when kept at warmer temperatures than our native fruits. Let underripe bananas ripen at room temperature.

Dried Fruits

The natural sugar in dried fruits keeps them from molding easily. Store them in a tight bag or jar in a cool place. Watch in warm weather for worms or weevils.

Spoilage spreads as mold breeds mold, weevils breed weevils. This happens oftenest in the forgotten can or box. Frequent check-ups save food.

Bread

Cool home-baked bread before storing in ventilated box. In hot weather, to keep bread from molding, wrap in moistureproof paper and put in refrigerator.

Cake

Cool on rack before storing in its own covered box, ventilated if in humid climate.

Cookies

Crisp cookies and crackers soften if kept with bread and cake. Keep them in airtight tins or boxes all their own.

Flour, Cereal, Sugar, Spice

Don't try to store much flour and cereal over the hot months—buy less and oftener. Store such dry foods as flour, cereal, sugar, spices in tight containers to keep out dust, moisture, insects, and mice.

Dried Vegetables

Mice and weevils are fond of dried vegetables, too. Keep dried vegetables in tight containers.

Canned Goods

Tinned foods should be kept dry to prevent rust and spoilage. Foods canned in glass should be stored in a cool dark place.



Quick-Frozen Foods

Quick-frozen foods must be kept frozen solidly in the freezing compartment of a mechanical refrigerator until used. Don't hold too long even at freezing. Once thawed, frozen foods spoil rapidly. Do not refreeze.