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FOOD



MAKES THE DIFFERENCE

For a good diet
follow
the food guide

Select from

smart food buys
to keep
food costs low.

**VARIETY IS
THE KEY**

**SMART
SHOPPER
FOOD GUIDE**

**APRIL
1972**

DAILY FOOD NEEDS

SMART FOOD BUYS

MILK GROUP

DAILY MILK FOR EVERYONE

Children under 9 -2 to 3 cups
Children 9 to 12 -3 or more cups
Teenagers -4 or more cups
Adults -2 or more cups
Pregnant Women -3 or more cups
Nursing Mothers -4 or more cups

MILK AND DAIRY PRODUCTS:
FLUID MILK
NONFAT DRY MILK
EVAPORATED MILK
CHEESE: NATURAL
PROCESS

**MEAT
AND MEAT ALTERNATE
GROUP**

TURKEY
BROILER-FRYERS
SPLIT PEAS
EGGS
PEANUT BUTTER
PEANUTS

**FRUIT AND
VEGETABLE
GROUP**

4 OR MORE SERVINGS DAILY

FRESH: POTATOES
CANNED: CORN
GREEN BEANS
TOMATOES
APPLESAUCE
PEARS
APPLE JUICE
PRUNE JUICE
GRAPE JUICE
INSTANT: POTATOES
DRIED: PRUNES
FROZEN: FRENCH FRIES
CONCENTRATED
GRAPE JUICE

**BREAD AND
CEREAL
GROUP**

4 OR MORE SERVINGS DAILY

ENRICHED FLOUR
ALL PURPOSE
SELF RISING

Address comments and inquiries:

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PROCUREMENT SECTION
CURRENT SERIAL RECORDS

U.S. DEPARTMENT OF JUSTICE
FEDERAL BUREAU OF INVESTIGATION
WASHINGTON, D.C. 20535

MEMORANDUM

TO : DIRECTOR, FBI



EGGS

MEAT
AND MEAT ALTERNATE
GROUP

EGGS

help us to grow

help build good

muscle and blood



1 EGG = 1/2 SERVING

FROM THE MEAT GROUP

**KEEP EGGS (COOKED OR UNCOOKED)
IN REFRIGERATOR OR OTHER COLD PLACE**

DAILY FOOD GUIDE SUGGESTS A VARIETY OF FOODS EACH DAY FROM THE MEAT AND MEAT ALTERNATE GROUP, AND FROM THE MILK, THE FRUIT AND VEGETABLE, AND THE BREAD AND CEREAL GROUPS.

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SMART SHOPPER

CHEESE SCRAMBLED EGGS

6 SERVINGS

INGREDIENTS	HOW TO MAKE	EQUIPMENT
<p>EGGS.....6</p> <p>MILK.....3 tablespoons (fluid milk made for dry scrambled eggs OR 1/3 cup for creamy scrambled eggs)</p> <p>SALT AND PEPPER.....as you like</p> <p>CHEESE, CUT-UP OR SHREDED.....1/2 cup (about 4 ounces)</p> <p>MARGARINE OR BUTTER to grease fry pan</p>	<p>Break eggs into a bowl.</p> <p>Add milk.</p> <p>Add salt and pepper.</p> <p>Beat well for scrambled eggs with uniform yellow color; mix slightly for scrambled eggs with flecks of white and yellow.</p> <p>Add cheese.</p> <p>Pour mixture into a heated, greased fry pan.</p> <p>Cook and stir over medium heat until firm.</p>	<p>Mixing bowl</p> <p>Fork, whip, or rotary beater</p> <p>Knife for cutting cheese, or shredder</p> <p>Chopping board, if cheese is cut</p> <p>Stirring spoon</p> <p>Fry pan</p> <p>1 tablespoon measure or 1 cup liquid measure 1/2 cup dry measure</p> <p>Spatula or knife for leveling</p> <p>Pot holders</p>
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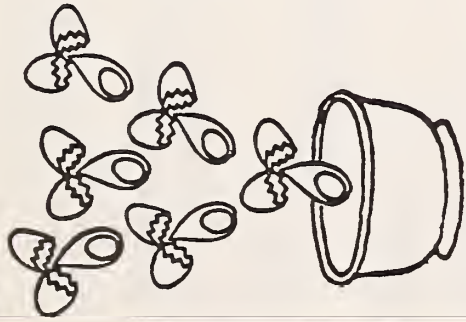
SMART SHOPPER RECIPE PREVIEW

CHEESE SCRAMBLED EGGS

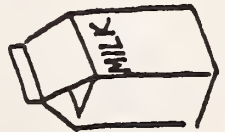
(6 SERVINGS)



1



BREAK 6 EGGS INTO A BOWL.



ADD MILK.



3 TABLESPOONS FOR DRY SCRAMBLES EGGS OR 1/3 CUP FOR CREAMY SCRAMBLED EGGS

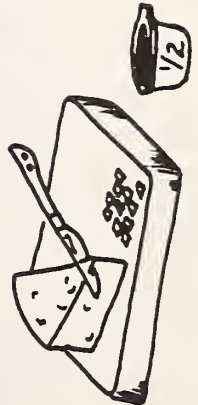


ADD SALT AND PEPPER AS YOU LIKE.



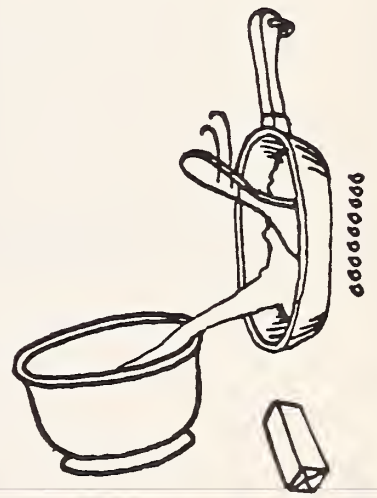
BEAT WELL OR ONLY SLIGHTLY, AS YOU LIKE.

2



ADD 1/2 CUP CUT-UP OR SHREDDED CHEESE (about 4 ounces).

3 COOK EGG MIXTURE



HEAT FRY PAN. SPREAD A LITTLE MARGARINE OR BUTTER IN PAN. POUR EGG MIXTURE INTO PAN. COOK AND STIR OVER MEDIUM HEAT UNTIL EGGS ARE FIRM.



SMART SHOPPER

CORN PUDDING

6 SERVINGS,
ABOUT 2/3 CUP EACH

INGREDIENTS	HOW TO MAKE	EQUIPMENT
<p>MILK.....1 cup (fluid milk made from nonfat dry milk may be used)</p> <p>CREAM-STYLE CANNED CORN.. 2 cups (16- or 17-ounce can)</p> <p>FAT.....2 tablespoons (margarine or butter)</p> <p>EGGS.....4</p> <p>SUGAR.....1 tablespoon</p> <p>FLOUR.....1 tablespoon</p> <p>SALT.....1 teaspoon</p> <p>PEPPER.....as you like</p>	<p>Preheat oven, 350°F. (moderate).</p> <p>Put milk, corn, and fat in a pan.</p> <p>Heat until hot, but not boiling.</p> <p>Put eggs, sugar, flour, salt, and pepper in a large bowl.</p> <p>Beat until smooth.</p> <p>Pour and stir corn mixture slowly into eggs.</p> <p>Put in baking dish or pan.</p> <p>Bake at 350°F. (moderate oven) about 45 minutes, until a knife stuck in center comes out clean.</p>	<p>Saucepan</p> <p>Large mixing bowl</p> <p>Whip or rotary beater</p> <p>Mixing spoon</p> <p>Table knife</p> <p>1 cup liquid measure</p> <p>Spatula or knife for leveling</p> <p>1 tablespoon measure</p> <p>1 teaspoon measure</p> <p>Baking dish or pan, 1 to 1-1/2 quarts</p> <p>Oven</p> <p>Timer</p> <p>Pot holders</p>
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SMART SHOPPER RECIPE PREVIEW

CORN PUDDING

(6 SERVINGS, ABOUT 2/3 CUP EACH)



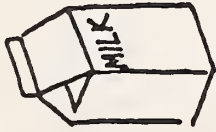
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1



PREHEAT OVEN
350° F.

2 PREPARE CORN MIXTURE



1 CUP MILK



2 CUPS CREAM-STYLE
CANNED CORN
(16- or 17-ounce can)



2 TABLESPOONS
FAT

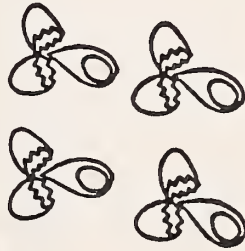


oooooooooo

PUT IN A PAN.
HEAT UNTIL HOT,
BUT NOT BOILING.

3

PREPARE EGG MIXTURE



4 EGGS



1 TABLESPOON
SUGAR



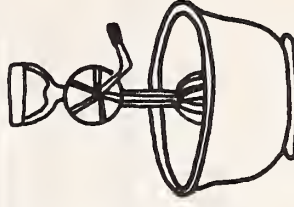
1 TABLESPOON
FLOUR



1 TEASPOON
SALT

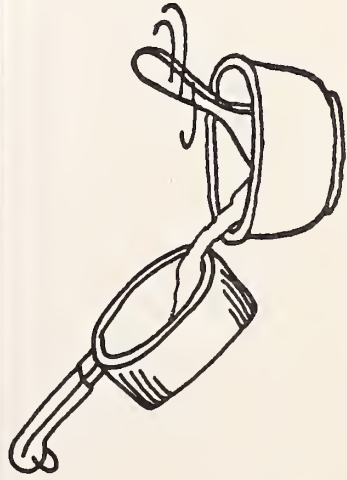


PEPPER
AS YOU LIKE

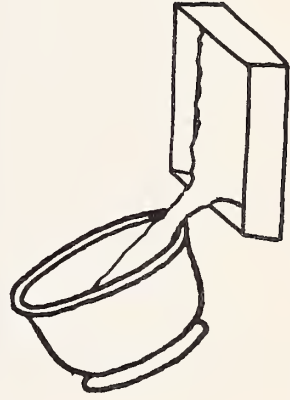


PUT IN A LARGE BOWL.
BEAT UNTIL SMOOTH.

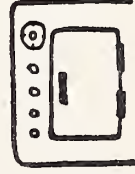
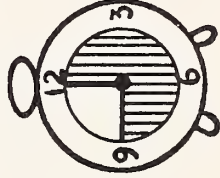
4



SLOWLY POUR AND STIR CORN
MIXTURE INTO EGGS.



PUT IN BAKING DISH OR
PAN, 1 to 1-1/2 quart size.



BAKE IN 350° F. OVEN
ABOUT 45 MINUTES,
UNTIL A TABLE KNIFE
STUCK IN CENTER
COMES OUT CLEAN.



SMART SHOPPER

FRENCH TOAST

6 SERVINGS,
2 SLICES EACH

INGREDIENTS	HOW TO MAKE	EQUIPMENT
<p>EGGS.....4</p> <p>MILK.....2/3 cup (fluid milk made from nonfat dry milk may be used)</p> <p>SALT.....1/4 teaspoon</p> <p>FAT for browning (margarine or butter)</p> <p>BREAD.....12 slices</p>	<p>Beat eggs.</p> <p>Add milk and salt.</p> <p>Spread a little margarine or butter in a heated fry pan.</p> <p>Dip bread in egg mixture.</p> <p>Cook in fry pan over low heat until browned on one side.</p> <p>Turn bread, putting a little more margarine or butter under each slice.</p> <p>Brown other side.</p>	<p>Fry pan</p> <p>Knife</p> <p>Mixing bowl</p> <p>Whip or rotary beater</p> <p>Spatula or knife for leveling</p> <p>1 cup liquid measure</p> <p>1/4 teaspoon measure</p> <p>Pot holder</p>

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SMART SHOPPER RECIPE PREVIEW

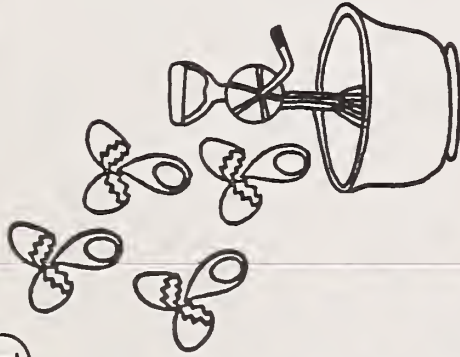
FRENCH TOAST

(6 SERVINGS, 2 SLICES EACH)



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①



BEAT 4 EGGS.



ADD 2/3 CUP MILK AND 1/4 TEASPOON SALT.

②



HEAT FRY PAN.
SPREAD A LITTLE MARGARINE
OR BUTTER IN PAN.

③



DIP BREAD IN EGG MIXTURE.
COOK IN FRY PAN OVER LOW HEAT
UNTIL BROWNED ON 1 SIDE.

TURN BREAD, PUTTING A LITTLE
MORE MARGARINE OR BUTTER
UNDER EACH SIDE.
BROWN OTHER SIDE.

